



In - Communiqué

Issue No. 11
September 2011

Dear Reader

In this eleventh issue of our annual newsletter we are delighted to share with you the following articles:

- 'The Point Within The Circle' by Barbara V. Rebard.
- 'The Nature and Practice of Meditation,' a Q & A Session with Dr. Roberto Assagioli.
- 'Letting in the Light' – A Triangles Article.
- 'A Report from New Zealand' by Anne Verity.
- 'The World is too big for me.' by a Student.
- 'Report on Creative Meditation Workshops.'
- 'Healing with the Light of the Soul' by Dinah Lawson.
- 'Working with the Light' by Michal Eastcott.
- 'Food Beautiful Food' by Satish Kumar.
- 'The Colour Code' by Pamela Blake-Wilson.
- Book Reviews.
- **An Invitation to join** the International Correspondence Training in Creative Meditation & The Group for Creative Meditation.
- 'Walking in the Light' by Djwhal Khul.

The treasure-trove of materials inherited from the original Sundial House have recently been 'unpacked'. The rediscovery of these early documents is revealing that we are all learning to combine the knowledge of the past with our strivings towards the future.

So, as a tribute to the original Sundial House Group magazine, we have launched the current newsletter as '*In-Communiqué*'. And we have used this opportunity to share some of the archive gems we have so far uncovered in the hope that you too, dear reader, will enjoy them.

We have come to recognise that history can be regarded as a record of the evolution of the consciousness of humanity. And it is fascinating to notice how these founding group documents show that the magnetic seed planted by those earlier co-workers is still working its magic today. For the group work is still calling to others to commit to and share their light and enthusiasm in generating goodwill and right relations wherever life has placed them.

After all, as Eleanor Roosevelt is quoted as saying in 1958, "Where, after all, do universal *human right relations and goodwill* begin? In small places, close to home – so close and so small they cannot be seen on any maps of the world. Yet they *are* the world of the individual persons; the neighbourhood . . . ; the school or college . . . ; the factory, farm or office Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerned citizen action to uphold them close to home, we shall look in vain for progress in the larger world."

In this edition of *In-Communiqué* we are invited to share our light with others by simply *being* present in the moment and creatively working with opportunities as they present themselves to us. For as concerned citizens, we are all part of *society*.

Editor: Janet A. Derwent

'Into the light we move, beckoned thereto by thee. Out of the dark we come, driven thereto by the soul of all. Up from the earth we spring and into the ocean of light we plunge. Together we come.' - Djwhal Khul



The Point Within The Circle

By Barbara V. Rebard

HOW DO WE find it, that still point within? It is not found by trying, searching, thinking. It is found by doing just the opposite, by letting go of trying, searching, seeking, thinking.

First we need to stop the frenetic rushing around in the constant state of stress which the world we have built seems to demand of us. Do this, do that. We must stop, just stop, let it go.

Next we need to withdraw from feeling so emphatically, we need to back off, gain some perspective, stop reacting to everything and everybody. We must let go, just let life be what it is to be. We know the rule, detachment, becoming the observer.

Next we need to stop the incessant thinking, the mental rushing around, the chomping up of ideas, the endless rationalities, the inner arguing. Let us just stop. Let the mind have a rest. Stop the thinking.

And if we do this, sit down calmly, take a deep breath and let go of fretting, let the mind come to a halt, what will happen?

We will discover that something opens up within, like a flower blooming, petal by petal. The more still we become, the deeper the silence within, the fullness of the blossoming fills the void. And the silence begins to bubble up with pure joy! It is the well. It is our source. It is the point where we meet the point of Spirit buried deep within us, where life begins, our true being.

Why do you think we are prone to do the rushing about on the outer plane, filling our days with activity, feelings, reactions, mental whirling? Isn't it because we are afraid to turn within? Are we afraid of what we might find? Are we afraid we might have to look at our shortcomings, our guilts of omissions and commissions, of rights not made right and wrongs real and imagined done by ourselves or others? We can find these if we look for them but that is not the purpose of this exercise.

This time we are going within to look for our Self, that point where we meet the greater SELF. The point within the circle. For each one of us is a point in a circle made up of an infinitude of points all of which constitute the circle.

What will happen if we find the still small point within? It will open a door, a door into another dimension, another world that we did not know existed because we were so busy going in the other direction, running away from it. And we will learn to live in that other world while at the same time taking our proper place in the outer world. Only this time we will do our outer work quietly, without haste, because we know that to all things there is a time and place and if we walk softly we will *be* in the right place at the right time.

And we will love easily because as long as we remain inwardly aware of the greater SELF, we will know our oneness with all that is and love will flow effortlessly because it cannot do otherwise.

And we will think clearly, not with the rational mind but with a mind cleared of confusion and distortion because we will see more truly, not the so-called truth of what we outwardly call reality but the truth that all is good and that in the heart of every man no matter how corrupt in action, there walks Spirit.

And we will find a source within that will sustain us all our days. To live in touch with this source is our true goal. To live in touch with this source while living actively in the world is a crowning achievement. To keep focussed on this source at the centre of our being is to have found the reason for our living – to live at the point, within the great cosmic circle of the ONE.

Let us try!

It will not come quickly, nor easily. It comes from repeatedly contemplating, communing with the most inward part of self. Like a bridge, we build, across which the answering call can reach us. The effort is ours. In due time there is response and when the first flicker comes, oh what ecstasy!

So we continue, constantly letting the within rule our outer days. And lo, we find all the small details of life fall into place without effort. Like being a piece in a giant puzzle, each part we are to play opens up. Doors open, showing us our next step, doors close, indicating a time that is finished. Life flows. Instead of striving, we allow ourselves to be carried from experience to experience and there is nothing in our days except wonder at the ease of it. For we will have built the fabled rainbow bridge from personality to Self. We will have surrendered the little will to the greater will. We will have consciously become a lighted point within the great circle of LIFE.

