

The Noble Middle Way

Derek Fraser

Welcome to our meditation meeting this evening as we approach the full moon of Libra, which occurs tomorrow morning at 3.52 BST. These monthly festival meditation meetings are held during the time of the full moon although the moon itself is not the focus, it is rather the spiritual symbolism of an open channel between the sun and the earth with the moon out of the way - the sun being a symbol of light and life. These meetings are an opportunity for individuals and groups to strengthen the link between the human and spiritual kingdoms thereby creating a channel for “divine attributes” to flow into the consciousness of humanity.

Libra is a sign of balancing, of careful weighing of values and principles and is expressed so well in the soul keynote:

I choose the way which leads between the two great lines of force.

The personality keynote is “let choice be made” and on humanity’s long evolutionary journey, with its tests and trials and swings back and forth between the pairs of opposites, wrong decisions are made and there is much stress, strain, pain and suffering, until a balance is achieved between the soul on its own plane and its instrument - the soul in incarnation on the physical plane. From a spiritual perspective right choice occurs when the individual, group, or nation is subject to soul impression.

In our present times, making the right choice seems to be more confusing than ever before. The signposts that lead towards a higher culture and right human relations and wise stewardship of the natural world, erected by great forerunners and avatars throughout the ages, are shrouded in the mists and fogs of desire, false information, untruths and propaganda. The glammers of the emotional nature and the limitations of the lower mind obscure a higher vision but when the illumined mind comes into play things can be seen more clearly.

Humanity, the world disciple, has reached yet another critical point in its evolutionary journey for whilst the intellect has reached great heights materiality rules. The human mind has developed rapidly but there is an imbalance between the intellect and love-wisdom. We can send probes far into space but the ability to think lovingly in the heart and solve basic problems lags behind. Yet, at the same time, we should be mindful of the many fine service initiatives taking place in the world today, though non-profits, charities and NGOs continue to struggle to raise funds for their work. The use of the energy of money presents a huge crisis - an imbalance - at this time, with relatively small sums dedicated to service groups and the United Nations whilst trillions of dollars are spent on arms, drugs, gambling and the casino culture of the financial markets. This imbalance is becoming more obvious to thinking people by the day.

Humanity’s journey towards balance and equilibrium is reflected in the individual life with choices made more difficult due to advertising, peer pressure and subtle and not so subtle propaganda; there is a mass of chatter, background noise and so called fake news. And, across the planet, many people do not have the freedom to choose for they are subject to authoritarian rule, dictatorships, and religious tyrannies. These glammers constitute an overshadowing cloud over humanity.

From a political perspective it is healthy to have a choice between right and left, between the opposites, leading ideally to a middle way avoiding the extremes. However, we can observe that extremism is on the rise again with, for example, the scapegoating of people who may be of different race,

religion or culture. And, as demonstrated by the EU Referendum in the UK and the Presidential election in the USA, information has many varied shades and when biased and out of balance leads to decisions and views founded upon untruths. Whilst information, which is defined as “the communication or reception of knowledge or intelligence” is essential and of great value it must be balanced by the love and wisdom of the soul and beyond that the intuition.

Nevertheless, from a soul perspective, we should not be discouraged because, according to the Ageless Wisdom teachings, consciousness unfolds through the ability to choose or discriminate between the pairs of opposites - through experience, trial and error; humanity, in its evolutionary journey, moves slowly and learns gradually. Indeed our present times bring to mind the famous and timeless opening words of Charles Dickens in *A Tale of Two Cities*, written in 1859:

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way...

At this point we can pause for short interlude and say the Affirmation of the Disciple:

**I am a point of light within a greater Light.
I am a strand of loving energy within the stream of Love divine.
I am a point of sacrificial Fire, focussed within the fiery Will of God.
And thus I stand**

**I am a way by which men may achieve.
I am a source of strength, enabling them to stand.
I am a beam of light, shining upon their way.
And thus I stand.**

**And standing thus, revolve
And tread this way the ways of men,
And know the ways of God.
And thus I stand.**

Taking a pause for thought or an interlude and finding some quiet time for reflection is of great value in the decision making process. In the midst of stress and strain whether physical, emotional or mental, one can get swept along on the tide of a powerful force leading to decisions which we may later regret. However, on the path of return, an interlude allows for a connection between the higher Self and its instrument on the physical plane - provided that the mind is open and receptive. The astral plane, with its distorted presentation of reality, cannot be avoided - it is a stage in the evolutionary journey that all must go through. It is a battleground where conflicting energies, forces and choices test our sense of discrimination to the limits until the time comes when the emotional nature is stilled and becomes a reflector of soul purpose. In terms of human progress and development we can be sure that the mind illuminated by the light of the soul will bring decision making that will serve the greater good in contrast to an emotional focus with its violent mood swings and personal likes and dislikes. Increasingly in the Aquarian age the enlightened thinker will have a balance of both head and heart meaning that power can be exercised wisely.

For the egocentric person or nation choice means that which is good for the self and the immediate circle of influence, but as consciousness unfolds the soul influence develops and the good of the

greater whole is considered. These unusual times “the best and worst” are bringing things previously hidden to the surface especially unpleasant views and attitudes which have, however, always been present. Yet, a crisis is also an opportunity for people of goodwill to confront the lower nature through the use of the illumined mind and loving heart - undoubtedly an intensely difficult task that must evoke the soul.

