



"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."

— Albert Schweitzer

Relationship is everything and everything is relationship and many of us come to recognise this as a fact on our journey through life from birth to death. We are psychologists in training, practicing within the theatre of Life. We are each striving in our daily experiences to make better sense of the art of right relations. Service after all is the conscious or unconscious evolving relationship between the soul and its personality. As individual sensitivity and awareness flowers so the soul shines forth as the personality responds with growing wisdom.

A spiritual transformational retreat is recommended once a year. It represents a time for resetting our inner rhythm and outlook so that we are able to adopt a more harmonious and inclusive vision. From this point of recollected inner stillness we are able to come back into relationship with our true Self or Soul. We pause and journey into inner space using our tool kit of creative meditation techniques.

Reflective meditation or pondering is something that is inherent in our nature. Working with a chosen theme we explore and review all that is familiar and known about a topic. Adopting this approach when the curiosity of the concrete mind is replete, we often give up and turn our attention elsewhere. However, in the art of creative meditation, this is the moment when, by engaging with the 'blankness of not knowing', the mind opens to new territories of understanding, impressions and insights.

As an opening experiential exercise the Affirmation of the Disciple and The Mantram of Love were used as sources of excerpts with which to work. A group poem was the product of the reflective and contemplative meditation and subsequent sharing.

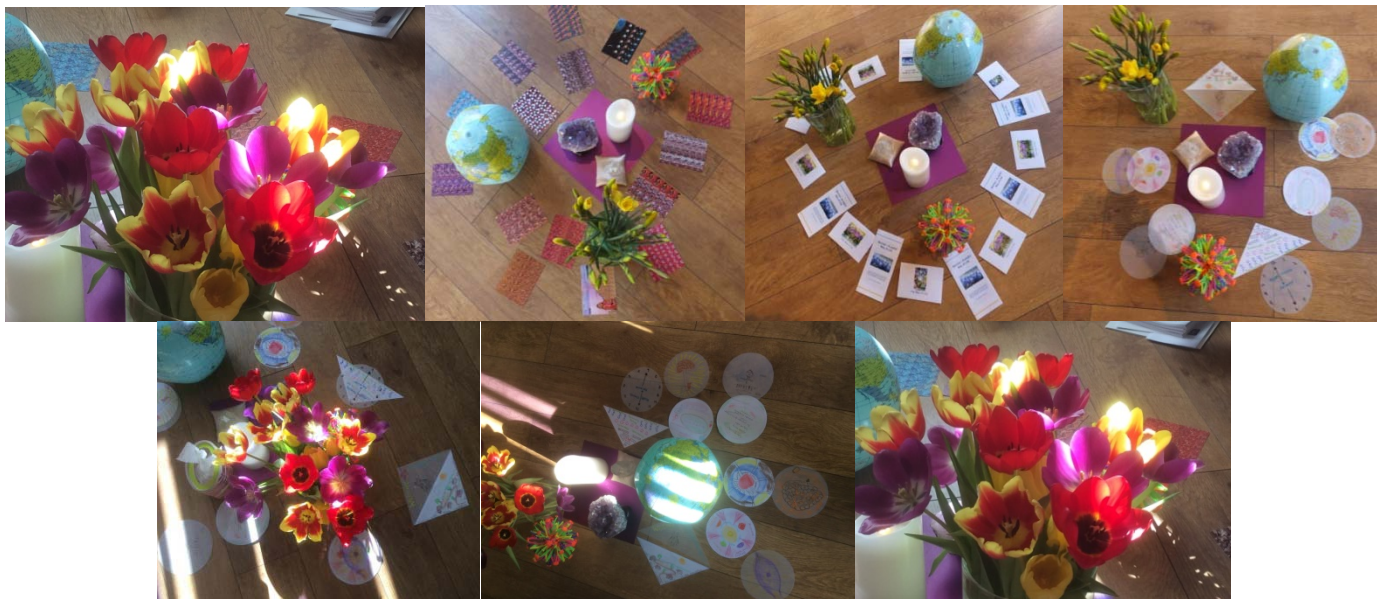
Universal divine love and wisdom heals All,
 connects All and transmutes All.
 Life is a whole team effort.
 I *am* love. We *are* love.
 Let love continue to triumph over hate.
 We battle upwards towards the reality that is
 Home.
 What could be a greater joy than seeing
 another overcome a barrier and thrive?

To take on love as the motivator of all that we
 do in life.
 Embracing all and seeing its usefulness in the
 greater scheme of things.
 The battle ground of hurt transforms into the
 wisdom of loving understanding.
 Fire and fury!
 When hearts and hands are joined in love and
 filled with purposeful service we are *as One*.
 Wisdom enables us to create our future with
 clarity.

Service is a science. It is the soul that serves. The soul can be considered as acquiring wisdom through living relationships within the school of life. We each learn by doing, and as Winston Churchill has said - 'success is not final, failure is not fatal: it is the courage to continue that counts'.

During life there comes a moment when the individual becomes satiated with the trappings of a successful life and yet still feels that something essential is missing. This longing for meaning and purpose is known as *divine discontent* and its effects are much like the grit in the oyster. For it is then

that individuals begin the quest of service, preparing themselves so that they can contribute to building a better tomorrow right here and now within their inner thought lives and outer relationships with others.



Becoming a silent and yet active agent for change is the service that each and all are engaged with. Our inner thought life and the wishes and desires for a new civilisation that will give security, safety and well-being to all is the goal. Holding a positive constructive attitude enables problems to be solved with creative enterprise. The 'stuck-ness of what is' with the all too familiar restrictions of the present day, need not inhibit our creative imaginations and visualisations which are our invocative agents of change.

The final retreat exercise that we engaged with as a group initially precipitated the need to know more and more details to make sense of the proposed project. The well-known restraints and limitations that apply now in civil society were present in the group field. However, the frustrations and obstructions that arose in the discussions, although unsettling, did not prevent the team from using their creative imaginations to build substantial and positive solutions in mental substance. A group after all is not just a gathering of people it is an evolving field of consciousness that gives rise to new ideas and ways of being.

*'I slept and dreamt that life was joy. I awoke and saw that life was service.
I acted and behold, service was joy.'* – Rabindranath Tagore

Creative meditation is a means whereby group members use their visualisation and creative imagination as a forerunner of developing the intuition, which after all is a source of ideas with which to build forms of thought that will better serve society and humanity. These beautiful forms of thought, vitalised by selfless desires and wishes are the foundations and therefore harbingers of the new civilisation and world order that we all long for. The co-workers of the worldwide Group for Creative Meditation including the individuals taking part in this Retreat, use their prayer and meditation lives to contribute to and participate in the building of the new World Order. Thereby giving rise to the demonstration of the principle of sharing and goodwill in all their daily encounters and group endeavours. This is the ongoing joyful service that we are engaged in together.

*"You serve always, regardless of what focus it might be, through the One Life
as it manifests in myriad group forms."* — A Teacher of the Wisdom – Master R.

