

# **Creative Meditation**

## **for world service**



## **Introduction**

One of the significant purposes of creative meditation is for world service – for sharing creative ideas, values, and visions, through the medium of mind. Though, creative meditation is also beneficial for one's spiritual development and personal life.

The first stages of creative meditation are preliminary practices, such as relaxing, breathing, clearing, and focusing. The next group of preliminary practices include spiritual alignment, group alignment, and world alignment, and the third group includes practices of invocation and affirmation.

These are some basic kinds of practices useful and preparatory for creative meditation; and yet, each of these practices can be a meditation in itself, or a reflection in itself, because each has its own wisdom and significance in the path, and one will return to one or more of these occasionally during the meditation.

Creative meditation then begins after all of these first practices, though it can incorporate many of these. The three aspects of creative meditation are reflection, receptivity, and radiance.

Reflection is pondering on a particular topic, idea, or quality.

Receptivity is an open mind and a listening to the Intuition.

Radiance is the sending out, the sharing, emanating, resonance.

An example of creative meditation could be to meditate upon a fine Quality to nurture and develop, such as love or givingness. Or one could meditate on a great Value, such as harmony, beauty, peace, cooperation, or fairness, to nurture and empower this in our collective mind. These Qualities and Values can also be called our Ideals and Visions, and any of these are good for meditation and good for all the world. Or one could meditate on a Principle, a Truth, a great teaching, a prayer, affirmation, or invocation.

## **First Stages of Creative Meditation**

### **Preparation**

Relaxing

- relax physically, emotionally, and mentally

### Breathing

- breathe consciously with relaxed breath

### Clearing

- clear the mind and emotions

### Focusing

- focus the mind with intention

## **Spiritual Alignment**

### Affirmations (*use all, some, or one*)

- I align with my soul, I am the soul divine,  
and I aspire to do the best I can to serve the Good.
- I align with the Spiritual Hierarchy of Great Souls.
- I align with the Spiritual Triad of Love, Wisdom, and Will.
- I align with the One Life, the Universal Source.

### Visualizations (*use one, or both*)

- visualize a line of light connecting with the greater Light, greater Love, and greater Will, and finally with God.
- visualize a cross, the vertical line upwards to the Infinite then downward into the Earth, the horizontal line outward in givingness to all beings, sharing forth light and love.

### Invocations

- May the Divine Light, Love, and Will guide this meditation.  
(*or use a different invocation for Higher Guidance*)

## **Group Alignment**

### 1. Group connection

- with heart and mind, link and tune in with group members, and with all those who meditate for world service, and with all those who pray for love and goodwill.

## 2. Group unification

- unify with the larger group consciousness,  
then with all souls who seek to help the world.
- together we are united in love and goodwill,  
as we share our highest spiritual qualities and ideas,  
insights and vision, thoughts and understanding.

## 3. Group collaboration

I am one with my group workers, and all that I have is theirs.  
May the love in my soul pour forth to them.  
May the strength of my soul lift and aid them.  
May the thoughts from my soul reach and encourage them.

## 4. Group spiritual-alignment

- united together, we align with the Spiritual Hierarchy  
of Enlightened Souls, Teachers, and World Servers.
- as a group, we mediate between the Higher and the lower,  
between Hierarchy and humanity.
- we create an alignment of Will – Hierarchy – Humanity

## 5. World connection

- connect with the mind and heart of humanity,  
with the intelligences of Earth, and with all our relations,  
to give what is needed for the spiritual unfoldment of all.

## **Additional affirmations for Spiritual Alignment**

### Affirmation of Being

I am a point of radiant light within the Great Light.  
I am a point of inclusive love within the Great Love.  
I am a point of sacrificial will within the Great Will.

## Affirmation of Love

In the centre of all Love I stand.

From that centre, I the soul will outward move.

From that centre, I the soul will outward work.

May Divine Love be shared everywhere and with everyone,  
in my heart, in my group, and throughout the world.

## **Additional affirmations for Group Alignment**

### Group Intention

Together as souls we are One.

We seek to love and to be of service.

