

TECHNIQUES OF TRIANGLES

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“If mental radio operates between people, it means that everybody has an overwhelming responsibility for good and evil. It means that every thought we think is helping or harming other people. If you shout, your voice carries barely fifty yards. But when you think, your thoughts go around the world, as far and as fast as the radio. The thoughts of a single day pour blessings or cursings into the great river of world opinion. Every man, in the course of a lifetime, pours so many million thoughts for good or ill into the ever-moving stream of human history that he leaves his impress upon the world as long as time lasts. This is literally and terribly true if thoughts do leap from one mind to another.

“The most acute need of our age is for global-minded people who think the world thought, do the world deed, and pray the world prayer.”

From Prayer, the Mightiest Force in the World
by Frank C. Laubach

TWELVE POINTS ABOUT TRIANGLES

(1.) What is Triangles?

The word “Triangles” has both an arresting and a pictorial quality. It has been described as an activity whereby a network of light and goodwill covering the entire planet is created and maintained. That statement is basic and fundamental, but understanding of the real significance of Triangles only starts at that point.

To arrive at a universally good and right solution of its many problems, humanity needs more mental illumination--more “light on its way”--and more goodwill in the relationships that are inevitable within the pattern and structure of a modern civilised society. Goodwill has been called the “X” factor which, when introduced into any situation, produces a change of heart and mind commensurate with the sincerity and the intention of those who wield this power for good or who respond to its note. As a result of the daily action of Triangles workers “a network of light and goodwill covers the entire planet.”

The network of light, carrying and radiating the energy of goodwill, affects not only those who are registered Triangles workers making their daily contribution of spiritual potency to the worldwide network, but all men and women of goodwill wherever they are to be found are stimulated by the magnetic radiation through the network of the will-to-good.

The network is a factual and practical reality. The interlocking strands of relationship created in the ethers by the power of thought and the spiritual intention of all Triangles workers impinge upon human consciousness. Human consciousness is expressed through human behaviour, action and opinion, through the way in which crises are handled and problems solved. Personal, national and international relationships all react to the note that predominates in the consciousness of humanity at any one time.

Triangles workers within the network, in their invocation of light, love and the will-to-good on behalf of the entire human family, cross all social, national, economic, religious and ideological boundaries and help to relate all of us to one another in simple goodwill and loving understanding.

New technical development has made all countries neighbours in a geographical sense. It has given us means of destruction far more terrible than those which have previously been at the disposal of anybody. The economic ties between different countries have become much closer than before. Thus, we face today a situation characterised by greatly increased international interdependence, rich in possibilities, but also fraught with dangers unknown to the world of yesterday. This is the world we must master. This is the world in which a new approach is necessary, from every single individual and from the various governments, but also collectively. Our

problem is how to use what humanity has created for the benefit of humanity instead of for its destruction. That problem can be resolved only by a joint effort in which all are willing to take their part and to carry their responsibility.

Men and women of goodwill do indeed carry a high responsibility, so to deepen and to express the power of goodwill present in their own hearts and minds, that an answering response and a quickening of the latent goodwill present within all humanity is the inevitable result. For the most part we are not yet fully aware of what can be accomplished within humanity towards the establishing of right relations by the intelligent and intentional use of the energy of goodwill as it is directed through the network of lighted triangles and into human consciousness.

The work of Triangles is fully launched upon its path of world service. Individual understanding of its purpose and cooperation in action and spiritual intention makes of each triangle unit a station of lighted goodwill within the network, creating the spiritual atmosphere in which humanity can learn to live together in harmony and right relationship. Ours is now the task of strengthening and perpetuating this network of worldwide service to our fellow men and women.

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(2.) Why a network?

A network provides the necessary interlocking strands or channels along which flow the energies of light and goodwill invoked by all Triangles workers.

The network of light and goodwill is both actual and symbolic. It manifests in mental and etheric substance the interrelationship existing between all forms of conscious life on the physical plane. It is symbolic of the inner spiritual unity and relationship of all the many parts contained within the whole Life and Mind of God.

For the purposes of directing the energies of light and goodwill through the ethers surrounding and interpenetrating the earth, and into human consciousness, a “conductor” is necessary. The channel along which these spiritual energies flow is created in mental substance through the deliberate action of groups of three people linking by the power of thought their own mental equipment to the mind of humanity. On the mental plane the minds of all people function at varying levels of awareness, and a conscious and deliberate linking at a certain level for a definite purpose produces an effect. “Energy follows thought,” and so the network is constructed of living strands of lighted mental substance directed into activity by the intention of Triangles workers to create a vehicle suitable for the circulation and transmission of the energy of goodwill.

At each point of intersection within the network stands a human being using the mind, directing thought and invoking spiritual energies for the benefit of all

humanity. The power to do so is immeasurably greater in triangular formation and as part of a larger whole than it would be if working in mental isolation.

What is present in the human mind determines outward behaviour and action. The mental plane is, therefore, causal and conditioning. Light and goodwill poured dynamically through the network of Triangles by the mental activity of Triangles workers have their inevitable result within human consciousness.

So, in time, right causal conditions will produce right effects, and human activity will become the outer reflection of the light and the will-to-good poured impersonally into the human kingdom and available to all people alike.

The network, therefore, provides a medium of relationship, a channel for the conduction of spiritual energies, and a causal factor impregnating the ethers and the atmosphere of the earth with those right conditions and attitudes of mind and heart which will work out through the consciousness of humanity in brotherhood and the “ordered freedom” of shared responsibility and right relations on earth within the human family.

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(3.) Why a triangle?

The triangle is a basic geometric figure, spiritually symbolical of the original essential Trinity of the Godhead. Three people can work as a group and provide three linked focal points through which spiritual energy can circulate.

The secret of the efficiency of the work of Triangles lies in the fact that we are dealing with energies and that all energy is in ceaseless motion. Energy naturally flows. Once a flow of spiritual energy is set up, it can be perpetuated and increased in volume and potency by rhythmic impulsing. Three people acting together for a common purpose and in the same way can set up an ever increasingly powerful flow of any energy with which they choose to work. This Triangles members do with the two energies of light and goodwill.

Three is the smallest possible unit of such flowing action and the smaller the unit, the easier to form and the less complicated to operate. It brings to the work the power of accepted responsibility, for no one of the three can fail in his/her work without the whole unit being destroyed. If A drops out, B and C cannot work as a triangle until they have found someone to take A's place. Every Triangles worker is, therefore, of vital importance. If he or she were part of a larger unit, he/she could drop out and might not be very much missed.

It is impossible to be casual about spiritual energies and expect to get results. Triangles work cannot be potent and worthwhile if done as convenient.

A triangle produces a more unshakable basis of work than duality can achieve. It finds its own centre of gravity and position of balance. This is not only true of physical objects such as the stability of a tricycle as compared with a bicycle, but it is also true of spiritual action. Every world religion teaches that God is a Trinity. The life of God which flows in and through humanity is one life manifesting in three essential aspects and the human being is most perfectly described as body, soul and spirit.

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(4.) Of what does the network consist?

The network is built of strands of lighted mental substance along which flows the energy of goodwill.