Comuniqué Issue III, September 1988 © Sundial House Publication



Q & A Session with Dr. Roberto Assagioli

The Nature & Practice of Meditation

Q. What is meditation?

The word 'meditation' is used today in various ways and has different meanings. Most frequently the word is used in the sense of *reflective meditation*, that is, *concentrated thinking* on a given subject, which is also called meditation on a 'seed idea' or 'seed thought'.

Concentrated thinking on a subject or seed idea includes (a) its definitions, (b) a questioning development and exploration of the idea or subject, (c) consideration of its connections and interconnections, (d) its applications.

In meditating reflectively it is surprising how many aspects and implications we discover even about a subject with which we think we are well acquainted.

Contemplative Meditation is a phase or stage that follows the former. When we find nothing more about the subject through the activity of our mind, we stop thinking and just keep the subject at the centre of our consciousness in a quiet, silent, expectant attitude. As a help to keep the consciousness focussed in this way, we can repeat slowly to ourselves the word or words that indicate the subject. Sometimes nothing happens, but at other times something new and unexpected “drops in”, so to speak, into the field of consciousness. Sometimes it is something vivid and with a deeper meaning than that which we had been able to reach in the previous stage. This can be considered *intuitive* realisation.

Receptive Meditation is similar but not identical to the former. While in contemplative meditation we are trying, as it were, “to look inwards” or upwards with the mental eye, receptive meditation is more in the nature of “listening” with the inner ear and when it is successful we receive some *inspiration*.

In both these kinds of meditation much care must be taken to remain alert mentally and attentive, cultivating an awareness of expectancy and thereby avoiding a passive, dreamy state.

Creative Meditation has various stages which are explained and covered in detail in the correspondence Training Course in Group Creative Meditation Course One. [See details page 19]

Q. What is the Meditative life?

At first meditation remains confined to a set period of time, after which we generally forget about it! But when we become more proficient in meditation, the subject to which we have given attention often comes up again into our consciousness during the day, whilst we are thinking of or attending to other matters.

This leads gradually to a constant attitude of inner awareness or attentiveness to both inner and outer impressions, which has been called the attitude of the “detached Observer”. This enables us to achieve a certain “recognition of reality”.

Q. What other inner activities are related to Meditation?

Our psychological and spiritual activities do not proceed in isolation from each other; there is more or less active interplay between them. Thinking may arouse feeling and vice versa, and each of them can be stimulated by desire or arouse desire.

Thus meditation is often connected with *prayer* and leads to some decision or *affirmation*. The blending in various proportions of all of them results in a synthetic *inner action* which has been called *invocation*.

Q. What is Invocation?

In invocation the action of the will is prominent; but the will also is needed and functioning – even if we are not clearly aware of it – in the other phases of meditation. In thinking consecutively about a subject, for instance, the will is needed in order to prevent the mind

from wandering, and the same is true for the other phases, such as contemplative and reflective meditation.

Q. Can you suggest some suitable subjects for meditation?

These are many and diverse and may be:

1. A quality or virtue.
2. A phrase expressing a “seed thought”.
3. A problem.
4. A symbol. [The importance and effectiveness of symbols is a vast subject which I can't go into now. I can only mention that they are the natural language or means of expression of the unconscious at all levels, including the super-conscious.]
5. *The Self* – Self Realisation is one of the great objectives and achievements of meditation. In this symbols of the Self can be helpful, such as the *lotus* which is widely used in the east. With its roots in the mud and its flower appearing above the water and unfolding, petal by petal, in the light of the sun, it is indeed a deep and many-sided symbol.

Mantrams are also of great value and the following one is particularly helpful as a means of both aligning with the Soul and meditating on it:

More radiant than the sun,
Purer than the snow,
Subtler than the ether,
Is the Self, the Spirit within me.
I am that Self. That Self am I.

Q. What are the techniques of meditation?

Many techniques have been used and can be used in meditation. They should be chosen according to:

- The special constitution of each individual.
- The specific aim of our meditation.
- The particular condition or situation of the meditator at the given moment.

Not only each individual, but each phase of the relationship between him and his psychic environment are *unique*; this might be called the right existential consideration or attitude. Therefore no general rules or specific outlines should be given or chosen without taking these factors into full consideration, as far as possible. But having studied carefully the subject of meditation and having become acquainted with the various existent techniques, we can start *experimenting* with them. This should be done with courage, using the method of trial and error, and realising that mistakes are often very instructive and therefore helpful, but at the same time *prudence* is needed, stopping whenever any undesirable result takes place. Particularly, one should be careful not to overdo meditation in the first period of enthusiasm and eagerness. It should never be undertaken for long, 15 – 20 minutes is ample to begin with and if we run into any sensations that we do not feel are right or do not understand, advice should be sought before we pursue it any further.

Q. What are the applications of meditation?

1. For self-development and self-realisation.
For example, the use of meditation:

- In psychotherapy.
- In education.
- In interpersonal relationships.

Q. What are the rewards of meditation?

They are great and numerous. They unfold as we proceed and I can only say now that meditation leads to:

- Inner discoveries and conquests;
- Achieving mastery over the personality (body – emotion – mind);
- Development of the will;
- Awareness of the Self, that is, Self – identification and realisation, which results in joy and power.

Questions and Answers sourced from notes of a talk on *The Nature and Practice of Meditation* given by Dr. Roberto Assagioli, at a Group for Creative Meditation Meeting in 1966 where MGNA [now also known as the correspondence training in Group Creative Meditation] was launched, at Sundial House in Tunbridge Wells, UK

The fire that I create must heat, not burn; it must draw into its warmth the man who needs its heat; it must not thrust away, through fierceness, the seeking soul. It is the fire of love, and not the fire of my own aspiration.

The service which I render must be to souls and not unto *myself* upon the Path. Thus shall I meet a need and, in forgetfulness of self and my own word and place, lead others towards the light.

Discipleship in the New Age, I, p610 © Lucis Press Ltd.

Food Beautiful Food **By Satish Kumar**

BIG PROBLEMS are consequences of small actions. Global warming and food insecurity are big problems but they are a result of small activities we perform every day.

