

# A Creative Meditation Event – Service a Joyful Way of Life

The School of Huber Astrology – Barcelona, Spain – 23 to 25 March 2018

'We are passionate beings, born to create. Our task is to learn to create and have fun in the process because life is also about play. Our life's task is to become a Creator. The task, the responsibility is to look around and cooperate with the sense of humour that shines from and through the Creator's playground.'

– The Bowerbird Card from Jane Toerien & Joyce Van Dobben's Ascension to Paradise Card Set



All over the world men and women are trying to live their lives with meaning and purpose within the ordinary and extra-ordinary challenges of everyday living. Twelve fellow co-workers met in Barcelona the weekend before Easter to explore together their understanding of the function of joyful service within the mundane of daily endeavours.

Service is a science. It is the soul that serves. Service is a function of the touch of the Soul and involves working with the soul's vision. The soul is a reservoir of our inner wisdom which has been accumulated over the years through our encounters with life. We learn by doing. Our personal wisdom gifts to us an ever evolving awareness and sensitivity of our inner and outer relationships. We find ourselves constantly seeking loving understanding as we strive to make sense of our relationships and presence in the world where life has placed us.

Our weekend together was devoted to working with and using creative meditation and the laws and principles of the soul to bring to light the meaning and purpose of our everyday encounters whether personally or as part of a society and a national group.

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

At the outset we worked reflectively with words and phrases taken from the Affirmation of the Disciple and the Mantra of Love, also known as the Mantra of Unification. Arising out of this approach we were able to work contemplatively to distil the following group poem:

We are supported by everything that IS.  
It is the Light that illuminates the confusion,  
And I know I can walk through these,  
But for now I respect them.  
The essence of the Divine blooms and brings  
peace and well-being. The greatness of  
human love is that it is part of Divine Love.  
The soul is the path to realization.  
I recognize my Self-realization by helping others.  
I have strength to take to the road and serve joyfully  
The balance of serving for Love is part  
of living a life selfless and in balance.  
I am here to serve and I know it.

We all look for the One Light hidden in the Many.  
Change the vision to attain inner union.  
Living with courage and joy, we allow  
Life to express itself.  
Pain and happiness are the way to our individual and  
collective growth. Pure reason is '*loving  
understanding*'. These words come from the heart.  
My heart rejoices knowing the new opportunity of  
serving humanity. Unity is creative and  
integrative, necessary to go forward and grow.  
Open all senses of your perception which  
is the door to true and real intuition.  
From my personal "I", I can only love.  
Hate is a symptom of separation and fear.  
LOVE is the beginning and  
end of all that has been *created*.

Thoughts are living entities and our words give sound, tone and colour to these. Our thoughts can be directed by our focus and intention. It therefore behoves us to develop and use this talent of thinking and objectifying responsibly. Creative Meditation working with the laws and principles of the soul offers us a spiritually transformational practice that is full of strange lands, full of surprises, difficulties and dangers. It involves, when carried out over time, a gradual awakening to the potentialities of our true self.

During our weekend event we undertook a relatively simple experiential exercise to illustrate the need to view relationships and situations in our lives with a sense of right proportions and right timing. By making use of 3D optical illusions we came to realise that our habit of looking at things close up, that are right under our noses, or considering situations in which we are embedded emotionally and mentally is fraught with difficulties. These short sighted, mental and emotional distortions create the difficulties that prevent us from getting sight of what is new and trying to evolve and emerge within the confusion of the crisis.

Using guided creative meditations we worked together to clarify impressions in the higher contemplative interlude which we anchored and grounded by drawing and writing. We then showed and shared our inner work within a mandala. Together we created a group field of consciousness, a form of thought which we then released into the thought climate of the world by making use of the age old art of blessing. This was our Easter gift to humanity.



**'Co-workers! Builders! I summon you with Strength.  
I await you with Faith. I bless you with Love.'** - Roberto Assagioli