Comparatively few human beings today, and certainly none capable of intelligent and independent thinking, are content with an explanation of life in terms of material benefit and possessions. That there is something more beyond the visible, and the range of sense contacts, is acknowledged if but little understood as yet.

Human relationships in outer living in the world, and human responsibilities for the creation of new and better conditions, are dependent entirely upon the level of the scale of human values. Where is the emphasis placed? On things, on feelings, on thoughts--or on a synthesis of these three in an integrated whole, used as an instrument for the outward expression of spiritual energies impinging on the material world from that little known world of invisible forces.

Little by little humanity is learning, largely as a result of scientific research, that what has been in the past considered as dense matter is, in reality, energy in motion. Matter is energy, light is energy, thought is energy, goodwill is an energy expressing the love of God. So the work of Triangles is an act of energy propulsion, impulsed and vitalised from the unseen source of spiritual power, motivated by love of humanity and the desire to serve. From the highest spiritual being on the planet, into the outer world of daily living, the tide of the new life sweeps.

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(5.) How is it built?

The network is built and maintained by the daily action of each Triangles worker invoking spiritual energies and using the creative power of his or her mind.

Much as a sculptor shapes an idea into clay, so do Triangles workers build into mental substance the network of light and goodwill. First the sculptor creates a mental picture. Its outer form takes shape according to the clarity, beauty and accuracy of the thought, and the skill in transferring the idea to the clay itself.

Every human being in the world is constantly moulding and shaping mental substance into an infinite variety of forms to express his or her attitude or emotion at any given time. By the quality of thought every human being is constantly affecting the mental “atmosphere” in which humanity lives. World conditions are caused by thought just as surely as the thought in the mind of the sculptor is the cause of the created form.

It is thus apparent how vital is the work of creating rightly, in mental matter, and how strongly humanity is influenced by its own thoughtforms. It is apparent also how great is the task of helping to lift and purify the mental atmosphere of the planet and how urgent is the work of Triangles in accurately building the brilliant network of light and goodwill covering the earth. The right use of mental energy is a form of service to the race. The network creates clear lines of spiritual relationship between human beings the world over. It operates as a radio network by projecting beams of light from point to point. To be effective each triangle should be accurately visualised and a current of spiritual energy powerfully projected through the network. The plan and blueprint of the work is clearly outlined in three simple stages:

The linking in thought each day with the other two members of each triangle.

The visualising of light and goodwill flowing through the three points of each triangle and into the network as a whole.

The sounding of the Great Invocation with love for all humankind.

By this simple yet powerful formula a united humanity may use its God-given power to create those right conditions in which we may live at peace.

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(6.) How is the work done?

The individual links in thought and purpose with the other two members of the triangle, or triangles, seeing the vital energies of light and goodwill circulating from point to point. The person then directs the flow of energy into the network, clearly visualising the radiant worldwide network of Triangles, of which his or her own is a part. The individual then repeats the words of the Great Invocation with concentration and intention.

It has been stated frequently that the actual work to be done by each Triangles worker is of the utmost simplicity. It appears to be so simple that its essential and deep spiritual significance is often overlooked, or underestimated.

It even happens on occasions that Triangles workers consider they can increase the effectiveness of their work by additions or substitutions according to individual interest and inclination. Any such practice, however, no matter how well-intentioned, merely serves to confuse and distort the purpose of the Triangles work and to detract

from the flow of energy into and through the network of light and goodwill.

In the outer simplicity of the work lies its inner effectiveness and its instrumentality in the revelation of the good, the beautiful and the true.

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(7.) Why use the Invocation?

The use of this Invocation focuses and releases the spiritual energies available for the vitalising of the whole network.

There are two available sources of spiritual potency for the network. The first is the light and goodwill in each Triangles worker. These two basic divine qualities in each of us are part of our human heritage as “children of the one Father,” for “we are made in His image” and “in Him we live and move and have our being.” This is a profound and mystical truth.

Religion by definition and practice relates the individual to God. The main method of relationship down the ages has been by prayer. This we have used largely on basis of request and supplication and most frequently for the benefit of ourselves, our loved ones, our nation, our religion, and so on. Instinctively we have been motivated by desire for what is ours and what we want.

The Great Invocation which we use each day in our Triangles action transcends this old-age individual benefit state of consciousness. We are not working in Triangles for what we get out of it. We are cooperating in a worldwide service to all humanity. The degree of selflessness manifest in the quality of Triangles members as a group is high. We have grasped the new age concept that we live in a world community in practical terms and are taking action together.

This is our strength and our sure foundation of reality in human values.

The Light we invoke by our use of the Great Invocation “streams forth into the minds of men”—all men and women not just to our friends or even *our* nation. The Love we invoke streams forth into the hearts of all people. The Will and Purpose of God are for all. The effect of God's Plan in terms of love and light is for all humanity as one group or centre of divine life.

The Great Invocation is a selfless, impersonal, universal prayer. When we use it we act as members of the human family partaking of the “One Life” and seeking the welfare of all people everywhere in the world. By its daily use we become more truly “the children of the one Father” than we have ever been before.

More specifically this Invocation as used by Triangles workers brings in and pours through the network to humanity that supremely essential divine potency which must be present else our effort fails. Goodwill is the expression in the human heart of

God's Will-to-Good. It ensures the success of God's Plan. The goodwill in us we build into the network. We then invoke God's Will to that which is good and which ought to be according to His Plan. As cooperators in God's Plan we stand, and standing, work, and goodwill flows forth into the hearts and minds of all of us increasingly and continually because of what we do.

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(8.) What is the motive for joining Triangles?

The motive is not personal benefit but world service.

Our work in Triangles is a service to humanity. We do not form triangles for our own spiritual benefit or comfort, but to create a network through which the divine energies of Light and Love and Power may flow into the minds and hearts of people everywhere.

In this work we receive but to give, and this is the true meaning of service. It has been said that the highest ideal is to serve, and all history bears witness to the fact that the truly great dedicate their lives in service to their fellows. In this work of Triangles, quietly and unobtrusively we play our part in the evolving pattern of history at a crucial point in the spiritual unfoldment of humanity.

Each member of a triangle, motivated by love for his or her fellow men and women, is a powerhouse generating spiritual light. This light is transmitted through the worldwide network created by our cooperative efforts, and helps to dispel the dark clouds that oppress so many of the human family. This spiritual light helps to create the mental climate in which the Four Freedoms will flourish, in which we shall know our fellow human beings as brothers and sisters: that climate in which the new civilisation will arise which embodies the good, the true and the beautiful.

This is the Plan we serve, and in serving we help to restore the Plan on earth.

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(9.) How does the network increase (a) in quantity? (b) in quality?

(a) It is the responsibility of each Triangles worker to interest other men and women of goodwill and form new triangles for the strengthening and expansion of the network.

(b) The magnetic and radiant potency of the Triangles network depends upon the spiritual contribution of each individual triangle to the whole, which in turn depends upon the daily action of each Triangles worker.

The network of light and goodwill extends all over the world. Every individual Triangles worker is a living point of light in that network. Each one has, therefore, spiritual and magnetic relationship to every other Triangles worker and should he or

she recognise this basic fact he/she will know the individual self to be a part of a worldwide group, dedicated to the service of humanity.

