

Meditation and the Mind

For a growing number of people of goodwill in the world today, meditation is playing an indispensable part in serving at a deeper level within the realms of consciousness. Triangles workers are all too familiar with the role of meditation, as a scientific technique, in working with and directing energy for specific purposes, in order to serve the greater whole.

Over the years, the role of meditation has captured the imagination of an increasing number, especially in the western world, for purposes such as relaxation techniques, self-improvement, positive thinking, gaining a greater insight into our own lives, and above all to use as a technique in planetary service. Spiritual philosophy describes these developments in the following terms and especially in relation to the practice of Raja Yoga, the Kingly Science of the Soul: "The East has preserved rules for us since time immemorial. Here and there orientals (with a few Western adepts) have availed themselves of those rules and have submitted to the discipline of this exacting science. Thus has been preserved for the race the continuity of the Secret Doctrine, of the Ageless Wisdom, and thus has been gathered together the personnel of the Hierarchy of our planet. In the time of the Buddha and through the stimulation He produced there was a great gathering in of Arhats. [They] had achieved liberation through self-initiated effort. This period, in our Aryan race, marked a climax for the East. Since then the tide of spiritual life has steadily flowed westward, and we may now look for a corresponding climax in the West, which will reach its zenith between the years 1965 and 2025. Towards this end the adepts of the East and of the West are unitedly working, for they follow always the Law." (The Light of the Soul, pp. xi-xii) Out of this profound evolutionary process and spiritual stimulation has emerged a group of spiritual thinkers who use or work with the science of meditation specifically for the ennoblement of human consciousness, for the healing of the planet, and for bringing about a deeper rapport between the Christ, the World Teacher and the spiritual Hierarchy, the inner Guides of the race. It wouldn't be an exaggeration to suggest that humanity is coming of age, and passing beyond the immaturity of adolescence, to the responsibility and maturity of adulthood.

And, of course, with the growing development of the mind, of the mental faculties, meditation is used in the thoughtful analysis of philosophical, scientific and humanitarian ideas, to name but a few. For, where there is a focused and sustained concentration, then even if unknowingly, the science of meditation is harnessed.

Writing over 70 years ago, Alice Bailey, a spiritual philosopher wrote: "a gigantic group meditation is going on in many different places upon our planet. All the meditating units and the reflective groups are related to each other through unity of spiritual motive; they are seeking closer cooperation and endeavouring to bring their meditation work - consciously or unconsciously - in to a state of positive universal quiet, so that the formulation of spiritual desire can be carried successfully forward, and the reception of spiritual energy can be a united reception." *Discipleship in the New Age*, Vol. 2, p.206

Perhaps another development along these lines is the practice of mindfulness, which Wikipedia describes as "the psychological process of bringing one's attention to experiences occurring in the present moment" and goes on to state: "Mindfulness meditation involves the process of developing the skill of bringing one's attention to whatever is happening in the

present moment.” The term ‘mindfulness’ is a translation of the Pali term sati, which means ‘correct or right mindfulness’. ‘Mindfulness’ is a significant strand of Buddhist tradition and is the seventh element of the noble eightfold path, which is the path of illumination or holiness governing right conduct, the path of right relations to God and to our fellow human beings

The momentum towards the right use of the mind, of meditation, of mindfulness, and of universal education suggests that the polarisation and focus of the human family onto the plane of mind is taking place more rapidly than perhaps we realise. Out of this inner and subjective shift in consciousness will emerge in the evolving collective consciousness of humanity a more thoughtful, quieter and wiser approach to life, qualified by the energy of goodwill, of light, of right relationships and of an attitude more attuned to spiritual values and ideas.

Triangles is helping to shape a new world through the power of focused and loving thought. Inspired by spiritual principles and values, human thinking is awakening to its profound responsibilities as a custodian of the planet. The dawn of a new era is upon us, Aquarian influences wax, humanity is entering uncharted waters but when the storm clouds have passed, it will be better qualified to reflect the higher ideas that are working their way through into human consciousness.

The mystery of the mind has yet to be revealed. Those who have taken the higher initiations are privy to its secrets. And at the right time we will all become aware of the great redemptive experiment that is taking place upon our planet and the role of the human kingdom and of the mind in this journey of solar and planetary proportions.