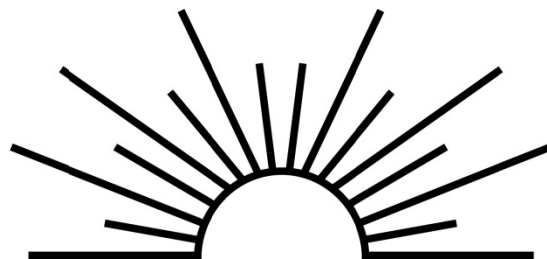


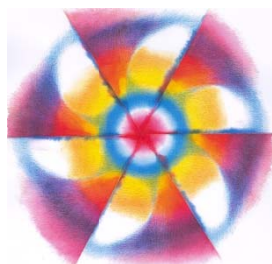
The Sundial House Group for Creative Meditation



2018 Programme



The Sundial House Group is offering another series of interesting events within its 2018 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 focus 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.

-o0o-

A Sundial Centre Re-Treat 9 - 11 February 2018

'Service A Joyful Way of Life – Joy is a special Wisdom'

Facilitator: Janet Derwent

Venue: Sundial Centre, TN33 0NE, East Sussex

Registering from 3.30pm for a 4.30pm start on Friday 9 February
until 4.00pm Sunday 11 February 2018

Residential Fee = £175

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

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

The correspondence training in creative meditation, working with the laws and principles of the soul, *is a service to humanity*. The six Laws and Principles of the Soul which are used creatively throughout the year are foundational to building right human relations.

These Sundial House Group training courses are supported by 'spiritual or transformational counselling'. Monthly meditation reports that are submitted by each student can be considered as letters from the Self to the self, for woven within them are glimpses of a deeper wisdom. These whispers of our innate wisdom are easily overlooked in the business of daily living.

In this experiential workshop we will explore our unique qualities and values as we work with the Law of Right Human Relationships. Working together as a group with the components of creative meditation which are reflective consideration, contemplation, prayer, invocation, visualisation and blessings will enable us to enhance our ability to understand our relationship with this Law of the Soul and reveal its underlying Principle, that of Goodwill.

Every step of the way has to be carved out by a man himself, and there is

no short or easy road out of darkness and into light.-'Treatise on White Magic' p.60

Persist. Failure never prevents success. Difficulties develop the strength of the soul. The secret of success is ever to stand steady and to be impersonal.-'Treatise on White Magic' p. 559



A Sundial House Group Retreat — 27– 29 April 2018

'The 7 Rays – Part I - An intriguing research of the roots of your life energies'

Facilitator: Francesco Viglienghi

Venue: Sundial Centre, TN33 0PF East Sussex

Starting 4.30pm Friday 27 April until 2.30pm Sunday 29 April 2018

Residential Fee = £150 paid by 30.11.17—Thereafter = £175

price includes full board, refreshments, vegetarian lunches & dinners.
[please make your own arrangements if you have special dietary needs]

NOW FULLY BOOKED

What are frequently called *the Seven Rays*, have been interpreted in various ways, but are taken fundamentally to symbolise the sevenfold pattern through which Life Force manifests.

A Ray can be a principle of limitation, as well as endowing specific capabilities and qualities. It governs the method of a person's interrelations with other people and to life in general. The ray energies of the soul and personality are largely responsible for individual reactions, preferences, strengths and weaknesses that emerge under differing circumstances.

Indeed what we are going to discover in this workshop is that these seven main streams of fundamental energies combine themselves in order to build the basic structure of our being. As a house is made of many varied and different materials combined in any number of creative ways—so too are our we being generated at an energetic level by these seven distinct and recognizable streams of energy.

How can knowledge of this subtle reality be useful and even important in our everyday life? Join us to explore this question, experientially and theoretically in this *Seven Rays Workshop* facilitated by Francesco Viglienghi, who trained and worked with the late Sergio Bartoli. Sergio Bartoli was the founder of The Community of Living Ethics in Città della Pieve, Italy

Through experiential exploration we will bring to life within our own understanding the wisdom of this transformational approach to daily living. Together, working with the Laws and Principles of the Soul, we will build a group wisdom that serves ourselves, society and humanity.

A Sundial House Group Retreat — 4 May – 6 May 2018

'The 7 Rays – Part II - A continuing exploration of the Ray energies playing through known Disciples.'

Facilitator: Francesco Viglienghi

Venue: Sundial Centre, TN33 0PF East Sussex

Starting 4.30pm Friday 4 May until 2.30pm Sunday 6 May 2018

Residential Fee = £175

price includes full board, refreshments, vegetarian lunches & dinners.
[please make your own arrangements if you have special dietary needs]

NOW FULLY BOOKED

The new psychology that is emerging from a growing recognition and understanding of the 7 Rays is a pioneering undertaking at present. In this second part of our study of 'The 7 Rays' we will be invited to deepen our understanding of the influential nature of these energies as they play through the lives of Disciples that are known to us.