Spiritual forces operate through the human family whether we recognise them or not, but if we are to play our part as spiritual workers it is essential that we recognise the reality of these spiritual forces and learn to control them by the power of our thought. It is, therefore, of great importance for the future of the work that every Triangles member should understand clearly and appreciate more definitely the significance of Triangles work.

We come naturally to the question of how the network of Triangles increases in quantity and quality. One person alone as a unit among many thousands scattered all over the world can be a true participant in a great worldwide spiritual effort, but the association formed by the method of work which we follow gives each of us a special relationship to two other people. It is this relationship which, when consciously used day by day, produces a brilliant focal point of light and a power station of goodwill which far transcends the sum total of what might be achieved by the same three people, working alone.

It is obvious, therefore, that the extending of the network of light and goodwill throughout the entire body of humanity everywhere in the world depends upon new triangles being formed. This means that the individual triangle member becomes naturally and joyfully alert in daily contacts to a similar attitude and a possible cooperative relationship with two other people who, if they had the benefit of experience in Triangles, would gladly join. Triangles are being formed all over the world naturally and spontaneously and not at all in the spirit of sectarian propaganda or highly organised drives for members.

When an individual joins Triangles because he or she does not like to refuse a friend, it generally means very little, and instead of strengthening the work there is a little sagging point in the network. The network increases in quantity by the formation of new triangles of people who are really interested in essential spiritual progress and who gladly undertake the daily work required. Increasing the network, therefore, is not a duty and a task. It is a spontaneous expression of our own appreciation of its value and our own desire to make the network of greater service in the world. Triangles so formed have the foundational quality necessary for true spiritual work. This quality is built and sustained by each individual triangle, because when three people work in this manner, the effects are inevitably cumulative.

The spiritual potency which flows through the entire network is in constant action. It does not stop and start as individual triangles here and there do their daily work. It is a constantly flowing stream of the powerful energy of goodwill and of lighted substance. Once a sincere and intelligent

triangle is created and goes to work the whole process is enhanced and vitalised and every other triangle everywhere in the world is strengthened and aided and the whole purpose of Triangles moves forward.

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(10.) How is each triangle maintained?

Triangle workers keep in touch with each other by letter, email, and personal contact, where possible, to ensure that their triangle is maintained as a functioning unit within the network.

As we all know, the strength and value of the Triangles network is created and sustained by what each individual triangle member does. It is our action that makes it real. With many thousands of us in action all over the world, our effort to help all people, everywhere, is powerful and effective.

The significant feature of the work is its triangular basis of action. We act in groups of three. These triangular groups as they act correctly become, each one of them, a station of light in the worldwide network of light and goodwill. We may, therefore, profit by reconsidering just how these focal points of light energy function.

The triangles in which we work must be real triangles actually working as a unit. Each triangle member needs to be in touch with the other two members and to be conscious of their action with him or her. When one triangle member defaults it affects the other two. The important thing is the work of the *triangle*, the combined sustained work of three people.

This triangles activity and the network it creates is clear, strong, mental work. Daily we link up in thought with the other two members of our triangle, recognising their oneness of purpose with us. Each related triangle becomes a blazing station of light, and each one of us as an individual is “lost in that light.” The triangle then functions as a station of light in the network.

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(11.) Who is eligible for membership?

All intelligent men and women of goodwill everywhere in the world without distinction of race, creed, caste or colour are needed for service within the Triangles network.

The hope of humanity lies in each one of us, in the kind of everyday life we live, in the quality of our human contacts. Our problem and the problem of humanity is one of relationships--relationships with thoughts, ideas, things and especially with other people. When we solve our relationships, we solve our problem.

In our limited surroundings our part within the broad sweep of human events

seems trivial until we see meaning and possibility in the way we relate ourselves to our own world. Relationships that are rightly motivated, sound, clear and extending outward in light and goodwill to include the larger world community of races, groups and nations, impulse a new vision within the human family. They stimulate the possibility of a community of men and women united within the many diverging thoughts and ways of life, and living together in co-partnership.

In the confusion and perplexities of the modern world the network of light and goodwill is firmly anchored within the consciousness of humanity. It is a network of men and women of goodwill of all races and creeds, united in triangles of right relationship and service. Those who join Triangles do so because of their sensitivity to world conditions and to humanity's need. In a greater understanding of purpose, and in a united goodwill among the peoples of the earth can be seen the foundations of the new world community.

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(12.) Is Triangles a religious movement?

Triangles is not connected with, or confined to, any one of the great world religions. It is a universal spiritual project, which, in practice, includes men and women of all faiths.

If we read this question and answer carefully, we find a distinction drawn between what is "religious" and what is "spiritual." Triangles is not a religious movement but it is a spiritual project. As such it is inclusive of all religious faiths. "Spirit" is the very essence of the Divine Life of God. "Religion" is a man-made form for its containment and expression.

Triangles workers live and serve in all areas of the world, forming a natural part of their own national and racial pattern, worshipping the one God under the name familiar to them. The richness and effectiveness of the work lie in this wide sweep of world membership. All are included, and all are reached and touched through the network.

In Triangles we have, therefore, an instrument for the creation of human unity and the right relation of the spiritual and material worlds, a vehicle for the circulation of light and goodwill and the restoration of the Plan.

"All work is spiritual when rightly motivated." The spiritual forces for good work silently through the ethers, across all frontiers, and in spite of all obstacles. In this process we, as Triangles workers of all faiths, have taken our place and there we serve the Plan.

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HOW TO FORM A TRIANGLE

The questions “How does one start a triangle?” and “What is the best way to introduce people to the network of light and goodwill?” are often asked.

Many people have had the experience of a triangle “forming itself,” without apparent effort or planning, almost as if it “existed” before its members met or agreed to work together. But equally many others have struggled and searched for a long time without success. What can they do when faced with an apparent void of potential co-workers?

Mental Preparation

The need for the right mental preparation in such a situation is often forgotten. Successful Triangles work involves a certain “likeness of mind.” We have to be able to “tune in” to the Triangles wavelength. What better way of finding co-workers therefore than by first becoming a mental broadcasting unit, radiating the concept of Triangles and the need for co-workers into our mental environment, and enlarging our understanding by reading and reflection, so that our consciousness becomes impregnated and saturated with “Triangles essence.” How else indeed can one create the attractive magnetism that will evoke a response when the right person turns up.

The Link with the Network

We can at the same time start making a daily mental link with the network of light and goodwill, using the Great Invocation, and acting *as if* the anticipated triangle already existed. Thus we visualise the two other lighted points in the confident expectation that at the right time the right people will emerge to fill them.

This daily link with the network also serves to charge the field of our consciousness and mental environment with magnetic power, increasing the attractiveness of the Triangles “thoughtform” we are building.

Right Action

Right inner preparation has to be followed by right outer action. It is not difficult today to speak to people about prayer and meditation. Men and women of goodwill are eager to find ways of serving their fellow human beings. They know instinctively that humanity has need of light and goodwill, and they do not need to be convinced that the power of the mind can be used in constructive service.

Yet too often we are reserved or hesitant. We have a secret inhibition that prevents us from talking as openly and whole-heartedly as we could. This communicates itself to others, and is one of the barriers to be overcome if we are to attract new members of the Triangles work.