May our light illuminate minds.

May our love awaken hearts.

May our will-to-good inspire goodwill everywhere.

### Dedication to Serve

We dedicate ourselves to express the highest Virtues.

We dedicate ourselves to serve the highest Values.

We dedicate ourselves to the betterment of the world.

May the spiritual potentials of all beings unfold.

May love, peace, harmony, goodwill and fairness prevail.

## Creative Meditation

The three aspects of creative meditation are:

- Reflection – upon a seed idea, truth, quality, virtue or value
- Receptivity – to the Higher Intuition, or Spiritual Wisdom
- Radiance – of the realized truth, spiritual ideal or quality

These three aspects of the meditation can be integrated together, or each can be given some specific time during the meditation.

The topic for reflection could be an idea, an ideal, a principle, a spiritual quality, a symbol or an image. It could be a teaching, a mantra, an affirmation, an invocation, or a visualization.

The topic can also be called a 'seed idea', because it produces insights and understanding, which can be shared with the world.

The goal of reflection in meditation is to *understand* an idea, truth or spiritual quality, which is to understand its meaning, its universal and practical importance, how it is promotive of a more loving and intelligent world, and also how this can be expressed or manifested. This understanding is attained by a combination of thoughtful reflection and Higher Intuition, in which reasoning, discernment, and Intuition work together.

Then, as we reflect upon and understand a seed idea or symbol, the degree of our understanding is radiated out into the world, due to the natural law of vibrational and telepathic resonance. This natural radiance can be enhanced by 'intentional radiance', by using intentional visualization to 'send forth' this seed idea into the collective mind of humanity. Thus, we can apply the power of radiance during the period of reflection and after it.

Also, throughout the whole meditation we can be receptive to the Highest Intuition, to *receive* and *register* new insights and guidance about what is true and important in life, and to attain an intuitive discernment and direct realization of truth and value.

## Reflection

There are many possible topics for reflective meditation; such as: goodwill, right relations, the unity of life, compassion, sharing, cooperation, harmony, group work, and our intrinsic divinity. These are all very positive ideals and principles that we can share with all humanity, through the practice of creative meditation.

In the process of reflective meditation upon a topic, it can be useful to think about the following:

1. what does this mean, or what is this?
2. how would I explain this?
3. how is this expressed or manifested?
4. what are its expressive qualities?
5. what is the importance of this?
6. what are its positive effects?
7. what are some first steps to achieve this?
8. what is my own responsibility in this?

Yet in addition, a spiritual truth, a quality, or even a glamour, is not just something to understand *conceptually*; for it can also be understood by way of actual experience – by knowing how this is experienced or how it is felt to be. For example, we can understand 'goodwill' by being in an *experience* goodwill, or by a *feeling* of goodwill. Or we can understand 'peacefulness' by actually experiencing it or feeling it in our own being, rather than just intellectually understanding it. By experiencing the quality or truth, we can assimilate it deeper into our own being. Also, when we know a quality or truth by way of self-experience, our intellectual understanding of it is further enhanced. Thus, a period of 'self-experiencing' the quality or truth can helpfully complement the time of questions and thoughtful reflection.

Here are example questions for the quality of 'Goodwill':

1. what does *goodwill* mean, or what is goodwill?
2. how would I explain *goodwill*?
3. how is *goodwill* expressed or manifested?
4. what are some expressive qualities of *goodwill*?
5. what is the importance of *goodwill*?
6. what are some positive effects of *goodwill*?
7. what are some first steps to achieve *goodwill*?
8. what is my own responsibility in *goodwill*?

These are questions that require the intellect, the rational mind, and thoughtful reasoning, and this will require some amount of effort. Yet some people will not be naturally inclined towards this work of thinking and they will not want to make this effort. But some degree of reflective thinking is needed in order to gain a clearer understanding of any topic, idea, ideal, or quality. These eight kinds of questions will give a more complete and comprehensive understanding, but even if just one or two of these questions are considered, this will be beneficial.

