

A PAUSE FOR REFLECTION

Today is the first day of distribution of the energies of the Libra full moon and it is a great opportunity to work together with an energy that is so intimately connected with the work of Triangles, as was mentioned last week.

This inpouring energy confers balance and poise, among other qualities, and since the signs are progressive in nature, we know that the energies available to us now are just what we need in order to prepare for the intensity of the upcoming cycle as we move through Scorpio and towards the Festival Week in December. We can hold that interlude within our consciousness as the focus of all we do at this time.

It's said that Libra governs the interludes -- the interludes being those periods in the cycles of the breath and the cycles of our lives when we pause between inhalation and exhalation. These are times when we are not so pre-occupied with doing but rather can enter more fully into the quality of being. Through this beingness our minds are held at a point of spiritual tension which enables us to work in concert with the soul. It's not a time of resting in the normal connotation of the term but rather the achievement of the ability to rise above the normal constraints and distractions and become focused from within. When we are involved with spiritual work it is easier to achieve the needed poise for the pull of the inner planes acts like a magnet that draws the life in and up.

When considering Libran energies it's helpful to understand that they not only govern when the sun is aligned with this energy each year in its journey through the zodiac but they also and more importantly govern this entire time period between ages. For Libra governs the interludes between the ages. So its influence began coming in at the same time as Aquarian energies, adding to the potency of the influx of seventh ray energy for Libra is also governed by this ray. And now as we move into the final 100 years of the dawning of Aquarius, this Libran influence is waxing stronger in the planetary horoscope.

This balancing and bridging influence is needed because at the end of an age, things tend to fall apart. The negative qualities of the energies that are passing out from the previous age and ray cycle rise to the surface and become entrenched while the new energies that are coming in are not yet anchored and cause reactions because they are misunderstood and consequently feared. In this time of the "withering of the Law," Libra, the sign of the Law, rules. So underlying all the outer lawlessness that we see, there is a subjective anchoring, under Saturn, that is working its way out. With each turning of the great Wheel, the fuller manifestation of humanity's ability to live in accordance with the great Laws of the soul becomes more firmly established.

Libra, the "master of no man's land," governs the in-between places, the demilitarized zones we might say. But where are such places found in our world today? Amidst the outer turmoil, the raging battles, we can find those points of peace within consciousness, rising above the fractious climate which generally rules and capturing the inner point. As this calm is cultivated it strengthens the ability to stand amidst the warring forces, the stresses and strains of contemporary life. Since the energies of Libra are working powerfully with the Triangles network, we know that this inner poise can flow in from Hierarchy, impressing and attuning the group to a higher, vibratory field and through the network's radiation we help to quell the turbulent waters afloat in the world.

Poise generates the requisite tension that attracts the soul into our midst, and it is through this means that the solutions to problems are eventually realized. And from the Libran labour of Hercules we know that these solutions quite often are out of the ordinary, not what we would have arrived at when utilizing only the concrete mind when not illumined by the soul's light. The Libran solutions come, after all, from the higher, intuitive understanding, from Uranian energy, an energy that comes in like a flash of insight and poses an often-simple solution, dealing a blow to that which no longer serves. Sometimes what is needed is simply to pause, take time for reflection, consider the options, weigh and balance the situation, ask for the solution to appear and wait--being sure to be ready to seize the response when it presents itself.

Some of you may be familiar with the *Discipleship in the New Age* books which are compilations of teachings given out by the Tibetan to his group of students. A part of these books consists of letters the Tibetan wrote to each student, aiding them through his deepened insight into their psychology and offering suggestions as to what approach they needed on their spiritual path. What emerges from these letters is the realization of how different each individual is, and the Tibetan tailored his approach to his students with the recognition of what it is that each one needed in order to progress upon their path of return.

One of his students suffered from possessing a rather agitated consciousness and a secure living situation. He lacked poise and inner contentment. Some might think that the solution would be to meditate more and for longer periods of time. But, in fact, sometimes less is more and for this particular individual the Tibetan advised that he restrict his formal meditation to one practice to be undertaken every morning, noon, and night before retiring. He was advised to align with his soul, with the Ashram and with the Tibetan, and then to say very quietly and with no tension: the following affirmation:

"I stand a point of peace, and through the point which I can thus provide, love and true light can flow.

I stand in restful poise, and through that poise I can attract the gifts which I must give—an understanding heart, a quiet mind, myself.

I never am alone, for round me gather those I seek to serve, my brothers in the Ashram, souls that demand my help, e'en though I see them not, and those in distant places who seek the Master of my life, my brother, the Tibetan."

He was told that these affirmations, affirmed three times a day, would suffice to calm his mind and turn the place where he abides into a shrine.

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