



Triangles

BULLETIN

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THE SCIENCE OF VISUALISATION

One of the foundational techniques for the practise and performance of meditation is the capacity to visualise. For some people, visualisation comes easily; for others it seems to require real effort, which can be a discouraging experience. But there is no need to be disheartened, as everyone has to learn to meditate and visualise in their own unique way.

For some, visualisation involves the picture making faculty. Here the detail and intensity of the specific thing being visualised compounds into a living thoughtform that scintillates with the shape and colour of the imagined idea. For others it is a much more mental process of working with ideas. There is of course the same level of intensity, but instead of images a concentration on the meaning of what is being thought about gives it its life and purpose.

Whichever method we use, our beginning attempts are usually amateurish, fall wide of the mark and are ineffectual. But with practise we find that what we visualise approaches ever nearer the reality of an aspect of the Plan that is already existing in the abstract realms. This can only really be achieved by going beyond the more emotional and mystical styles of meditation and learning to focus in the mind where the power of thought, motivated by love, comes into its own. This is where the crucial point comes, for if meditators can synchronise their work on the mental plane with the already existing abstract prototype, then an immediate vivification occurs and their meditation efforts assume a loving power that can truly serve humanity and our planet.

It is clear why these ideas are so important to the global service of triangles. This daily work behind the scenes is transforming the inner climate of thought and emotion so that gradually, very gradually, the old adversarial habits of a humanity once stuck in the conflict mode are being superseded by the recognition that cooperation and the striving towards harmony at every level – international, national and personal – is the only possible way forward to a future that will be good for the planet and humanity. Of course this process does not embody a smooth trajectory, but, as is all too obvious, forges a path that is beset with obstacles and setbacks as well as wonderful leaps forward.

Perhaps this is why visualisation is called a science, for it is a testable enterprise. We can find out what works and what doesn't. When we have found our technique and honed it into a useable skill, then we can become a conscious and efficient part of the global Triangles meditating group, helping to build a world based on the ever living vision of love, of right relationships and of service.

REFLECTIONS ON VISUALISATION AND IMAGINATION

The secret of all true meditation work in its earlier stages is the power to visualise.

Alice Bailey

Visualisation is literally the building of a bridge between the emotional or astral plane and the mental level and is, therefore, a personality correspondence to the building of the antahkarana.

Alice Bailey

Visualisation is a powerful agent in the evocation of the creative imagination.

Alice Bailey

Visualisation helps greatly in, and is one of the most suitable techniques for, the training of concentration in its first stages.

Roberto Assagioli

Another purpose of visualisation is to offer a starting point for or incentive to creative imagination....

Roberto Assagioli

We are influencing the coming years by our thoughts. The importance of thought in forming external environment, the value of imagination in ultimately creating circumstances, and the use of visualizing the sort of life we aspire to have, are to be impressed and re-impressed on a generation which has to escape from the materialistic outlook. By this twofold process of rising to our divine source and controlling our intellectual ideas, we can begin to control our outward life in an extraordinary manner.

Paul Brunton

Without visualization there cannot be any striving to knowledge and creation. How can a spirit create if it is not convinced by ideation?

Heart

The notion of the imagination, magical intermediary between thought and being, incarnation of thought in image and presence of the image in being, is a conception of the utmost importance, which plays a leading role in the philosophy of the Renaissance and which we meet with again in the philosophy of Romanticism.

Alexandre Koyré

[In the] situation of esoterism in Islam and Christianity.... we encounter the idea that the Godhead possesses the power of Imagination, and that by imagining the universe God created it; that He drew this universe from within Himself, from the eternal virtualities and potencies of His own being; that there exists between the universe of pure spirit and the sensible world an intermediate world which is the idea of "Idea Images", as the Sufis put it... "the world in which spirits are materialized and bodies spiritualized".

Henry Corbin

Imagination and intuition are vital to our understanding. And though the usual popular opinion is that they are chiefly valuable to poets and artists (that in "sensible" matters one should mistrust them), they are in fact equally vital in all the higher grades of science. Here they play an increasingly important role, which supplements that of the "rational" intellect and its application to a specific problem.

Carl Jung

THE PLANETARY NETWORK

The planetary network of light, love and service is transforming the mental climate of the planet, reorientating humanity to spiritual attitudes and values. The groups and activities reported in the Bulletin reflect different aspects of the network.

Intuition in Service

For almost 20 years Intuition in Service has been fostering awareness of the important role of the intuition in the creation of a better world. Drawing largely, but not exclusively, on the inspiration and teaching found in the writings of Alice Bailey, the group aims to increase understanding of the nature of intuitive perception, its cultivation, and its application in service.