Some of the questions, to consider and think about, are to help one understand the 'meaning' and 'importance' of the quality, while other questions ask 'how' this quality can be expressed. How the quality (eg, goodwill) can be expressed or manifested can be thought of either in a general way or in a specific way. First understand a quality, idea or ideal in a *general* way. Then understand it in a specific way and think of examples.

As well, we can 'creatively imagine' how to express or manifest this idea or quality. Also, we can creatively imagine a symbol to represent this idea, quality, ideal or principle, and then reflect upon the meaning, idea or quality of this symbol. This symbol can also be sent out into the collective mind of humanity.



Great principles, values, ideals, virtues, qualities, and visions are all positive topics to reflect upon and understand better.

But it is also of value to reflect upon a particular world problem needing to be solved, or a glamour to needing to be dissipated. For by understanding a problem, or a glamour, we can discover its solution and learn how to successfully resolve or dissipate it. Yet, when meditating on a problem or a glamour, one does not identify with it, but instead affirms and 'sends forth' its solution.

Problems could be in the world, in a social group, or in oneself; as for example, problems of conflict, harm, or disharmony. Glamours are mental-emotional fixations, which are difficult to recognize because very often they are sub-conscious habits.

A glamour is either an 'attraction-desire' or a 'fear-worry', which has an exaggerated emotional and mental importance. A glamour is either an object of desire or an object of fear, which can be something particular or something intangible such as an idea or ideology, a belief-doctrine or a way of life.

A glamour is a mental-emotional obsession, which is fueled by an exaggerated importance and some kind of justification. Each glamour is a highly emotionalized thought-form, which has become a fixation or obsession of the mind and emotions, and each glamour is related with an illusion, a false belief.

So, the mind and emotions can become trapped in glammers and illusions; therefore, at times we need to confront these, with an unclouded awareness and an impartial intellect.

An attraction-desire kind of glamour is an obsessiveness for acquiring something, such as an excessiveness of possessions or wealth, or gaining power, dominance, or control over others. A fear-worry kind of glamour is an imagined or exaggerated fear, danger, or threat, which one obsessively worries about.

## **Creative imagination and thinking**

Using our creative imagination and creative thinking, we can create clear and well-defined positive ideas for the good of the world, for groups, or for one's own life. We can consciously and intentionally use these powers of mind to bring positive good qualities, attitudes, and values into the world and into oneself.

Creative Imagination is a more mature and evolutionary use of the human imagination; more deliberate and less frivolous, more intentional and less accidental, more definite and less dreamy. Creative imagination and creative thinking needs to be fluid and curious, not rigid and arrogant. It requires a playful exploration of spontaneous ideas, thoughts and imaginings, though guided by an overall purpose or intention. It is good to have a purpose in mind when using the imagination, because this will protect against a wandering and scattered imagination. Also, it is important to develop enough discernment to know the difference between useful imaginations and mere glimmers.

Creative imagination is needed for understanding metaphysical and archetypal truths, and it is also essential for having spiritual Intuition and for receiving spiritual visions or images. We need the creative imagination, in order to bring our higher Intuition into specific thoughts or images. In fact, creative imagination and creative thinking are both necessary in the very process of understanding a spiritual Principle or Value, and for bringing abstract intuitions into concrete and practical understanding, and with creative thinking we can formulate clearer ideas.

Creative imagination and creative thinking can also be used for bringing spiritual Principles and higher Values into the world, or into human consciousness, and they can be used for bringing helpful positive thoughts, solutions, and healing into the world.

There are two ways to work with Principles:  
outwardly and inwardly.

Outward expression of Principles are manifested in daily activities and various circumstances, as well as in acts of love and in communications of wisdom.

Inward work is in the understanding of a Principle and one's intentional thinking about its qualities. It also includes the power of thought, decision, and belief.

First, give thought to a chosen Principle and build this thought by a process of understanding it more thoroughly.

Second, make a decision to keep pursuing this process of understanding it, and decide to live, express and manifest this Principle.

Third, believe in the truth of this Principle and the very real possibility of its manifestation.

