



**The Group**  
**for Creative Meditation**  
*– Another Roberto Assagioli Legacy*



**When we meditate on these great themes we are joining on inner levels with others working for the same purpose. All know the added power of concerted group action, and realisation that we are part of a great meditating, subjectively building group counteracts the tendency of the isolated individual to feel ineffective, or become the victim of anxiety, negativity and even despair. The sense of isolation is, in fact, artificial; we all participate consciously or unconsciously and willingly or unwillingly! – in the life of the whole of humanity, and even more so in the Life of the Universe. The more we recognise this and tune in to and work with the laws of the larger Life, the more serene and effective we become, and one of the most practical steps in this direction is creative meditation.**

Roberto Assagioli  
– The Group for Creative Meditation, Series © SDH Group

### **‘Meditation is a journey into inner space.’**

Dr. Roberto Assagioli – the father of psychosynthesis

**“... the word ‘spiritual’ has nothing to do with the use of the word as the orthodox religions use it, except in so far as the religious expression is a part of the general spirituality of mankind. Everything is spiritual which tends towards understanding, towards kindness, towards that which is productive of beauty and which can lead man on to a fuller expression of his divine potentialities.”**

The Group for Creative Meditation



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June 2012

Dear Reader

We are delighted that you are taking the time to explore the contents of this booklet that has come into your possession today.

Roberto Assagioli, as you may know, is recognised as the father of psychosynthesis and this soul infusing psychology has come to be a highly regarded experiential guide to self-realisation. Psychosynthesis facilitates personal development that enables the individual to harness their innate potential with purpose and vitality. This well known body of work is part of the Roberto Assagioli legacy.

However, the contents of this booklet are designed to give you a glimpse of another legacy that Roberto has gifted to the present day seeker after truth. This body of work is known as The Group for Creative Meditation. It is still available today as a service activity for those it appeals to, as it serves not only the individual but also their environment locally and globally. This group for creative meditation enables the individual to introduce the sacred act of service into their daily lives. In this way, both individually and as part of a subjective group, each of us participates in and contributes to the building of a more positive now and a more constructive tomorrow where the core values of the soul guide and influence society.

We share the papers and articles in this booklet with you with no other intention than to bring you news of another line of work that was very dear to Roberto Assagioli's heart. If the contents of this booklet do not resonate with you, do not feel compelled to make them your own truth. Just set them aside and note this as a curious sharing. If, however, the contents of the pages resonate and call you to explore further, then do so with a joyful and sceptical inquisitiveness.

We wish you well in your forthcoming adventures of discovery wherever they may lead.

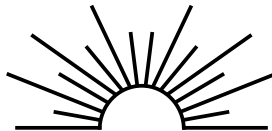
Kind regards and all good wishes

Michael Lindfield



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Italy

# ‘From the past, for the present, into the future and Eternity.’

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The foresight of Roberto Assagioli can be seen within the aims and objectives of psychosynthesis. However, at the same time that this soul-infusing-psychology was gifted to the world another body of Roberto Assagioli’s work was also taking form. The following section of this booklet seeks to give a flavour of the origins of this legacy known as The Group for Creative Meditation, which is the spiritual companion to psychosynthesis.

## The Foundation of the Group for Creative Meditation on the Laws & Principles of Everyday Living – A Call to Service



Dr Roberto Assagioli is one of the pioneers in the realm of psychology and consciousness expansion. His most famous contribution to human understanding is psychosynthesis, a comprehensive approach to self-realization which combines a convincing theory of human psychology with a practical therapy which facilitates the achieving of one’s full potential.

However, Roberto Assagioli was also a student of Theosophy and the Ageless Wisdom Teachings. He became a member of a Group working and studying with Alice A. Bailey and arising out of this group work he became inspired to respond to a request made within the Bailey writings, in DINA II (Part XIV pp 231-239). This called students to establish a *“united world group given to unanimous and simultaneous meditation upon the work of preparing the world for the new order and for the jurisdiction of the Christ<sup>1</sup> [and] to establish the knowledge of and the functioning of those laws and principles which will control the coming era, the new civilization and the future world culture ...”*

Dr Roberto Assagioli is shown here in the grounds of the Arcane School Headquarters in Broadwater Down, Tunbridge Wells, Kent in 1949. Both Nancy Magor and Michal J. Eastcott were co-workers in the Tunbridge Wells HQ of the Arcane School at this time.



