



# Triangles

BULLETIN

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## IN ADVERSITY, STRENGTH

“It is worth remembering that the time of greatest gain in terms of wisdom and inner strength is often that of greatest difficulty.”<sup>1</sup> Hence, the expression “strength through testing”. Testing and training of the body brings physical strength; emotional strength develops through the steady detached and harmonising rhythm of the soul. And through the right development and use of the mind, the strength of the soul can be known; the mind being an instrument used by the thinker, chooses and rejects thought forms at will. Thus, through strenuous spiritual testing the individual and the group can tap into the sustaining and enduring energy of the soul to be applied spontaneously in service.

What is the mysterious force that drives the human being forward to overcome seemingly overwhelming obstacles? There is an inner world of spirit that can be accessed through the right orientation of the mind bringing a strength of purpose and the will-to-persist in creative work whilst forgetting all lesser concerns. This guiding power is like a magnetic compass through which the whisper of the soul is known, and it keeps the aspirant steady on the straight and narrow path that leads towards a higher reality.

To understand the true nature of this inner strength of purpose, we must turn to the spiritual teachings that shine like a beacon of light throughout the ages. According to the Agni Yoga teachings, the aspirant learns to rejoice at obstacles which will multiply resourcefulness tenfold.<sup>2</sup> This guiding light is the higher self which overshadows the personality during each incarnation bestowing a fragment of that inner reality on the physical plane, limited by time and space.

The Triangles meditation work, drawing on the inner light, uplifts the vibratory quality of the etheric vehicle of the planet, the force or vital body that permeates every part of the physical vehicle. According to the “...aliveness or the sluggishness of the etheric body so will be the corresponding activity of the physical body.”<sup>3</sup> Energy flows and circulates more freely through a triangular structure because the forces of a triangle are distributed evenly along its three sides. This strengthening is confirmed by engineers who build triangular structures that provide immense support and stand the test of time and the forces of nature.

It therefore comes as no surprise that the light and goodwill, evoked in group meditation by triangles workers all over the planet, develop through a sense of shared purpose and solidarity. It is a sacrificial service that strengthens the etheric network and lets in the light. When the vehicles of expression given to man are in alignment with the soul, human consciousness is uplifted, and the spiritual climate of the planet is transformed.

1. *The Essence of Wisdom*, The Dalai Lama (2012), p.74
2. *Agni Yoga*, S. 72 (adapted)
3. *The Light of the Soul* by Alice Bailey pp. 218-219

# IN ALIGNMENT, INSPIRATION

In this fast-paced and congested world, the impression of not having enough time for what we strive to achieve is a well-known experience. With the haste and stress included, living with one eye on the clock takes its toll. It is to counteract this energetic depletion and imbalance that quiet reflection is sought. In this way, one can regain more control, connecting more closely to his or her intended course and individual spiritual alignment.

Alignment is also an essential aspect of creative group work. It forms the foundation for the Triangles network and other forms of service as the connection to higher spiritual energies. These energies are available to each person as soul emanations as well as the vital energies of divine realms from more enlightened beings who seek to aid humanity. Connection and meaningful relationship to these higher influences are aided through the practice of meditation which directs thought toward that which is divine and trains the mind to focus. It has been described as “a technique of the mind which eventually produces correct, unimpeded relationship; this is another name for alignment.”<sup>1</sup> It creates the space in which mental stillness can be cultivated and intensified and where the persistent and patient focus on a chosen topic allows extraneous concerns to be silenced. It is within this still point of focused and constructive tension that the mind can be impressed by higher spiritual energies.

One expression of deep inner silence is the capacity to listen with an aligned and unwavering receptivity focused on that which is being conveyed. This poise creates a non-judgemental space for enlightened goodwill to enter and to await both assimilation and the formulation of the appropriate response. Within a religious context, this same stillness might be described in terms of faith and communication in prayer. Mother Teresa once referred to this when she was asked what she did when she prayed. She answered that she listened. Then, being asked what God did when she prayed, she replied that He listened.

Such profound inner quiet as this, like the silence needed for meditation, is eventually established through persistence and by patiently dismissing wayward thoughts and emotional interference. When such inner calm is achieved, even fleetingly, a profound stillness can reveal itself. The emptiness of this space is not lifeless, nor is it truly empty, but rather its quality suggests that it is akin to magnetism. Finely attuned, it attracts a certain level of vibration favourable to abstract perception and spiritual communication unbounded by words and perhaps most easily expressed in the energies of light and love. These same energies are those that the Triangles meditations circulate in service to humanity.

