

## Full Moon of Sagittarius on Thursday, December 12, 2019 at 07:12:09 in Romania:

The main Keynote or phrase to consider for all Sagittarius Full Moons (each year): **“I see the goal. I reach that goal and then I see another.”** Consider the Keynote at, or as close to, the time of the Full Moon as possible and what it might mean as a Group.

### A. Notes on this coming Full Moon of December/Sagittarius:

1. **Watch for any impressions** that may come to you before the Full Moon that may relate to the Keynote (especially the two days before the Full Moon, the day of the Full Moon and the two days after the Full Moon). **If you want to share** any of your impressions with us please do. If you want any impressions shared with the group let us know and we will include them in the next month's meditation notes.
2. **This is the tenth Full Moon of the Astrological year and is the seventh ‘Distributing Consciousness and Energy’ full moon of the year.** The energy which was built during the first three ‘Building’ Full Moons at the beginning of the astrological year, which is also called the ‘higher interlude’, is now being distributed over these remaining Full Moons of the astrological year, which is also called the ‘lower interlude’.
3. **After this coming Full Moon there will only be 9 days** until the Winter Solstice and the start of the Festival Group Meditation Week on December 21, 2019. See Attachment 1 to this paper which provides some more personal insight into the significance and ‘impact’ of the Festival Week and a summary of preparation and participation for Festival Week from last month's information. In addition there is also some more personal insight into the once every 100 years group ‘impulse’ which is said to occur in 2025. And finally there is also some more personal insight into the Addendum to Attachment 1 from last month about some Considerations and Thoughts on Silence, Mantrams, Group, Meditation, etc.

### B. Notes and Activities on or since the last Full Moon November/Scorpio:

1. **SuryaAngelMiriam meditated at the time of the full moon** also with Safi while on a 15 minute break from doing other things. Surya's main experience of the keynote was on the meaning of the word triumphant which is to rejoice in over-coming, to celebrate, to be happy with what has been achieved. The meditation mainly involved contacting the whole Occult Triangle of 27 people and opening to the experience of the inflow of the Full Moon's triumphant energy and consciousness to the whole group, which was a very pleasant experience. Angel's notes: Unlike last year in which it feels now that I chose to ignore the first part of the phrase: “Warrior am I”, and to look only at the emergence out of the battle (of the ego), this time it was more about accepting and understanding the different sides of the warrior and the difference between the warrior, as in the split Mind, and the I that is the Son of God. Line of thought during the meditation: “I am a warrior.” As long as I have two belief systems I am a warrior. They are mutually exclusive and my mind will fight for one or the other. So if all is at the level of the mind, and Safi and Surya are not really doing anything to me or I to them because we are all thoughts, and it all depends on the thought system and how I perceive what I see, them, which is Me, then how does perception change? How does my mind change to see myself as the Son of God in Safi and Surya? How does the Mind make a decision that it sticks to faithfully without going back and how can that decision be seen on the level of the form? The emergence of the warrior is when the decision has been made and the true I which is the Son of God is triumphant not because of winning a battle but because it has emerged from a confused conflicted Mind. The battlefield in that moment is in another dimension from the triumph. Continuation of that line of thought in bed with Safi after the meditation: “Why do I want to know the answers to these above questions? Because I want to understand the Mind to be able to make conscious loving decisions to share with others as an example and a demonstration that there is only love. If I do that in myself the Mind of the Son of God is healed, which means every “form”/thought, that I perceive as people outside of myself, is healed as they are in the Mind of the Son of God. How does the understanding and the loving knowing of being already healed because the thought that is the Son of God has never left God sink into every energetic atom of the being to permit that understanding to undo all other beliefs that stand in the way of Truth? And That is the emergence of the warrior from the battle, when the true Self comes forth into Being.
2. **The 2 hectare of hemp** for cooperative research between Leontina, Virginia, Katharina & Christian and SuryaAngel at BioFarmland (BFL) this year. Plant samples are still at Favisan awaiting analysis and we are looking into possibilities of continuing next year with a different seed supplier.

