



A Creative Meditation Event – The Game of Life

The School of Huber Astrology –
Barcelona, Spain – 8-10 March
2019

'I have spent many days stringing and
unstringing my instrument, while the
song I came to sing remains unsung.'

– Rabindranath Tagore

-oOo-

It is well known and accepted that *we are what we eat and we become what we think*. The personality is a group and the personal 'I' consciousness, which is the incarnating fragment of the soul, is the integrating field of consciousness that explores the phenomenal world through the six senses. Each of us learns by doing, and this is the basic scientific exploration of relationships. The soul can be considered as a supreme psychologist that is group conscious and devoted to working with its instrument, the personality. It is constantly adjusting and changing the awareness and sensitivity of its instrument, so that it can become radiant with its unique and innate wisdom.

Relationship is Everything. Everything is Relationship. – Janet Derwent

During our life's journey the spiritual essence of our nature is gradually forgotten as we become short-sighted in our identification with the interest and beauty of the material world in which we find ourselves. However, there comes a point of crisis *on the way*, where we yearn to find purpose and meaning in our lives. It is then that we turn our attention inwards and upwards and begin the work of becoming increasingly aware of this transformational relationship with all that is. The integrated personality becomes a responsive agent, a sensitive instrument of the soul. The Soul is group conscious and plays its instrument to tune its frequency of consciousness ever towards that of its own.



'The most satisfying thing in life is to have been able to give a large part of one's self to others.'

- Pierre Teilhard de Chardin

Each morning we give careful consideration to what clothes we will wear. It is curious to notice that we give careful attention to this task at the outset of each day, but how much regard do we give to the soul qualities that we will model and manifest in our daily inner and outer relationships? Our thoughts reflect our ability to connect with our nutritive centre of stillness. And the quality of our thoughts set the tone and colour of the words we choose to use. The sounds that words carry, these symbols, whether written, thought or spoken, convey a potent recollected consciousness that can be positive, constructive and creative, or not.

There are numerous techniques that permit us to act on our psyches and those of others in order to modify and even transform them. One of these techniques is effective and simple, whilst easy to apply. It involves the use of *evocative words* which carry the influential resonance of soul qualities.

Using chosen evocative words reflectively within creative meditation enables the soul-infusing-personality to model and sound the higher note of its personal wisdom, thereby influencing not only its own psyche but those of others.



Human beings are innately designed to meditate creatively. Reflecting on a topic will eventually bring the mind to a point where there is nothing else to ponder. The mind has explored all that is familiar to it and has gathered its focus of attention to a point. Holding the mind steady, silent and still at this point enables the abstract mind to align with the realm of ideas where it becomes open and receptive to new ideas and impressions. Gradually the light of greater understanding is anchored in the mind and stimulates the individual to visualise and creatively imagine how to make use of these new insights and concepts. Eventually the inspiration received and recognised translates into action of some kind.

Creative Meditation, working with the qualities of the soul, inspires the personality to sing its song and thereby to share more of the gifts of the heart with others. In this way it fulfils its role to serve as it plays its part in *the game of life*.



The Sundial House Group & The Barcelona Group for Creative Meditation



www.creativegroupmeditation.org www.creativemeditation.net sundialcentre@btinternet.com