## **Receptivity**

Receptivity is a valuable aspect of meditation, bringing insights, realizations, and guidance, from our Intuition or our inner soul, and this can emerge from our inner seeing, hearing, or feeling.

At the same time that we are reflecting upon an idea or quality, we can also be receptive to the Higher Intuition for a deeper understanding. Thus, active thinking and intuitive receptivity can work together in a complimentary way. So, before beginning a meditation period of thoughtful reflection, make an alignment with the Spiritual Intuition, then maintain a mental attitude of intuitive receptivity during the times of reflective thinking.

Various methods can be used to make a spiritual alignment. One method is to visualize a line of light connecting with the Spiritual Intuition, the Highest Source, or with our soul within. We can also make a prayer, asking to receive help and guidance. We can also make an intention to be receptive to our Intuition, to receive new insights and revelations, and we can also make an intention to be in an attitude of listening during the meditation. When we 'ask for help' and have an 'intention to be receptive', then a receptive connection is properly made with the Intuition.

In addition to being receptive while in reflective meditation, we can also give some time for just being in a receptive mind, in order to receive an answer to a certain question, or to receive a seed idea to reflect upon, or to just simply be receptive to a truth, a guidance, a vision, or a spiritual quality. We can also receive an inspiration which inspires our will or our creativity. Also with receptivity we can discover a true quality of our soul.

This time of just being receptive requires a quiet listening mind. However, this receptive attitude is not an openness to anything. Just because a thought or image is received doesn't mean it is from the Intuition. So, it is also necessary to have discernment as to what is true or not, along with a sincere desire for truth. Many practices are possible while in a purely receptive mind, besides the practice of reflection combined with receptivity.

A particular question can be posed, either personal, worldly, cosmological or spiritual, while being receptive to the answer, a suggestion, a symbol or image, given directly by the Intuition. Once the mind is receptively patient, then something is revealed. Then, spend some time to reflect upon the received answer, idea, symbol, vision, or teaching, and understand its meaning. This practice can be done individually or in group meditation.

Also in this quiet receptive attitude, one can ask for a seed-idea, virtue or quality to meditate upon, to consider and understand. Also, one could just simply be receptive to a truth, a guidance, a vision, or a creative inspiration to do something.

Another meditation practice is to discover a spiritual quality or soul-virtue in your own being. This also requires a quietly receptive mind, in order to self discover or realize this quality. Then, once this quality is experienced, it can be radiated out.

Also, with a receptive mind, the illuminative self can be known, the soul, as it arises into meditative consciousness and reveals the true self. Also revealed and known are the divine qualities, such as peace, joy, intelligence, and love. Also in being receptive, we can be in a consciousness of God, or in the presence of God. Then, with any experience of Intuition, Illumination, or Knowing, this too can be radiated out, from its own centre of light or being.

Another practice requiring a quiet receptive mind is invocation. Invocation is similar to prayer, in that we are making a request, but it also involves making a spiritual alignment with the Divine and becoming a receptive channel for the flow of those energies. A receptive relationship is formed with the very Highest, so that the divine energies and qualities can flow through us and into the world, though this receptive channeling is complemented by an active will and visualization, and by intentional radiance.

## Radiance

When we reflectively meditate on a certain idea, truth, value, or quality, and once the idea is understood with some clarity, then, by natural law, it is subjectively shared with all humanity. In fact, all of our thoughts and emotions float out into the world.

Yet, it is possible to *intentionally* radiate, share, or send forth an idea, quality, or vision, and this 'intentional radiance' will have a greater effective power because of the intention in it and the clarity of it in our mind. Its effective power can also be increased by our belief in its truth and its importance, and by infusing it with a higher energy of spiritual feeling. So, we can intentionally send out this idea or quality, but our intention is not to force or impose this on anyone, but rather to simply share and make available this idea, quality or vision, for all humanity.

Thus, once the idea or quality is understood, as best as possible, through reflective and receptive meditation, then one can begin the stage of radiance. Though of course if the meditation topic is a glamour or a problem, then this would not be radiated out, yet one could radiate out the solution or the transformation of it.

