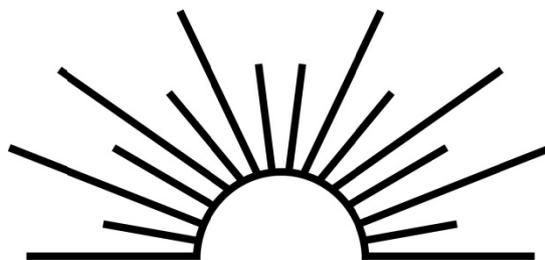


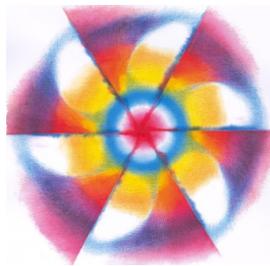
The Sundial House
Group for Creative Meditation



2019 Programme



The Sundial House Group is offering another series of interesting events within its 2019 Programme. The foundation of the group's international service work is the highly regarded correspondence training course in creative meditation. Worldwide, creative meditation working with the values and qualities of the soul, is recognised as the spiritual companion to the 'self realising' psychology known as psychosynthesis.



The Sundial House Group Correspondence Training Course in Creative Meditation

Meditation is an ancient spiritual practice. There is a wide and varied selection of different meditative approaches.

A simple description of meditation is that it is focused attentive thinking. Fundamentally meditation is a transformational practice that brings the soul into relationship with *its* personality. It is a gradual process that brings about a refreshing attitude to one's inner and outer life. Soul consciousness can be considered as a field of evolving personal wisdom that is acquired through the experience of daily living.

Creative Meditation is an approach that uses our innate skills to imagine, plan and develop positive ideas and projects with the intention of bringing them into being. The Group for Creative Meditation works with the six natural qualities and values of the soul that are foundational to the establishment of goodwill and right relations within humanity and thereby all kingdoms of nature. 'Right' here is taken to mean a common purpose, intention and goal that benefits the Whole.

In The Three Year Training Course in Group Creative Meditation

Each student works with support and encouragement.

Study papers are received every two months throughout the year.

The First Course covers the basic components of creative meditation.

The Second and Third Courses build on these basic skills and focuses on care in meditation and the techniques for personal and planetary renewal.

Students and Co-workers throughout the world focus on six seed ideas [that are also known as the six Laws and Principles of the Soul] sequentially during the year, giving two months consideration to each: right relations, goodwill, group endeavour, unanimity, spiritual approach and essential divinity.

The Sundial House Group & The International Group for Creative Meditation is a Registered Charity. The new round of training begins on 21 December each year. A charge is made for the delivery of these courses. If you are interested, visit www.creativegroupmeditation.org or contact sundialcentre@tbtinternet.com Cost supplied on application.

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A Sundial Centre Re-Treat 25 - 27 January 2019

The Nature of The Soul – Study Intensive Retreat

'Knowledge distilled into Wisdom'

Facilitator: Janet & Paul Derwent

Venue: Sundial Centre, TN33 0NE, East Sussex, UK

**Registering from 3.30pm for a 4.30pm start on Friday 25 January
until 3.00pm Sunday 27 January 2019**

Residential Fee = £95

price includes full board, refreshments, vegetarian lunches & dinners.

[please make your own arrangements if you have special dietary needs]

Life is a journey of experiential discovery. We acquire our personal and unique wisdom by learning as we go. Failure is our finest learning aid. At night we enter another realm of training with which we cooperate unconsciously. And yet all these lessons applied in our daily lives draws us ever onward in our pathway of loving understanding. This residential retreat is offered to those completing the on-line study of the Lucille Cedercrans book 'The Nature of The Soul'.

'The soul serves essentially as a quality which manifests itself as a specific vibration, and not as a particular task.' Sergio Bartoli, a student of Roberto Assagioli



A Sundial Centre Re-Treat 8 - 10 February 2019

'The Game of Life – Exploring Group Consciousness'

. . .our participation and contribution. . .

Facilitator: Janet Derwent

Venue: Sundial Centre, TN33 0NE, East Sussex, UK

Registering from 3.30pm for a 4.30pm start on Friday 9 February
until 3.00pm Sunday 10 February 2019

Residential Fee = £185

price includes full board, refreshments, vegetarian lunches & dinners.

