

Spiritual Approach Review

- ◆ As I review my day, what part has 'learning' played in it?
- ◆ What have I 'learnt by doing' and succeeding today?
- After reviewing this success how could I improve on this achievement?
- ◆ What have I 'learnt by doing' and failing today?
- ◆ After careful consideration what could I willingly do differently next time?
- ◆ What part has the quality of *harmlessness* played in my use of thoughts, words and deeds today?
- Have I witnessed *harmlessness* at play within my inner and outer relationships?
- Have I witnessed *harmlessness* at play within current affairs locally, nationally and internationally?

Spiritual Approach

'History is a record of the evolution of the consciousness of humanity.' - Dalai Lama

"We are apt to think of the world 'spiritual' only in connection with religion, but, in fact, it relates to the development of the *life within* and the moving forward of consciousness on every level, from the lowest to the highest. It has been said that the word *spiritual* covers all that lies beyond the present point of attainment, everything, in other words, that is our next rightful, evolutionary step. The Law [Value] of Spiritual Approach has therefore an immense range and is connected with human progress to a far greater extent than might at first be thought."—*Excerpt SDH Training Course 2*

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'Man's spiritual development is a long and arduous journey, an adventure through strange lands full of surprises, difficulties and dangers. It involves a drastic transmutation of the 'normal' elements of the personality, and awakening of potentialities hitherto dormant, a raising of consciousness to new realms,. . .

- Roberto Assagioli

The Sundial House Group
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"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."



Transformational Journey

Eventually on our journey through life there comes a *turning point*. A point where we ask a fundamental question, the question goes something like this: 'Surely there is more to life than this?' Whatever form this question takes, it is then you start to turn your attention from the material world around you and turn inwards. For now you are searching to begin a relationship with your inner true essence, your Soul. You have become a student of your soul and are seeking to work with the innate wisdom of your spiritual self.

This soul work that we are striving to undertake is actually a personal commitment to embody certain types of qualities e.g. kindness, compassion, loving understanding, tolerance etc. so that our personality gradually comes to vibrate with them and to radiate these energies into our surroundings. Our aura, our rainbow coat of many colours becomes a silent radiant cloak of light. This transformational process is our service work, to our self, our friends and families, society and all of humanity.

Every thought, word and deed we set in motion carries a specific vibratory frequency. As this frequency impacts upon another individual or group of individuals, it has an influence either for so-called 'good' or 'bad'. We always have an influential choice to make.

Spiritual Approach Values

- ◆ Trial and Error
- ◆ Learning by Doing
- ◆ Perseverance—Determination
- ◆ Striving—Keep Keeping On
- ◆ Renewal—Courage
- ◆ Understanding—Wisdom
- ◆ Appreciation—Aspiration
- ◆ Positivity—Applied Will



'The tower of courage rests upon a steady consciousness, reinforced by the rock of the heart.' - Heart © Agni Yoga Society

Note: The front page quote used here is from the book 'A Return To Love' (1992) by Marianne Williamson

My Flowering Potential

Using the imagination allows the open mind to draw on what it knows and allows new ideas and insights to drop into view often unexpectedly.

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Imagine a rose garden in the early morning sunshine. The air is cool and refreshing and filled with the familiar sounds of summer. The beauty of the perfume holds open the promise of the day ahead.

A survey of the garden reveals one particular rose bush that draws the attention. Its shiny green leaves are still glistening with drops of dew. A vivid green stem supports a closed rosebud. In the warming rays of sunlight the green sepals of this bud begin to part and separate revealing more and more of the inner petals.

Gradually in the growing warmth of the morning sun the rose bud opens fully. Its flower has a wondrous colour and a beautiful form. It has a radiating, rich, heady fragrance, which contributes to the perfume of the garden.

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Consider the rose as a symbol of inner growth, the awakening of inner qualities, Self-realisation and radiation of one's inner being. Each of us is like a rose, with the same hidden potentialities as the bud.