Conversely, the big solutions are also rooted in small actions; if we shop, move, eat, drink, work and live our everyday life with disregard to the integrity of the Earth community, we are bound to destabilise the finely balanced harmony of our home planet. On the other hand, if we perform everyday actions carefully and mindfully, we contribute to the wellbeing of our entire ecosystem.

Faced with huge challenges of our time, it is easy to feel frustrated, depressed and powerless: “What can I do to address monumental crises such as climate change, consumerism, hunger and social injustice?

“The answer is simple as it is disconcerting,” said E.F. Schumacher. “We can each of us work to put our own house in order.”

Putting our house in order starts with our dining table, our kitchen, our garden and our shopping. In other words, our food.

The first step towards preserving the integrity, stability and beauty of the biotic community is to eat only good, fresh, local organic and delicious food every day, every week, every month and every year. In order to achieve this, we have to start paying attention to the whole process of growing, distributing and eating food. However busy we may be, if we have no time for gardening, cooking and eating together with our family, friends and guests, then we have no time to live, no time to preserve the beauty of the planet.

We eat every day but we hardly know how our food is grown and where it is coming from. For those who live in the fast lane, who buy ready meals from the supermarket, at a railway station on a return journey home, or on a commuter train, food is merely fuel for the body and nothing more. But for those who are ecologically minded and spiritually conscious, food is sacred and sustains the soul as well as our society.

According to the authors of the Upanishads, life is because food is and therefore we are taught not to denigrate food or show indifference to it. Food is the primary condition of all life; body, mind, spirit and soul. Food comes even before god. “You cannot worship god on an empty stomach,” said the poet Kabir.

To demonstrate that the powers of the mind, and not just physical strength, are dependent on food, the philosopher Uddalaka asked his son Shvetaketu, who was a great scholar of the Vedas and proud of his mental capacities, to go without food for fifteen days. At the end of that period, Shvetaketu was to recite the Vedas but he could not. His mental powers and memory had become weak and feeble. He was then offered food, after which his mental strength slowly returned sufficiently for him to recite the Vedas once more.

This story illustrates that food is of the utmost importance for physical as well as spiritual nourishment and so, before we attend to business, politics, science, technology and everything else, we must get our food systems right, and we can start by choosing food which is wholesome, natural and grown without damaging the Earth.

With rising population and growing threat of climate change, vegetarian food has become an ecological imperative. We should also be deriving increasing amounts of our food from trees; much of our oils, fruits, nuts and medicines can and should come from perennial crops like trees. Thus we can reduce our impact on the land and at the same time increase carbon sequestration in the soil as well as in the trees. Trees are our latter-day angels. Food security, water security and climate security are guaranteed by trees. Trees are our only true insurance policy. ...Exploring how we live and share the resources of this planet with our fellow human beings is important. Sometimes we get it right, but mostly we are getting it wrong and, as a result, we are contributing to the destruction of the integrity, stability and beauty of the biotic community.

This article is shared with permission of Satish Kumar

He [the American Indian] believes profoundly in silence – the sign of a perfect equilibrium. Silence is the absolute poise or balance of body, mind and spirit. The man who preserves his selfhood ever calm and unshaken by the storms of existence – not a leaf, as it were, astir on the tree; not a ripple upon the surface of the shining pool – his, in the mind of the unlettered sage, is the ideal attitude and conduct of life. . . .If you ask: “What are the fruits of silence?” he will say: “They are self-control, true courage or endurance, patience, dignity and reverence. Silence is the cornerstone of character.”

Ohiyesa (Dr. Charles Eastman) Santee Sioux

A Letter from New Zealand by Anne Verity

In February this year, we, in Nelson, in the north of the South Island of New Zealand, had the pleasure of the presence of Molly Young Brown, Author and Psychosynthesis Trainer, to give us a workshop on “The Great Turning”. Her ideas on the Great Turning are most valuable at this time as so many of us feel so alone and powerless in the midst of the multiple devastating things that seem to be happening.

In her workshop Molly took us through a process, of first sharing in the group the gratitude we all feel about the good and beautiful things we appreciate in our world. Next, she helped us, within the safety of the group, to honour and express the negative feelings and emotions that we all experience in the face of the multiple world crises we face at the moment. This was really powerful for us – to be able to express what we felt safely and to be heard by the rest of the group. Then, with the intensity of the emotions diminished, she asked us ‘to see with new eyes’ the problems that we face. Finally, she challenged us, in pairs, to share with each other what we each could do, in our own place and within our own circumstances, to make a contribution to a more sustainable world.

At the end of the workshop we left with a feeling of powerfulness and positivity. We did not have to save the world. We just needed to do something in our own environment to make a difference and we each had made a plan to do that.

Further to this, in an internet audio that I listened to recently, Barbara Marx Hubbard spoke of the need for a shift in consciousness *from the illusion of separateness to the reality of participation in the whole*. This is a key idea that identified for me what the Great Turning is all about. When we feel that sense of unity with the whole, we can have faith that together we can solve all problems that face us.



The Whole World is too big for me . . .

Art Work by Nina O'Connell

- by Aphra Peard

“How can we develop the consciousness that what is good for the part can also be good for the whole, and that the highest good of the unit within the whole guarantees the good of that whole?” (Alice A Bailey)

The above was the Seed Thought for one of the earlier months in the Correspondence Training Course in Creative Meditation. I decided the world as a whole was too big a field for me to deal with. So I thought I would concentrate on making things better in MY world, surrounding me. And thus, if I was okay the world around me would be okay. During my creative meditation I thought it would be a good idea to put one morning aside every week to knit.

In our village there is a Community Centre run by volunteers. All sorts of activities happen there. When I retired completely from work, my husband, who is a Trustee of the Centre,

suggested that it would be a good idea if I gave some time every week to volunteer. The idea did not really appeal, so I thought that I could knit one morning a week. If people wanted to join me, that would be fine. If not, I would be quite happy to sit quietly for a couple of hours and knit. I reckoned that, as in the above quotation, if it was good for the part it would be good for the whole.

A notice was put in the local village magazine to the effect that I would be knitting in the Centre every Tuesday morning and anyone would be welcome. I am amazed at the group that has since formed, from elderly ladies to young mums and everyone in between.