[please make your own arrangements if you have special dietary needs]

The Group for Creative Meditation correspondence training course invites us to develop our innate ability to work consciously with the laws and principles of the soul in our daily lives. The soul is a source of unique wisdom and is considered in the Wisdom philosophy as revealing an evolving awareness of group consciousness.

The integrated personality is susceptible to identification with the form world and at times momentarily succumbs to amnesia of its spiritual and transformational roots. The steady journey of recollection and recognition of our essential self is achievable.

Creative Meditation is a life attitude which allows us to gradually re-vision our inner and outer worlds. We come slowly to understand that we are a participating member of a team event called Life. And it is in this way that the whole of society and humanity benefit from our individual and active gifts of participation and sharing with the group Humanity to which we belong.

In this experiential event we will explore the unique qualities and values associated with the Law of Group Endeavour. Together we will work with creative meditation which is a composite of reflective consideration, contemplation, prayer, invocation, visualisation and blessing. Adoption of this spiritual practice will gradually enable us over time to enhance our ability to understand our relationship with this Law of the Soul and reveal its underlying Principles, those of Goodwill and Unanimity.

'Co-workers! Builders! I summon you with Strength.

I await you with Faith. I bless you with Love.' - Roberto Assagioli



A Creative Meditation Re-Treat March 2019

**Exploring Group Consciousness – Our Contribution & Participation
as team members in the *game of Life***

Facilitator: Janet Derwent

Venue: Huber School of Astrology, Barcelona, Spain

Saturday 9th March – Sunday 10th March 2019

The integrated personality that has become identified with the form world has momentarily succumbed to amnesia of its spiritual and transformational roots. The steady journey of recollection and recognition of our essential self is achievable.

Creative Meditation is a life attitude allowing us to gradually re-vision our inner and outer worlds. We come slowly to understand that we are a participating member of a team event called Life. For it is in this way that the whole of society and humanity benefit from our individual participation and sharing as members of the group Humanity to which we belong.

'Each day has its own Identity, make of it what you will.' – Roberto Assagioli



A Sundial House Group Retreat — 26 – 28 April 2019

'The 7 Rays – Part II - An intriguing research of the roots of Our life energies'

Facilitator: Francesco Viglienghi

Venue: Sundial Centre, TN33 0PF East Sussex

Starting 4.30pm Friday 26 until 2.30pm Sunday 28 April 2019

Residential Fee = £185

price includes full board, refreshments, vegetarian lunches & dinners.

[please make your own arrangements if you have special dietary needs]

The new psychology that is emerging from a growing recognition and understanding of the 7 Rays is a pioneering undertaking at present. In this study of 'The 7 Rays of Energy' we will be invited to deepen our understanding of their influential nature as they play through the lives of those dedicated to the life of the soul.

The theoretical considerations used will be drawn from the Wisdom Teachings. This selection of excerpts will be used to facilitate our discussions so that together we can explore the dynamics at play during life's spiritual and transformational progress. Through keen observational skills and intellectual pursuit, guided by compassionate understanding, we will endeavour to deepen

and broaden our understanding of this interesting psychologically focused subject.

During the retreat we will be encouraged to use our own experiences to work with applied ray typology. There will be experiential exercises that encourage us to be flexible and creative as we work with these complex and diverse energies. Key points of interest that will be shared during the event are: the first touches of the soul, the formulas of the rays, cleavages and a glimpse of the complex dynamics occurring between the personality and the soul as integration is achieved and stabilised

This workshop is open to those who have completed Part I or who have a sound working knowledge of the 7 Rays of Energy. Participants are invited to join us to explore this topic, experientially and theoretically in another of these *Seven Rays Workshop* facilitated by Francesco Viglienghi, who trained with Sergio Bartoli the founder of The Community of Living Ethics.

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A Creative Meditation Retreat – Group Consciousness

'Group Consciousness – As the Gateway to The New Civilisation'

The 'Italian Retreat' Facilitator: Elisabetta Raspini & Janet Derwent

A 3 Day Seminar in the Heart of Italy

Sunday 3rd June – Wednesday 5th June 2019

This retreat will run when 6 firm bookings have been received.

Meditation can be considered simply as a spiritual and transformational relationship that brings the soul into a working relationship with its personality. The ability of the personality to demonstrate and express the qualities and values of the soul is the fundamental destiny of service that we are seeking to engage with.