During this century, passage to a more unified, just and sustainable world depends on the awakening and mobilizing of the intuition or 'straight knowledge'. This higher level of consciousness is already having significant impact on human development. See for example philosophy professor, William B. Irvine's book, *Aha! : The Moments of Insight that Shape our World*. It includes countless well-documented examples of how intuitive insights have transformed religion, morality, science, mathematics and the arts.

Subjectively supported by a Focus Group of meditators from around the world, Intuition in Service offers a range of service projects. These include:

Meditators of all traditions and those who work with prayer and visualization are invited to take part in the United Nations Days and Years Meditation Initiative to provide subjective support to the UN calendar of International Days and Years. Specific meditation outlines are offered on the website and participants are encouraged to draw on their own

spiritual traditions to actively support UN Days and the themes for UN Years.

A monthly email newsletter, *Please Hold in the Light*, invites recipients to hold in the light of a higher wisdom, important international conferences, globally coordinated actions by people of goodwill, and UN observances.

Annual, global, 24-hour Invocation Vigils are held for the UN International Day of Peace, September 21, and World Invocation Day. Participants register to use the Great Invocation or an invocation of their choice, at 15-minute intervals for selected periods during the 24 hours of the Day. A list displays the name and the country of all who register for each 15-minute invocation slot.

Quotations on the intuition from over a hundred prominent thinkers, scientists and writers are available on the group's website; and there are also a series of articles on the intuition and its application to service.

www.intuition-in-service.org
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Triangles Blog

In April of this year, Triangles launched a blog on its web pages to highlight ideas, reflections and news on the planetary service work of Triangles.

To date 14 blog posts have been published on a number of different yet cohesive topics around the work. Themes, such as 'The Etheric Body and Triangles', 'A New Economic Model – a planetary triangular 'network of flows'', 'The Urge to Creative Life', 'The Consciousness of the Heart' and 'Right Use of the Mind', have been published.

www.lucitrust.org/blog_triangles

Triangles Meeting: Broadcast every Monday
www.lucitrust.org/triangles/webinar

FESTIVALS OF LIGHT

As the sun passes between the earth and the twelve constellations, that great 'time-clock of the heavens', it marks the earth's passage in time and space. It is this great rhythm that is observed through the Festivals of Light, marking the time of the full moon as the sun enters each sign of the zodiac. Each sign brings to bear particular aspects and qualities that can be understood and determined through a close study of the nature of the constellations influencing that month.

The spiritual year is divided into two periods which are symbolic of spirit and matter; it is the period when the Sun moves northward that is associated with the acquisition of greater knowledge and light, 'The flight is upward into spirit.' The period when it travels on the southern way is when all that has been learned is put into practice, when 'The plunge is downward into matter.' Similarly, the month divides itself into two periods, that of the waxing and the waning moon, with the time of the full moon being when spiritual opportunities are uniquely available.

The high point of the cycle of full moons is marked by three spiritual festivals, that of Easter demonstrating the love aspect of God, Wesak demonstrating the Will aspect and the June full moon demonstrating the divine intelligence of humanity through the Festival of Goodwill. The flow of spiritual energies is particularly potent during these festivals, especially when invoked

through group meditation which creates a path of approach to the higher worlds and becomes a lighted channel through which these energies can be anchored on earth.

The remaining full moons constitute lesser festivals but are just as important, for they are concerned with the divine characteristics and their development within humanity. The high point of the spiritual year expresses the relationship between the three great spiritual centres of Shamballa, Hierarchy and Humanity, and the minor festivals emphasise the inter-relation of the Whole. Thus, the twelve festivals constitute a revelation of divinity with each presenting a way of bringing about 'right relationship'; of people's relationship to divine purpose, their right orientation to divine goodwill, and their correct participation in its expression.

There are many forms of energy and many spiritual potencies released during the Festivals of Light which are not, as yet, generally recognized. But these energies are based on the love which flows from the Heart of God to the Hierarchy, a love that directly stimulates the Triangles network and increases its potency. The Full Moon Festivals are therefore a further opportunity for Triangles workers to weave in the light to transform human consciousness and help bring about an era of goodwill and right human relationships.

Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of Triangles of light and goodwill. Using a world prayer, the Great Invocation, they invoke light and love as a service to humanity. Further information is available on request from Triangles.

The Triangles Bulletin is for men and women of goodwill and is published four times a year in Czech, Dutch, English, French, German, Greek, Italian, Polish, Portuguese, Russian and Spanish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

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