We chat and tell stories and laugh – and what is more I am finishing off all sorts of work that has lain dormant for years – and so is everyone else.

I then thought that I could do a day for young children during half term. So a notice was put up in the local school and we had a day for children who would like to learn or practice knitting and crochet. Eight children and their mums turned up. The very elderly lady who always attends just loved having the children in. She dropped her knitting and helped anyone who needed her, as did everyone in the group. Five girls turned up and three boys and we were asked whether we would do it again. We had another day for children during the Easter Holidays in which four children and a mum came in and learned to knit. They were so keen they asked whether they could come again.

I had no idea it would be such a success. The elderly lady who lives alone loves the company, the chat and the friendship. There is another elderly lady who has moved into the village and did not know anyone. She has made friends. As a group we would never have met if it had not been for the knitting. The repercussions of this one idea are fascinating and it all came from creative meditation!



An Introduction to Creative Meditation

On a bright crisp and sunny Saturday in early February and again on a sun filled flaming day in June Penelope Coomber and Janet

Derwent ran two workshops that introduced the basics of creative meditation. Both events were very well attended.

Through individual consideration and group discussion we were able to explore our use and meaning of words such as religion, spiritual, and creative meditation.

Meditation as an ancient spiritual practice is gathering a following amongst many people seeking to find meaning and purpose within the stresses and strains of everyday living.

The advantages of choosing a time and place to meditate were discussed, along with the need to have a clear purpose and intention before beginning. The use of an object or seed idea to focus the mind in reflective meditation was noted as essential as this avoided dreamy, diffuse and passive states.

The group worked with seed ideas and shared their ponderings. In one exercise the object used as a seed was a stamped addressed envelope, that had arrived from a far off country. We were invited to consider how many 'people' had been involved in getting the letter from there

to here. From the group sharing we came to the realisation that large numbers, indeed generations of people, had contributed to the safe delivery of the letter.

The groups were invited to creatively meditate together on a chosen object. In February this was a Lotus and in June a Rose. These two images are recognised symbols of the Self or Soul. The participants were invited to draw their images and to explore the qualities perceived and sensed during the contemplative part of the meditation. This act of drawing grounded and deepened the meditative experience.

A light vegetarian lunch was shared with great enthusiasm and enjoyment. The feedback from both events was very positive. These workshops are designed for beginners and those already practicing meditation. Each workshop is stand-alone or can be experienced cumulatively. The **next one is on Saturday 15 October** (see details page 12).

A Sample of Feedback Received:

“It [*the workshop*] has connected me to the whole subject of ‘meditation’. The teaching and information has broadened my awareness of its connection to my spiritual self.”

“I appreciated the group work and actually being taken through a creative meditation. The drawing opened my consciousness and mind.”

“I have a renewal of commitment to practice meditation each day, with the goal of continued self awareness.”

“I am taking away a memory of a wonderful day spent with beautiful people. The workshop has confirmed to me that meditation works to help us become less self-centred and more aware of the service we can offer to others.”



Healing with the Light of the Soul ~ Esoteric Healing

By Dinah Lawson, FINEH
June 2011

All complementary therapies work to rebalance the “life energy” of an individual, recognising that blocked or disturbed energy is often the cause of illness or negative symptoms. Spiritual Healing, in particular, regards the life energy as soul or spirit and that it is this which gives life to the form. This energy flows through and around each of us in a very specific way, creating a subtle energy field which informs and gives vitality to our physical form. Eastern philosophies have understood this for thousands of years and this is expressed to the Western mind and in our time particularly through the practices of yoga and acupuncture.

Esoteric Healing is a specific approach to spiritual healing, based on the fact of the energy or subtle bodies and codified in the book of that name by Alice Bailey. The word “Esoteric” comes from the root meaning “further within”. In England, in the 1960s, a group of people who were interested in spiritual healing began to explore ways to work with the energy field. One of their number, Brenda Johnston, studying Alice Bailey’s writings with the Arcane School, put the practical work of this group and the theory found in Alice Bailey’s books together, and began giving talks at various spiritual festivals in the 1970s at the invitation of Douglas Baker. Brenda then began to put courses together and a group of practitioners of Esoteric Healing became established in 1982 and later became a registered charity known as

the International Network of Esoteric Healing (INEH). There are now seventy-five teachers and trainee teachers in this network world-wide, and national groups of practitioners in various countries including Australia, Germany, Greece, the Netherlands, North America and the United Kingdom.

The first law of Esoteric Healing states: *“All disease is the result of inhibited soul life, and that is true of all forms in all kingdoms. The art of the healer consists in releasing the soul, so that its life can flow through the aggregate of organisms which constitute any particular form.”* Esoteric Healing, by Alice Bailey, page 5. (pub. Lucis Press)

So what does the healer do to release the life of the soul ? First of all we recognise that there is no such person as a “healer”, although we tend to use the term as it is easier than “healing practitioner”. No practitioner claims to heal – it is the client’s own soul, their own intrinsic life energy, that does the healing. Many people are aware (often unconsciously) of the subtle energies of others. It is possible to expand this awareness to consciously sense and allow a rebalance of these energies to facilitate a healing process. The practitioner learns a process which enables her to do several things:

1. To centre and align to her own soul and thus to the Source of Life
2. To attune to the person with whom she is working and ask “that healing shall be given in accordance with the will of the soul”.
3. To sense the energy field of that person and offer the energy which will flow through her to the person as it is needed. Note the word “offer” – there is no forcing involved. The other key word is “allow”. This energy flow may energise or, in some cases, ease and calm. As the field balances and opens, then the life energy of the individual can flow more freely. There are also occasions when the healing work is not appropriate and there will be no resulting flow of energy from the practitioner.