3. **Surya, Angel are talking with 2021 Timisoara Cultural Capital office about a cooperative event possibly named 'SAMatate'** between Favisan, BFL/SolarCity (The Natural Way Assoc. - TNWA), the Hemp Museum, SAM2013 and possibly Anatacor and Aurellian's or other groups for the Cultural Capital celebrations in 2021. We are organizing information, with the help of a TNWA board member who is familiar with applying for and receiving European funds and also La Pas festival group, Asociatia Cries, and two other groups for submitting an application or by possibly joining in the Asociatia Cries project by early next year.
4. **The 'Group Central Pillar Crystal'** has arrived for the Festival Group Meditations December 21 – 28, 2019 and is being gently attuned to during the Full Moon Meditations prior to the Group Festival Week.
5. **We met with Virginia, Katharina and Christian, her brother, about poppy research at BioFarmland (BFL) at Virginia's suggestion.** We will consider this again next year.

**C. General Notes and considerations about the group and group cycle and schedule:**

1. **We are happy to get to know each other better**, to talk more about these meditations, or other ways that we may cooperate either personally, or as organizations. Please let us know if you would like any other meetings or if you have any other comments or questions as we move into this group formation year.
2. **We are ending a seven year cycle this year** and are now astrologically nine months into a Festival year (Festival celebrated from December 21 – 28, 2019). This will be the start of a new seven year cycle and the final 'impact' to be made prior to the next 100 year 'impulse' in 2025. We are looking forward to what this will bring to us and the group at the end of this year.
3. **It might be considered that these Group Meditations seek** to make use of the spiritual opportunities that the cycle of full moons (solstices and equinoxes) provide. The unique energies associated with each constellation are directed into the consciousness as transformative qualities that can lift and expand our hearts and minds.
4. **It might be considered that Group Living tends to the fulfillment of free will in service** and, as this is gradually understood, coming together to co-operate on issues for the benefit of the whole without intentions to dominate, interfere or impose on others. The vision is there, the future is assured, but the key to its successful implementation is that co-operation has to be based on intentions that are based on the good of the whole rather than a focus on self-interest.
5. **The following regular monthly cycle is for the group information flow:**
  - a. Full Moon (five days): Two days before, the day of (meditation), and two days after Full Moon for getting impressions.
  - b. The week after the 5 days of the Full Moon: For letting us know or sharing of any impressions during the preceding 5 days. Plus us transcribing our own impressions.
  - c. Second week after Full Moon for 'Anchoring' or 'Grounding' impressions through gathering other information or following up on activities based on the impressions. Possible New Moon meditation by those who want and ending that Full Moon Cycle.
  - d. Third week after Full Moon (just after the New Moon): Starting to build up to the next Full Moon having any questions to impressions shared and answered and any activities based on impressions started or completed.
  - e. Fourth week after the Full Moon (just before the next Full Moon): Coming out with the Keynote and information and timing of the next Full Moon, including the shared impressions or activity from the last Full Moon.

**Attachment 1: More personal notes on the 2019 Group Festival Meditation Week and coming 2025 energies and consciousnesses:**

**This paper is to help our group understand briefly in a more personal way the significance and 'impact' of what the coming Group Meditation Festival week from December 21-28** is about, preparation, participation and it's relationship to the once every 100 years group 'impulse' which is said to occur in 2025. This December 12<sup>th</sup> Full Moon of Sagittarius is the last Full Moon prior to the Group Festival Meditation Week. If anyone in the group has any questions or comments on this information please let us know.

I (Surya) learned about the 1991 Festival Week in 1986 and have been celebrating the Festival Week consciously since 1991. So I've celebrated four preceding Festival Weeks prior to this one which will be my fifth one to celebrate consciously. However, I can see clearly how the Festival Week has influenced my life in significant seven year cycles since my birth in 1953. In other words significant things, 'impacts', happened to me in the Festival Week years of 1956, 1963, 1970, 1977, and 1984 prior to me even knowing consciously about the Festival Week.

