

# A Creative Meditation Event ~ Getting to the Heart of Life

The School of Huber Astrology ~ Barcelona, Spain – July 2016

**‘Within the vast world of soul there are the glorious pearls of spiritual contemplation.’**

– Roberto Assagioli, Father of Psychosynthesis & Co-Founder of The Group for Creative Meditation

The International Association for Group Creative Meditation were invited again to facilitate a three day retreat at the School for Huber Astrology in Barcelona. The theme for our work together was ‘Getting to the Heart of Life and Living Life to the Full’.



Each day we are surrounded with opportunities to come into relationship with ourselves and others in new and surprising ways. Surprising in that if we pause and pay attention we open to the presence and beauty of not only ourselves, but the other and the surroundings in which we live work and have our being.

We live distracted by the foreground of our daily living and as such we are drawn into the superficial busyness of life. Each day we miss engaging with the layers of perception that exist behind every form that would open us to the wonder and beauty of our mundane lives.

The Creative Meditation training that works with the laws and principles of the soul open us gradually to an awareness of the fact that relationship is everything and everything is relationship.



During the Friday evening ‘open meeting’ we explored the history of the Group for Creative Meditation. We then considered briefly the values and qualities of the soul and how they can manifest practically in our everyday lives. A principle is considered to be an energy that heals redeems and unifies. We used seed ideas to reflect on the influence of the principle of unanimity. Unanimity, is the ability to work with a unifying purpose, and is experienced and understood simply as a soul quality because *it is* revealed when a group is working cooperatively together.

On Saturday we continued to work with the various components of creative meditation. We used various forms of the dis-identification exercise. Several experiential exercises were undertaken to further develop reflective and receptive meditation, these also stimulated an ability to work creatively with the imagination and visualisation.



In a carefully managed group exercise we also worked with a tangerine to gain a greater understanding of the subtleties of attachment and how imperceptibly they infiltrate our field of relationships and condition how we respond to possessions, thoughts, and relationships.



During our final day together we studied and reflected on an excerpt from the Wisdom Teachings that shed new light on our understanding and recognition of the term 'esoteric sense'. We also worked together using the mantram of the Christ experiencing the art of active listening, projection and dialoguing. We finished finally by radiating and sharing the new and vital thought forms we had created as a Four Fold Blessing to the world.

This retreat was another beautiful adventure where we worked together to build a group field of wisdom by using our creative meditation and working with the laws and principles of the soul applied to everyday living.

The School for Huber Astrology in Barcelona and its Group for Creative Meditation is planning to hold another three day retreat in 2017. We do hope that you will be inspired to join us next time. All are welcome.

*'Within the vast world of soul there are the glorious pearls of spiritual contemplation where all sense of effort melts away and where man abandons himself completely to the influence of Spirit, but in order to reach those heights . . . requires a tough methodical work of purification, self-discipline and ascent.'* – Roberto Assagioli



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