The energy field (or subtle bodies) of an individual consists of the etheric, emotional and mental aspects. It is the etheric field that is the main focus of this work as it is the main link between the physical and the more subtle aspects of a person. The etheric consists of thousands of lines of force known as “nadis” (a Sanskrit term) which form a definite pattern through and around the physical form. Where the nadis cross there are energy centres which are known in yoga philosophy as “Chakras”, but Bailey does not use that term in Esoteric Healing. There are three major nadis which flow upwards along and around the spinal column, crossing at intervals. Where these major nadis cross there occur the major energy centres: five behind the spine, whose energies then flow right through the body; one in front of the brow (known as the Ajna); and one above the Crown of the head. As well as these seven major centres, there are many lesser energy centres. Each of the major centres relate to a specific endocrine gland as well as certain organs and systems of the body. They also relate to the subtle emotional and mental bodies which are actually most likely to be behind any inhibition or disturbance to energy flow. For example, most of us are aware how often emotional turmoil or disturbance can affect the solar plexus region and thus the digestive processes.

The Esoteric Healing practitioners are able to sense which of the major energy centres are out of balance and thus know which of the glands, organs and/or systems of the body may need attention. They use their hands at a distance of at least twelve inches (30cm) from the body plus the focus of their minds. They are all meditators and hold a meditative state whilst they work. It is understood that the meditative state can be transmitted from person to person and research has shown that the synchronised brain waves of the healer/meditator can have a beneficial effect on the person with whom they are working, enabling their brain wave rhythms to become calmer and more synchronised as well. Usually the client becomes more relaxed and calm. Sometimes they can feel the movement of energy in their body, sometimes certain thoughts and feelings surface. A healing session usually lasts for about thirty minutes plus time for talking, but the work can continue for some time afterwards.

Generally about six or seven healing sessions at intervals of one to three weeks are offered, and some clients return once a year for a “top up”. Many report a beneficial physical effect but also something more in the form of subtle changes in their lives or their attitudes.

Perhaps the energies of their souls are less inhibited and can now flow more freely through the “aggregate of organisms” that constitute their form (physical, emotional and mental bodies) and find expression in their lives.

Two of the basic premises of the work are “All is energy” and “Energy follows thought”. All the members of the INEH are learning to look for and appreciate the energy behind all forms, whether that form be a flower, the landscape, a person, a physical part of the body, a situation and more, and this increasing awareness hopefully enables us all to be useful both in the field of healing and in everyday life.

Everyone who meditates can become more open to the flow of life from the soul which must affect all the energy centres and physical and subtle bodies. Everyone who meditates can create a synchronicity within their brain wave rhythms. All these results of the meditation process can mean that all meditators radiate the light of the soul through their bodies and lives and out into the world, so all of us can be practitioners of healing in some way!

SIMPLICITY and unity are related:

Simplicity is one-pointedness of outlook, free from glamour and the intricacies of the thoughtform making mind;

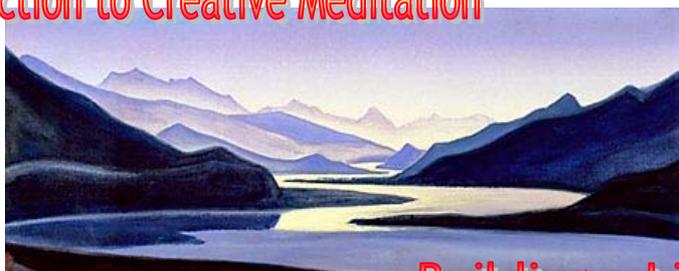
Simplicity is clarity of purpose and steadfastness in intention and in effort, untrammelled by questioning and devious introspection;

Simplicity leads to simple loving, asking nothing in return;

Simplicity leads to silence – not silence as an escape mechanism, but as an “occult retention of speech”.

- Djwhal Khul – The Tibetan

An Introduction to Creative Meditation



Building a Lighted Soul Alliance

Saturday 15 October 2011

In Whatlington Village Hall TN33 ONE, E.Sussex

Registration with refreshment at 9.30am for a 10.00am start, until 4.00pm

Cost £15

which includes refreshments & a light vegetarian lunch

Are you curious to know more about this ancient spiritual practice? Are you a beginner in need of some help and support in getting started? Have you faltered as you tried to introduce this discipline into your daily routine? Or have you made a beginning and would welcome some ongoing encouragement and ideas to keep on track? Visit: www.goodwillmeditation.co.uk for details & to book.

All are welcome



Working with Light

By Michal J. Eastcott

Thought and love “these two major types of energy in the world today . . . are of a vitality, potency and substance so subtle and fine that they can work through and ‘force into activity’ pranic fluids. . . .” [Lucis Trust Ltd ©Telepathy, p. 25]

IT IS HARD for the disciple with a capacity to comprehend the critical state of world affairs and with the power of identifying himself to some degree with the suffering of the planet, not to go down into the slough of despond and almost – if not quite – feel that he is helpless to contend with the shadows that are darkening our civilisation.

It is hard, for he is powerless, probably, on the objective plane to do much about it, and the situation is inclined to repercuss on him with a force which brings a sense of frustration. This saps his energy, brings him down to despondency and results in powerlessness to work for the Forces of Light. How obvious is this “fifth column” process by which the left hand forces negate a great amount of strength arrayed against them, yet it constitutes a subtle challenge which is often unrecognised.

To meet this challenge the disciple must have courage and steadiness to see through the darkness and be undismayed by it. He must recognise the true form of the situation in its objectivity, and the insidious effects which creep out and undermine. These latter, as they affect him, he must be able to deal with, or he will be useless as an instrument. His own penetration, clarity and strength must remain unimpaired, and this, of course, calls for alignment with his Soul.

We know that the world situation – the conflagration of forces, the conflict of ideologies and of men’s selfish motives – is only the objective manifestation of conflict upon higher levels and the result of cause of yet more distant origin. And this knowledge aids us to establish a truer sense of perspective as we seek to take our place in the world field. The perception of the three distinct fields – cause, its area of subjective working, and the resulting world of objective manifestation – is essential if we are to keep our heads above water in the surging flood-tide of the times, and this recognition enables us to focus our mental energy in that area where we can positively contribute.