Just as I feel or sense the monthly Full Moon Cycles waxing and waning I can say that somehow I can feel these seven year Festival Week Cycles waxing and waning. Now only some days away (out of seven years from the last Festival Week in 2012) the Festival Week is FULLY WAXING!

We (SuryaAngel) are very happy, touched, and moved to be able to share this week with any of you who are interested to share our experiences in the Festival Week and for any of you who would like to also share your experiences with us.

With each of the four previous seven year Festival Week cycles since 1991 that I was consciously aware, and even the 1984 Festival Week cycle which I didn't know about consciously, significantly new crystals have

come into my life and new crystal cycles have started. The 1984 cycle brought me to Europe for my first seven year cycle and much traveling and community and group experiences. The 1991 cycle continued with another 7 year cycle in Europe and the development of most of today's SAM2013 work, techniques, methods, education and products. The 1998 cycle was in America and the preparation for the millennium shift. The 2005 cycle was a reorientation towards an expanded esoteric group work. The 2012 cycle was a completion and reorientation of the esoteric group work, also in America but led to Angel and I uniting and another return to Europe. This 2019 cycle is appearing to be an expansion, re-centering and grounding of the esoteric group work on a more regional basis and global in consciousness.

So this new Festival Week cycle starting with the new Geopolitical crystal, Simply Altruistic Magnificence, is not unusual but is again significant for us. We are very open to any of you who would like to experience this crystal personally by being with the crystal and believe that it, as with the other group 'positional crystals' is for the benefit of the whole group to help bring us more in alignment with the consciousness and energy of these cycles whether monthly, annually, seven yearly or 100 yearly. Please let us know if you have any interest, comments or questions especially during the Festival Week.

Above has been a little about the of the 'impact' of how these Festival Week Cycles have influenced my life without getting into many details.

Without details but to get into this further would be to incorporate the 27 year cycles, with its 9 year and 3 year sub-cycles, of the NGWS with these seven year Festival Week Cycles of the NGWS and how they in combination incorporate with the 100 year impulses which will now be briefly discussed.

When I first heard of 100 year cycles, again back in 1986, I had no idea that I would be sitting at a computer writing more about them and my experiences almost 35 years later. It was more like, "well that's a long way into the future", yet the future is now almost and dawning upon us.

For those interested we will be getting much more into the understanding, preparation, and participation in the 2025 impulse year for the NGWS which only happens once every 100 years as time goes on. However, it is important to consider that this Festival Week 'impact' is the last one prior to the 2025 'impulse' and is therefore very related one to the other.

### **Condensed 'recap' from last month's Attachment 1 (See last month's Attachment 1 for the full version):**

**The Goal during the Festival Week** might be hypothesized as: "To provide a channel for the powerful spiritual energies pouring into the world. It is a "week of group impact" observed only once every seven years, so it represents an extremely significant 'opportunity' for group service."

**The Festival being in the sign of Capricorn** is hypothesized as: "(Capricorn) The energy that drives the seeker to the summit of spiritual achievement". Saturn the ruler of Capricorn has a normal cycle of revolution, of approximately 28 years, marks a critical one quarter phase in Saturn's influence. It is said that: "Perhaps a key is provided in the word 'opportunity', for the number 'seven' and 'opportunity' are both related to the planet Saturn. Anyone also in a 7 year age cycle (ages 7, 14, 21, 28, 35, 42, 49, 56, 63, 70, 77, 83, 90, etc.) or especially a 28 year age cycle (ages 28, 56, 84) in 2019 may also be especially sensitive and influenced if aligned with these energies and consciousnesses. There are also said to be 'extra-zodiacal' energies available during these Festival Weeks coming from star systems that are to our zodiac what our zodiac is to Earth.