There are a variety of ways to 'radiate out' an energy, quality, idea, or vision. One could *send* it out, *project* it out, *give* it out, *share* it with others, *offer* it out, or *plant* it like a seed in the 'mind of humanity'. Another way is by the 'radiance of being', or by the emanation of a spiritual quality recognized in oneself.

All this is achieved by the power of thought and by visualization. Also, it is achieved with the power of will and intention, along with one's recognition of its value or importance to the world. In addition, it can be empowered with a spiritual feeling of love and givingness, compassion and caring, goodwill and blessing, or empowered with spiritual light, certainty and purpose.

Ways to 'radiate out' an energy, quality, idea, or vision –

The following are various ways to understand radiance and how to practice it. One could think of 'goodwill' as an example.

- send forth, project out, share out, give out as a blessing or as a seed thought.
- send it forth 'by the power of thought', the power of mind, planting it into the world-mind or the field of manifestation.
- send it forth through subjective communication.
- channel it from the Highest to the world of need.
- direct it into the world and to where it is needed.
- visualize it moving out into the world along a ray of light, or in the form of an image or symbol, or as a form of thought.
- visualize it descending from Above into the world below.
- visualize it manifesting or expressing in humanity.
- visualize it being awakened in all minds and hearts.
- visualize it unfolding from the inner nature of each soul.
- emanate it from one's own soul, from one's own being.
- express it in life or manifest it in the world.

So, we can understand and apply radiance in any of these ways; for the purpose of radiating, sending forth, or manifesting a spiritual energy, quality, idea, or vision. This idea, quality, or vision could range from being very general and abstract to being more specific and concrete. For example, light and love are very general universal energies, while goodwill and kindness are more specific qualities, though even these are general ideas compared with more specific ideas of how to actually manifest it.

## **Visualization**

Visualization is not the same as a vision received in meditation, nor is it the same as a realization or an insight in meditation. Rather, it is an intentional activity of the mind, used to direct energies, ideas, or qualities into the world or into manifestation. Visualizing a process will create a pathway for its manifestation.

Visualization is a key method used in all aspects of meditation. It can be used in alignment, affirmation, reflection and radiance, along with invocation and evocation. In the stage of radiance, visualizations can be used to direct energies, qualities, and ideas, by way of symbolic imagery or some other form of thought.

For example, a quality or an idea can be visualized as expressing or manifesting in the world, or it could be visualized as a seed planted into the collective mind of humanity.

Visualization is an 'intentional use' of the creative imagination. So, for example, we can imagine a world with peace, harmony, love, cooperation, common purposes, and intelligent thinking. Thus we can help bring such ideals and qualities into the world consciousness. Or, we can visualize the general divine energies of Light, Love, and Spiritual Will flowing into all of humanity.

Visualization creates a pathway for spiritual energies, qualities, and ideals to enter into the consciousness of humanity and then to be manifested. For example, visualize goodwill being expressed throughout the world, bringing forth harmonious relationships. Visualization also creates a pattern for energy to follow.

Visualization can also be used in other ways, such as visualizing a goal to be achieved and a way to achieve it. One could visualize an improvement in oneself, or a virtue to develop, then visualize various ways to achieve this, or ways to manifest it. Visualization can be used to help manifest any important goal, ideal, or virtue.

## **Kinds of visualization**



- Visualize the descent of Light, or its radiance into the world.
- Visualize a goal and a way to achieve it, or a process of steps.
- Visualize how the world could be, with the best ideals.
- Visualize a quality or an ideal being expressed in the world.
- Visualize the expression of a quality, of how it can be expressed.
- Visualize expressing this quality in a specific situation.
- Visualize a symbol for a quality, principle, or idea.
- Visualize a flower opening and unfolding in beauty.

## **Strengthening the radiance**

The radiance of an idea, ideal, quality, or vision is enhanced when it is infused with a spiritual-feeling, such as love, hope, compassion, caring, or goodwill. This gives to the radiance a higher emotional energy, which enhances its effective power.

