

Creative Meditation

Michael Galloway

July 1, 2019

When considering meditation, it is important to first define as best we can what we mean when we use that word. In modern usage, meditation has taken on a variety of somewhat contradictory and imprecise meanings. To clarify: meditation is always a mental activity and it is always creative in some way. Two questions then follow: first, what exactly is meant by the mind or by mental activity; and second, in what ways can meditation be creative?

The mind has at least 4 different functions:

1. It is, as is well known, the vehicle for intelligent thought.
2. The mind is the mechanism which integrates the entire personality into a cohesive unit; it directs emotional and physical activity.
3. The mind is an organ of communication, a mechanism through which the intellectual content of relationships is cultivated.
4. Fourthly, the mind is the mechanism for the sending and receiving of energy; it is first a means of upward ascent, and afterwards, once the individual has contacted the soul, the mind becomes the distributor of spiritual energy.

The word meditation, when used in a more general sense, can refer to any creative activity which is the result of thought of some type. As we know, energy follows thought. Thus, the creative potential of meditation is determined by the mind's ability to formulate and direct currents of thought. The ability to focus the mind, to focus the power of thought—in other words, to concentrate—is preliminary to all true meditation work.

It is not the mind itself, however, that meditates. The mind is a tool which is used at first by the personality and eventually, once soul contact has been achieved, by the soul. The soul, we are told, is in deep meditation throughout the entirety of each incarnation. The creative result of the soul's meditation is the appearance, life, and death of the personality mechanism.

Meditation also establishes relationship in various ways. Perhaps the most important initially is the bridge between the personality and soul. Meditation and the active utilization of the mind establish an energetic rapport that leads first to cooperation between the soul and personality and eventually to soul-personality fusion. Selfishness is transmuted into the divine impulse to be of service to humanity. Through active striving, conscious bridging, and the cultivation of an inner silence and listening, the will of the soul becomes the will of the personality and the outer mechanism becomes the vehicle for divine revelation.

This process of cultivating the inner life and expressing it outwardly through service is different for each individual. We must, therefore, each learn to meditate in our own way, discerning for ourselves exactly how it is we are called to meet the unique demands with which we are faced.

A religious person, for example, will focus themselves upon God, a saint, or religious figure and thus meditate upon divine expression or the cause of form. The businessperson may focus one-pointedly on the success of their organization, on the evocation of money, or on the successful negotiation of some agreement, and thus be engaged in creative meditation. The scholar or scientist may focus the mind intensely upon the solution to some problem, or the creation of some theory, and thus through meditation pierce behind the veil and give form to the physical and psychical laws which govern phenomenal relationships.

Formal meditation, however, is more uniform and must have both a vertical and horizontal component. The horizontal component is the creation, circulation, and distribution of energy within the worlds of form—of physical, astral, and mental matter. The vertical component is the connection to the world of spiritual reality, to the realm of the soul, and to the heart of the planetary life. True creative meditation combines both vertical and horizontal components; it establishes contact with the soul or group of souls and allows that vertical contact to inspire and inform all outer creative activity.

The creative effects of meditation may or may not have a physical appearance. Focused thought creates thoughtforms which may reside exclusively on the mental plane. Thoughtforms, however, condition all human activity and relationships. The axiom, “as humanity thinks, so it becomes” is appropriate, but we could also say “as humanity thinks, so it creates.”

As we all know, creative meditation is aided when individuals join together in groups. This occurs frequently around the times of the full and new moons, but also for other purposes such as the Triangles Meditation Group webinar for which we have gathered here today. The entire Triangles network is held in existence by the rhythmic meditation of its members. The lines of lighted love and goodwill are created and sustained by the thought of a united and conscious group meditation.

Humanity as a whole is also a group which can be said to be in constant (though unconscious) meditation. This meditation is today being accelerated due partially to humanity’s increasingly mental polarization. The creative activity of humanity, while primarily horizontal, has always had some degree of vertical inspiration. The united aspirations, dreams, longings, wishes, and desires of humanity throughout the ages have always invoked a commensurate level of response and aid from higher realms. Over the last 100 years particularly, the mentalization of human living has resulted in a more focalized and conscious invocative demand for more light, more knowledge, more love, and the demand that goodness reign on earth.

The existence of the New Group of World Servers is evidence that humanity, or rather a certain seed group within humanity, can now stand as that vertical link between humanity and Hierarchy. The Hierarchy as many of us know, is the kingdom of souls, the planetary heart. It is a group composed of those who, having completed the human stage of evolution, now stand in perpetual sacrifice in order to bring about planetary purpose. The meditation of Hierarchy we

are told is “a vast meditation rhythm which is like the action of the human heart in its beat.” This vast Hierarchical meditation translates the pure unadulterated energy of the Will of God into the spiritual ideas which are to govern humanity’s next stage in evolution.

The task of the Group of World Servers is to bridge between Hierarchy and humanity and to pierce beyond the realm of purely human knowledge into the “raincloud of knowable things” within the Hierarchical realm. The New Group then clothes these spiritual ideas into thoughtforms which condition human thinking and creative activity. The New Group thereby creates an alignment between consciousness and form in a planetary sense. The meaning behind form grows in potency, and beauty and love increasingly condition all phenomenal appearance.

The meditation of the New Group is a creative, bridging meditation and overlaps both the meditation of humanity and the meditation of Hierarchy. It is able to do so, because its membership is composed of those who, to some degree, have their existence within both groups. Through the work of the united New Group, the common purpose which underlies both humanity and hierarchy is mediated into actuality. Through creative meditation, which is both invocative of divinity and evocative towards humanity, the new group transcends the separateness and isolation which today still imprison human consciousness. They link the ideas of the past with the ideas of future in order to build a world of sharing, love, equity, diversity, and right relations for all.

It is this common purpose which links the world servers into one cohesive meditating group.