### **Some possible ways of observing the Festival Week:**

- 1. The most simple** is to observe The 'Global Silent Minute' on December 21<sup>st</sup> which is the first day of the Festival Week and the day of the Winter Solstice at 9pm GMT which is 23:00 (11pm) December 21 in Romania.
- 2. Next would be to use the mantram** of the New Group of World Servers at 5PM local time from one day to every day during the Festival Week from December 21-28, 2019 as follows: The souls of men are one and I am one with them. I seek to love, not hate; I seek to serve and not exact due service; I seek to heal, not hurt. Let pain bring due reward of light and love. Let the soul control the outer form, And life, and all events, And bring to light the Love That underlies the happenings of the time. Let vision come and insight. Let the future stand revealed. Let inner union demonstrate and outer cleavages be gone. Let love prevail. Let all people love.  
This is the mantrum used every day at 5pm local time by the NGWS. Mantrums, affirmations, words, sounds can all be very powerful influences on us just as can be the silence. It depends on our intents, motivations, sincerity, ability, etc.

3. **Next would be to use an esoteric or occult meditation** format, from once to every day during the Festival Week from December 21-28, 2019, as follows:

#### PREPARATION FOR MEDITATION

Practical Points: 1. Sit comfortably, 2. Meditate in the same place. 3. Regular periods are recommended. 4. Perseverance is needed. Patient practice brings ever-increasing ability.

#### ATTITUDE TO BE ASSUMED

1. Remember you are sharing your effort with thousands of other people. 2. Realize you are a soul and have telepathic rapport with all souls. 3. Remember that energy follows thought. 4. Remember that meditation is a positive, creative use of the mind, linking the inner and the outer worlds. 5. Use the creative imagination to see yourself at one with all humanity and with all that is progressive, spiritual and working for human welfare and right human relations. 6. Adopt a confident attitude, *knowing* that you are acting as a channel for the energy of goodwill. This 'as if' attitude can produce potent results.

#### MEDITATION ON GOODWILL

##### Stage I:

1. Link up in thought with all those people throughout the world who are working with this Goodwill Meditation Group. 2. Reflect upon the fact of relationship. You are related to: • your family • your community • your nation • the world of nations • the One Humanity made up of all races and nations. 3. Use this mantram of unification: The souls of men are all and I am one with them. I seek to love, not hate; I seek to serve and not exact due service; I seek to heal, not hurt. Let pain bring due reward of light and love. Let the soul control the outer form, And life, and all events, And bring to light the Love That underlies the happenings of the time. Let vision come and insight. Let the future stand revealed. Let inner union demonstrate and outer cleavages be gone. Let love prevail. Let all people love.

##### Stage II

1. Reflect upon your and humanity's relationship with all beings who dwell in the higher realms of mind and heart—the spiritual Hierarchy of saints, Rishis, Bodhisattvas and Masters honored by all the world's religions and spiritual groups (Saints Angels Masters SAM). 2. Imagine that you are standing together within the center of the spiritual Hierarchy, immersed in the consciousness of the Heart of Love. For some this Heart of Love is known as the Christ, other faiths have other names. 3. Maintaining that high point of contact, let your thoughts reach out to include all members of the human family in whom the energy of goodwill is active. 4. Silently voice the affirmation: In the center of all love I stand; From that center I, the soul, will outward move; From that center I, the one who serves, will work. May the love of the divine Self be shed abroad In my heart, through my group, and throughout the world.

##### Stage III

Visualize love flowing from the spiritual Hierarchy, through the people of goodwill, into human hearts and minds, infusing them with goodwill creating loving and harmonious human relationships.

##### Stage IV

Meditate on ways of spreading goodwill, creating right human relationships, restoring peace on Earth.

##### Stage V

Realize you are helping build a channel between the spiritual Hierarchy and humanity, through which goodwill may flow, uniting the human family, solving its problems, healing all differences & cleavages.

