



The Law of Spiritual Approach

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." - 'A Return To Love' (1992) by Marianne Williamson

Our Transformational Journey

Eventually on our journey through life there comes a *turning point*. A point where we ask a fundamental question, the question goes something like this: 'Surely there is more to life than this?' Whatever form this question takes, it is then we start to turn our attention from the material world around us and turn inwards. For now we are searching to begin a relationship with our inner true essence, our Soul.

This soul work that we are striving to undertake is actually a personal commitment to embody certain types of qualities e.g. kindness, compassion, loving understanding, tolerance. Our personality gradually comes to vibrate with these qualities and to radiate them into our surroundings. This transformational process is our service work, to our self, our friends and families, society and all of humanity.

Aspects of Spiritual Approach

Trial and Error—Learning by Doing

Perseverance—Determination—Striving—Keep Keeping On

Renewal—Courage—Positivity—Applied Will

□ Understanding—Wisdom—Appreciation—Aspiration

'The tower of courage rests upon a steady consciousness, reinforced by the rock of the heart.'

- Heart © Agni Yoga Society

Reflective Meditation

Using the visualisation and imagination enables the open mind to draw on what it knows and allows new ideas and insights to drop into view often unexpectedly.

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Imagine a rose garden in the early morning sunshine. The air is cool and refreshing and filled with the familiar sounds of summer. The beauty of the perfume holds open the promise of the day ahead.

A survey of the garden reveals one particular rose bush that draws the attention. Its shiny green leaves are still glistening with drops of dew. A vivid green stem supports a closed rosebud. In the warming rays of sunlight the green sepals of this bud begin to part and separate revealing more and more of the inner petals.

Gradually in the growing warmth of the morning sun the rose bud opens fully. Its flower has a wondrous colour and a beautiful form. It has a radiating, rich, heady fragrance, which contributes to the perfume of the garden.

Consider the rose as a symbol of inner growth, the awakening of inner qualities, Self-realisation and radiation of one's inner being. Each of us is like a rose, with the same hidden potentialities as the bud.

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"Man's spiritual development is a long and arduous journey, an adventure through strange lands full of surprises, difficulties and dangers. It involves a drastic transmutation of the 'normal' elements of the personality, and awakening of potentialities hitherto dormant, a raising of consciousness to new realms,.."

- Roberto Assagioli

