

A Creative Meditation Event ~ Goodwill Changes Everything

25th Anniversary of The School of Huber Astrology ~ Barcelona, Spain

‘Meditation is a journey into inner space.’

– Roberto Assagioli, Father of Psychosynthesis & Co-Founder of The Group for Creative Meditation

Barcelona is a beautiful city. It is a testimony to the creative art of architecture. Down the ages differences in design and culture have been synthesised together harmoniously giving rise to a spaciousness that invites wonder and delight. Buildings birthed by different talents and with different designs bond together in an inclusive and complimentary way that is an invitation to all those who walk its streets to be nurtured by their beauty and wonder. The legacy of this craftsmanship and vision creates a climate of encouraging will-to-good. In these austere times of social trials the soul qualities of this city strive to lift the spirit.



Times of crises bring the opportunity for change. It is at these times that we find ourselves asking an enduring question: ‘There must be more to life than this?’ It is then by sounding forth this question that we step onto *the path of return*. This is a path of searching where we find our spiritual transformational path ‘home’, home to that inner nutritive centre that is our true self, our soul.

Dr Roberto Assagioli, much like Gaudi, the celebrated, inspirational Spanish Architect, was ahead of his time. Roberto Assagioli, the late Italian psychiatrist, offers as a legacy, not only the soul-infusing psychology known as psychosynthesis, but its spiritual companion creative meditation on the laws and principles of the Kingdom of Souls. The history of the Group for Creative Meditation was part of a Friday evening talk that was attended by 29 interested explorers after truth. This was a presentation that shared the initiating impulse received in the early 1950’s which called for the establishing of ‘*a united world group of men and women of goodwill given to unanimous and simultaneous meditation upon the work of preparing the world for the new world order . . . and to establish the knowledge of and the functioning of the six laws and principles of the Kingdom of Souls which are foundational to the coming era, the new civilization and the world culture . . .*’ – Discipleship in the New Age Vol. II

During the evening we worked together on a reflective meditation exercise where we considered these six natural laws and principles and their livingness in our everyday lives. Our considerations were shared in small working groups which then reported back into the larger group field. These individual and group discussions created a field of rich exchanges and insights that heartened and lifted the energies of all those present. Many of those who attended the evening talk were inspired to find out more about the Spanish Creative Meditation Group meetings and training courses. [Learn more via www.escuelahuber.org]

The Saturday and Sunday retreat was dedicated to working with the components of creative meditation and in particular with the qualities and values of the *principle of goodwill*. A principle is considered to be an energy that heals, redeems and unifies. A principle at play within us or around us is much like the warm touch of sunshine and the lovely livingness of its effects.

A basic requirement for meditation is an ability to hold a point of focused mental attention. This is usually regarded as an ability to concentrate. Mathematicians and scientists have achieved a natural ability to concentrate without distractions. However, this is a skill that can be developed gradually over time by all of us. Considered pondering is known as reflective meditation and we are all able to do this.

At the beginning of the weekend we were invited to introduce ourselves using a chosen image that had appealed to us. Each sharing was a creative insight into our inner worlds.



It is funny: the moon looks like the sun but it does not shine.

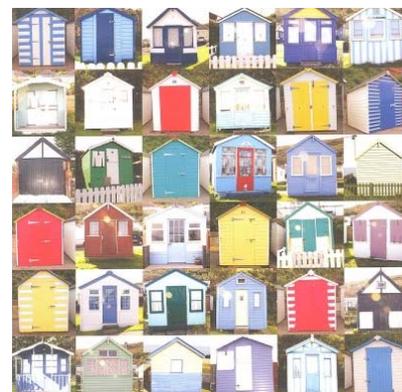
Everything seems to be what it is not as in the Alice in Wonderland tale.

The huge rabbits seem to fight but they embrace each other.

The church looks like a house, but it is a temple. On the tower cusp it should be a weather vane, but there is a star.

World upside down: all seem to be what it is not.

These habitats [these living places] are many and varied.
Their doors are closed to the world.
Brightly coloured but shut tight.
They are vividly painted with care and attention.
They are visited on holidays, weekends & precious rest days.
They invite us back, again and again.
These homes, these sanctuaries
are opened wide to the world on sunshine days of expectation.
They are places of joy, safety,
restoration and loving home coming.



A rainbow of colours, of light, of vibrating energy,
thin grass, kissed by the sun.

In the distance a mountain, a mountain top, immersed
in the darkness of an infinite sky.