##### Stage VI

Linked in thought with people of goodwill all over the world, say the Great Invocation. Say it with deliberation & full commitment to its meaning, knowing that you are radiating its potent energies to humanity: From the point of Light within the Mind of God Let light stream forth into human minds. Let Light descend on Earth. From the point of Love within the Heart of God Let love stream forth into human hearts. May The Coming One return to Earth. From the center where the Will of God is known Let purpose guide the little human wills - The purpose which the Masters know and serve. From the center which we call the human race Let the Plan of Love and Light work out And may it seal the door where evil dwells. Let Light and Love and Power restore the Plan on Earth. OM OM OM

Meditations, thought processes, rational and logical thinking, etc. similar to mantrams and silence can also be very powerful influences on us again depending on our intents, motivations, sincerity, ability, etc. These type of esoteric or occult seed thought 'precipitative' meditations, meant to precipitate from inner (esoteric) or hidden (occult) sources, based on inner and hidden factors include thought processes, mantrams and silence and therefore are considered the 'Raja' or royal, or highest forms yoga or ways of joining with God, Spirit, etc.

4. **Doing your own private** intention, dedication, affirmation, prayer, meditation, ceremony, etc. once to every day of the Festival Week to acknowledge your participation in the Festival Week.
5. **Coming to our (SuryaAngel) home** at BioFarmland on one or all of the days from December 21-28, 2019 and doing a meditation with your position group crystal and the new large lighted group crystal.
6. **Organizing an open space or meeting for our group members or other people you know at your home or other location** to celebrate the Festival Week.

**As a final note**, for now, as to the major importance of this specific 2019 Festival Week 'impact' is because it is said that there is a Group 'impulse' once every 100 years on the 25<sup>th</sup> year of the centennial. Therefore, this is the last 7 yearly Group 'impact' of 2019 before the next coming 100 yearly Group 'impulse' in 2025. This impact is the one that is the 'lead-in' for the 2025 impulse for the next 100 years of Group energy and consciousness work. After the Festival Week we will be giving more information about the 2025 impulse for consideration, however, these centennial impulses mainly have to do with the next energy and consciousness, ideas and ideals, having to do with spiritual work, and especially esoteric and occult spiritual group work, that will be made available to and for humanities help and assistance. This all, of course, also then eventually permeates into the next steps forward towards higher consciousness in all normal life arenas and activities, such as, the arts and sciences (including healing arts and sciences), religions and now especially politics.

**Condensed Addendum to 2019 Group Festival Meditation Week and coming 2025 energies and consciousnesses (See last month's Addendum for the full version):**

**Considerations and Thoughts on Silence, Mantrams, Group, Meditation, etc.:**

**I (Surya) have been able to be at and involved with the center where the Silent Minute was born** and also other centers where the Silent Minute is observed every night at 9pm for almost 35 years. I, as many of us, have had transformative experiences during these and other 'Moments of Silence'. These moments of silence have led me into several significant mantrams, meditations, celebrations, impacts, impulses, etc. which keep coming together in newer, broader, more inclusive ways. This is what all religions do, link us with the God, the Divine, or Spirit, etc. since they all come from the same and only source. So independent of which outer forms of religion we may use or be part of, we (SuryaAngelMiriam) consider us united with you in the sincere dedication of our lives to that Source. This is what we see in these Festival Week Celebrations and the group work as we expand our understanding and are inspired to participate even more consciously, fully and freely. Below is a slightly condensed Addendum from last month:

1. The presence of the New Group of World Servers (NGWS) is seen in every movement and organization which brings the consciousness of oneness.
2. The Group is a potent center of mind and heart qualified by purposeful love and dynamic intelligence.
3. During the Festival Week, a significant cosmic alignment takes place, and the mind and heart of the group of servers is energized by Light, Love and Spiritual Will flowing from the Great Beings, Saints Angels Masters of the Higher Worlds.
4. Everyone can help the energy flow during the week by taking time to visualize the higher energies flowing into the mind and heart of the NGWS, strengthening everything being done to build a world of goodwill and right relations.
5. Keep the alignment during the Week by reading material from world servers and studying wisdom teachings about the nature of service and group work.
6. Harnessing the power of united Global Cooperation to bring in the Light of the New Era with the Global Ringing of the Bells to herald the Sharing of a minute in Silence.
7. Consider the power of silence (even for) one minute.
8. Great Silence (even for one minute) is a living silence full of super-mundane harmonies. It is not an absence of sound.
9. New beginnings are frequently preceded by Silence and an energy is generated that permits communion with the Higher Worlds which results in a revitalization, regeneration and renewal.
10. On the verge of the Festival Week, the commencement of a new cycle will begin with a minute of Silence. Consciously cooperate with co-workers in the One Heart to envision the evolutionary emerging seeds of the future.
11. An extra-planetary constellation impacts the planet while the sun is in Capricorn. The December Solstice offers the opportunity for Humanity to identify its true North as it sets its compass for the next cycle.
12. The Silent Minute at 9 pm GMT (23:00 Romania) on 21 December 2019 will be preceded by the global ringing of the bells by citizens everywhere. It's a call to stillness and silence, it's a sounding of a note and summons to re-calibration. Join together with the Forces of Light in one minute of global, potent, cooperative Silence to create a better world for all.
13. Silent thought is said to penetrate to the center of our cosmic foundation which is called "The Bell".
14. Within every human there is a center in the brain called the bell. Like a resonator this center gathers the "symphony of the world", and transforms the deepest silence into a thundering chord.
15. The global ringing of the bells expresses Humanity's yearning, intent and declaration to fulfill its destiny as an inhabitant within the Cosmos.
16. Intentionally sharing a planetary moment together, and living, even for a silent moment, in rhythm with the cosmic Bell, re-calibrates Humanity to its role in the unfolding beauty of cosmic evolution.

17. The Silent Minute was born from a conversation between two soldiers on the eve of a battle in the mountains around Jerusalem in the First World War. One knew he would not survive the war and prophesied the coming of an even greater conflict that would be fought out in every continent, ocean and air. He urged his comrade to provide an opportunity for him, and millions like him, to assist from the "other side". He said: "Lend us a moment... each day and through your Silence give us an opportunity. The power of Silence is greater than you know." The Silent Minute was instituted.
18. "There is no power on earth that can withstand the united cooperation on spiritual levels of men and women of goodwill everywhere. "Lift up your eyes into the Hills. Reach up to the Summit of your understanding. Look out from there. Learn how to widen your awareness through the attainment of the stillness of complete silence. In that Silence, listen for the Voice that will teach you all things. And be at Peace!"
19. It is said that the NGWS is one of the most significant developments in the history of humanity.
20. Please join with others during the Festival Week this December. Through meditations and concentrated alignments, we can together visualize the in-pouring energies of the One Life evoking transformative responses from the NGWS, strengthening the hands of all who love and serve.
21. It is said that, "radiation shines through me; I see it naught", our work in meditation without expectation or self-reference, simply focusing our attention as a Group Mind, is an especially potent form of service.
22. The group's task: The needs of all must be met. Much of the work will be purely economic. The reform of the world religions will draw on commonsense and progressive theology. Nations need orienting to each other so that differences can flourish within a unity of purpose based on a desire for the welfare and progress of all.
23. The function of the New Group is to balance the forces leading to disintegration and destruction by embodying in itself the forces of integration and construction. The New Group will eventually offset the tendency towards racial hatreds, and the teaching given out will tend to negate the present ideas which are powerful in producing the current cleavages and barriers among people, thus causing separation and war. Where there is an appearance of groups, expressing ideas which potently emphasis one angle of public opinion and one aspect of life, there must inevitably appear that which will offset it. The groups which foster the spirit of cleavage and which build up barriers to impede the free spirit, have appeared first. They do their needed work, for they too are included in the Plan. Then, there must appear the groups which embody those ideas which lead to integration and constructive building. They will swing the world on to a higher turn of the spiral; they will heal the breaches, break down the barriers, and end the cleavages.
24. Membership in the group, however, requires the development of the reflective spirit along some line of human understanding; it requires also the power to focus attention upon that which can serve humanity and a compassionate recognition of human need. The unthinking man or woman, or those engrossed entirely in business, political and family ties, cannot form a part of the NGWS, because the group demands a definite measure of decentralization; to this, habits of meditation rapidly contribute.
25. The name "Law of Group Progress" is the phrase given by human beings to a particular type of energy which is producing the coherence of units in a group, thus forming them into one living organism.
26. What is of importance is the unified stand which can be made by the people of goodwill to bring in an era of unity, peace, and plenty. Personal desire, self defense, or self-assertiveness have no place in the ranks of the NGWS. Personalities do not count and only souls have power.
27. The group is an organism, not an organization. It is not interested in politics, religion or place. Its work is the educating of the human being and the expanding of the human consciousness, so that the newer and truer ideas may be grasped. Its function is the spreading of the message of international good will and religious unity.
28. The outer organization is of importance in so far as it leads to the skillful use of opportunity and money, but the organization is again only a means to an end. The end is a production of worldwide good will, of intelligent and loving understanding and unity, peace and plenty.
29. This group is the major creative agent in the world for the remainder of this cycle of experience.
30. The effect of human meditation at this time is to change conditions, to invoke the higher, spiritual potencies, to work with concentration (both vertically and horizontally) within the world of humanity and within the Kingdom of God. This vertical and horizontal activity holds the secret of creative meditation. It is invocative of the higher energies, and creates a channel of contact between soul and spirit. This is brought about by what has been called "vertical meditation." It is also evocative and creates a ferment or dynamic movement in that level of being which must be affected or changed, and this is the horizontal aspect.
31. The individual who practices meditation as a service will ultimately experience a steady growth in illumination, wisdom and the will-to-good; selfless service leads to an expanding ability to cooperate in the creative and redemptive purposes of our planetary life.

