

Essential Divinity Review

- ◆ As I review my day, what part has kindness played in it?
- ◆ How have I shared and spread the radiance of kindness today?
- ◆ What truthfully hinders my being kind to myself and others?
- ◆ Do I expect to be rewarded and recognized for being kind?
- ◆ Can I draw upon my inner goodwill and radiate it as a blessing when others need it?
- ◆ Do I see and recognize the spirit of goodwill blessing and influencing others?
- ◆ In what ways can I most genuinely share the quality of goodwill and serve others?

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'I have no enemies. I have no friends. I live and work with souls.'

Essential Divinity

To The God Within
—The Essence of Divinity in Every Man

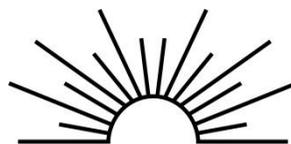
I am the forthcoming and withdrawal of the whole world.

I am taste in the waters, I am light in moon and sun;
I am sound in the ether and manhood in men.

I am the sweet scent in the earth, I am the glow in fire;
Life am I in all beings, and fervor in men of fervor.

Know me as the everlasting seed of all beings, the thought of the thinking, the radiance of the radiant. . .
The Eternal, the All, the highest Self, the perfect Work.

- The Bhagavad Gita



The Sundial House Group
& The Group for Creative Meditation
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THE SUNDIAL HOUSE GROUP



'Universal life itself appears to us as a struggle between multiplicity and unity – a labour and an aspiration toward union. We seem to sense that – whether we conceive it as a divine being or as cosmic energy – the Spirit working upon and within all creation is shaping it into order, harmony and beauty uniting all beings (some willing but the majority as yet blind and rebellious) with each other through links of love, achieving – slowly and silently, but powerfully and irresistibly – the Supreme Synthesis.'

- Roberto Assagioli



Essential Divinity Qualities

In every country in the world today there are men and women of goodwill and of true understanding. They are however overcome with fear or the feeling of futility and doubt as the work to be done is of huge proportions. Their best efforts they believe are rendered of little or no consequence. They need to be inspired and called to consider themselves as raindrops in a whole cycle of manifestation and precipitation. A group of raindrops can produce amazing results. Wouldn't you agree?

So by harnessing the positive power of thought and creative meditation, each of us can clarify and bring to light the qualities and principles of right living, goodwill and harmony. These qualities and values of the soul can be understood and shared with others. In fact with all of those we meet and come into contact with directly or indirectly. All we need is to use some creative thinking, spontaneity and skilful will. We can begin right now to be active agents of goodwill here where life has placed us. It only involves a matter of choice and our willingness to participate in cultivating a climate of goodwill.

Essential Divinity

- ◆ Happiness—Joy—Bliss
- ◆ Simplicity—Synthesis—Wholeness
- ◆ Love—Wisdom—Will
- ◆ Revision—Renewal—Creativity
- ◆ Beauty—Wonder
- ◆ Light—Radiance
- ◆ Humour – Sense of Proportion



'We do not hear the sun rise nor the planets set. So, too, the dawning of the greatest moment in a man's life comes quietly, with none to herald it to the world. In that stillness alone is born the knowledge of the Overself.'

Paul Brunton 'The Secret Path'

'If it be now, it's not to come. If it be not to come, it will be now. If it be not now, yet it will come. The readiness is all.'

William Shakespeare

All for One & One for All

Namaskar

'I salute the Divinity within you.'

This salutation has a magical power of evocation of our essential divinity. If we use it constantly and with awareness of its spiritual meaning, it can help us reciprocally to remember to deal with each other as souls and not as personalities.

This helps us to contact the Self in ourselves and others. It can be used in various ways. We can direct it to our own spiritual Self at intervals during the day, especially on waking and retiring; in this way it constitutes a salutation by the personality to the divine in oneself.

It can be used as a gentle and constant reminder of our essential divinity. It is especially useful when, for example, we are impatient, critical of ourselves or others, or when making new acquaintances and when at work – with colleagues, superiors and subordinates. Practised with faith and dynamic intent, it helps to build the kind of inner attitude which externalises itself in harmonious human relations.

NAMASKAR is also an apt way to develop and demonstrate in daily activities the ability to function simultaneously and with an increasing awareness at two levels – that of the personality and that of the soul.

Namaskar