Another difficulty, frequently experienced, comes in the response: "Why must I join a group? It is not equally effective if I pray and use the Great Invocation on my own?" It is a great achievement for humanity to realise the fact of its inner subjective unity, and that when individuals pray to God, no matter when or where, they are truly linking in with the ever present aspiration and invocation to divinity of the whole human family.

Yet individual prayer is neither as effective nor as spiritually useful as conscious group invocation. We should emphasise that this new age science of group invocation is a vital feature of the daily work of Triangles.

The Network

Finally we can point to two completely unique features of Triangles. These are the *fact of the triangle itself* and the *fact of the network*. Without channels into the everyday world, the spirit is powerless to influence human affairs. The network formed by many thousands of interlinked triangles is first of all a worldwide group channel for the downpouring of spiritual energy into human consciousness. The network is also a communications system. All energy needs some "carrier" through which it can travel and bring its force to bear. The Triangles network ensures that the light and goodwill invoked by each individual triangle can circulate throughout the planet and therefore have a worldwide influence.

The Triangle

Triangular patterns are universal and basic to nature. Science is categorical about this and religions teach the truth that a trinity is to be found at the heart of every living form. Triangles is in fact a supremely simple spiritual service linking both the religious and the scientific approaches to life. Triangles can also be observed in ordinary human relations, for three is the smallest number that can form a group, and the triangular relationship is the basic unit and nucleus of all group work.

In presenting Triangles, we can therefore point out that the network is rooted in a universal reality, and that everyone who works in Triangles is identifying with one of the fundamental life patterns of the planet. We may not always succeed in kindling interest. But as we work at the task of expanding the network we are strengthening an open channel through which spiritual energies descend and building a more comprehensively universal system for the transmission and distribution of light and goodwill around the globe.

Some further suggestions for forming and maintaining Triangles

1. Realise first of all that you cannot be successful unless you yourself are profoundly and not perfunctorily interested.

2. Realise next that many of your friends are truly and earnestly eager to help at this time of world crisis and that they do believe in divine guidance even if they have not discussed such a subject with you.
3. Then begin talking about the plan for this network of light and goodwill, without pinning people down to joining. Speak of the uniqueness of the idea (for it is unique), mentioning the fact that such triangles now exist all over the world, of their steady growth over many years, and of the simplicity of the work required--just a few minutes of meditation each day, plus the living of a life of enlightened goodwill. Then leave the idea to germinate.
4. When you feel that real interest has been evoked, ask the people interested to join you in forming a triangle and then start using the procedure for work within the network of light and goodwill.
5. It is not necessary for the members of your triangle to live in the same place as yourself. It would be helpful, of course, if triangle members could meet occasionally for united work and discussion, but this is not essential. Members of Triangles must feel free to do the required work in their own time and manner.
6. Keep in touch with the members of your triangle. As the one who has formed a new triangle it is your responsibility to keep interest alive in your two friends until they are firmly established in the rhythm of the work. Then continue to keep in touch and seek to strengthen and vitalise the work you are doing together within the network of Triangles.
7. Every member of your triangle should be encouraged to form other triangles and this is your definite responsibility. Try to bring this matter to their attention and provide what help and inspiration you can in their efforts. It is only in this way that the work can grow and spread as it should.
8. As a result of your subjective work within the network of light and goodwill, it should become increasingly easy for you and the members of your triangle to express outwardly, in your sphere of existence and throughout your environment, the practical value and effectiveness of the light, love and goodwill invoked through the daily work of Triangles. The personal example of a life lived in right relationship with others is inspiring and infectious.

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HOW TO DO THE WORK

Triangles work is essentially simple. It need take no more than a few moments each day, and with practice can be done almost anywhere, and at any time. While

workers must discover for themselves the methods of work which best suit them, there are certain basic principles which all can follow. The following note outlines a brief procedure which is especially intended to assist new members.

1. *Place of work.* It is always preferable to use a place where you can be quiet and uninterrupted for five minutes. Then, sitting relaxed but upright with eyes closed, put everyday thoughts and feelings to one side and focus on the task of serving humanity through Triangles. With practice this can be done almost instantaneously, rather as one would tune a radio set to a particular wavelength, in this case tuning into the network.
2. *Link mentally* with each member of your triangle, or triangles, from the highest point of consciousness that you can achieve, “seeing” each triangle as a unit “in the mind’s eye.” Visualisation is a great creative force. For some a mental picture is easily created. Others build by imagination, by repeating mentally the names of their fellow members, or by simply thinking about each triangle. Some people combine several methods. On the principle that energy follows thought, we can be confident that as we think about them, links *are* created, and kept vitally alive by this daily work.
3. *A radiant living network* of triangles has been built around the planet as a result of the daily work of Triangles members. *Visualise* the triangles in which you are working as an essential part of the worldwide Triangles network.
4. *Visualise light and goodwill* flowing into each of the three points of your triangle(s), circulating around the triangle from point to point, and flowing out through the network into the hearts and minds of men and women everywhere. The soul or Christ principle can be found as a central point within each triangle, and many people visualise this central point as the source of light and goodwill used in this work. As light and goodwill are distributed, realise that they increase the brilliance of the whole network. The consequent radiation has an inevitable constructive and healing effect, lifting and transforming human consciousness and establishing right human relationships.
5. *Sound the Great Invocation*, silently or aloud, according to choice or circumstances. As you repeat each stanza, visualise the network acting as a link between the world of spiritual realities and humanity, and as a channel through which light and love and divine purpose flow into the world.
6. *Summary of Procedure*
 - (a) Link mentally with members of your triangle(s).
 - (b) Visualise your triangle(s) as part of the worldwide network.

(c) Visualise light and goodwill flowing around the points of your triangle(s) through the network, and into human consciousness.

(d) Use the Great Invocation, perpetuating the flow of spiritual energy.

SOME ADDITIONAL POINTS

1. It is *not* necessary for members to synchronise the time at which they do the Triangles work each day, and in fact when members live in different parts of the world, this is impossible. Once Triangles links are built in mental substance, they can be “brought alive” when any one member does the work. The true synchronisation is in the purpose and intention of those doing the work, not in the question of time.

2. *Number of Triangles.* Some people participate in several triangles, and this is to be welcomed. There is a practical limit, however, to the number of triangles in which any person can work effectively. The question arises: How many triangles are you able to visualise and hold clearly in your mind at the same time? We suggest, therefore, that members either limit the number of triangles in which they work, so that each can be a vital functioning unit, or spend enough extra time in this world service to ensure that each triangle unit is firmly built and regularly vitalised.

3. If any member of your triangle(s) discontinues the work through decline of interest, death, or any other reason, *please let us know at once*. We hope that in such cases, someone may soon be found as a replacement. Although Triangles members occasionally wish to continue a triangle which is literally incomplete through the death of one member, we discourage this practice. The network of light and goodwill is anchored in *etheric* substance. This requires the physical plane anchorage by all three points of the triangle.

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PRAYER—MEDITATION—INVOCATION

“Always we get--in time and space--what we invoke, and the knowledge of this fact, scientifically applied, will be one of the great liberating forces for humanity.”