MJE, RA and NM outside Royal Wells Inn in 1953

In May during the early 1950’s Roberto Assagioli presented a paper at The Arcane School Conference in Switzerland by way of making known his intention to respond to this call. He and Foster Bailey worked very closely together to anchor this idea. Initially Foster approached selected co-workers and asked if they would be willing to work with RA to manifest this project, they all declined. However, when Foster asked Nancy Magor and Michal Eastcott if they would be prepared to join RA in this endeavour they did not hesitate. From that request grew a life long friendship and service activity that has resulted in the Group for Creative Meditation international movement.

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<sup>1</sup> Within the Bailey writings *‘the jurisdiction of the Christ’* is taken to refer to the influencing qualities of the higher Self, also known as the Soul or the Christ consciousness living within the heart of each person that finds expression within the individual’s thoughts, words and actions.

Together, Roberto, Nancy and Michal, along with a growing team of others co-founded the Group for Creative Meditation. The preparation of the Group for Creative Meditation study papers<sup>2</sup> was the first project undertaken. The founding nucleus of international co-workers began working subjectively together on 21 December 1957.

In a letter addressed to Foster Bailey in July of 1956 the emphasis to anchor the project now turned to recruiting co-workers to build the group magnetic field and energise the work for then and into the future.

Florence, July 2<sup>nd</sup> 1956

Dear Foster,

I have been giving much thought to the project of a Group dedicated to meditation on and the application of the Laws and Principles of the Kingdom of God, and I have realised more and more that in reality the project is not ours, but the Tibetan's, or even, in a certain sense, (let it be said with reverence) Christ's own project. In other words, it seems to be a vital and necessary part of the preparation for His coming. Therefore it deserves, and requires, in my opinion, all the needed dedication and most careful planning.

The first necessary step seems to me to be the distribution to the School's students of the introductory paper which I read at Geneva, and the gradual gathering together of all those (both inside and outside the School) who are earnestly interested and able to cooperate efficiently in this project.

Under separate cover I am sending you a revised copy of my address. After it has been mimeographed, will you have sent to me about 50 copies of it.

The selection of the members of the group to be formed will require care and discrimination, and therefore an adequate amount of time. . . . I am praying that you may be inspired and led by your Soul and by the Great Ones, . . . in the work to which you and all of us are dedicated.

With all good wishes,

Cordially yours,

Some completing Arcane School students were invited to join the project along with students of The School for Esoteric Studies. Information about the work of The Group for Creative Meditation is still made known by the Arcane School & Lucis Trust and offered as a service activity. This Work is recognised as an essential part of creating and contributing to the network of light that is preparing for the re-appearance of the Christ. For those responsive to this *call* this group service activity is still thriving today.

From its early beginnings in 1957 there followed summer planning meetings for selected group leaders. These meetings then quickly grew into internationally attended public conferences. It was at a pre-conference committee meeting in 1961 that Roberto Assagioli announced the intention of the founding group members to introduce a three year training programme in creative meditation<sup>3</sup>. These undertakings were considered to be a *group project*, with no one person taking credit for it. It took many years of dedication to bring this body of works into being.

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<sup>2</sup> Sometimes known as the 'blue papers' or the Group for Creative Meditation papers

<sup>3</sup> Sometimes known as MGNA and also as The Training Course in Creative Meditation

Roberto Assagioli formed a life-long working relationship with these two fellow esoterists as they came together to respond to the request to establish a “united world group given to unanimous and simultaneous meditation upon the work of preparing the world for the new order”.

Nancy Magor was an heiress and a wealthy woman in her own right. A contemporary of hers, Alice A. Bailey, brought to Nancy’s attention the need to provide financial sponsorship to a World Server. Arising out of this request, both Nancy and Michal, who was also a woman of means, were able to fund the Work by paying for Roberto Assagioli’s secretary and translator. After the Second World War strict currency regulations applied in the UK, and during this time Nancy ‘smuggled’ money out of the country to fund Roberto’s work.

ISTITUTO DI PSICOSINTESI  
Via B. Domenico, 16 - Telef. 055/272010  
50135 FIRENZE

ERETTO IN ENTE MORALE  
con Decreto n. 1721 del 7-8-1962

IL PRESIDENTE

18th Febr. 1959

Dear Nancy, Thank you for your notes concerning the usual. It is all right for you to make the cheque out to Mr. Josef Yassawi without mentioning my name, but stating in your letter simply:  
Account Josef Yassawi - Ref Psco/Chin.  
Lately I have been laid up with a mild bout of 'flu', but I am recovering. With warm gratitude and my love and blessings, Roberto  
P. S.

