



In - Communiqué

News Sheet 3 – October 2021

Building Tomorrow's World Today – Saturday 9th October 2021

The current worldwide crises and challenges that humanity is facing at present are all resulting in a general lowering of standards of behaviour and values. This confusion is generating a climate of instability which is highlighting the cleavage and imbalance of the effects of materialism in the modern world. We are seeing these effects of the *battle* that is underway as a forerunner of the *emerging new civilization*.

Far from being dismayed at what is happening around us now, we are being called to recognise that although we are plunged into the current turmoil, that this turmoil indicates that humanity and Gaia are already part of an evolving *dominant opportunity*.

The temptation to be negative and disheartened can be resisted far better by those who know a little of the Plan than by the mass of men and women over whose heads the tides of this surging oceanic struggle flow. Our knowledge and call to action, is therefore a charge that is upon us to fulfil *our role as outpost members of the vanguard of the new age*.

The Group for Creative Meditation movement was founded with the following declaration, a mission statement if you like – 'A new civilization is emerging, and *our souls* are *urging us to participate in this work and belong to the vanguard of the New Age*.'

This event offered by the Group for Creative Meditation was designed and delivered as an experiential encounter. An encounter that sought to cultivate an esoteric sense promoting not only an enriched subjective life which also inspired us to objectify this innate spiritual livingness daily in our thought's words and deeds. In this way as catalysts for change we responded to the call to become architects dedicated to the building of the new society and new civilisation.

Reflective and Receptive Consideration of Images - presented and facilitated by Susan Green and Savina Miller

In modern day living with the technology revolution which is underway we are susceptible to a variety of mediums that bombard us with visual and audio stimulation. Cinema, television, social media all seek to attract our attention, stimulate our emotions, wishes and desires and in so doing take us farther away from the natural world of which we are a part. Pictures experienced and considered at a measured rate can open us to another layer of interactive understanding.

As images and words are living things, possessing form, soul consciousness and the wonder of Divine expression. Much that is inexpressible by words may be supplemented by symbols. So, in every symbol there will be the element of the inexpressible.

In the hurly burly of modern-day life the beauty of the world which surrounds us is often unnoticed. In daily life take moments to pause and re-connect with the sustaining beauty of aspects of the natural world. The *divine energies of love, light and purpose* of the world of nature resonate with those deeply hidden in humankind as all are related to consciousness of the parts within the Whole.

We invite you now dear Reader to take a moment to pause and come to a familiar centre of stillness and silence to study this image, endeavouring to consider the questions related to it.



What are your first impressions?

What memories arise?

What feelings are you experiencing as you reflect on this image?

What aspect of its beauty have you resonated with here?

Realise that *'energy follows thought'*. *"Let your thoughts fly ahead creating beautiful new dwellings."* In this way good thoughts contribute to the *building of tomorrow's world today*.

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Cultivating an Esoteric Sense – presented by Christine Morgan - President of the Lucis Trust, UK

Everything is relationship, relationship is everything.

We live and function as personalities in a world of energies. Through skillful mastery of the integrated personality we learn to express energies to good effect, coming eventually into relationship with an inner subjective world. This centre of stillness is a wisdom resource that gives rise to a compassionate psychological understanding of relationships. This presentation of *Cultivating an Esoteric Sense* was given by Christine.

Here are short excerpts from her presentation:

I've been asked to give you my perspective on how and why we need to train ourselves in meditation. The conference today makes a clear link, and rightly so, between cultivating an esoteric sense and creating the new world. How can we develop a mechanism of communication within ourselves by means of which we can "know simultaneously both the demand and the response" to an appeal for light in order to serve to humanity. This is a vision that we are striving towards – attuning with our souls, and consciously joining in and contributing to the ongoing planetary meditation on the divine Plan. The first step for most of us is contacting the soul and awakening the intuition. The intuition is described as the "organ of group perception". This is an inner sense in contrast with the five outer senses. From an esoteric perspective, the outer senses serve "to reveal the not-self [the personality] and to enable the Self therefore to differentiate between the real and the unreal."