1. *Esoteric Healing*, by Alice Bailey p. 620

# THE PLANETARY NETWORK

**ServiceSpace** – <https://www.servicespace.org/> This is an organization run entirely by volunteers. It encourages people worldwide to do small acts of service with the aim to stimulate humanity's fundamental generosity and to create both inner and outer transformation. Their projects include a daily positive news service, an acts-of-kindness portal, and a gift-economy restaurant. They act cooperatively to create service opportunities and support each other in their chosen service initiatives.

They started by helping non-profits with technical services and over recent decades, ServiceSpace has become an umbrella for many other generosity-driven projects, encouraging people to contribute in meaningful ways to the world around them. This platform has now been expanded to allow people to stay connected with others interested in service and to participate in service opportunities through their projects, as well as organizing their own local service events. Through small, collective acts, they work to transform themselves and the world.

**Unity of Life Meditation Group** - 1632 A G. Tuazon St., Sampaloc, Manila, The Philippines  
[lucistrust.org/worldwide\\_network/list\\_of\\_groups/asia\\_and\\_pacific/unity\\_of\\_life\\_meditation\\_group](http://lucistrust.org/worldwide_network/list_of_groups/asia_and_pacific/unity_of_life_meditation_group)

The group is formed as a Unit of Service – an association of individuals who share the aim of the Lucis Trust in promoting a future based on spiritual values and principles, and they bend their efforts and understanding to actively serve this purpose. Group meditations for the new and full moon periods are being held as well as other healing meditations. Some of their activities included collaborating with a group of doctors to provide medical access for a remote community and working with an orphanage by helping with the cleaning, the provision of food and reading stories to the children.

In October 2022, the group joined with other Units of Service in Korea, Japan and Vietnam to present a webinar which was the first Asian Esoteric Community Gathering. This led to a joint agreement to link up every Sunday to visualise their regional community as points of light and to say the Great Invocation. The second Asian Esoteric Gathering and Esoteric Easter (Aries Full Moon) Meditation is now being planned in cooperation with Esoteric Tokyo, South Korea, Ageless Wisdom Vietnam and Sydney Goodwill Australia. The theme will be The Use of the Great Invocation in Fostering Spiritual Unity and will conclude with the Aries Festival. Everyone is invited to attend via Zoom on Sunday, 9 April 2023.

For full details, contact Christopher See [aristaeus777@yahoo.com](mailto:aristaeus777@yahoo.com) or  
Facebook event page: <https://www.facebook.com/events/582327970476026?ref=newsfeed>

*The Worldwide Network of Servers is located throughout the world. They are servers whose activities are inspired by the teachings of the Ageless Wisdom based on the books of Alice Bailey. For further information on Units of Service and other serving groups associated with the Lucis Trust, please see the Lucis Trust website page using the following link: [lucistrust.org/worldwide\\_network](http://lucistrust.org/worldwide_network)*

## THE THREE SPIRITUAL FESTIVALS

The sun's symbolic passage through the signs of the zodiac brings into focus the subtle energies they represent, and this tracks the progress of the spiritual year. The higher interlude of this annual cycle begins in Aries with the spring equinox in the northern hemisphere and continues through Taurus and up to the solstice at the close of Gemini. This whole interlude carries fresh divine energies setting the tone for the service initiatives of the unfolding year and is celebrated by the three festivals of Easter, Wesak and Goodwill.

In general terms, Aries (Easter) stimulates mental processes and relates to divine love; Taurus (Wesak) stimulates the sensitive nature and is associated with wisdom; and Gemini (Goodwill) vitalises etheric substance and relates to spiritual unity – the divinity within humanity. These festivals focus on the divine vibration received and offer the opportunity to consciously engage with the new spiritual influences to facilitate their fuller expression in the personal and group life.

Festival of Easter (Aries) . . . . . 6 April 2023

Festival of Wesak (Taurus) . . . . . 5 May 2023

The Festival of Goodwill,  
Christ's Festival and World Invocation Day (Gemini) . . . . . 3 June 2023

*Please check locally for the actual days of the Festival Meetings*

*Further information about the Three Spiritual Festivals, their meaning and influences is available via the links below. For information in printed form, please use the contact details at the bottom of this page.*

[www.lucistrust.org/3sf/how\\_can\\_we\\_help](http://www.lucistrust.org/3sf/how_can_we_help)

[www.lucistrust.org/3sf](http://www.lucistrust.org/3sf)

[www.lucistrust.org/3sf/resources](http://www.lucistrust.org/3sf/resources)

Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of Triangles of light and goodwill. Using a world prayer, the Great Invocation, they invoke light and love as a service to humanity. Further information is available on request from Triangles.

The Triangles Bulletin is for people of goodwill and is published four times a year in Dutch, English, French, German, Greek, Italian, Polish, Portuguese, Russian and Spanish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

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