Will you please tell Michal that I received yesterday the nos. of my talks on Meditation and the Will, etc.; I have revised most of it and I shall send it back in a day or two.

A letter from Roberto thanking Nancy for the funding and referring to his collaboration with Michal.

Michal and Nancy worked closely with Roberto as part of this founding trio of the Group for Creative Meditation materials. Roberto would discuss the project with them both and a great deal of time was devoted to planning and preparing the ground before they began the arduous work of anchoring the ideas for sharing.

During their visits to Italy and when Roberto visited Tunbridge Wells, it was Michal's role to tape record discussions and to take notes based on their conversations together about the Creative Meditation papers to be written. Both she and Nancy would then research the Bailey Books and other resources to supplement and ground the work. Michal was *the scribe* for the group and Roberto relied on her 'to add the champagne' when writing up the notes and guidance given. Nancy worked as the editor. This Creative Meditation project was begun in the 1950's.



Recording a SDH Summer Meeting in 1960 – RA with MJE in the Library at Sundial House, TW

Roberto Assagioli was engaged in anchoring many Projects: he was a true World Server. Each project was kept apart and separate from others by a strict discipline that he imposed on himself. He kept a rigorous control of the thought forming process of creation, which was and is fundamental to the art of bringing projects into practical manifestation so that they can be shared and used by others. This 'inner silence' was applied to thoughts and words when Roberto was working with projects one at a time. In this way the thought forming constructs of focused mental efforts formed strong templates for the building and sharing of the service activities he was dealing with.



A group photograph taken in the summer of 1964 in the garden of Sundial House, Tunbridge Wells

However, the skill in thought form building that is essential for a pervasive continuing legacy of a foundational project has led to some confusion. For example, at about the time that Roberto was working with Nancy and Michal to bring into being the work of the Group for Creative Meditation, he was also working with the members of the newly forming School for Esoteric Studies in putting together a series of study papers for their students. These two projects were separate, although some of the founders of the SES were GCM committee members and also contributors of some of the articles included in the blue creative meditation study papers.

It is worth realising that 'a group is not just a place or a gathering of people, it is also an evolving field of consciousness that gives birth to new ideas and ways of being'. At the time the group for creative meditation's magnetic seed was planted by these three disciples in the early 1950's, other group members were being attracted to it. People came from far and wide to be part of this awakening revolution, contributing collectively to the art of making the sacred present in the everyday. And as the group works, it fulfils its role as a midwife to the birthing of the New World Order and culture.



‘From the past, **for the present**, into the future and Eternity.’

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The announcement in 1961 that a training programme in creative meditation was underway was welcomed with great excitement and expectation. Groups of students formed throughout Europe and the Americas, made up of men and women of goodwill eager to learn how to use their prayer and meditation lives in the service of not only themselves but others. The Q & A's with RA are sourced from notes of a talk on *The Nature and Practice of Meditation* given by Dr. Roberto Assagioli, at an International Group for Creative Meditation Meeting in 1966.



## The Nature and Practice of Meditation

### Q & A Session with Dr. Roberto Assagioli

Q. What is meditation?

The word ‘meditation’ is used today in various ways and has different meanings. Most frequently the word is used in the sense of *reflective meditation*, that is, *concentrated thinking* on a given subject, which is also called meditation on a ‘seed idea’ or ‘seed thought’.

Concentrated thinking on a subject or seed idea includes (a) its definitions, (b) a questioning development and exploration of the idea or subject, (c) consideration of

its connections and interconnections, (d) its applications.

In meditating reflectively it is surprising how many aspects and implications we discover even about a subject with which we think we are well acquainted.

*Contemplative Meditation* is a phase or stage that follows the former. When we find nothing more about the subject through the activity of our mind, we stop thinking and just keep the subject at the centre of our consciousness in a quiet, silent, expectant attitude. As a help to keep the consciousness focussed in this way, we can repeat slowly to ourselves the word or words that indicate the subject. Sometimes nothing happens, but at other times something new and unexpected “drops in”, so to speak, into the field of consciousness. Sometimes it is something vivid and with a deeper meaning than that which we had been able to reach in the previous stage. This can be considered *intuitive* realisation.