Constantly attempting to evoke the intuition through meditation, slowly brings about results, for the organ of the intuition opens up as energy plays upon it over time. It is this organ of wisdom that can create a centre of light and love in the world because it expresses our true nature in time and space. The soul and the Spiritual Kingdom are no longer "out there" somewhere, or even "in there" somewhere. The esoteric sense brings with it the perception of immediacy, replacing the "in and out", "up and down", constructs of the lower, intellectual mind, which is very much needed and useful in its proper function, yet ultimately a hindrance to realizing the greater reality. We can then stand as the soul at all times invoking and distributing the energy of reality into the world of illusion with which we are all so familiar.

The role of the mind is therefore crucial in this process. On the intellectual path, the thinking faculty is directed outwards and registers the external information and stimuli that are transmitted to the brain via the senses. The mind recognizes the sensations and thoughts and correlates them all. On the intuitive path, the mind turns in a different direction, towards the inner world. Through the process of intuitive perception, soul forces are directed to the thinker's area of experience and service.

A Reflective Consideration

What does 'cultivating an esoteric sense' mean to you?

What is the role of the imagination in developing an esoteric sense?

How does the challenge of developing an esoteric sense in today's world differ to that of 100 years ago? What are the new distractions and hindrances and what are the new opportunities?

Alice Bailey notes:

"The plan as at present sensed, and for which the Masters are steadily working, might be defined as "the production of a subjective synthesis in humanity and of a telepathic interplay which will eventually annihilate time. It will make available to every [person] all past achievements and knowledges, it will reveal to man the true significance of his mind and brain and make him the master of that equipment and will make him therefore omnipresent and eventually open the door to omniscience." PP 5

These comments open up a rich field of thought on human destiny and the leadership role and responsibilities of esoteric groups. It highlights the need for those undergoing esoteric training to work towards that continuity of consciousness between the outer and inner realms. The challenge of our times is to seek that stillness and poise, in the midst of all the clamour of our times, wherein a telepathic sensitivity to *the vibrations of the various grades of hierarchical workers is attained*.

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Building the New Civilisation – presented by Michael Lindfield – President of Meditation Mount, Ojai, Californian, USA

Today's worldwide movement of creative meditation was inaugurated in 1956. The group work was launched with an inspirational declaration that 'A new civilisation is emerging and our souls are urging us to participate in this work and belong to the vanguard of this *New Age*'. It calls for modern day esoteric builders to participate in this great endeavour.

Excerpts from Michael Lindfield's presentation

We are Gaians, exploring and expressing through the realm of human experience that which has a unique role and part to play in the greater scheme of things. We are together creating a living bridge between upper and lower 3 realms.

Imagination acts as the liquid crystal bridge, the mercurial messenger connecting heaven and Earth. Thus, allowing cosmic seed thoughts to be transported into terrestrial realms and be expressed in form to *Restore the Plan on Earth*.

Humans are the creative connective tissue of Gaia, and the role of creative meditation is 'architecting the new'. Imagination allows us to visualize, and to dream ideas into being.

Muhammad Ali said, "*The person who has no imagination has no wings*". William Blake declared, "*What is now proved was once only imagined.*" Albert Einstein formulated, "*Your imagination is everything. It is the preview of life's coming attractions.*" And George Bernard Shaw gave a distillation of the art of creative meditation by stating, "*Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.*"

Visualization is how we utilize the flow of imagination. We need to be discerning so that our visualization is not a computer-generated image created by the lower mind from the pressing desires of the personality. By connecting to the deeper dimensions of Self – the Soul – we are connected via the intuition to that field of new possibilities that is, in turn, the precipitation of the deep purpose and plan of the Planetary Life held by those wise beings who inhabit the realm of the Soul – that realm we refer to as the 5th kingdom. . . .

We think of the symbols of creation: *The Circle* – before creation Silence and the circle representing the establishing of the creative boundary - the ring-pass-not. *The Focused Point* – the whole of the future dream is packed into a particle of Infinity at the centre of the circle. The dot within the circle is the second symbol.

The whole plan and destiny of Gaia is held within the Mind of God as a thought-form and we tune into this Plan, and we play our particular part in the One Work by creating the seed-thoughts that are to be sown inside the human psyche as the collective promise. The new world we are seeking to build is contained within the focused point at the Centre of the Circle.

