

Triangles Meditation
Group Webinar

The Cultivation of Triangles in Qigong Practice



The Webinar begins at 3pm EST / 8pm GMT / 21h CET

www.triangles.org



Reflection on the Great Invocation

1. Link in thought, as a soul, as a point of love and light, with all those people throughout the world who are part of the Triangles service work.
 2. Visualise the world situation as best you can and see people everywhere glowing with a dim light and, here and there, points of brighter light where men and women of spiritual intention and of loving hearts are working for their fellow human beings.
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Reflection on the Great Invocation

3. Then visualise (through the creative imagination) the vivid light of the Spiritual Kingdom streaming towards humanity and slowly merging with the light which is already in humanity.

From the point of Light within the Mind of God

Let Light stream forth into human minds.

Let Light descend on Earth.

Reflection on the Great Invocation

4. Then ponder upon the reappearance of the Coming World Teacher;
realise that no matter by what name He may be called in the many world religions,
He is still the same great Identity;
reflect and speculate upon the possible results of His appearance.
Then say the second stanza of the Great Invocation:

From the point of Love within the Heart of God

Let Love stream forth into human hearts.

May the Coming One return to Earth.

Reflection on the Great Invocation

5. Endeavour to concentrate your fixed intention to serve and to spread love in your surroundings and realise that in so far as can do these things you are attempting to blend your personal will with the divine Will.

Then say stanza three of the Invocation:

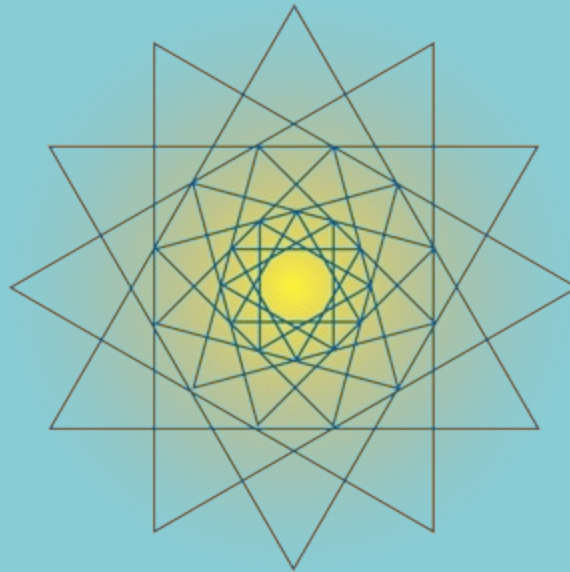
From the Centre where the Will of God is known

Let Purpose guide all little human wills—

The Purpose which the Masters know and serve.

Reflection on the Great Invocation

6. Then sound the OM,
dedicating the threefold personality to the working out of the Divine Plan.





**The cultivation of
Triangles
in Qigong practice**



Contents

- 3 forms of Qigong
 - 3fold Qi
 - 3 Pillars of Qigong
 - 3 Treasures of Qigong
 - 3fold Soul-Concept
 - 3fold Dao – spiritual Qigong
 - 3 „Bi“
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3 Forms of Qigong