The radiance can also be empowered with the Spiritual Triad of Light, Love, and Will. These highest Divine Energies can be requested and invoked into the radiance or into a visualization.

The radiance of an idea, ideal, quality, or vision is also enhanced by our affirmation and sincere belief in its truth and importance, by the certainty we have of it and the value we recognize in it.

It is also strengthened when it is projected out with spiritual will and infused with higher purpose, and when it is clear in our mind it will be projected out more clearly into the mind of humanity.

## **Invocation and evocation**

Invocation is like prayer, in that it is a request, but different in that it involves visualization of the process to be achieved and an affirmation of belief in its successful manifestation. With invocation, one will first establish a spiritual alignment, then proceed to clearly visualize the intended goal or the need to be resolved, then visualize and channel down the energies.

A fundamental example of general-radiance is the evocation, the 'giving forth', of Light, Love, and Spiritual Will. These are primary universal energies radiating from the Universal Being, which can be 'invoked' by the meditator, with the intention that these divine energies enter into and transform the world. This act of invoking, 'invocation', or 'calling down', brings a response, an 'evocation' from the Divine, from Potential to actualization.

This evocation of spiritual energies is 'mediated' or 'channeled' through us, but only if we are conscious, receptive and willing, and this evocation is aided by visualizing or 'seeing' the energy proceed from the Divine into the world, or from Source to need.

This divine evocation can also enter into and express through us. Divine energies can enter into the 'chalice' of our soul, giving us the nourishment of Love and Light, which can then be given out.

We can also invoke energies and qualities from our own soul, which is a calling forth of the divine qualities already within us, such as love, light, and a spiritual will towards the good, as well as many other soul qualities, and this invocation of our own soul brings forth an evocational response from our true being. Thus, we can also radiate out, or evoke, qualities from our own being, through our expression, our communication, and emanation.

Finally, it is important to remember that invocations, as well as affirmations, visualizations, and spiritual alignment, are all also meditations, for in each one are principles to meditate upon.

## **Simplified Outline of Creative Meditation**

*(this is a simplified outline of the stages described earlier)*

1. Preparation – relax, breathe, clear, focus
2. Spiritual Alignment *(use any or all of these methods)*
  - affirmations – of being aligned with Spiritual Sources
  - visualizations – of connecting light or the cross of life
  - invocations – of the Divine or the Divine Qualities
3. Group Alignment *(these are aspects of group-alignment)*
  - group connection – connect, link, tune in
  - group unification – unifying with heart, mind, & purpose
  - group collaboration – all that I have is theirs
  - group spiritual-alignment – as a group we align spiritually
  - world connection – connecting with the world

Realize that you and the group are helping to build a channel between the Spiritual Hierarchy and humanity, through which the spiritual energies of love, wisdom, and goodwill may flow.

4. Creative Meditation *(these can be sequential or else blended)*
  - reflection – upon a seed idea, truth, quality, virtue or value, or consider some questions regarding the meditation topic
  - receptivity – to the Higher Intuition, or Spiritual Wisdom
  - radiance – of the realized truth, ideal, or quality
5. Closure *(these are possible ways to close the meditation)*
  - close with a prayer for the world, or for a specific need
  - close with an affirmation of Love and Light to all beings
  - close with an Invocation (such as the 'Great Invocation')
  - close with a Sacred Sound (such as an OM or three OM's)

## **Example of Creative Meditation**

(on the ideal of *Unity*)

### **First practices**

Preparation – relax, breathe, clear, focus

Spiritual Alignment – using an affirmation, visualization, invocation, dedication, (*using one, a few, or all of these methods*)

Group Alignment – group-connection, group-unification, group-intention, group spiritual-alignment, & world connection

### **Creative meditation**

Reflection upon the spiritual principle of Unity

- consider the meaning and importance of Unity.
- consider ways that Unity can be manifested or expressed, in personal relations, in groups, or internationally.
- consider one's own responsibility in expressing Unity, along with helping to manifest Unity on Earth.