It is all about revelation. The unfolding of the enfolded universe. A seed idea – or thoughtform thoughtform is an enfolded universe that contains the whole design, the DNA of destiny and a purposeful pattern. This seed-point is fulfilled when it expands and fills full the whole Circle or Sphere so that the promise is realized. This is what it means to fulfil the vision.

So, what part of the One Work are we being asked to take on?

The three Principles of ***Essential Divinity***, ***Goodwill*** and ***Unanimity*** that Sundial House, Meditation Mount, the Community of Living Ethics in Italy and other kindred centres around world work with, constitute the key attributes of the thought-forms to be built by us. We are constructing the new world through a daily practice of creative meditation which allows us to build tomorrow's world today.

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An Experiential Exploration of the Laws and Principles of the Soul in Everyday Life - presented and facilitated by Mayte Gomez & Lorraine Flower

Fish live and thrive in water. Human beings live and thrive in a creative energy field that some call God and most know it not. Creative Meditation introduced into busy daily routines gradually brings into our experience and consciousness the six laws and principles of everyday living. Working with these six natural laws and principles brings an enrichment of meaning and purpose as the bedrock of all that we do, thereby changing the individual and their collective experience into an evolving inclusive kinder encounter.

Welcome to this final session of our time together today where we will look at and connect with six simple and yet profound ideas with the aim of bringing these into a living and practical reality in our lives. Roberto Assagioli called these six *ideas Laws and Principles for everyday living*, and they offer us clear signposts for how we can build tomorrow's world today.

Building the new era needs each of us to play our part. The scale of the challenge can sometimes feel overwhelming and yet as we know transformation is a function of many small steps being made by many people...the Laws and Principles offer us a very practical way of determining our own contribution in everyday living.

<https://www.creativegroupmeditation.org/laws-principles>

We will invite you, the reader, to choose one of these six ideas and consider 2 questions:

- How does this idea show up in myself? How am I living these laws and principles?
- What examples of these laws and principles in manifestation do I see in everyday life?

These six themes, which are the *laws and principles of everyday living* are as follows:

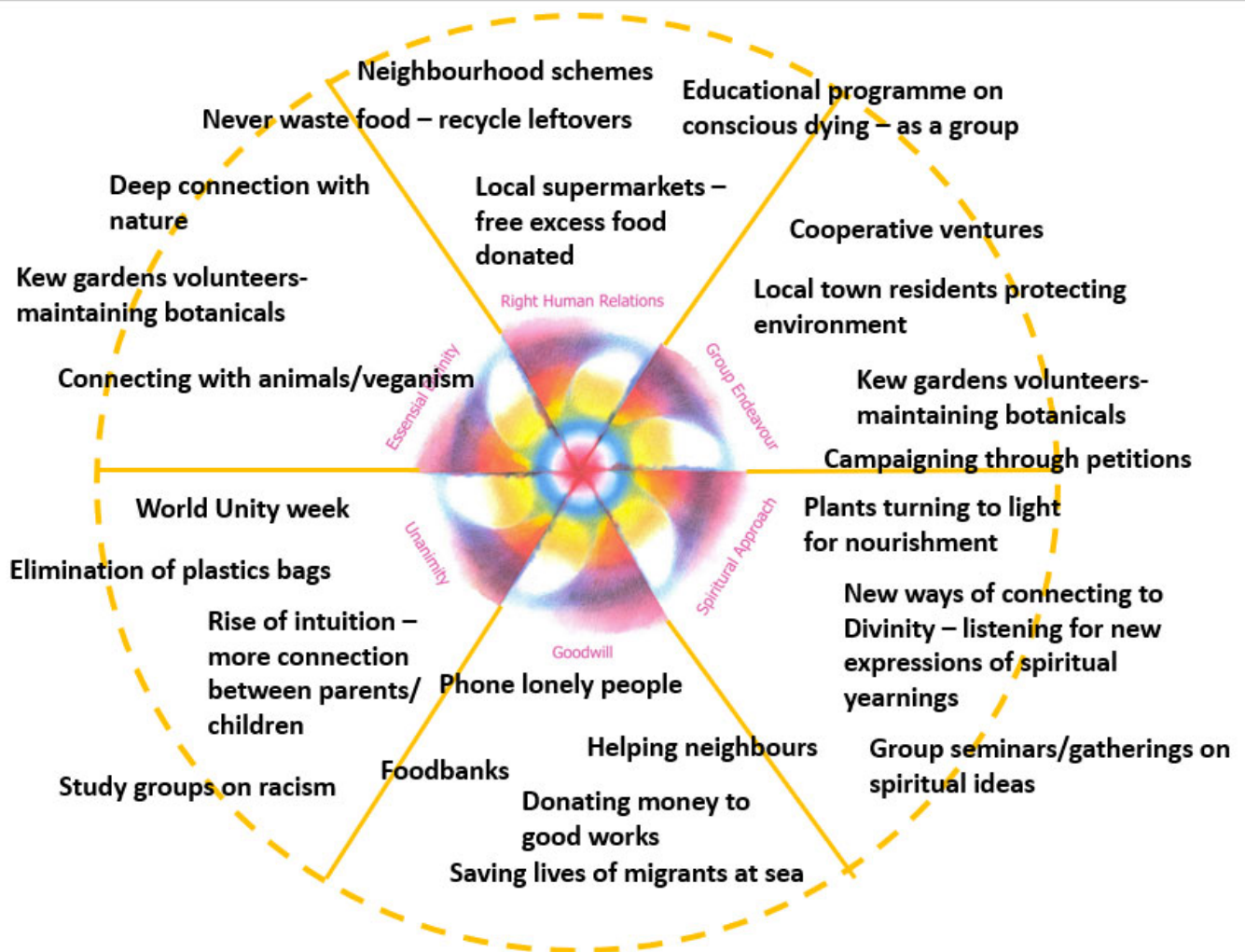
- ✚ **Right Human Relations** because everything is relationship, and relationship is everything. The quality of these connections brings to light the potential goodness, truth, and beauty in our experiences.
- ✚ **Goodwill** is a quality that when present in relationships is automatically spread and shared because it brings joy and kindness into our exchanges.
- ✚ **Group Endeavour** is the realisation that working cooperatively as a team player gives rise to a sense of self-worth and belonging. This approach also sows the seeds of inclusivity and sharing.
- ✚ **Unanimity** is a quality that is experienced as the oneness in life that unites us through the common bond of caring and compassion.
- ✚ **Spiritual Approach** can be a transformational process that brings a realisation that we *learn by doing*. In this way we acquire new skills and develop new qualities that transform the way we see and engage with the world.
- ✚ **Essential Divinity** – is the livingness of these six simple ideas which gradually reveals to us that there is a *presence of wonder, an essence of a spark of creation* that is unique and within everyone and everything.

The following mandala of ideas arose from the considerations that were given to how these laws and principles are finding expression within and around us.

Dear Reader, have you been able to add your own considerations and ideas to these?

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If you are curious and wish to deepen and develop your experience of the creative meditation programme, also known as *meditation for the new age*, you may be interested in joining or revisiting the training course offered by the Group for Creative Meditation.



A Training Course in Creative Meditation - **Meditation for the New Age**

This training course in creative meditation is now available. Apply to join us from now until mid-November for a 21st December start.

You train yourself with the support of a mentor to use positive constructive thinking to recreate yourself, and your attitude to life.

Online group meetings consider soul themes that develop a heightened awareness of living purposefully. The learnt process sustains, mends and fosters fulfilling relationships. Living a unified life where relations meet your fundamental need generates a sense of belonging.

Over the cycle of a year, 6 study papers and daily reflective considerations given to six simple and yet profound ideas aim to bring these themes into a living and practical reality in your life.

Meditation, Prayer, and visualisation are the ways in which we can use constructive positive thinking to re-create ourselves, our attitude to life and our environment.

Apply now to begin this training on 21st December. To register an interest **contact us** at sundialcentre@btinternet.com



The Sundial House Group for Creative Meditation
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