Little as we may realise it, every expression of human meditation or concentrated thought does definitely create that which is desired. All that is seen, possessed, utilised and known in the physical, emotional and mental worlds is the result of the following seven grades of creative, meditative work:

1. *Desire*: this leads to the attainment of that which the lower self wants; this will include the desires of the lowest types of human beings through all intermediate types up to and inclusive of the aspirational mystic.

2. *Prayer*: this is the stage wherein the aspirant, the mystic or the spiritually

inclined individual blends personality desire with aspiration for soul relation and contact; through the proved efficacy of prayer the individual discovers the subtler powers and the fact of the essential dualism of life, finding the self to be both a lower self and a higher self.

3. *Mental reflection*, or concentrated thinking: this in time produces integration and definite personality achievement, leading eventually to controlled reflection and scientific or concentrated thought; this type of thinking has produced all the creative wonders of our modern civilisation, and it culminates in the concentration achieved in occult meditation. This meditation finally brings about the reorientation of the personality and soul fusion.

4. *Straight meditation*: this is a focused, concentrated mental attitude and fixed reflection; it is creative in nature, for it creates the “new man in Christ” or produces the soul-infused personality; this personality then proceeds to recreate the environment and to cooperate consciously with the creative work of the Hierarchy.

5. *Worship*: this is the united recognition and the subsequent reflection of humanity upon the fact of divine transcendence and divine immanence. It is implemented by the world religions, and it created that path of return to the centre or source of divine life to which the world religions and the heart of humanity bear equal testimony.

6. *Invocation and Evocation*: this form of spiritual, dynamic meditation is largely in the hands of the subjective group known as the new group of world servers and of the men and women of goodwill in every land. These will be generally unknown to each other, but they are creatively striving and creatively thinking towards the worldwide uplift of humankind; they are earnestly working at the creation of a new world order and for the manifestation of a more definitely spiritual civilisation.

7. *Hierarchical Meditation*: this is based upon the evocation of human response to the higher spiritual values. It concerns itself with the creation of those conditions wherein these new values can, under the divine Plan, flourish. It is focused on that immediate aspect of the Path which humanity needs to tread, and its intent is to swing into creative activity the desires, aspirations, reflections and concentrated meditation of individuals, at whatever may be their particular point in evolution, so that a mighty, coherent and invincible movement will be instituted which must and will result in the creation of the new heaven and new earth. This is one way of expressing the significance of the coming of the Kingdom of God on earth, and the creation of a new order and way of life.

Focused intention, concentrated meditation, visualisation and directed invocation (producing evocation and leading to responsive results) are the major processes of creation upon all levels and by all beings. Prayer, focused desire, meditation and focused intention are the graded and sequential lessons which humanity has to learn.

Worship or recognition of divine transcendence and divine immanence underlies all the mass recognition of spiritual potency. Thus the meditation of the planet penetrates into that which lies beyond the planet and is fused and blended in a solar sense with the voice of Him who has brought all into being, and with the Will of Him who is carrying all forms of His livingness towards the perfection which He purposes; in so doing, the great processes of redemption are furthered.

* * *

THE LAWS OF THOUGHT

The mind is the most potent creative instrument available to humanity. Many books have been written about mental power and the laws of thought and it is not possible to do more within the scope of this booklet than to present certain key ideas as a basis for further thought and reflection. We hope these will prove useful both to Triangles workers in building the network of light and goodwill and to all who seek to use the mind as an instrument of service.

The Thinker

The Thinker is the Soul, the “Son of Mind,” the essential ego or individuality who uses the mind as an instrument of thought. The Thinker is “man made in the image of God.”

The Mind

There are two main divisions of the mind and grades of thought. *First:* the concrete or analytical mind with which we are all familiar, and which we use to interpret and organise the information about the everyday world coming to us from the five senses.

And *second:* the abstract or synthesising mind which deals with symbols, principles and values, and which is the instrument used by the Thinker to contact the world of the spirit. Relatively speaking, ideas are abstract and thoughts are concrete; and one function of the concrete mind is to translate ideas into forms of thought and activity that can take expression in the tangible everyday world.

Origin of Ideas

Great creative ideas have their origin in the world of spirit beyond the mind. By lifting the mind to a pinnacle of thought the Thinker can contact those foundational ideas which are the source of all human inspiration and evolutionary development.

Purity of Thought

The mind can be used for good or evil, to build or to destroy. The statement “As a man thinketh in his heart, so is he” means that we become what we think. We create ourselves and our environment in the image of our thought. Purity of thought and motive is the first law of a constructive and healthy mind.

Energy Follows Thought

Energy automatically flows into any idea, plan or activity to which we give sustained thought and attention. Concentrated thought generates mental energy. When thought is withdrawn, the life giving impulse ceases.

The Power of Thought

The temporal power of an idea depends on its appeal to the public mind and the degree of mental force or desire placed behind it. Its spiritual power and enduring appeal depend on the accuracy, clarity and truth with which the thought reflects its divine archetype. There is nothing more powerful than “an idea whose time has come”.

The Work of Creation--Visualisation

Visualisation is the primary means by which the mind creates. Visualisation is building a picture “in the mind's eye.” This picture is not imaginary. It actually exists in mental substance on the mental plane, and persists according to the strength and duration of its creator's thought. It is by means of visualisation that an individual translates the ideas and vision of the spiritual worlds into mental concepts and plans for action on the physical plane. Visualisation may be both abstract (ideas, qualities of energy, and symbols) and concrete and dealing with objects more familiar to the world of the senses.

Sound and the Word

The mind also uses words as the vehicles of thought and creation. Language gives shape and form to ideas and organises mental substance into thoughtforms. Every form in nature vibrates to some note, key or chord, and thoughtforms are no exception. When the right keynote is sounded mentally, thoughtforms are made magnetic and are given creative power. This is one of the secrets of the power of prayer and invocation.

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THE CREATIVE USE OF THOUGHT ENERGY

The wise and skilful use of thought energy in service is not for most people an automatic process. It calls for effort and discipline and for an understanding of the principles on which the creative use of the mind can be based. The following statements indicate some of the fundamentals of this science of mind.

1. Thought is *creative* as it builds by formulation, development and clarification of ideas. It is *communicative* as the mind projects the thoughtform to its destination.

2. Creative thought building requires a calm and stable emotional consciousness, a mind that can maintain focus and concentration on an idea or theme without interruption or distraction, and physical conditions that permit both to be achieved.

3. Purity of motive is needed for this work. This is not a counsel of perfection; but the purpose for doing the work must be one of impersonal, selfless service for the benefit and upliftment of the whole human family.

4. The mind must be united with the heart in creative spiritual service. The Christ said that "As a man thinketh in his heart, so is he," and if the thinker works without a heart open to the flow of love his thought will lack the magnetism needed for it to achieve its objectives.

5. There are many ways of thinking a subject through in order to clarify and develop it. But effort should be made to penetrate behind outer appearances to search for meaning, for significances, for relationships with other ideas or streams of thought, to look for causes and not at effects. The attempt to do this will lead the thinker to reflect on that which is not of the nature of form, and this can lead to contemplation, which is the source of inspiration and illumination.

6. The thinker should at some stage lift his or her consciousness to the soul--the Christ Consciousness in the human being--and reflecting in the light of the soul link in thought with the Spiritual Hierarchy, the Custodians of the Plan. In this way the individual will help to build the link between the mind of God and the minds of men and women and through this channel the Plan can be helped to precipitate into human consciousness. The thinker can also invoke the flow of light and love and the will-to-good through this channel into the minds and hearts of all.