*Receptive Meditation* is similar but not identical to the former. While in contemplative meditation we are trying, as it were, “to look inwards” or upwards with the mental eye, receptive meditation is more in the nature of “listening” with the inner ear and when it is successful we receive some *inspiration*.

In both these kinds of meditation much care must be taken to remain alert mentally and attentive, cultivating an awareness of expectancy and thereby avoiding a passive, dreamy state.

*Creative Meditation* has various stages which are explained and covered in detail in the correspondence Training Course in Group Creative Meditation Course One.

### Q. What is the Meditative life?

At first meditation remains confined to a set period of time, after which we generally forget about it! But when we become more proficient in meditation, the subject to which we have given attention often comes up again into our consciousness during the day, whilst we are thinking of or attending to other matters.

This leads gradually to a constant attitude of inner awareness or attentiveness to both inner and outer impressions, which has been called the attitude of the “detached Observer”. This enables us to achieve a certain “recognition of reality”.

### Q. What other inner activities are related to Meditation?

Our psychological and spiritual activities do not proceed in isolation from each other; there is more or less active interplay between them. Thinking may arouse feeling and vice versa, and each of them can be stimulated by desire or arouse desire.

Thus meditation is often connected with *prayer* and leads to some decision or *affirmation*. The blending in various proportions of all of them results in a synthetic *inner action* which has been called *invocation*.

### Q. What is Invocation?

In invocation the action of the will is prominent; but the will also is needed and functioning – even if we are not clearly aware of it – in the other phases of meditation. In thinking consecutively about a subject, for instance, the will is needed in order to prevent the mind from wandering, and the same is true for the other phases, such as contemplative and reflective meditation.

### Q. Can you suggest some suitable subjects for meditation?

These are many and diverse and may be:

1. A quality or virtue.
2. A phrase expressing a “seed thought”.
3. A problem.
4. A symbol. [The importance and effectiveness of symbols is a vast subject which I can't go into now. I can only mention that they are the natural language or means of expression of the unconscious at all levels, including the super-conscious.]

5. *The Self* – Self Realisation is one of the great objectives and achievements of meditation. In this symbols of the Self can be helpful, such as the *lotus* which is widely used in the east. With its roots in the mud and its flower appearing above the water and unfolding, petal by petal, in the light of the sun, it is indeed a deep and many-sided symbol.

*Mantrams* are also of great value and the following one is particularly helpful as a means of both aligning with the Soul and meditating on it:

More radiant than the sun,  
Purer than the snow,  
Subtler than the ether,  
Is the Self, the Spirit within me.  
I am that Self. That Self am I.

### Q. What are the techniques of meditation?

Many techniques have been used and can be used in meditation. They should be chosen according to:

- ▶ The special constitution of each individual.
- ▶ The specific aim of our meditation.
- ▶ The particular condition or situation of the meditator at the given moment.

Not only each individual, but each phase of the relationship between meditators and their psychic environments are *unique*; this might be called the right existential consideration or attitude. Therefore no general rules or specific outlines should be given or chosen without taking these factors into full consideration, as far as possible. But having studied carefully the subject of meditation and having become acquainted with the various existent techniques, we can start *experimenting* with them. This should be done with courage, using the method of trial and error, and realising that mistakes are often very instructive and therefore helpful, but at the same time *prudence* is needed, stopping whenever any undesirable result takes place. Particularly, one should be careful not to overdo meditation in the first period of enthusiasm and eagerness. It should never be undertaken for long, 15 – 20 minutes is ample to begin with, and if we run into any sensations that we do not feel are right or do not understand, advice should be sought before pursuing it any further.

### Q. What are the applications of meditation?

For self-development and self-realisation, for example, the use of meditation:

- ▶ In psychotherapy.
- ▶ In education.
- ▶ In interpersonal relationships.

### Q. What are the rewards of meditation?

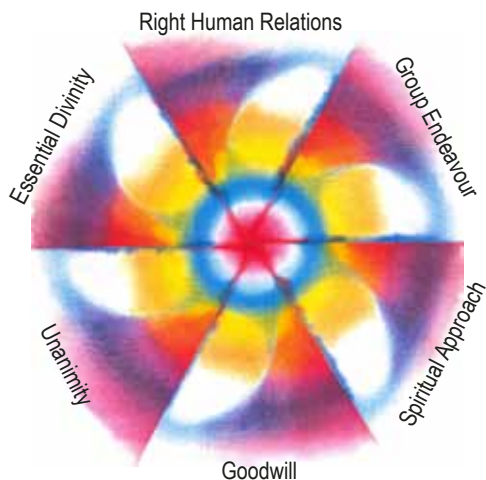
They are great and numerous. They unfold as we proceed and I can only say now that meditation leads to:

- ▶ Inner discoveries and conquests;
- ▶ Achieving mastery over the personality (body – emotion – mind);
- ▶ Development of the will;
- ▶ Awareness of the Self, that is, Self-identification and realisation, which results in joy and power.