The ethers are full of dual streams of energies, those which will work out on the objective level constructively and those which will work out destructively. And it is the task of the esoterist to add to the power of the constructive line so that it will off-set the destructive result of manifestation on the physical level. This gives us a pointer to the area of activity in which we should be playing our part, and the concerted power generated by a group consciously working with the positive energies of light and love can supply the Hierarchy with an immense amount of the power needed for their work in the world.

Some of us, certainly, are able and required to fill important roles in the exoteric field, but not many are placed so influentially, and it is not upon their efforts alone that the working out of the Plan depends. They are the finger-tips which move the pieces; back of them must be the great conditioning forces of aligned spiritual energy.

Humanity is a living, spiritual Being, and into this living Entity pours the essential life aspect that causes being. This is the conditioning factor of our world life, and the strength of its incoming is dependent upon the invocative power of humanity, the magnetic potency of its aura and the ability of a sufficient number to function on the mental plane creatively, and in alignment with Universal Law.

There is much fundamental goodness in Humanity which is playing a great part in the conditioning of the planet, but it is upon the conscious disciples that the responsibility rests to work actively upon subjective levels. By lighted thought, directed by the power of dedication, they can supply sublimated substance needed by the Hierarchy in its efforts to bring increased light content to the planet; and by co-operating in the generation and utilisation of spiritual forces they can facilitate the Hierarchy's endeavour to manipulate matter for the good of Humankind.

It is vitally important that this support be given at this time when we know the Forces of Light are faced with darkness of great magnitude. We *must* stand firm and constant in the strengthening of the light streams that seek to motivate world life. We *must* work – building in thought matter and invoking through that potency – at creating the required channel of Soul-matter contact in the body of Humanity. Those who are able to work consciously on these levels must hold the world situation in the light, they must bring in – as in the case of the individual – the magic of the Soul to transmute the substance of the immediate time. Do any of us doubt that, with effort, we can do this individually? Then must we not spur ourselves to realise our responsibility, as point of light in the body of Humanity, to work in the same way for the Whole during world need?

The Invocation, playing so great a part now all over the world, is an instrument which brings us to this actual way of working with subjective energies. It has superseded in the lives of many the old formula of prayer upon objective levels – i.e. “Grant that this day we fall into no sin, neither run into any kind of danger. . .” – and it deals with our need by *invoking principles which transmute*. “Let Light stream forth into the minds of men. . . Let Love stream forth into the hearts of men. . .” Here is the core of the work to be done, here we are getting down to the fundamentals of true support of the Plan for Humanity. We are working in thought energy to bring in the two great principles which condition and transmute the substance of the planet.

If we look at the world situation from the aspect who of us can feel that we are impotent? Knowing we can contribute to the Light strength of the planet, who can hold back from adding to its content? Knowing that the energy of Love is the bringer of synthesis, who can with-hold from pouring out through himself this healing of our planetary sin of separateness?

Times of stress always bring under-currents that wear and tear our steadiness and our vitality, but let us remember that tension is also the bringer-forth par excellence of illuminated action. Let us be prepared for the down-drag of the slough of despond, therefore. Let us keep watch for the fifth column seeds of fear. Let us know that, though we cannot objectively stop conflicting forces, we *can* work with their conditioning elements on the levels where they are generating manifestation.

Humanity needs disciples who can illuminate the dark places, and the Hierarchy needs power-lines to channel the Purpose of God. Let us keep the sword of the spirit out of its scabbard and stand, undaunted and strong, working with Light.

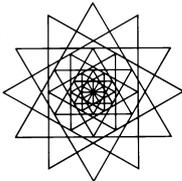
It is a law of occult dynamics that a given amount of energy expended on the spiritual or astral plane is productive of far greater results than the same amount expended on the physical objective plane of existence. - *Secret Doctrine*

It was the mission of Buddha's life to ask people not to think too much of philosophies and metaphysics, of rites and ceremonies, but to make religion – Spiritual Law – a living force in their lives by leading a life of purity, meditation, spiritual discipline and control.

Swami Yatiswarandanda- In Vedanta for the Western World
This article was first published in the Beacon, Lucis Publishing Co., May 1951.

Two sailors were shipwrecked and cast away on a desert island. Both nearly perished from hunger and terror, for they considered themselves forever cut off from the world. A ship picked them up. And later there was erected on the island a strong lighthouse. These same two sailors remained at the lighthouse, to save the other perishing ones. Now their frame of mind was altered. They were happy, directing the light of rescue and no longer feeling themselves cut off from the world. This means that realization of communion with the world and of usefulness to others completely transforms people. Work in common is a pledge of success.

Community © Agni Yoga Society



Letting in the Light

Great Minds down the ages have studied the nature of light from a spiritual and scientific perspective — Bacon, Newton, Goethe, Edison and Einstein, to name but a few. Their intellectual and intuitive pursuit of truth has had profound effects on human life. None, though, come close to the precepts of the Buddha and the Christ in their understanding and release of light into human consciousness.

When the Buddha, the Lord of Light, was on Earth and achieved illumination, He “loosed” a flood of light upon the world through His communication of the Four Noble Truths. These ageless and profound Truths revealed the causes of human suffering and the means for their transcendence. His great Brother, the Christ, followed and uttered the momentous words “I am the Light of the world”. This Light, according to the ageless wisdom teachings, reveals the light of life itself, which ends for ever the darkness of matter.

Human response to and understanding of light is effecting far-reaching consequences upon the planet too. At a material level, knowledge flows at the speed of light through fibre-optic cables. The light of knowledge streaming through the mass communications systems is now accessible to billions of people. This is having the effect of stimulating the mental development of humanity. Instinctual reactions are giving way to the light of the intellect, which is bringing about an understanding of the “outer garment of God”. And, out of the light of the soul is emerging the new group of world servers who stand at the forefront of human reconstruction and who act as a beacon of hope in a troubled world. And, for a small but growing number, the light of the intuition is becoming a factual reality, awakening a recognition of the play of life upon the form, of spirit in relation to matter. Light is revealing the nature of divinity. At the same time light is bringing into focus before the rapt attention of the world the major obstacles that have to be addressed before humanity can move forwards towards a global community founded principally upon right relationships, and towards working in closer harmony with the other kingdoms.

