

**The Trained Observer**  
*Triangles Meditation Group Webinar*  
*August 11, 2025*

Hello everyone and welcome. This is the Triangles Meditation Group Webinar...

This webinar meets on the 2<sup>nd</sup> Monday of every month to support and strengthen the Triangles network. It provides a forum to discuss and throw light on topics related to Triangles, but it also aims to introduce new people to this work.

So for those who are new...

Triangles is a service activity which uses the power of focused thought to uplift and transform consciousness. Three people agree to link for a few minutes of meditation each day. They link up as souls and visualize themselves as the three points of a Triangle connected by energies of light and goodwill. They visualize their Triangle within a worldwide network of Triangles surrounding the planet and sound the Great Invocation, a world prayer, adding their spiritual contribution to the whole. They do not need to link up at the same time, nor do they need to be located in the same place. The network and their Triangle, once created, exist in matter on a higher plane. Through the daily practice, it is re-energized and each day made anew.

We know that even though it's a very simple practice, it's not always so easy to explain this work in a way that communicates its simplicity and also its efficacy as a means of doing real and lasting good. We invite you to invite anyone in your life who you think might be interested to join us on the second Monday of each month for this webinar to learn more about this work.

This webinar also acts as a platform to aid in the forming of new Triangles so if anyone is interested in forming a Triangle, put your name in the chat box and I'm sure we can find two others to join you.

Today I will share just a few thoughts on Triangles as an esoteric practice. We will then do a reflective meditation on the Great Invocation. Following this, we will hear from long-time Triangles member Andrew Binstock who will share some thoughts on **The Trained Observer**. We will then close with our meditation in support of the Triangles network.

**May the Power of the one Life pour through the group of all true servers.**

**May the Love of the one Soul characterise the lives of all who seek to aid the Great Ones.**

**May I fulfill my part in the one Work through self-forgetfulness, harmlessness, and right speech.**

We are entering into an era in which more and more people want to do good, they want to help those who are less fortunate, and they want to make the world a better place for all. The values and ideals upon which the future should be built are increasingly clear in people's minds, however, what is not so clear is what it is precisely that prevents us from achievement.

Esotericism is a science which offers a clear vision of the way forward in this regard; it offers a vision for where we are going, how to get there, and why it is that humanity lives, grows, evolves, and treads the path. It offers not only a means of understanding the barriers encountered on the path as well as scientific techniques for how to overcome them.

Esotericism is the science of the soul of all things. This simply means that it is a science of cause and effect, and it provides a practical basis for understanding relationship at many levels: for instance, the relationship between subjectivity and objectivity, between self and its environment, between the individual self and all other selves, between God transcendent in heaven and God imminent in man. Esotericism is a science which has to do with wholes and with relationships of parts to wholes. In the light generated through the application of this science, problem and solution, and the vast network of relationships in which they exist can be seen and understood in entirely new ways.

Esotericism is above all an applied science. This is why it is equally called the Science of the Path. It is based on the premise that theory alone is not knowledge; the term 'theoretical knowledge' esoterically is a misnomer. Knowledge only comes when esoteric principles are applied in the quarry of the daily life. On the path, true knowledge is arrived at through a fivefold process: Listen, Touch, See, Apply, then Knowledge. All these five stages have to do with the registration and utilization of soul energies within the world of form.

Triangles is one form of applied esotericism. Through it, anyone can participate esoterically in the reorientation of human thought, the healing of human relationship, and the redemption of human living writ large. When this practice is paired with an understanding of the energies and forces which are at play, then the server and the serving group begin to work with a real measure of creative power and efficacy. This understanding has to be specific and particular rather than vague and general, and it must be an understanding anchored in the mind and brain. On the Path, it is the intellect—through analysis, discrimination and right reasoning—which indicates what should be done in time and space. Esotericism is not a mystical endeavor.

So few of those active in the world today really understand the nature of humanity's thought-life—how it operates, how it is constructed, the quality of the matter of which it is composed, how different forms function on the plane of mind vs the plane of emotions. Most have no clue the role that the soul, the intuition, and the Plan play in this process or even what these concepts truly are. All of this is fundamental to understanding the deeper nature of reality and of the true existential problems which humanity faces today.

We are in a period where these challenges are changing and evolving rather quickly. For instance, the challenges which confront humanity today are increasingly focused on the plane of mind and in the world of human thinking. As more and more people become capable of real, independent thought, and as the capacity and power of human thinking strengthens, the entire plane of the concrete mind is becoming busier and more energized. This drastically changes the thought environment in which all people function.

Human thinking today of course is still largely inseparable from desire. Esotericism calls this *kama-manas*. When interacting with a thoughtform or an ideal, we naturally surround it with the substance of our passions and desires. The experience of the average human being is that thought feeds into desire and desire feeds into thought. The two are mutually reinforcing.

Humanity's shift towards mental polarization means that distortion on the plane of mind—what esotericism formally calls illusion—is increasing relevant. To understand what this means practically though, we have to understand that illusion exists when the thoughtforms and ideals which exist on the plane of mind act as barriers to the expression of Reality rather than as mediums or vehicles for its expression.

We must recall that truth is progressive, and what is true on the earlier stages of the path only become a hindrance if not left behind when outgrown. All thoughtforms and ideals are imperfect expressions of Divine Truth or Reality. Yet not all of them constitute illusion.

The Tibetan writes that illusion occurs when a thoughtform or an ideal is assumed as an *exclusive expression* of a capital T Truth or spiritual Idea, rather than as one possible expression among many.

The profound ideological polarization within the so called body politic of many nations today is in part a result of an intensification of this illusion (of seeing only one way to truth). The intensity of this illusion can be seen in the way that many today even identify with these thoughtforms, adopting an ideology as part of their persona. This is all complicated by the fact that humanity, thought mentally polarized, has not yet conquered glamour (the passions of foggy distortion which exist on the astral plane and which therefore can be seen surrounding humanity's thoughtforms and ideals). Glamour brings in an intensity of polarization—a polarization which generally expresses as separation.

The solution is identification with the soul which is always the way between; it is also the higher way. This can only be understood through contact with the energy of the soul itself. There is much more to unpack here, and I regret that we don't have time to go into this in more detail.