Service is an expression of the energy of the great Life in Whom we live and move and have our being. It is a huge group effort which we consciously or unconsciously apply within the 'cosmic golden web' of planetary relationships. A group through its thought life generates an evolving and constantly changing field of consciousness that gives rise to new ideas and ways of being this is the hope and glory of our participation.

Using creative meditation and working with the laws and principles of everyday living we can and are weaving the energy fabric of the new civilisation that as world citizens we all long to see manifesting here on Earth.

Join us for a joyful exploration of group and planetary service.

All are welcome.

*'I slept and dreamt that life was joy. I awoke and saw that life was service.
I acted and behold, service was joy.'* – Rabindranath Tagore

The Retreat will take place in one of the Community of Living Ethics centres. These are located in the 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.

The seminar will start on Sunday at 4.30pm and will end on Wednesday at 1.00pm. The 3 day retreat is offered with full board, including meals, both vegetarian and non-vegetarian. Prices supplied on application. Book a place by directly contacting: light.net@comunitadieticavivente.org



A Sundial Group Retreat — Summer 2019 – Coming Soon **'Exploring the Our Sense of Well-Being thro' Chakras & the Natal Chart'**

Facilitators: Geraldine Dayton & Janet Derwent

Venue: Sundial Centre, TN33 0PF East Sussex

Starting 4.30pm on Friday until 2.30pm on Sunday 2019

Residential Fee = £185

price includes full board, refreshments, vegetarian lunches & dinners.

[please make your own arrangements if you have special dietary needs]

We are constantly swimming in a sea of energies whether we know it or not. Knowledge and cooperation with these energies enable us to make wiser choices in our daily routine so that we enhance our sense of wellbeing and balance.

This will be an experiential investigation with the natural healing energies that are available for all to use and work with. More details of this retreat and its dates will be announced in due course.

Do register your interest with us in this proposal through the website. We will share more information about this event when it becomes available.

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A Sundial House Group Retreat — 4 – 6 October 2019

'The 7 Rays – Part III - Living & Acting as Souls in a Group.'

Facilitator: Francesco Viglienghi

Venue: Sundial Centre, TN33 0PF East Sussex

Starting 4.30pm Friday 4 October until 2.30pm Sunday 6 October 2019

Residential Fee = £185

price includes full board, refreshments, vegetarian lunches & dinners.

[please make your own arrangements if you have special dietary needs]

After discovering one's own deep energetic nature within the range of the 7 Rays, after having realized one's own individualization and integration, a human being faces the challenge of interacting in the best possible way with groups: family's, social, professional, friendship and like-minded, spiritual ones. Is this virtuous group interaction a spontaneous mind-set, attitude and behaviour?

Presently "two sets of principles are to be found controlling human life—the selfish and the unselfish, the individual good and the group good" writes Master D.K. and "a balancing of the two will gradually take place." This happens when "certain energies and tendencies, inherent in the soul itself, emerge into expression upon the physical plane", energies and tendencies that "are governed by *energies and laws which are of a nature different from those governing personalities.*"

This workshop will practically detail and offer the experience of:

- these Laws
- how we can work with and apply them in contributing to a group's endeavour
- come to understand the perspective of group in terms of psycho-energetics
- through self-training develop the art of acting "as if" one was already a soul.

Which Laws does a group's member apply in order to manifest in the best possible way her/his willingness of realizing the group's purpose? What is the degree of one's interpretation of these Laws? How can one improve what she/he can do now? In which ways can one externalize and better the subtle net of group relationships? Finding and expressing answers to these questions will reveal the richness of group life and offer an experience of the potential improvement of human conditions.

This workshop will offer the opportunity of quickening in oneself the perception of the soul's experience through its proper manifestation: a true and deep group's experience.

'A group is not just a gathering of people it is an evolving field of consciousness that gives rise to new ideas and ways of being.' – Janet Derwent

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For further details of these Sundial House Courses and Events visit the group website www.creativegroupmeditation.org Book & pay to reserve a place via the group website **or** by contacting sundialcentre@btinternet.com

'You dare your Yes – and experience a meaning. You repeat your Yes – and all things acquire a meaning. When everything has a meaning, how can you live anything but a Yes.' – Dag Hammarskjöld



The Sundial House Group & The International Group for Creative Meditation

www.creativegroupmeditation.org