

## Group Endeavour—Aspects

### What is a group?

The Group is an entity and has:

A group 'aura'

An emotional aspect

A mental aspect

A group personality

A group soul.

### Methods of Group Integration

Love

Meditation

Sharing

Silence

Communication: External & Subjective  
(telepathic)

Service

Dedication to the group purpose.

### Obstacles and Difficulties

Criticism

Personal devotion and attachment

The glamour of freedom

Individualistic tendencies & self-assertion

Dominating personal preferences.

## Group Endeavour

*'Society is God's gift to humanity.'*

Let us remember that all that we do is a contribution to the whole. It is so easy to be drawn into the busyness of the day and lose sight of the fact that we are working with gifts from the past, in the present and building for the future. This is a humbling realisation which is expressed for us in the story of the three stonecutters:

In medieval times a cathedral was in process of being built and a man visiting the place saw three stonecutters. He asked the first, "What are you doing?"

"You see, I'm cutting stones", the stonecutter replied sourly. The man then proceeded to the second stonecutter and asked, "What are you doing?"

"Well, I am earning a living for myself and my family", he answered. Finally the man went to the third stone cutter and asked the same question; he answered with exaltation, "I am building a cathedral."

Let us remind ourselves of this when we have to carry out mundane acts of service because everything has a place, a purpose and a function.



The Sundial House Group  
& The Group for Creative Meditation

[www.creativegroupmeditation.org](http://www.creativegroupmeditation.org)

## THE SUNDIAL HOUSE GROUP



"Do we need to make a special effort to enjoy the beauty of the blue sky? Do we have to practice to be able to enjoy it? No, we just enjoy it. Each second, each minute of our lives can be like this. Wherever we are, any time, we have the capacity to enjoy the sunshine, the presence of each other, even the sensation of our breathing. We don't need to go to China to enjoy the blue sky. We don't have to travel into the future to enjoy our breathing. We can be in touch with these things right now."

– Thich Nhat Hanh



## The Law of Group Endeavour

We each belong to many groups. Each group that we are a member of has a different tone, quality and function.

Most of us have learnt how to contribute to and participate in groups from early family associations, friendship groups, and in our working environment. Yet there are many more and varied groups that we belong to consciously or unconsciously e.g. community groups, national groups.

Groups are not just gatherings of people they are living entities or energy fields. Groups are formed by a blending of the thoughts, words, actions, and motives of its members. Groups develop a colour and personality. Groups function with a purpose through its participants.

When groups work with a common purpose for the elevation of the whole they move into a new territory. The members of these groups work in such a way that their personalities are committed and dedicated to the task of the group. The group begins to function with a transformational and spiritual flair, commonly called service. E.g. The Red Cross, Amnesty International, Green Peace, the UN

## Group Endeavour Qualities

- ◆ Tolerance—Acceptance
- ◆ Adaptability—Sacrifice
- ◆ Compromise—Co-Operation
- ◆ Synthesis —Co-Creativity
- ◆ Participation—Contribution
- ◆ Generosity—Sharing
- ◆ Humility—Harmlessness
- ◆ Sense of sisterhood, brotherhood and universality [All in it together]
- ◆ Spirit of Service



“A group is not just a gathering of people or an organization it is an evolving field of consciousness that is giving birth to new ideas and ways of being.”

## Group Consciousness

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

~oOo~

Imagine on a plate placed before you two grapes. One grape is green and the other is red. The red grape has come from South America. The green grape has come from South Africa. Choose which of these two grapes to consider.

Now think about the steps involved in transporting this grape that a few days ago was, growing on a vine in a sunny vineyard in its own country. Imagine the people who have played their part in bringing that grape onto the plate. See each step of its journey in as much detail as possible. Use the imagination to re-trace the journey – moving backwards through time to see the grape growing just before it was picked.

~oOo~

When was the seed planted to produce the grape vine?

Who invented the vehicles involved e.g. cars, lorries, boats, planes?

How far back were you able to go in time as you followed your imagination?