Libra is also relevant to meditation and contemplation the latter being described as “the interlude between two activities”. It is “a point of inspired waiting” with the mind held steady in the light.¹ Interludes are a significant feature of meditation practice, including these monthly Festival meditations for we’re told to work in the interludes and keep the Plan progressing - the Plan being defined as “*as much of the divine Purpose as can be brought into expression upon the planet - under the Law of Evolution...*”²

There are many kinds of interludes, for example, musical interludes, interludes in a play, interludes in a religious service, interludes in the school day and the siesta which is an interlude during the hottest time of the day which Englishmen and mad dogs ignore. There are the seasonal interludes, depending upon where one resides on the planet. Interludes suggest a steady rhythmic order; spasmodic activity indicates a lack of rhythm, order and discipline.

From a spiritual or inner perspective there are interludes in spiritual practice - the in breath and out breath, the interlude of silence and “spiritual retention of sound”. And, in terms of the macrocosm, we are told in TWM (and I quote) that “*God breathes and His pulsating life emanates from the divine heart and manifests as the vital energy of all forms. It flows, pulsating in its cycles, throughout all nature. This constitutes the divine inhalation and exhalation. Between this breathing out and breathing in comes a period of silence and the moment for effective work. If disciples can learn to utilise these interludes, they can then release the ‘prisoners of the planet’ which is the objective of all magical work, performed during this world period*”³

In the book *Esoteric Astrology* by Alice Bailey, Libra is said to “guard the secret of balance and equilibrium and finally to sound the relating note”. - moving from a point of central stillness to reorientation, refocusing and redirection on a higher plane. It is an important sign for those on or nearing the path for it is associated with the weighing of values and of achieving the right balance on the razor-edged path that runs between the pairs of opposites. The disciple treads this path between the extremes and learns to use the mind in a constructive way thereby cultivating a rights sense of values. On this path, the disciple learns to move forward without paying attention to the reaction of the senses - whether of high spiritual satisfaction or the “dead level” happenings of daily life. Moving forward, steadily and persistently, between the pairs of opposites ensures that the true Self does not react to the desire nature or what is described as kama-manas.⁴

The role of the Group of World Servers in the working out of the divine Plan is highly significant in Libra - as they weigh values and hold steadily to the Noble Middle Way. *They seek to leave the past behind with “the decent burial of old forms, the implementation of that which is new and the restoration of that which has, in the past, proved useful and good and which could form the living germ of the new creation”*⁵

Also, of much importance is that whilst the pairs of opposites are often considered as of an astral nature, they are said to be “...only reflections of a higher and divine correspondence” which are revealed on the path that leads towards the portal of initiation.⁶

The disciple who is treading the path of return to the Father’s home develops the ability to choose wisely through right discrimination - an ability that draws on the resources of the Higher Self - the Soul - the first Master, in contrast to identification with the lower self or personality. Contemplation

in the silence of the high places, ensures that the disciple is informed by the higher knowledge and wisdom of the soul and by the light of the intuition. Choice becomes more enlightened and is directed by soul purpose, in contrast to the personality - which is prone to swinging back and forth between the real and unreal.

Humanity stands in the balance, as it were, unable to choose clearly between values that serve the common good and those that benefit the few. This is especially apparent in the relation between the energy of money, mentioned briefly earlier, and the Justice System and Law and Government. London is a global hub for legal services with access to many associated services and there are vast numbers of lawyers and people employed in the legal profession in London. However, it seems, in recent years, that a financial imbalance has developed with some lawyers earning vast sums at a time when legal aid has been cut to the bone. If access to the law is only for the wealthy then this leads to a loss of public confidence in the justice system.

Balance and equilibrium are also much in the news in connection with gender equality - much of it to do with the misuse of masculine power in all aspects of daily life. Now, we can see that discrimination and abuse, previously hidden, is coming out into the open, which means that it can be dealt with - a positive development. In considering the evolution of human consciousness and progress in building right relationships, it is surely necessary for there to be a good balance between the feminine and masculine - symbolically a balance of head and heart - individually and collectively. This balance, will further right relationships within and without leading eventually towards the manifestation of an interconnected and synthetic livingness.

Finally, in reflecting on “the way which leads between the two great lines of force” the question arises: is there room for compromise? In this regard, we’re told that the middle way of compromise and of mutual cooperation is the wisest way and much needed today. When there is a spirit of cooperation and goodwill people of opposing views can come together as long as there is a willingness to meet half way. This of course takes much time and soul searching until there is a meeting of hearts and minds through reconciliation and healing; in other words, building right relationships . Soul searching is an apt expression for compromise must be of a spiritual nature and founded on basic divine principles, otherwise it will be short lived. Enduring spiritual principles cannot be watered down or put aside for the sake of expediency to suit current circumstances.

In summary, we may conclude that Libra offers the disciple the opportunity to establish a point of inner stillness which provides a springboard for reorientation, refocusing and redirection towards a higher spiritual livingness.

1. *A Treatise on White Magic*, p. 516
2. *Discipleship in the New Age* Vol II, p. 371
3. *A Treatise on White Magic*, pp. 512-3
4. Adapted from *Discipleship in the New Age* Vol I, p. 664
5. *The Reappearance of the Christ*, p 90.
6. *Esoteric Psychology* Vol II, p. 255