Receptivity to the Highest Intuition, or to Spiritual Wisdom

This can be maintained throughout meditative reflection, yet there can be a special time of being receptive to Intuition or to a clear understanding about Unity. Also, one can be receptive to 'seeing' an image, symbol, or vision of Unity.

Radiance of Unity

- send forth into the world your understanding of Unity
- send forth a visualized image-symbol or thought of Unity
- think or visualize 'humanity in Unity', or 'all life in Unity'

Closure – saying an Invocation or final Prayer for the world, followed by three OM's or a sacred sound of choice.

## **Example of Creative Meditation**

(on the virtue of *Goodwill*)

1. reflect upon the virtue of Goodwill
  - think about the meaning and value of Goodwill
  - think about how to express or manifest Goodwill
  - think of or visualize some examples of Goodwill
  - experience a feeling of having of Goodwill
  - meditate on a related quality of Goodwill
2. visualizations
  - visualize yourself having Goodwill
  - visualize Goodwill being expressed in all relations
  - imagine all groups and nations having Goodwill
3. visualize a symbol of Goodwill
  - the giving of food and flowers
  - children sharing in friendship
4. reflect upon a prayer of Goodwill
  - may everyone I contact today be blessed
  - may Goodwill become a key purpose in the world
5. reflect upon an affirmation of Goodwill
  - Goodwill is in the essence of my soul
  - my will is for the good in all circumstances
  - I will strive to express goodwill all of the time
  - I have goodwill, in my heart and in my intention
6. be receptive to the Intuition
  - for a teaching, clue, or symbol about Goodwill
  - for a feeling or an experience of Goodwill
7. radiate the virtue of Goodwill
  - send forth Goodwill into the world
  - send forth one's understanding of Goodwill
  - send forth a symbol of Goodwill

## **Example of Creative Meditation**

(on the ideal of *Good Relations*)

1. reflect upon the ideal of Good Relations
  - think about the meaning and value of Good Relations
  - think about how to express or manifest Good Relations
  - think of or visualize some examples of Good Relations
  - experience a feeling of having Good Relations
  - meditate on a quality that is helpful for Good Relations
2. visualizations
  - visualize being in Good Relations
  - visualize Light and Love flowing in all relationships
  - imagine nations and groups having Good Relations
3. visualize a symbol of Good Relations
  - people holding hands
  - children joyfully playing together
4. reflect upon a prayer for Good Relations
  - may all my relations be harmonious and collaborative
  - may all relations in the world peaceful and cooperative
5. reflect upon an affirmation of Good Relations
  - I and all my relations are interconnected in One Life
  - Good Relations is possible in every kind of relationship
  - I will strive for harmony and cooperation in all relations
  - I am now in an attitude of Good Relations with all beings
6. be receptive to the Intuition
  - for a teaching, clue, or symbol about Good Relations
  - for a feeling or an experience of Good Relations
7. radiate the ideal of Good Relations
  - send forth the inspiring ideal of Good Relations
  - send forth a symbol of Good Relations
  - send forth one's understanding of Good Relations

## **Invocation for the world**

The following invocation is presented here as an example, and it is *adapted* from the 'The Great Invocation'.

An invocation, in relation to the Divine and spiritual energies, is a focused request, along with being a conscious participant in the needed activity, through intention and visualization, and also participating by having both agreement and faith.

From the point of Light within the Mind of God  
Let Light stream forth into all human minds.  
May the whole world be filled with Light.

From the point of Love within the Heart of God  
Let Love stream forth into all human hearts.  
May the whole world be filled with Love.

From the point of Will within the Power of God  
Let Spiritual Will stream forth into all human wills,  
May all people be guided by Goodwill.

Let Light and Love and Spiritual Will  
unfold within everyone and in the whole world.

*Acknowledgments to:*

[Roberto Assagioli](#)

[AA Bailey](#)

'When we meditate on these great themes we are joining  
on inner levels with others working for the same purpose.'

– *Roberto Assagioli*

‘Lives are changed primarily by reflections;  
qualities are developed by directed conscious thought;  
characteristics are unfolded by brooding consideration.’

– *The Tibetan*