‘From the past, for the present, into the future and Eternity.’

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The Group for Creative Meditation originated from a written request in the esoteric philosophy teachings shared in the Alice Bailey writing and picked up as an idea to work with by Roberto Assagioli. As a result, the Group came into being on 21 December 1957 when a founding international team of trained creative meditators began working with the bimonthly study papers and the daily meditation programme. These study materials and this service activity is still available and in use today. Here is an article taken from this body of work where RA sets out the important role of creative meditation.



## The Important Role of Creative Meditation

The Law of Spiritual Approach calls our attention to the valuable service of specific and creative meditation. Through the ages meditation has been carried on in many different ways; both in the East and the West it has been the basic means of penetration by the human mind into the higher or subtler areas of life. But in a wider sense it is also a universal activity, which in its first and simpler stages, may be quite unconscious. Then,

through various phases as the mind develops, it becomes more conscious and purposeful and consequently powerful.

Meditation concentrates thinking which, in time, produces integration and definite personality achievement, and, while often carried on without awareness of its real nature, it is, in fact, a simple form of *creative* meditation and has produced all the creative wonders of our modern civilisation.

We have only to look at the process by which man creates everything around him to see the role of thought. The first and necessary step is an *idea*. This he then develops by clothing it with more and more thought and planning, and by giving it the energy of his desire and intention until it eventually emerges in a tangible form. This is the method employed by all who are successful in the material world, and this very fact shows us the significance of creative thought and meditation for spiritual purposes and for building on the inner planes.

Although the power of thought is becoming generally recognised, it is still usually employed in unconscious and haphazard ways; these are consequently often selfish, materialistic, aggressive and even destructive. It is therefore most necessary for there to be more understanding of this subject and for us to learn to use thought for higher and constructive purposes.

The main method for utilising the power of thought is *meditation*. In this sense it is not something purely intellectual or abstract, but is an effective means of inner action which can be used in two main directions and ways:

To bring about changes and transformations in ourselves;  
As a form of service to the world.

Both produce outer tangible results because what we do, whether individually or collectively is the outcome of what we think, feel and will. The need for personal meditation to redeem our lower natures and learn to participate in higher levels of consciousness is generally acknowledged, yet even more urgent in the present, serious and perhaps decisive hour in the world's history is the need for creative meditation on the principles and qualities that will bring about a new and better era. This, of course, is the main function of this particular Group – and the purpose for which it was called for by the Master Djwhal Khul. Active and sustained meditation is needed to bring the necessary spiritual laws and influences into human consciousness more clearly, and to develop them, into stronger thoughtforms, which can then become accepted and adopted by not only the pioneering minority, but humanity in general.

Basically, the urgent task is to create:

*Order* out of the existing chaos;

*Understanding* out of the prevailing ignorance, prejudice and condemnation;

*Synthesis* out of the present division and strife.

To accomplish this we need to penetrate to the levels where these higher realities *exist*, and then, through meditation of a creative nature, bring them into human consciousness and manifestation.

It is not generally recognised that meditation is a form of action – *inner* action. Usually it is regarded as a process of quieting the personal self, especially the mind, and of entering into stillness and silence. But this is only one part of and kind of the many varieties of meditation. We have to realise that the *silence* is not an empty or static realm. I have sometimes called meditation 'exploration of the inner worlds' because these dimensions are full of energies and there is much to be discovered and co-operated with in them. In a sense we are living in them all the time in part of our nature; the psychological life has tangible existence in these fields, which are the realms of not only energies and qualities, but, consequently, of cause and meaning. In them originates all that happens in the outer world. They are, in fact, more *real* than the visible world, and to learn to work within them consciously and constructively is therefore an important way of serving our times. We are told that God first thought (meditated) and then spoke, symbolically, and created. 'From above downwards' is a spiritual rule, and our outer work and service should always be preceded by planned, illumined meditation, that is, by inner concentration and reflection. This is a very important part of true service.