In Triangles, the symbolism of light holds a special resonance in our thinking, in our relationships with our fellow human beings, and in our approach to God. Each day, we weave in the light building radiant triangular patterns in etheric substance, so that the beneficent power of goodwill can stream through the Triangles network releasing the light of understanding and the effectiveness of love in the world.

The ageless quest to find the light, appropriate the light, and to become a light-bearer is the responsibility and the privilege of each one of us. Spiritual philosophy hints that the destiny of the human kingdom is to become “a great station of light and a powerhouse of spiritual force, distributing it to the other kingdoms in nature.” Not only will this have profound

consequences upon our planet, but also within our solar system and beyond. For all of life is interrelated, interwoven and interdependent. The great initiate, Paul, recognised this when he said “the whole creation groaneth and travaileth in pain... waiting for the manifestation of the sons of God.”

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Art Work © Nina O'Connell

“In the centre of your heart, no bigger than the size of your thumb, is a secret dwelling, the lotus of the heart. Within this dwelling is a space and within that space is the fulfilment of all desires. As great as the infinite space beyond is the space within the lotus of the heart. Both heaven and earth are contained in the inner space, both fire and air, sun and moon, lightning and stars. Whether we know it in this world or know it not, everything is contained in that inner space.

Never fear that old age will invade that space; never fear that this inner treasure of all reality will wither and decay. This knows no age when the body ages, this knows no dying when the body dies. This is your true Self, free from old age, from death and grief, hunger and thirst. In this Self, all desires are fulfilled.”

From the Chandogya Upanishad.

The Colour Code **By Pam Blake Wilson**

We all love colour especially when we are young. Can we imagine how the world would look if the sun did not shine, everything would be dark and grey.

Sunshine lights up the world creating a spectrum of visible colour especially when rain and sun meet in magical rainbows.

All colours are different from the brightest earthy tones like browns, reds, oranges to lighter joyful yellows, harmonic greens - which nature loves in all her trees and plants - to calm cool blues, dark indigo and violet.

Did you know that each colour has a different vibration rather like music, but lighter? If you are sensitive and really love colour, you may feel it or sense it with your imagination. For example, when wearing red, you will feel a surge of energy, especially if you feel tired or low in spirits. With orange, a feeling of well being and expansiveness will follow. It is one of my favourite colours because it helps creativity in the way we sense and feel things. Yellow, like spring flowers, bring joy and light heartedness. How can we resist the first daffodils? Yellow also help us to think more clearly, to focus and concentrate.

Green is the colour of nature. It is all around us but we take it for granted because it has always been there. Without green, nature would lose its balance and ability to regenerate life. Balance with harmony is the quality that is necessary in all life including ours. Tranquil blue is a colour that most of us love because of its sense of peace whilst indigo is mysterious as

twilight grows into darkness. It is unfathomable and deep. Everyone loves violet and purple. These colours remind us of our spiritual belongings
All colours speak to us if we listen. All colours are held in our imagination and in our dreams and fantasies. Find the colour/s that you love and feel its energy.

It will give you what you want because it is all giving. It is sent by the angels as a gift for us to appreciate and love. It is like a bridge from heaven to earth.

Take it, feel it and love each tone of colour and allow its individual energy to fill your being.



When I Go From Here

When I go from here, I want to leave behind me a world that will be richer for the experience of me.

I want the creatures, the animals and birds to be a little less afraid of human beings because they have known me, because I have blessed them and love them and, far from doing them harm, have done them good.

I want to leave trees that are rustling with my thoughts, trees that have heard me speaking to them when we were alone together; trees that, one day, long after my form has disappeared, shall still in some mysterious way, cherish in their very beings their secret knowledge of me, so that others who shelter from the rain or who seek shade under their branches, shall catch the peace that went out from me.

I want to leave the whole of Nature nearer to the whole of man. I want to store up riches in the wind, and to leave blessings travelling upward to the stars. I want to leave my peace in the grass. I want the tears that I have shed for the sake of high love to come again in the dew. I want to leave Nature richer for having known me.

I want to leave my fellow man more sure that there is a Divinity that shapes his ends. I want to leave him with a wider vision and a greater sense of purpose. I want to leave him with the knowledge that death is nothing and that life is everything.

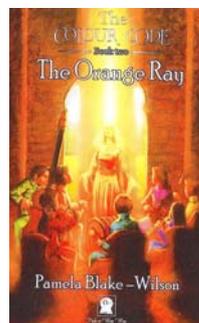
When I go from here, I want to leave behind a deeper sense of God.

BOOK REVIEWS

The Colour Code Series

We all love to look at rainbows. They are magical as though the heavens have given us a special gift when the sun and rain meet as two good friends. Each colour of the rainbow or spectrum has its own individual vibration and inner quality which each of us is attracted to. Is it just the colour or is it the vibration that we love? These books of The Colour Code Series take seven of my heroes/heroines into a place called the University of Light where Calidus, the Lord of Light teaches them about the energy of colour by sending them on special

missions to experience at firsthand how each one works. In each book our Colour Code Gang are sent to specific parts of the world where they undergo amazing experiences. They have to learn to work together as a team. Each of them creates a whole as each colour creates the spectrum. Sometimes the work is dangerous but through this they discover more about themselves and more about the energy of the universe.



About the Author



Pamela Blake-Wilson is an International Facilitator of Light and Colour Workshops.

Pam has been involved with colour therapy and spiritual psychotherapy for the past twenty five years. She studied at the Centre of New Directions in Kent, England where she held the position of Colour Director for many years. Ronald Beesley (1903-1979) was the Founder of the centre and researched Light, Colour and Sound and developed the Colour Distant Programme.

I have loved my life and felt that I wanted to give something back into society. The idea of writing books for young people appealed to me immensely. Few people really understand the concept of Light

and Colour energy. The fact that we live in a world of energy and everything we do or say has an energetic effect on us and others is often overlooked. Colours of the spectrum have differing frequencies of vibration which affect everything on every level of consciousness, so if we can begin to understand how each colour works, we can begin to apply it more in our lives.