7. The thinker should realise that the individual will in fact form part of a subjectively united world group of thinkers in any creative service work undertaken with the energy of thought. The individual will contribute to and draw from a group "pool of thought." Linking in consciousness with this group while working with thought energy will add to the value of each person's contributions.

8. Thoughtforms should be built with as much care and accuracy as we use to build a house. Just as an architect must take into account design, materials, location, wiring, lighting, heating, plumbing, and gear them all to a house that is beautiful,

practical, economic and good to live in, so must the creative worker in thought bear the corresponding factors in mind for mental creation. Just as there are millions of poorly designed and built houses in the world, so there are millions of ill thought out and relatively useless thoughtforms. In this process of thoughtform building, the main mental technique is visualisation.

The rules for creative use of thought energy are the same as those for meditation, but a wider connotation should be given to this term than hitherto. The scientist working in the laboratory to reveal the laws of nature is engaged in a form of meditation. Planning with care for the helping of the needy is meditation. The clarification of the concepts of philosophy and the formulation of philosophical principles is meditation. The application of the power of the mind to problems of government and international relations is meditation. In all these fields the same thought processes will be applied. The themes will differ and so will points of emphasis, but the process is identical. Wherever the motive of this work is the welfare of all, wherever it is carried through with selfless purpose and intent, that work may be regarded as responding to the impulses of the Plan.

Divine energy must make its impact upon human minds; these minds are the only available instrument—in their aggregated effect—through which the will of God can express itself. The place of humanity in the cosmic Plan becomes more vital and apparent when it is realised that one of our main responsibilities is the direction of energy currents from the mental plane, and the creation of that which is desired according to God's purpose for creation. Human beings, as a whole, are undergoing evolutionary development in order that they may become conscientious creators in matter. This involves a realisation of the archetypal Plan, a conscious process of willing creation, so that we cooperate with the ideal, work under law, and produce that which is in line with the Plan.

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HOW TO VISUALISE

One of the most common questions asked by newly-joined Triangles workers is “How to visualise a Triangle.” The basic problem is that those undertaking this type of work for the first time are trying to use three-dimensional brains to visualise four-dimensional reality. And even when we do have a clear grasp of the nature of mind and its laws, the actual way we work must be, to a real extent, a matter of individual preference. What we shall do, therefore, is to indicate some of the basic principles, leaving Triangles workers to formulate techniques best suited to themselves.

Visualisation is of two kinds: objective and subjective; concrete and abstract. In the former case we visualise or “see” with the “mind's eye” the effects we wish to create in three-dimensional terms, such as a global network of triangles, lines of light,

etc.; we can create or reproduce these images at will. In the latter instance we visualise through the higher correspondence of the mind's eye which registers in terms of quality, meaning, and significance; in other words, our creation is not solely a "concrete" one but is balanced by the building in of "quality."

It is comparatively easy, with a little persistence, to "see" anything we choose which is already familiar to us in form, colour or sound, and to change the form according to our intention. It is more difficult, however, to visualise different qualities such as inclusive love, purpose and will, and to direct these abstract intangibles into the world of form where they may infuse and influence human consciousness and create an intended effect.

In our Triangles work we should be able to use both types of visualisation--concrete and abstract. We are building a network. This is a form in etheric substance, a mesh of light in triangular pattern encircling the globe and circulating energy. We visualise the energy flow--abstract, intangible, yet visible to the spiritual senses which register the living qualities of light and love and power--as these energies are invoked and circulated through the network of Triangles and into the consciousness of the whole human race. This is as exact as a scientific formula, a means by which the divine idea or plan can unfold and manifest in substance. Energy always "follows and conforms itself to thought."

We build and create, therefore, by the visualisation of our chosen forms and by our sensitivity to abstract principles contacted and known by the subtle senses, the whole set in motion by the direction of our thought and by the creative imagination responding to Purpose and Plan. Thus is human evolution served on all planes of consciousness simultaneously.

* * *

SERVICE

Group Service

"The submergence of personal interests in the good of the family or in that of another person is often to be found, for the beauty of the human heart has manifested itself down the ages. To find such an attitude in a group of people and to see such a point of view maintained with an unbroken rhythm and demonstrating spontaneously and naturally--this will be the glory of the New Age."

Basic to the whole Triangles activity is this theme of group action selflessly motivated--an activity designed to benefit the whole human family by strengthening the etheric links that already exist, and making it possible for Hierarchy to make the liaison with humanity that is necessary if the Plan is to be realised.

The great network already exists. People are linked on etheric levels whether they

realise it or not. But until they realise it, and cooperate with this fact, progress toward brotherhood and right human relations is slowed. The work of Triangles makes us conscious of our essential link, making the practical relationship between individual and individual more real and vital, and providing an experience of the scientific reality of brotherhood, that no amount of lofty idealism can approximate.

We recognise the triangle of three people as the basic group unit of service, one that wields potency as it stands, or one that can be extended outward by any or all of the original three joining with others who see the value of this activity to add lighted triangles to the network. With each triangle formed, the network strengthens and the Hierarchy has a more potent channel for use in helping humanity help itself, and the lower kingdoms, up the ladder of evolution.

This is one means of increasing the individual member's usefulness to the network--that of adding more members of the group. This can be done either by the key initiator or by a member of a triangle initiated by someone else.

A second means of adding potency to the whole network, which the individual can undertake, is to make a deep, meditative study of the Great Invocation itself. For working steadily at plumbing the inner significance of this great prayer will release for the use of the network the potencies channelled by the Invocation. Greater understanding means greater efficiency in handling the energies available, and the network correspondingly becomes more vital and potent.

For some a third means of service to humanity and the network is available. Oftentimes Triangles workers find that in playing their part, they not only add something to the network but also, completely unsought, they themselves receive an added stimulus and energy for use. When this is the case, and life's circumstances permit, they have the added opportunity of carrying this energy out on to physical levels and this way actually to *externalise the network*. Their service can take many forms, but will always be characterised by a new sense of responsibility towards their fellow men and women and the fostering of goodwill and right human relations. It may result in the members of a triangle working together as a unit in some form of service activity when that is possible, or it may be, because of circumstances, an individual effort extending the benefit of new insights into other group relationships. The possibilities for service by group units are unlimited.

In all cases the network itself is benefited, because the Triangles members through their added service have increased their own capacity to channel and to wield energy. Their increased potency is added to the triangle in which they work and on into the network as a whole.

* * *

The Essence of Service

To what do we attach value and what do we regard as important? It has been said that service of the disciple is to the Plan, to those whom the Plan serves, and to those who serve the Plan, *and in that order*. This means that our teachers and fellow aspirants take second place to humanity and that humanity is of less importance than the divine Plan itself. For humanity is not the central feature of the divine Plan which is for all forms of life. And yet each part of the One Life--humanity, the animal, vegetable and mineral kingdoms, the Hierarchy--all have their place in the Plan and the welfare of the whole must embrace the welfare of each part, for all the parts are interdependent.

