

Christina chose these interesting themes of pliability and adaptability for us to work with today. These qualities were highlighted for us in the Alice Bailey teachings as aids for the form nature to be better able to withstand the powerful vibration which the approach of the Spiritual Hierarchy's externalisation is having and will increasingly have upon the human kingdom.

These qualities of pliability and adaptability are distinctive of our planet as a whole. In Alice Bailey's outline of seven rays conditioning the planet they are rather third ray qualities, the third ray being qualified by adaptability and it is the ray that conditions our Logos. Like all desirable qualities, it is a soul quality and in this case, it leads to skill-in-action in the plane of form and the consequent ability to sit more lightly in the saddle of life. Children and the young in general, have more of this quality, not having been so much conditioned by the hardships that are so characteristic of life today. It is rare indeed to find a crystallized and inflexible child, although there is no shortage of willfull children--but that is something different. Why, we might ask, does this quality so often fade over time?

Children's adaptable natures are the result of the tremendous growth they are experiencing which keeps them focused on all that is around them--they don't have to be reminded to "make all things new" for that is their way of greeting the world. It is all new to them. Watching a child on a NY subway, for example, is so interesting. We can often see young children eagerly peering through the dirty windows to watch the other passing trains, bouncing around in their seats, swirling around the poles, grabbing their parents' hands wrestling with their siblings and smiling at strangers who are also smiling at them. In contrast, the adults are staring at their phones or into space with blank stares or just catching a moment to relax.

How do we lose this pliability? It would seem to be a product of the loss of the inquisitive spirit and the joy of learning and doing new things. Instead adults are often stuck in fears, foreboding, or recriminations--stuck in the past or projecting fearfully into the future and rushing to accomplish that which our personalities are pressuring us to do. Whereas the child is free of past and present, and focused instead on the intense interest in the present moment if they are in an environment that offers them that which should be their birthright.

The great Teacher the Christ counseled us to renew ourselves by the renewing of our minds and it seems we haven't always heeded this advice. It's said that one of the problems with which the World Teacher will be confronted after His reappearance will be the habit of unhappiness that too often characterizes humanity. This human tendency to look back and project forward with all kinds of fears and sadness while forsaking the present creates a situation where the joy of that which lies all around is overlooked.

The Alice Bailey teachings have a suggestion for cultivating a greater richness within the daily life through the use of a spiritual diary. The Tibetan made the following suggestions:

“I have decided that the way of release for you will come in the writing each day of a diary which will embody certain releasing forces and which can...bring you much and eventually carry to your co-disciples something of beauty and of joy....I am suggesting something which will fill your life with vitality, expression and make you radiant.

Each evening write your diary from four points of view. Let it be written with real thought and a determination to find something to relate in connection with each point. This will engender in you a constant watchfulness over your daily life, a vital attentiveness to life as it is lived around you and a reflective daily meditative attitude:

1. What things, attitudes, and words of beauty did I come across today? Note these down and note also your reactions to them when recognised—a sunset of radiant colour; a face or look which brought good remembrance; a paragraph in a book which illumined your mind. Write it all down so as to share it with your fellow disciples. Write, for instance, the paragraph which attracted your attention or the spoken words which brought you light. Hunt every day for beauty and record it.
2. What act of service did I render which was other than my usual programme? What services did I note that other people were rendering? List what you see your fellow-men doing each day that strikes a note of selfless service and learn thereby the wonder of the human being. Give your reactions to that which you record.
3. What colour or colours predominated in my life today? Upon the physical plane—a blaze of sunshine, the grey of a rainy day, the blue of the sky, the riot of colour in [Page 483] the flowers in a garden or a shop? Upon the astral plane—the rose of affection and of friendly feeling, the blue of an inspiring contact, the gold of physical well being, the interplay of colours which your emotional nature can be trained to recognise?
4. What dramas came my way today, in my own life or in the life of others? Seek for drama under the dull exterior of a person, in the world of daily happenings as you see it functioning around you. See it everywhere—the drama of life as lived by yourself, your envioning associates, and also the nations of the world. Evoke and cultivate the sense of the immanent beauty of drama, and note the recognition of it in your diary; note also the lessons to be learnt as you sense and study them.

This diary will reveal to you what you lack; it will train you in the objective and subjective recognitions which you so much need; it will lift you out of yourself and will carry to you revelation and joy and an enlarging horizon. Ponder upon the words: Beauty, colour, service, outer relationships, inner linkings. No more I give you now except my blessing” (*Discipleship in the New Age, Vol. I, p. 482-83*),

Kathy Newburn