These books on The Colour Code will hopefully appeal to and interest the young and others, enabling them to see how something that is around us can actually help us in our daily life.

About the Author



Irene Brankin, author of *The Visible Woman*, has worked in the field of personal development for over 30 years. She is an established Chartered Counselling Psychologist, Personal Coach, Supervisor and Group Facilitator who has worked in the UK and on the Continent. She brings many years of personal and professional experience to her work, together with a wry sense of Glaswegian humour.

Mother of one son and grandmother to two little ones; Irene is an enthusiastic woman who enjoys the rainbow of life and won't sit quietly on the sidelines. She is of the "Been there, done that, got the T-shirt" generation and knows the triumphs, pitfalls and waywardness of being alive. She has had cancer and is lucky enough to still be standing and living life to the full. She has experienced the stresses and strains of being a director of a training organisation; of changing careers; of coping with family illness; and of juggling too many and too few balls. The basis of Irene's work is to enable people to appreciate and believe in themselves as well as to rekindle their passion for life.

The Visible Woman

We all want to be caught up in the ebb and flow of life; to be involved and to know that we matter and and still count.

These basic human needs do not diminish with the years!

I wrote this book for the women who, like her are the 'been there, done that, got the 'T-shirt' generation. The resilient thrivers who now have more time to focus on themselves.

Perhaps you are: at a crossroad in your personal and/or professional life; aware that life is worth living to the full but aren't doing it or feel boxed in by ageism. Or it may be that it is the sense that life is flat and a bit dull and not as enjoyable as it once was.

If so, what are you going to do about it? Are you taking the risk of being visible and standing out? Or have you accepted that youth is where it's at and the best of your life is behind you? As we move into the second part of life, it is time to wake-up and listen to your wise woman – your inner wisdom, your inner sense of knowing, the part of you that somehow knows what is right for you.

I know that the Visible Woman exercises in the book will be of great benefit to you and have been adapted from my psychosynthesis training or other sources. They will enable you to have increased self-awareness and also see how you can be of benefit to others. I encourage you to be curious as curiosity is an essential quality of aliveness. It's our lust for life. It's how we learn and grow, have adventures, discover what we like or dislike.



Beyond the Seas are Great Lands, Nicholas

The Visible Woman

Saturday 18 February 2012

Facilitated by Irene Brankin

in Whatlington Village Hall, Whatlington TN33 ONE, East Sussex

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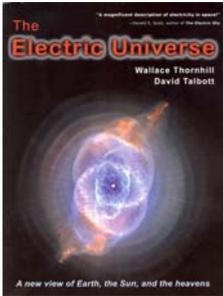
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A Sundial House Group Sponsored Workshop

'The Electric Universe'

by Wallace Thornhill and David Talbott

Mikamar Publishing, 1217 NE 75th Ave., Portland, Oregon 97213, USA. ISBN 503-740-9567



Foremost, when one considers the subject of this book, it should be realised that it deserves serious consideration. It is a work set against the mainstream of present day scientific belief, because it argues that the Universe does not work by the relatively weak forces of gravity, but by means of the much stronger forces of electricity. It questions the current beliefs of gravitational-theory cosmologists and astrophysicists regarding the Big Bang and the 'Expanding Universe'. It questions red-shift theory from which mainstream astronomers derive the size of the Universe and its age.

The authors explain the existence and properties of plasma and electricity in space and discuss, in good detail for the 'ordinary' reader, electric stars and planets, electric comets, those intriguingly shaped galaxies, nebulae, electro-magnetic currents, double insulation layers enabling wide ranges of different voltages to exist adjacent to each other, and lots of other intriguing electrical astronomical subjects. They also give useful comparisons between plasma cosmology and gravitational cosmology.

This is a book that the scientists among us will find very interesting and enjoyable, but it is also a book that may intrigue those who have a more philosophical or religious bent. It is known or at least suspected, that the human body runs on electricity, whether it be at the sub-atomic, atomic and molecular levels, or at the macro-level of the brain, the nervous system and the potential differences found in the cells and organs throughout the body. We are told that the human being was made in the image of God, which today we are growing to accept means energetically [the subtle bodies, chakras, etc.] and not physically, and hence the subject of this book is also of note in this connection.

Walking in the Light

You must seek to walk with accuracy in the light, for the path of the mediator cannot be trodden until the glamour of the mystic vision has been dissipated and the vision itself has been lost to sight in accomplishment and identification. You will note how frequently I am using the word *identification* in my various instructions. The reason is that it connotes the goal held before all disciples who are being trained for certain major expansions of consciousness . . . *Clarity of definition releases the vision* and clarity in word and language is a symbol of this release (from vision) into identification. Ponder on this. It is this clarity, resulting in occult certainty and not in mystical belief, that I seek for you and hence my reference to the glamour of the vision. It (the vision) evokes its own aura and its own atmosphere, and the disciple must penetrate through this to reality.

Before the full light of the sun can shine at the time of dawn, there has to be the dissipation of the mist – a mist which distorts and hides. This is done not by any function of the mist itself, but by the growth in power of the rays of the rising sun. Therefore . . . there must be the steady growth of the Light of your own soul, fostered by meditation, expressed in selfless service, and increasing in radiance through the intensification of your soul's life. Live, therefore, as a soul and forget the personality. Give not so much time to the considerations of the faults and mistakes of the past. Self-deprecation is not necessarily a sign of spiritual growth. It is often the first result of a soul contact and means the revelation of personality

limitations covering many years. That has a temporary value, provided you again turn your eyes to the soul. Forgetting the things that lie behind let the light of your soul lead you where it will.

Vision reveals both the light and the dark. Be ready for this through the activity of an illumined mind, an intelligent appreciation of true values and love.

Djwhal Khul

– Discipleship in the New Age, Vol. I - © Lucis Press Ltd.



A Sundial House Group Training in Creative Meditation

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“Lives are changed primarily by reflection; qualities are developed by directed conscious thought; characteristics are unfolded by brooding consideration.” The Tibetan

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‘Meditation is a journey into inner space.’ – Roberto Assagioli