32. Through meditation, one emerges into a state of consciousness shared by others, a state as real as physical existence. This community of consciousness, and of One Work, is the essence of group meditation. Group meditation does not require individuals working together in the same place or even at the same time. The true meeting place of the group is the plane of mind, or the mental plane. In metaphysical terms, meditation takes place outside time and space, but what is important in group meditation is the sense of a common focus and interest, of group attention on the object of meditation. It is a shared idea and interest that binds individuals into a living group. Groups may work together and meditate on many different subjects, but the underlying theme in group work is service to humanity.
33. One of the discoveries to be made by each person who aspires to serve humanity through meditation is that waves of energy or 'gift waves' are continuously breaking upon the collective aura of the serving group of which he or she is a part. In meditation, consciousness is imaginatively lifted into a state of group awareness, and with time, the imagination evokes and is replaced by a definite impression; the mind is touched by the energy of an aspect of the Plan that is seeking expression via the group life. Through regular group service meditations, the mind becomes increasingly adaptable to these impressions, developing related patterns of thought around them. These 'gift waves' are forever changing in dynamic, tone and hue, but always they bring spiritual refreshment. From the moment a person consciously identifies with a group meditation, such as a full moon or new moon meditation, a redemptive group meditation or a goodwill meditation, a tide of energy carries a measure of the Divine Plan's light, love and power that can be safely transmitted through the aura into the surrounding environment. Though it takes perseverance to sensitize the mind to this group circulation of energy, the process is occurring to some extent regardless of whether or not there is a conscious awareness of it. This is because group service involves an unspoken allegiance to the soul's purpose, and this automatically tunes the energy centers of the server's subtle bodies into the spiritual 'chord' of the group aura. In this way, group service proceeds whether recognized in the brain consciousness or not. If a conscious effort is made to maintain the link with these energies after the meditation is completed, the aspirant will be joining the ranks of those whose lives are dedicated to the service of humanity through the radiation of spiritual energy. Although it may sound difficult to achieve, in reality it is a relatively simple act of pouring out the love and joy that will keep welling up in the inner life in compassionate response to need. To keep this current of energy flowing, a vital interest in world affairs from the perspective of world goodwill is helpful. This awakens the heart center and magnetically draws it to areas of need and in support of those skilled servers who are responding to it. Appreciation of the efforts of these members of the group of world servers forges a link between their exoteric work and the worldwide meditating group in which the server of humanity is subjectively participating. The planetary bridge of energy that is forming between the Spiritual Hierarchy and the human kingdom is thereby strengthened through which aspects of the Divine Plan can be brought to fruition.