Creative meditation is not only subjective and abstract, nor is it a purely passive or reflective state. It is a precise and scientific process requiring positive effort and working according to law. The usual contraposition in our Western society of meditation on the one hand and action on the other is misleading; they are two successive phases of any conscious, deliberate, purposeful action.

The many stages of creative meditation cannot be fully gone into here<sup>4</sup>, but they include reflection and reception. The latter should be held long enough to make it possible for the

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<sup>4</sup> These are explained in the Training Course for Group Creative Meditation, Course One. Information about this course is available from The Sundial House Group.

energy or idea received to descend and act in the 'cup,' which we offer. We should always keep well aware during this period, and whatever we receive into our consciousness should be formulated clearly so that it *takes form* and can be expressed.

Prayer and invocation are further important stages, for here the heart and the will make their spiritual approach and appeal. This is particularly important in meditation at new and full moon times when the purpose is to invoke the great Zodiacal Energies, the Divine Intermediaries, the Christ and the Avatars, Between these great Spiritual Messengers and humanity there is a whole Hierarchy of Beings, Initiates of varying degrees who can transmit, step down and make more understandable the message of the Great Beings. Those who are nearest to and still within humanity are the World Servers; They form the necessary link between the higher Beings and mankind. At full moon times we can tune in particularly with this great chain of spiritual approach and descent, and our task is to invoke for humanity the energies then available.

Human history has been essentially the history of great Spiritual Messengers who – from time to time, in the hours of human crises – have come forth from the secret place of the Most High to aid, inspire, reveal, lead and direct. As we read in the book by Alice A. Bailey *The Reappearance of the Christ*, always down the ages, in the hours of necessity, has come forth a Teacher, a World Saviour, an Avatar, a transmitting Intermediary, a Christ. This truth underlies all the World Religions and through them the continuity of revelation has led us forward from stage to stage.

At the great turning points in evolution, when a New Era takes over and a new civilisation comes into being, a new Spiritual wave comes forth to sweep men on to greater enlightenment, and the spiritual mediators in different epochs and in many countries have time and time again inspired mankind to bring out of the crises of their times the culture and civilisation upon which the next new era could be built. Sri Krishna, the Buddha, Christ and Mahomet are the great Messengers who are best known to us, and the effect of Their teaching and the impact of Their lives were of a magnitude that has influenced the thinking and history of both hemispheres up to the present day. But there have also been other Light Bringers or 'Avatars', and because these Great Sons of God had first developed Their own human nature and then transcended it, They have been able to anchor some principle, some Divine Energy which has, as a result, stimulated humanity to express some new spiritual quality.

We think in terms of energy today as naturally as our predecessors thought in terms of form, and so this transmission of energy is a concept, which will readily meet with response at the present time. The new age type of mind links energy with progression and has an expanding future as the core of its philosophy, and will, therefore, easily encompass the idea that the Great Approaches – as the appearance of these World Saviours can be called – have been not only events ensuring continuity of revelation, but the media through which new types of energy have been released.

Let us always end creative meditation with *radiation* – blessing. The word blessing should not be considered merely in the sense of a loving act; it has and is a magical power. Blessing is a transforming, magical action, and it completes the cycle of spiritual approach.

There are two attitudes, which contribute greatly to the service of creative meditation. One is to approach it with a spirit of joy, for joy is both an instigator and revealer. It brings deep inner strength; it also ensures the co-operation of the emotional nature.

The other attitude is detachment. This means detachment from emotional attachments and the removal from the mind of all preconceived opinions, thoughts and personal reactions. This is necessary because we are all enclosed within many ‘thoughtforms’ – those imposed by our background, our traditions, our social groups, families, and so on, and we have to learn to stand free from these before we are able to build clear and unprejudiced thought patterns, and receive without colouring or distorting the impressions and energies which may reach us from the higher planes.

There is another reason also for detachment. Great care should be taken as to our motives in meditation. Often these are selfish or self-centred without our realising it. For example, some practice meditation as a noble way of escape or hoping that it will put them in touch with some wonderful teacher. But, rather than for specific ends, creative meditation should be given to the great impersonal energies and qualities which will bring them about. A detached attitude is essential because we cannot know the right outcome of any particular situation or what lies in the Plan of God. From our limited personal viewpoint and environment we are likely to be coloured if not prejudiced, and what may seem to us the best solution of some problem may be but a short-term or one-sided answer. Therefore, creative meditation should be used as a means of co-operating with and helping to bring into the world the spiritual principles needed for a better age without any preconceived convictions or formulations of the specific ways in which they will work out. Our task is to strengthen them and invoke them so that *they* can do their work.