moving Qigong



meditative Qigong



still Qigong



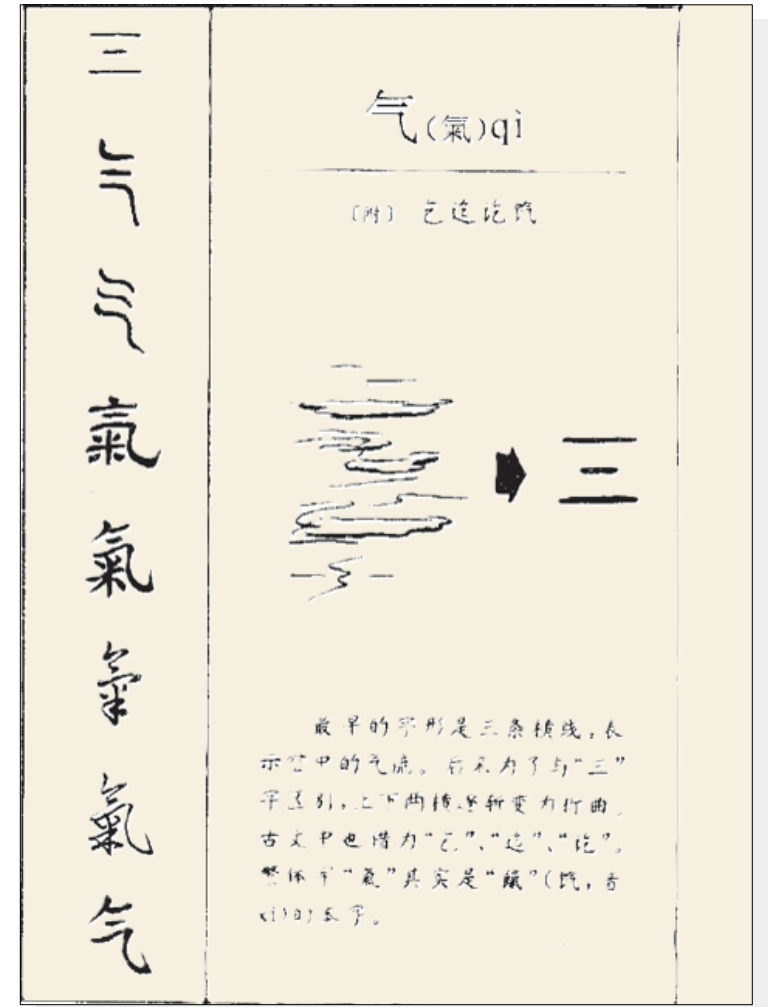
The Chinese character for Qi

Qi is 3fold

Yang Qi (heaven)

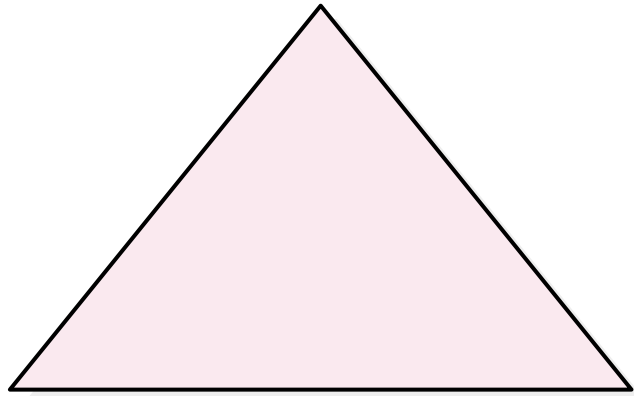
Yin&Yang (man)

Yin Qi (earth)