Therefore we who would truly serve, though we must inevitably limit our activities and field of service, must seek and strive continuously for a better understanding of the whole and of the Plan. Perhaps the injunction of the Christ that we "should seek first the kingdom" could be applied to the primary need to achieve some understanding of the Plan.

To what then do we attach value? What actually are the most important things in life to us? No doubt we can agree that material things are *not* the most important things even though freedom from want is an essential right. Most of us would also agree that the purpose of human living is related more to the expansion of consciousness, the growth of understanding and responsiveness to the spirit than to the expansion of our bank balance, the growth of our possessions and a responsiveness to material requirements.

This being so, is it not paradoxical that so many people do not feel they have really been of service unless they have done something tangible and met a physical need? Physical needs are so obvious, so real and often so pressing that men and women of goodwill respond automatically, and this automatic response demonstrates the success of the evolutionary process and human progress. We can see the results from this service. This gives us satisfaction. We feel we have really done something of value, and in meeting genuine physical need we have. Let us clearly recognise that the physical needs of the majority of the human family cry out for attention and are inadequately served. They need more attention, not less.

At the same time, it is a tragedy with grave consequences for the future that humanity's needs of mind and heart and spirit do not evoke the same degree of urgent and spontaneous response as physical need. The need for vision, for goodwill and understanding, for light and a deeper awareness of what life is really about is supremely important. The Plan is in essence Light and Love and the Will-to-Good, and it is for these energies above all that the need exists today.

It all comes back to the question of to what do we attach value? Do we pay lip service to intangible needs and values and then direct our energies solely to the

physical plane? Do we miss opportunities for emphasising and demonstrating goodwill and loving understanding, for giving humanity a new vision and higher sets of values because there are no results to show? The answer is probably “yes,” albeit quite unconsciously.

The path of those who would serve humanity by bringing in the newer ideas and the higher and intangible values is a pioneering and a difficult one. Yet it is supremely important, for what is happening in the world today is the working out of ideas. The world today is in a turmoil just because humanity has caught a new vision and is responding to new ideas. Herein lies a particularly fruitful field of service for the individual Triangles member. It is also a field of service for the network as a whole, since the network should provide a “sounding board” and a “mental radar net” to pick up the newer ideas as they emerge from the Universal Mind and take shape as the divine Plan and are projected into human consciousness.

Having said this, we must also recall that other definition of service--that it is “the *spontaneous* result of soul contact.” Service performed as a duty, as something that we *ought* to do, is not true service though it may be useful. It is an inner call to which we have to respond and which we should seek. Although the need for vision and understanding remains acute, it can only truly be met by those who are spontaneously alight with the urge to meet that need.

* * *

Opportunities for Service

“There is work to do and the men and women of goodwill must do it.”

It is sometimes said that the individual can do little in this age of mass movements to serve and influence affairs. We suggest below six key types of new age service that are required in all groups and fields and are basic to any programme of action by men and women of goodwill. They provide opportunity for almost all types of server.

Educate. The public must be educated in the principles on which the new age can be built, and helped to understand how they can be applied.

Interpret. Even the thoughtful have difficulty in finding the thread of meaning and purpose and the working out of the divine Plan in the seeming chaos of the world today. Those who can interpret trends, explain events and give meaning to life are urgently needed.

Inspire. Without vision to inspire there can be no true incentive. The men and women of goodwill and the masses of humanity need a vision of a less pedestrian and material kind than is usually offered, to give them hope for the future and courage to work.

Strengthen. To strengthen and give support, to stimulate and cooperate, to stand by

and make the work of others possible and successful is one of the most vital of all functions, though often a relatively unspectacular one. This is a service open to all and is pre-eminently a function of the men and women of goodwill.

Find and Relate. The men and women of goodwill need to be found, inspired, and set to work. There are millions who are unaware of themselves as people of goodwill and who are as yet inactive in the service of their fellow men and women. If they can be found and related through work and useful service, much that is now impossible could be achieved.

Initiate. Men and women of goodwill have to be mobilised for action. There have to be those who, recognising a need, can initiate the necessary steps to meet it. Leadership is an essential function in every sphere of human activity.

Where we choose to work as educators, as interpreters, as inspirers, as those who strengthen and cooperate, as the discoverers of the men and women of goodwill or as leaders and initiators, or any combination of these, we shall never lack work.

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TRIANGLES MEDITATION GROUP

The Triangles network was originally formed in 1937 and has been growing ever since. It now consists of an inner network of many thousands of people pledged to goodwill, to the use of the power of invocation, and to the growth of understanding in the world. As the network continues to grow, it needs the strengthening and stabilising support of a trained nucleus of meditative workers who can sustain the more esoteric purposes of Triangles while also strengthening and maintaining the magnetic link between Humanity and the spiritual Hierarchy via the network.

The Triangles Meditation Group is a worldwide group of co-workers who, realising the extreme importance of creative meditation in the building and strengthening of the network, link together subjectively each week to reflect and meditate upon the purpose, function and right development of the Triangles network. Many of the members are highly trained and proficient in meditation and have been working together for many years, but new members, often through their love for and affinity with the network, are frequently attracted to this more intensified work and add their lighted contribution to it.

These Triangles workers continue to undertake their regular daily Triangles work, involving visualisation of their individual triangles and the worldwide network, and the use of the Great Invocation to call down the power of light and love and the will-to-good throughout the planetary network of Triangles. But, in addition, they recognise that in order to make the work still more effective, they need to enter more deeply into the meaning of Triangles and to perfect their ability to create in mental

matter; this they do through their work with the Triangles Meditation Group.

Alignment, invocation and the projection of energy are the three main techniques that intensify and perpetuate the flow of light and goodwill through the network. The steady perfecting of these techniques through meditation precipitates into the group consciousness a continuous and deepening revelation of the purpose of the network of light and goodwill as it operates throughout the planetary etheric grid. Our effectiveness in service, therefore, involves the constant perfecting of our alignment technique, plus the continued augmentation of the clarity and potency with which we work., and making our visualisation of the Triangles network increasingly vivid and real.

Alignment is a twofold technique involving both horizontal and vertical relationships. Each of us is involved in a complex system of relationships: individual, family, group, community, national and international. These may be described as our “horizontal” relationships, and each of us is responsible for keeping these relationships on the right lines by the practical and consistent use of goodwill. The Triangles global network is a planetary example of subjective horizontal relationships.

But humankind is also part of another system of relationships—the “vertical”—which links us to spiritual levels of awareness; to the spiritual Hierarchy, to the Christ, and to Shamballa, the centre where the Will of God is known.

This vertical system can be our unfailing source of light, love and the will-to-good, provided we can make contact with it through the use of meditation and reflective thought. The Triangles meditation formula is designed to develop and stabilise this alignment process.

The technique of invocation is one with which all Triangles workers are familiar through the daily use of the Great Invocation. As the work proceeds and as contact with the Hierarchy takes place, an unimpeded relationship and flow of energy is maintained, vertically through the Hierarchy and the Christ, and horizontally through the network of light and goodwill to the new group of world servers and to humanity. The network is thereby prepared more rapidly for intensive spiritual work and usefulness to the Hierarchy.