When we meditate on these great themes we are joining on inner levels with others working for the same purpose. All know the added power of concerted group action, and realisation that we are part of a great meditating, subjectively building group counteracts the tendency of the isolated individual to feel ineffective, or become the victim of anxiety, negativity and even despair. The sense of isolation is, in fact, artificial; we all participate consciously or unconsciously and willingly or unwillingly! – in the life of the whole of humanity, and even more so in the Life of the Universe. The more we recognise this and tune in to and work with the laws of the larger Life, the more serene and effective we become, and one of the most practical steps in this direction is creative meditation.

Roberto Assagioli

– The Group for Creative Meditation, Series © SDH Group

*“All is possible and accessible to you: joy, serenity,  
I offer them as a gift.”*

– Roberto Assagioli

From the past, for the present, into the future and Eternity.'

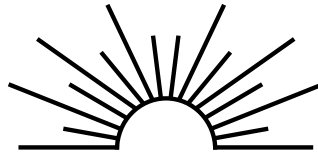
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Even though the future is a moving target, we have the responsibility to play our part in the present, to fashion and craft it with our thoughts and longings into a thing of unfolding beauty. Society after all can be considered as a gift to humanity within which each of us has a part to play that is a unique contribution to the whole. It is a well-known fact that the sum of the whole is greater than that of the parts. Hence, this invitation is offered today that extending from the past, for the present and into the future is offered today for you and for groups of creative meditators to take part in this inter-group alliance that is forming now . . .

## *International Association for Creative Meditation* An inter-group service activity



Meditation Mount.



Sundial House Group



The Community of Living Ethics

As every gardener knows, it is important to have vibrant seeds, a rich healthy soil and the right climatic conditions for plants to grow and flourish. Likewise, in order for us to cultivate and grow a “world that works for all”, we need the vital seed of a shared vision, the rich cultural soil of our collective human heritage and the right psychological conditions to help us realise the common vision comprising our highest aspirations over these coming years. Creative Meditation is a powerful scientific tool for building this new world.

The Principles of Essential Divinity, Goodwill and Unanimity, together with the corresponding Laws of Spiritual Approach, Right Human Relations and Group Endeavour are the nutrients that enrich the cultural soil in which the power of the human spirit will quicken, grow and finally blossom. Through Creative Meditation we meditate on and seek to embody these living Principles and Laws as a practical act of service to birth a new global reality.



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The Heart Chakra Art Work [shown here within the six pointed star emblem of the Laws and Principles]  
© Nina O'Connell - Illustrator of the Sundial House Group Blessing Cards



The International Association for Creative Meditation is a global inter-group initiative dedicated to serving the vision of an enlightened society living in harmony with all life.

As referred to previously this service activity was started in the 1950's by Dr. Roberto Assagioli working in collaboration with Michal Eastcott and Nancy Magor. It was developed in response to a growing demand for a practical teaching on meditation suitable for people of any spiritual or religious persuasion.

Creative Meditation is founded on the recognition that everything we see around us originates within the formative fields of thought. Consciously or unconsciously we are constantly contributing to and being affected by these thought currents. The 'collective unconscious' is a thought climate that pervades the world and is a product of our group endeavour, past and present. Remember, a group is not just a gathering of people in a place or a location it is an evolving field of consciousness that has the potential to give birth to new ideas and ways of being.

Subscribing to this notion means that we have the power and the inner potential to re-create ourselves, our attitude to life and the environment in which we live. So it follows, that when enough people throughout the world are linked heart-to-heart and thinking positively, we will re-create society in ways that reflect and embody our highest aspirations for the human family.

The International Association of Creative Meditation is offering the opportunity to join with like-hearted people and apply the positive power of the human mind as a tool of service through the rhythm of a daily and globally-linked meditation.

Creative Meditation is a subjective group approach to spiritual service, although each person will have his or her own particular individual methods that assist in living a soul infused life. More creative power comes from intentionally meditating with others as an act of service by creating a spiritually infusing field of consciousness. This living field generates and gives birth to new wisdom and insights that serve not only the individual but all of humanity and the Planet.