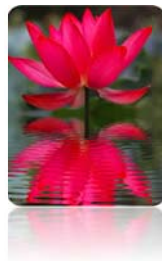
We will make use for our considerations of materials that are available within the Wisdom Teachings as examples that will help us to discuss and explore the dynamics at play while we will be participants in a spiritual/transformational counselling 'inter-vision' situation. Through keen observational skills and intellectual pursuit guided by compassionate understanding we will endeavour to deepen and broaden our understanding of this interesting psychologically focused subject: especially the individualization-, the integration process and in general the complex dynamics occurring between personality and Soul.

This workshop is open to those who completed Part I in 2017 and to those who will participate to the next November 2017 workshop about Rays and Astrology. These participants are invited to join us again to explore this question, experientially and theoretically in another *Seven Rays Workshop* facilitated by Francesco Viglienghi, who trained with Sergio Bartoli the founder of The Community of Living Ethics.

'As souls, men derive their life from the ocean of the Universal, and not from the tiny well of the particular. Carrying their little pitchers, they find their way to the ocean, and for themselves they draw into that receptacle that which they need.' – 'The Seven Rays of Energy' by Michal Eastcott

Through experiential exploration we will bring to life within our own understanding the wisdom of this transformational approach to daily living. Together, working with the Laws and Principles of the Soul, we will build a group wisdom that serves ourselves, society and humanity.

-o0o-



A Creative Meditation Retreat – Creative Living

'Everything is Relationship – Cultivate a Loving Heart & Mind and Shine Forth'

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

Sunday 12 August to Saturday 18 August 2018

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

Creative meditation working with the qualities and values of the soul is a heart and mind approach to living Life that reveals the magic within every relationship. This creative meditation retreat offers each of us the opportunity to experience the simplicity and joy of living Life this way. In this retreat we will explore together through experiential exercises and creative meditations the sacred joy that is present and available in all we undertake when we adopt the poised potential of creative soul living. Working consciously with our evolving innate wisdom we will come to realise that we travel together joyfully with others and not alone. All are welcome.

'Let us be like arrows striving heavenward from a fiery bowstring.' – Agni Yoga

In this Italian Creative Meditation Retreat of 2018 we will work together using meditation, experiential exercises, projection and dialoguing to experience the Livingness of the Laws and Principles of the Soul as it blesses and calls to us individually. All are welcome to join us in this pioneering and experimental work.

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 Saturday at 1.00pm. The 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

-oOo-



A Sundial Group Retreat — 9–11 November 2018

'Exploring the Soul's Quest – The Soul's Code lived creatively'

Facilitators: Janet Derwent & Susan Green

Venue: Sundial Centre, TN33 0PF East Sussex

Starting 4.30pm Friday 6th until 4.00pm Sunday 8th November 2018

Residential Fee = £175

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

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

Life prepares us as we acquire, practice and improve our skills and talents in the theatre of everyday living. Opportunities arise that enable us to develop and grow unconsciously at first. Then providentially there comes a time when our environment presents us with a challenge that we rise to and embrace or not. Those of us who are fortunate recognise that we begin to thrive in the work that we choose to undertake. There is a joy in what we do and we live to work and serve through careers, families, friendships, societies, organisations or hobbies. We have found our place in the jig-saw puzzle of life.

In this experiential workshop we will explore our talents and skills. We will work with elementary psychosynthesis techniques and creative meditation to come to a glimpse of

understanding of the pattern of our relationships, chances and prospects.

This retreat is devoted to exploring our relationship with our soul's code through creativity, imagination and guided visualisations. We will work together throughout the weekend to gain greater insight into our own personal wisdom and the contribution we are making to the wisdom of the collective.

“What ages is not merely your functions and organs, but the whole of your nature, that particular person you have come to be and already were years ago.”

— James Hillman, 'The Force of Character: And the Lasting Life'

-o0o-

A Sundial Centre Mentors Re-Treat 2018

'The Way to Go – Letters To and From the Self

– Spiritual Counselling and The Fire of Co-Creativity'

Facilitator: Janet Derwent

Date yet to be confirmed for this Residential Retreat

Consciousness . . . is the pre-condition of freedom of choice, the very foundation of all spiritual values and of all that gives meaning to life and justification to our existence. The soul is consciousness and awareness. Meditation is a spiritual and transformational practice that enables the soul, the Higher Self to come into relationship with its personality.

The Group for Creative Meditation international team of mentors offers 'spiritual counselling' when they reply to the monthly meditation reports submitted by their students undertaking the training in creative meditation correspondence programme. In their replies the mentors strive to adopt the role of a 'Silent Witness' and aid the student to recognise the working influence of their innate wisdom in their everyday lives.

In this experiential workshop we will explore our mentoring talents and skills. We will work together throughout the weekend to gain greater insight into our own personal wisdom and the contribution we are making to the wisdom of the individual students and the collective effort of our group endeavour to serve.

“You are not a human being in search of a spiritual experience.

You are a spiritual being immersed in a human experience.”

— Pierre Teilhard de Chardin

-o0o-

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