The projection of energy, or what we term world service through the power of thought, does not involve for many of us an active participation in world affairs in a position of influence and control. It does mean, for all of us, a steady and constant subjective participation in the work of the Hierarchy through the right application of all our spiritual resources and capacity, and the right use and direction of energy. The more brilliantly the network is lit, the more powerful will be its effect, the more stable will be its foundations and the more durable its action. The more light in the network, the greater will be the effect produced in human consciousness as more of the energy

of goodwill is enabled to flow through it.

The Triangles worker learns therefore to build specifically in terms of light substance, recognizing that the soul itself is light and using soul-infused mental energy to weave and build the network of lighted triangles within the etheric body of the planet. It is light, projected or radiated through the network, that pierces through the heavy non-lighted substance enshrouding the earth and creates the initiating channels that constitute the network itself. These channels or lighted strands of energy increase in brilliance as the workers increase their esoteric capacity. In this way, the network penetrates ever deeper into the human family. Along these lines or strands of light, the will-to-good flows as goodwill throughout the world.

Triangles members who wish to be of greater service are most welcome to participate in the work of the Triangles Meditation Group and add the potency of their own meditative power to the group effort. The group members aim to meditate at least once each week, wherever they may be. Many of them carry out their meditation at 12 o'clock noon on Mondays; but this is not essential, for the meditation work can be effective whenever it is done. More information about a webinar which meets in support of the group can be found online at www.triangles.org/webinar.

A meditation outline, together with some preparatory notes, follows. It is offered to all who care to use it, but it is not a replacement for the daily Triangles meditation. It is not necessary to join the group formally, but those who wish to signify their participation in the meditation work can do so by writing to Triangles headquarters, and such communications are welcomed.

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PREPARATION FOR TRIANGLES MEDITATION

Practical Points

1. Sit in a comfortable position, erect but not tense or strained. Relax. See that your breathing is even and quiet.
2. To meditate in the same place whenever possible is helpful.
3. Regular periods of 10 to 15 minutes are recommended. Five minutes of regular meditation is of far more value than 30 minutes done irregularly.
4. If you have not had previous experience of meditation, difficulty in concentration is to be expected. Perseverance is needed. If necessary bring the mind back to the required work every time it wanders. Patient practice brings ever-increasing ability.

Attitude to be Assumed

1. Remember you are sharing your effort with thousands of other Triangles

workers all over the world.

2. Realise that essentially you are a soul and as such have telepathic rapport with all souls.
3. Remember that energy follows thought.
4. Remember that meditation is not a passive, reflective form of devotion, but a positive creative use of the mind, actively linking the inner and the outer worlds.
5. Use the creative imagination to see yourself at one with all humanity and with all that is progressive, spiritual and working for human welfare and right human relations.
6. Adopt a confident attitude which evokes spiritual illumination. This “as if” attitude can have magical results.

Time and Frequency

The group members aim to meditate at least once each week. They synchronise their meditations and work at twelve o'clock noon on Mondays. However, the meditation work can be effective whenever it is done. Where there is little or no experience of meditation, care should be taken at first not to meditate too frequently.

Through companionship with other dedicated servers, we may light a vital spark which could blaze a light of revelation and illumination and open up world thinking along new paths of cooperative endeavour for the benefit of all.

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TRIANGLES MEDITATION

TRIANGLES MEDITATION

Stage I

1. We come together as a group unity on the mental plane.
2. Identify as a soul with the world group functioning through three planetary centres as a triangle of Light.
3. Extend identification through the soul of the new group of world servers, to the Hierarchy and to the Christ, the transcendent point of synthesis at the centre of every triangle; and to the triangle of energies standing behind the Christ.
4. Identify the centre Shamballa, the centre of Purpose and Power.

Stage II

Recognise the synthesis of three streams of cosmic energy within Shamballa, where the Will of God is known, using the dedication:

In the centre of the Will of God I stand.
Naught shall deflect my will from His.
I implement that will by love.
I turn towards the field of service.
I, the Triangle divine, work out that will
Within the square and serve my fellowmen.

Stage III

Visualise a network of lighted triangles underlying the entire outer world of physical life and events.

See the network:

1. linking all triangle units and relating all points of light throughout the world;
2. relating the world of spiritual realities--the Hierarchy, to the world of experience--humanity; and acting as a channel of distribution within humanity for the spiritual energies pouring through the Hierarchy;
3. transforming the planetary etheric vehicle to receive and circulate the energies of the soul and the Triad: Will, Love, Light.

Stage IV

Realise that the energies of Light, Love and the Will-to-Good, evoked by all Triangles workers, pulsating through the planetary network of Triangles, are having an inevitable effect within the three worlds (mental, emotional and etheric) of human evolution, lifting human consciousness, and helping to create the Path of Light for the feet of the Christ.

Stage V

Reflect on the purpose, function and right development of the Triangles network, as an Hierarchical activity.

Stage VI

Blended with the group, stand with positive intent, as a station of radiant light within the network of light and goodwill.

Stage VII

Sound the Great Invocation directing the triple energies through the Triangles network and throughout the consciousness of humanity.

The Great Invocation

*From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.*

*From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.*

*From the centre where the Will of God is known
Let purpose guide the little wills of men—
The purpose which the Masters know and serve.*

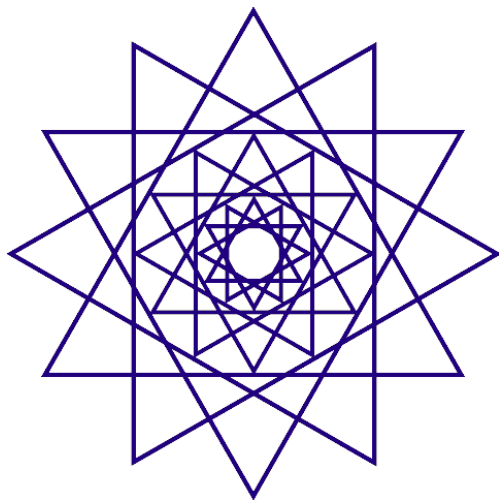
*From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on Earth.

OM

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**In the centre of the will of God I stand.
Naught shall deflect my will from His.
I implement that will by love.
I turn towards the field of service.
I, the Triangle divine, work out that will
Within the square and serve my fellowmen.**

The Great Invocation

(Adapted)

*From the point of Light within the Mind of God
Let light stream forth into human minds.
Let Light descend on Earth.*

*From the point of Love within the Heart of God
Let love stream forth into human hearts.
May the Coming One return to Earth.*

*From the centre where the Will of God is known
Let purpose guide all little human wills—
The purpose which the Masters know and serve.*

*From the centre which we call the human race
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on Earth.

THE OBJECTIVES OF TRIANGLES

The world has a spiritual destiny. Behind evolution there is an abiding purpose which we call the Plan of God. All who respond to spiritual need can, in their own way and within their own environment, cooperate in fulfilling the divine Plan.

The Plan works out through humanity. We are responsible for understanding it, and for doing what we can through our daily living to express its meaning and significance.

Triangles aids the divine Plan by working for the following objectives:

To establish right human relations and to spread goodwill and understanding (light) among men and women.

To raise the level of human consciousness and to transform the mental and spiritual climate of the planet.

To strengthen and support the work of the men and women of goodwill in the world.

To provide a reservoir of thought and to inspire practical and constructive action on behalf of humanity.

TRIANGLES

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