### *Group Meditation as a Service to Our World*

**All over the world** people are following creative meditation as a contribution to the essential service of reflection, prayer and invocation for the spiritual laws and principles which are core to the establishing of goodwill and right human relations.

The use of creative meditation is the foundational purpose of The Group for Creative Meditation and the newly forming International Association of Creative Meditation.

To express an interest and to explore the possibility of becoming an affiliated member of the IACM or of joining the GCM do contact one of the founding affiliated groups:

The Sundial House Group & The International Group for Creative Meditation

The Sundial Centre, Sedlescombe TN33 0PF, East Sussex, UK

[info@creativegroupmeditation.org](mailto:info@creativegroupmeditation.org)

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

Meditation Groups Incorporated

Meditation Mount, California, US

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

The Community of Living Ethics

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## The Blossoming of a Rose

Let us imagine looking at a rose. Let us visualise its stem and leaves with an unopened bud. The bud appears green because its sepals are closed, but at the very top a rose-coloured point can be seen. Let us visualise this vividly, holding the image in the centre of our consciousness. . .

Now begins a slow movement, the sepals start to separate little by little, turning their points outward, revealing the rose-hued petals, which are still closed. . .

The sepals continue to open. . . We can now see the whole bud which has a delicate rose colour. As we watch the petals too begin to slowly separate. . . until a perfect fully-opened rose is seen.

As you look at this imaginary rose begin to smell its perfume, inhaling its characteristic well known scent. . . so delicate, sweet and pleasant. . . Let us smell it with delight.

Let us identify ourselves with the rose itself; let us 'introject' it into ourselves. . . Symbolically, we are a flower, a rose . . . The same life that animates the Universe and has created the miracle of the rose is producing in us a similar, ever greater miracle. . . the awakening and development of our spiritual being and that which radiates from it.

Consider the rose as a symbol of your inner growth, the inner awakening of your inner qualities, Self-realisation and the radiation of your inner being. For each of us is like a rose, with the same hidden potentialities as the bud.



**“In solitude the rose of the soul flourishes;  
In solitude the divine self can speak,  
In solitude the faculties and graces of  
The higher self can root and  
Blossom in the personality.”**

# Things To Wonder About

**THE ONLY** silence we know is the silence when noise stops, the silence when thought stops – but that is not silence. Silence is something entirely different, like beauty, like love. And this silence is not the product of a quiet mind, it is not the product of brain cells. . . .

The silence of the ending of noise is only a small beginning. It is like going through a small hole to an enormous, wide, expansive ocean, to an immeasurable, timeless state. But this you cannot understand verbally unless you have understood the whole structure of consciousness and the meaning of pleasure, sorrow and despair, and the brain cells themselves have become quiet. Then perhaps you may come upon that mystery which nobody can reveal to you and nothing can destroy.

– *J. Krishnamurti*

**STILLNESS** is our most intense mode of action. It is in our moments of deep quiet that is born every idea, emotion and drive which we eventually honour with the name of action. Our most emotionally active life is lived in our dreams, and our cells renew themselves most industriously in sleep. We reach highest in meditation, and farthest in prayer. In stillness every human being is great; here they are free from the experience of hostility; they are a poet, and here most like an angel.

– *Leonard Bernstein*

**ABOUT** humanity we can say that each member contains the same precious jewel. Therefore, we identify, synthesise, and unite. Success may come slowly, but it is inevitable.

– *Agni Yoga*

**CONSCIOUSNESS** . . . is the pre-condition of freedom of choice, the very foundation of all spiritual values and of all that gives meaning to life and justification to our existence.

Just as every instrument in an orchestra plays its own part in the general score, but finds its consummation and highest fulfilment in the perfect co-ordination and meaningful relationship of all the instruments of the orchestra, so every individual consciousness finds its consummation in a perfect relationship with the Universe in all its variety of life forms and individual forces which allow neither standstill nor stagnation.

But only they who know the complete score can play their tune to perfection.

– *Govinda (Creative Meditation and Multi-Dimensional Consciousness)*

**THE PROBLEM** of the individual is also the world's problem, they are not two separate and distinct processes. . . . You are the repository of all humanity. You are the world, and the world is you. And, if there is a radical transformation in the structure of an individual's psyche, it will affect the whole consciousness of man.

– *J. Krishnamurti*

"For love is the  
Desire for the whole  
and the pursuit  
of the whole is  
called love.

Plato

