

TRIANGLES WEBINAR OCTOBER 2024

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Today I wanted to share with you the journey that I have experienced so far while participating in this service of Triangles. I thought it could be useful to share it, because what happens to each of us in this work is happening in the group field, and we can all – whether we have experienced a similar journey or not - benefit from reflecting on it, and distilling wisdom from it. Hopefully the sharing of this experience will plant in our group a small seed for further collective growth.

When I incorporated the Great Invocation into my daily practice, I experienced it as a blessing, a benediction, for myself and for humanity. I had the experience of Light, Love and Power streaming forth to my mind, to my heart, and to my whole being. I also visualized how it was streaming forth for the whole of humanity. It was mostly a self-focussed experience – and I don't mean that in a judgemental way, but just as the statement of a fact. I was the focus of the benediction, and then humanity was a bit in the background.

When I started doing Triangles work, I heard someone say that it was a Triangle for Prayer, and I joyfully embraced that idea. I thought it would be great for me to experience this benediction while connecting with two other people who were doing the same.

This became an experience of what we might call "aspirational prayer", which, Roberto Assagioli says, includes the "conscious desire... that something may be granted, may 'descend' to ourselves or others" and also "the *upward* projection of our demand and aspiration" which has the effect of "lifting our centre of consciousness in some measure onto the subtler levels of the inner world". Thus it is an "*elevating process*".

Today I can understand how this elevating process happened in me: first, literally elevating me from the self-centeredness of my work with the Great Invocation to a wider sense of a group endeavour. And even more deeply, it represented that first move "upwards", toward contact with the inner worlds, and that opened the door for the next stages in my evolution with this Service.

And yet, despite the deeper sense of aspiration and of contact with inner life, during this first stage of my experience of Triangles, I now realize that there was a sense of separation. As if, we, "down here", were praying for something to happen "out there". I was visualizing Light, Love and Power descending to us in the Triangle and into humanity, as something that happens to us – and that we pray for it to happen to us, and to happen to humanity.

Some time after that, I was reading Lucis Trust literature on Triangles, and something really hit me. What hit me was the awareness that we were doing *etheric work*; the awareness that to say the Great Invocation with two other co-workers was not just a practice of invocation or a prayer, it was not just a visualization of Light, Love and Power descending onto us. What hit me was that we were doing something in order to have an effect on humanity's etheric body. In other words, it was the realization that we are *working with energy*. I moved from having Light, Love and Power as mental concepts, objects that I visualized in my mind, to feeling them as energies moving in the etheric body of the inner worlds. The reality of humanity's etheric field entered my consciousness.

Slowly, the beauty of this new etheric reality became part of my practice. I understood, embraced and embodied the notion that Invocation *is not the end in itself*. Rather, Invocation is a tool for us to "focus" on and to "release" the spiritual energies of Light, Love and Power that are going to *vitalize this network*. Since all energy is in ceaseless motion and flows naturally, once we have contributed to this "release", we need to work on *perpetuating the flow of spiritual energy and increase it in volume and potency by rhythmic impulsing* (5). What I understood, embraced and embodied was the notion that we *are directing energy* (4-5).

As I entered into this energy work as deeply as I could, I started to understand a tiny bit of its Purpose.

We focus on, release and direct spiritual energies so that they can flow within the network of Triangles that we create. This network then *impregnates* the etheric body of humanity with these *spiritual energies*.

The word "impregnates" impressed me deeply and resonated with me for a long time in my daily practice. Slowly, I started to have a felt sense that the power with which all Triangles workers release and direct energy – our spiritual intention - will impinge upon human consciousness. In turn, human consciousness then will be expressed through human behaviour, action and opinion (2). Thus what we are doing is stimulating humanity with the magnetic radiation of Light, Love and Power.

This is a profound Service we are called to do.

When I understood the depth of this "impregnating", and inspired by the study of the Trust's materials, I had several realizations:

One – That the circulation, distribution and transmission of Light, Love and Power *happens through each of us, through each individual and through each Triangle*. We are not invoking and waiting for a response. We are invoking the energies to be released from the Source and we are conducting them ourselves... *we are co-participants*.

Two - That we are carrying out a *redemptive project*. The Teachings tell us that "the Plan" is about healing (*DINA II* 385) and that all of us, spiritually-minded individuals and groups, are called to "consecrate" our efforts to the task of developing will-to-good on Earth as one of the ways to offer this healing (*Rays and Initiation* 109-110).

Three - From self-centeredness I had moved to some understanding of group endeavour, and from there I soon moved to a deeper sense of *Interdependence*. We are like an electrical system in which energy is being transmitted from the highest and most powerful source to the lower outlets. Higher or lower, we are all intrinsic parts of the same web. We all depend on one another. We depend on higher sources to release their energies to us, lower entities; they depend on us to be the distributors in incarnation. Christians would say that we are the hands and feet of Christ.

Four - Our work is *an act of will*. We are told that Desire works from and through the material form upwards; Will works downwards into form, bending form consciously to divine purpose. The one is invocative and the other is evocative. Will, when evoked, ends desire (*Externalization of the Hierarchy* 345) and becomes an immanent, propulsive, driving force, stabilising, clarifying, and finally destroying (338). Will is "realised purpose". I am deeply touched by the invitation to participate in bending form consciously to divine purpose.

Five - As I experienced more and more deeply that the circulation, distribution, and transmission of Light, Love and Power *happens through me, through each of us, through each individual and through each Triangle*, I became more and more aware of the fact that, as our Mantram says, *I am the Triangle Divine*. We are the Triangle Divine.

I am an outlet in an electrical system because *I am a tiny manifestation of the Triangle Divine. I am an embodiment of Light, Love and Power. I am Spirit made flesh*.

Each of us is a Triangle Divine. This is in our affirmation.

In the centre of the will of God I stand.

I am a cell within the body of God. This is my origin and my essence.

Naught shall deflect my will from His.

Because God and I, God and us, are the same being, we cannot be separated. Our will is one.

I implement that will by love.

The energy of Power envelops Itself in Love.

I turn towards the field of service.

Will and Love become Intelligent Action.

I, the Triangle divine,

I am not just a tiny human being in my little corner of the world praying or invoking. I am the Triangle Divine made flesh. And I am fully present in this network of Light as an act of will.

work out that will

I am a triangle of Light, Love and Power. I am a tiny yet indispensable part of the network and I have a responsibility. I have something to "work out". I have a task. It is my responsibility and my call.

There is a living alchemy within me, of Power and Love about to become intelligent activity

Within the square

Here on earth, for humanity.

and serve my fellowmen.

My service, my intelligent activity, is that with this etheric work I have contributed to impregnating humanity with Power, Love and Will.

When I look back at my journey, I see it as a necessary one, almost inevitable, predictable. Because it is a tiny version of Hercules' journey, of every aspirant's journey from self-awareness to group consciousness, and from isolation to the understanding of etheric interdependence. And it is a beautiful journey, because it is expansive, because each lower stage has the seed for the higher stage, and because each higher stage includes all the lower ones before it.

I think Triangles work is indeed a benediction for all of us, it is aspirational Prayer, it is etheric work, and it is an etheric web of which we are an intrinsic component. We are in a web of interdependence. And you and I, each of us, each Triangle, is a tiny and indispensable part of this cosmic web. I invite all of us to be conscious of this in our everyday practice.

Thank you.

Note: citations with only page numbers refer to the Lucis Trust booklet *Technique of Triangles*.