The three Pillars of Qigong

A Triangle of



- ◆ **Movement**
- ◆ **Breathing**
- ◆ **Imagination**



The three Treasures Jing Qi Shen



upper Dantian
spirit body

middle Dantian
energy body

lower Dantian
physical body

3 Dantians

Shen

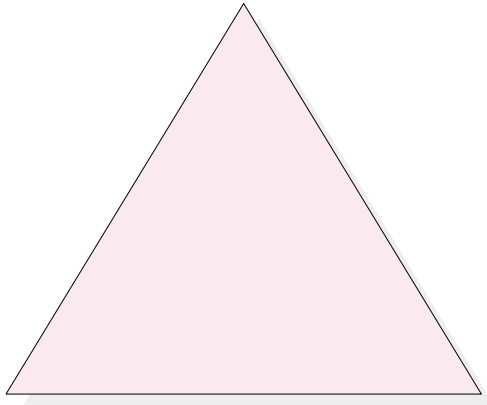
Qi

Jing



Soul

The 3fold Soul



◆Ling

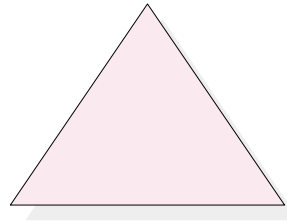
灵

◆Hun

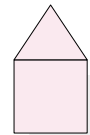
魂

◆Po

魄



- Yuanshen
- Yinshen
- Yangshen



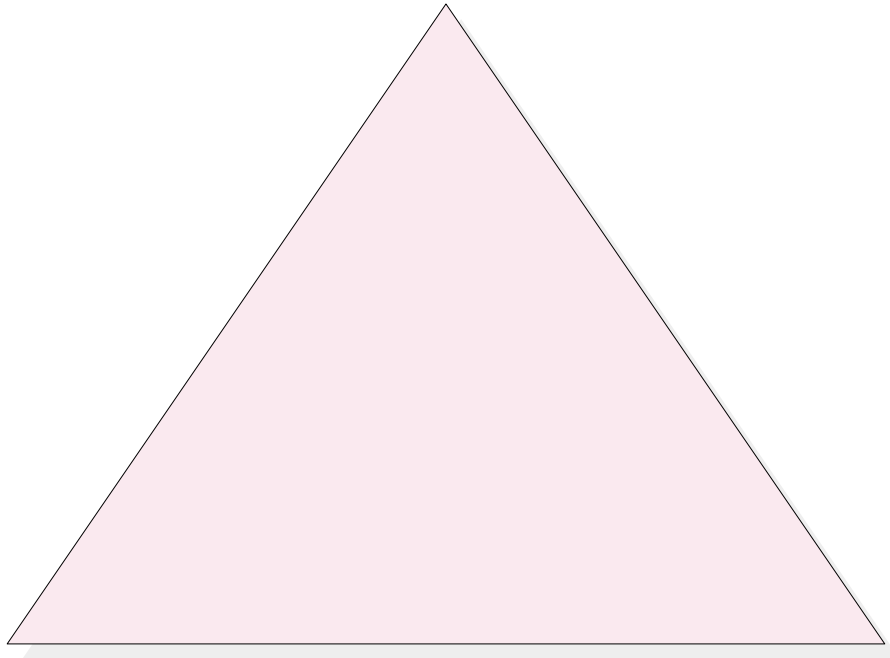
The spiritual path of Qigong - Dao



- ◆ Immortal spirit in an immortal body
- ◆ Immortality of the spirit and life after death
- ◆ Overcoming reincarnation and the fear of death through enlightenment



The three „Bi”

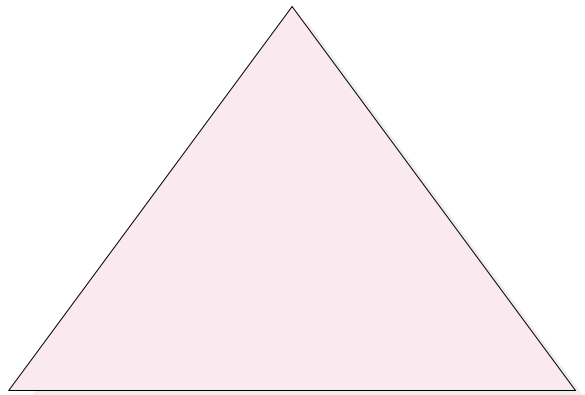


◆ Bi Qi Gong

◆ Bi Shui Gong

◆ Bi Gu Fu Qi





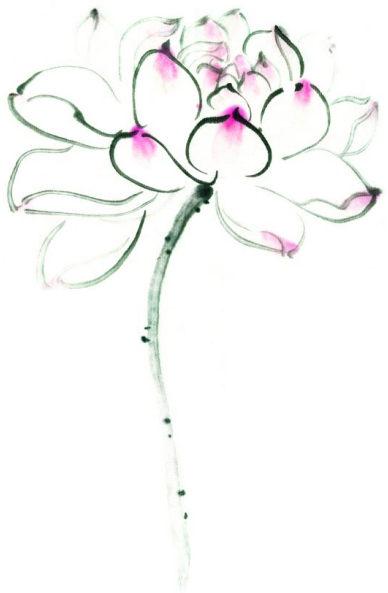
- ◆ Wenzhou
- ◆ Berlin
- ◆ Taiwan



Thank you!

愛

Ai - Love



Triangles Meditation Group

Energising the Planetary Network of Triangles

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, London, Geneva, and New York, as a triangle of Light.
 3. Extend identification through the soul to 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.
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Energising the Planetary Network of Triangles

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.

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Energising the Planetary Network of Triangles

Stage III

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

See the network:

- A. Linking all triangle units and relating all points of light throughout the world.
 - B. 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.
 - C. Transforming the planetary etheric vehicle to receive and circulate the energies of the soul and the Triad: Will, Love, Light.
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Energising the Planetary Network of Triangles

Stage IV

Realise that the energies of Light, Love and the Will-to-Good, evoked by all triangle 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.

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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 adapted Great Invocation directing the triple energies through the Triangles Network and throughout the consciousness of humanity.

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Energising the Planetary Network of Triangles

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.

OM OM OM

*Adapted Great
Invocation



Announcements

Goodwill Meditation Group Webinar

www.worldgoodwill.org

Wednesday, January 29 at 12pm EST / 5pm GMT / 18h CET

Triangles Webinar

www.triangles.org

Monday, February 10 at 3pm EST / 8pm GMT / 21h CET

Festival of Aquarius Full Moon Meditation Meetings

www.lucistrust.org/fullmoon

Wednesday, February 12

London: 6.30pm BST

Geneva: 18h30 CET

New York: 6.00pm EST

*To join all meetings:
www.lucistrust.org/broadcast*