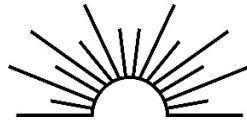


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Receiving News Bulletins – Our Spiritual Workout & Service

"The fact that we see the world picture as one of outstanding chaos, of striving ideologies and warring forces, of the persecution of minorities, ofworld anxiety and terror does not really mean that we are seeing the picture as it is in reality. We are seeing what is superficial, temporal, ephemeral and concerned with the form aspect.....A closer study of the forces, which are producing the outer turmoil may serve to clarify our vision and restore confidence in God's Plan and its divine love and loveliness¹." However, in order to see beyond the form, we need to cultivate the art of disidentification, discrimination and an ability to stand steady in *spiritual being*.

The worldwide movement of creative meditation of which Triangles is a part, is dedicated to laying the foundations of the new civilization through prayer, meditation, and service. We could say in all honesty, that our souls are urging us to remember our commitment to participate in this work, and to belong to this vanguard of the New Age. This is an act of service that recognises and supports in thought the activities of individuals and groups around the world working together as builders of the *new civilisation*. If we believe that *energy follows thought* then our positive thoughts aid them and their efforts, and we become active members of this planetary team event.

So, we are, just by noticing and subsequently building positive forms of thought nurturing the seeds of the emerging new civilization seen amongst the current chaotic affairs of the everyday. We are silent, active Observers who in our minds eye are searching for those specks of golden new consciousness that herald a new way of being, and we cannot do this by avoidance and withdrawing from taking in a daily dose of current affairs.

Many of us know of others who are so overwhelmed with the negativity and confusion and conflict that surrounds us locally and globally that they have chosen to withdraw and isolate themselves from all news-streams. Nevertheless, we are each energetically immersed in these currents of consciousness whether we realise it or not.

Therefore, external solitude does not isolate us wholly from direct physical influences because our subtle vehicles are merged within an ocean of etheric astral and mental forces So, we are 'unavoidably' affected by all the emotional and mental tides that sweep through humanity, and by the many cross currents set in motion by powerful groups and individuals. And we are exposed to this daily whether we choose to be or not, and so we are never isolated from the rest of humanity.

It is worth considering our modern life as a wonderful training ground. It enables us to control our physical endurance and develop skills in action, and above all to work with spiritual detachment because everything is relationship and relationship is everything.

So how do we capitalise on this opportunity of a spiritual workout when we take in our daily dose of current affairs?

At first, we need to cultivate and adopt an editorial approach in order to deal with the rapid bombardment of different news items crowding the mind with an array of ideas and images of very different kinds. This assorted stimulation can often lead to all sorts of opposing emotions and a scattering of mental clarity and balance. This gives rise to a blunting and weakening of the innate psyche and its alignment with the Soul, thereby, reducing an individual's capacity to empathise with loving understanding. Many new insights are factored out and overlooked as a result of this casual approach.

What then is the remedy?

Instead of being passive receptors we are advised to adopt the stance of the Observer, the silent non-judgemental Watcher. An ability to access the innate wisdom resource of the Higher Self in this way enables us to perceive beyond the superficial. Consciously standing in spiritual being we are able to manage the emotional responses stimulated by many and varied news items. The stance of the Observer gives rise to an ability to become detached, discriminative, tolerant, aware, and responsive to the environment. With this sensitivity it is possible to notice and register soul inspired work being undertaken by ordinary people doing extraordinary service on behalf of others and the planet.

Krishnamurti was given these verses by his teacher in the early part of his training and it sheds light onto this inner attitude of constant watchfulness:

Waiting the word of the Master,
Watching the hidden Light
Listening to catch His orders
In the very midst of the fight.

Seeing His slightest signal
Across the heads of the throng.
Hearing His faintest whisper
Above earth's loudest song.²

We can strive to adopt this stance as we listen, watch or read about the news. We realise and know how great human suffering is in these times. We also feel the call of the Divine in the depths of our being, which is constantly urging us to do better, to lighten the load of human misery and suffering. In short, we can aspire to read the newspapers with the eye of the Spirit, the Soul, and with an open Heart.

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Introduction to the Video of News Clips

Over the last few years, I have been watching and listening to a variety of news sources. I have endeavoured to be alert and to notice anything within these News Bulletins that carried a positive stimulus. I have put together 4 short excerpts to share with you now.

1. As you watch be sure to notice what aspect of one or all of these 4 news items resonate with you.
2. What in your mind, has inspired these ordinary people to undertake such extraordinary projects?
3. How, do you think that these projects have changed or are changing the consciousness of others within their community, their nation, or internationally?

Watching the Video: mp4 – 7 mins – collection of 4 clips

Footnote:

1. The Destiny of the Nations
2. Taken from 'At the feet of the Master'

The late Florence Garrigue – Founder of Meditation Mount in 1971, used to urge her co-workers to listen to the 9pm News with the view of 'finding out what the Hierarchy had been up to' that day.



'The power of the soul pours like a steady current through my life. I sense it in my attitude to life and in the light it brings as it sweeps through all the aspects of my nature. May that power strengthen my will to serve.' DK the Tibetan

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The Sundial House Group for Creative Meditation

sundialcentre@btinternet.com www.creativegroupmeditation.org

We tend to judge by outer happenings and by what we see for ourselves and we are act be overwhelmed by the more sensational aspects of our present times and engrossed with the immediate situations and dilemmas. But without minimalizing the

problems that face humankind today it is what is happening behind the scenes that is of most significance the deep understanding underlying causes shaping outer affairs.

It is these far reaching elements and forces that we need to begin to understand for here in the hidden background lie the clues to the climactic changes all about us and the long term hints as to what our course should be. Everything in manifestation has sprung from some inner cause every trend is the expression of unseen energy and we should not let surface turmoil cloud our vision of the more universal implications of all that is going on today.

By stretching our thinking beyond the immediate we can realise something of this divine occasion of the present times and of how much the future depends on us now.