The rays of the sun illumine ... spots of golden light
appear, whilst in the darkness of other spaces the
earth vibrates, waiting to be fertilized by the sun.

Light, shadow, waiting and reawakening.

The sun gives life, fertilizes – the Earth welcomes and
sends back.

The rainbows succeed, as in a symphony, one after
the other, toward new infinite celestial chords.

The light resonates, the colour emits a sound,
Every colour emits its own note.

The whole retreat experience was designed to cultivate and build a group field of wisdom on the theme of loving kindness and goodwill. This was achieved through many shared and diverse experiential exercises. We worked with seed ideas and excerpts of readings from the Ageless Wisdom Teachings on the theme of goodwill. A creative meditation working with the notion of the Aquarian Server – The Water Carrier enabled us to open to an inner realm of ideas and intuition using our creative imagination and guided visualisation. Our fleeting higher impressions and insights were anchored through our drawings, spoken experiences, pieces of prose and poems. All exchanges contrived to anchor these understandings within our own and our group experience.



Having inhabited a weekend group world devoted to forming a field of consciousness infused with the soul qualities of kindness and goodwill, we were invited to write a five line poem. These poems were fundamentally simplified Haiku poems. Haiku poems date from 9th Century Japan to the present day. Haiku is more than a type of poem; it is a way of looking at the physical world and seeing something deeper, like the very nature of existence. Here are some examples from our group work where the physical and spiritual world is captured in the sounds and emotions conveyed in the written and the slowly spoken word.

Water
 Colourless, odourless, tasteless
 Flow, cloud, rain, river, sea
 Nurturing, healing, life
 Water

Soul
 I am you
 You are me, one whole
 Huge infinite self
 Soul

Soul
 So close, so
 far away, always present, intangible,
 palpable, a touch
 Soul

Water
 A transparent flowing
 Necessity, springing endlessly, clarifying, sustaining,
 Sparkling - Life giving
 Water



Society is a group field of evolving consciousness that gives birth to new ideas and ways of being. The group field of consciousness is a medium that we all participate in and contribute to. It is built and moulded by our thoughts, desires, wishes and expectations. We can help build a new society just by reframing and reconditioning our thoughts. We can recreate ourselves and our world by reflective considerations that refashion our thoughts, words and actions. Creative Meditation working with the Laws and Principles of Everyday Living is a *life style choice* that will allow us to be architects of our inner and outer environments now and into the future. We can become inspirational and uplifting 'Gaudi's' as part of a group endeavour. These are our daily opportunities and challenges to cultivate and build an environment where survival of kindness holds sway.

'Aquarius is depicted as a man holding an inverted vase. The man inverts the vase and out of it come two streams of water, the river of life and the river of love, and those two words, life and love, are the two words that embody the technique of the Aquarian age; not form, not mind, but life and love.'

– Labour of Hercules p. 187 © Lucis Press Ltd



An Italian Summer Re-Treat

Sunday 16 August – Saturday 22 August 2015

Facilitators: Elisabetta Raspini & Janet Derwent



'The Principle of Sharing is the Grace of Synthesis

The *principle of sharing* graces all aspects of our daily lives and many of us are oblivious to its inclusive touch and magic. However, we notice in our modern day living its absence. We struggle and strive to make sense of this inner and outer dissonance and loss.

In our own lives and worldwide, there is a growing recognition of an ache and a longing for wholeness. Every day we each die a little to the old and open to the possibilities of the new. We are earnest seekers of *new ways of being* that will heal this chasm in ourselves and in society everywhere.

The interconnectedness of all life is an organic demonstration of cooperation at play. The revelation of this *planetary synthesis* comes to light within *the principle of sharing*. This Creative Meditation retreat will be a living demonstration of the principle of sharing at work near and far, within us and around us, as well as above and below us. It promises to be a wondrous journey of witnessing, recognition and revelation which has the potential to set us free to serve and cooperate with this emerging, powerful and essential soul quality.

The retreat will take place in one of the Community of Living Ethics centres at Poggio del Fuoco. It is located in beautiful and charming countryside in the heart of Italy (situated between Rome and Florence). Activities undertaken during the week will include group study and meditation, sharing, contact with nature, physical exercise, visits to sacred sites such as St. Frances' retreat monastery and to some places of art in the surroundings nearby.

For Details and Booking Contact: Secretariat; Loc. Pian di Mattone, 14, 06062 Citta della Pieve (PG), Italy light.net@comunitadieticavivente.org Price on application. The price includes full board, including meals, both vegetarian and non-vegetarian.

