

MEDITATION CONDUCTED BY ROBERTO ASSAGIOLI

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We are in a climax of the struggle between white and black forces, but not only this. Even the white forces had to allow, or rather promote, a work of destruction of the old forms in every field and by forms we mean not only the manifested, structural, external forms, but also the emotional and mental forms, ideologies, emotional attachments to the past and all that constitutes the personal and individual life of men.

It was necessary to make room for the new, as when building a building on an area, it is necessary to remove the previous building or the ruins and debris that clutter the field. But all this can - and we have faith in it - prelude the new construction, the advent of a new civilization, a new culture, a new superior human life. The cycles also indicate this: a two-thousand-year era is about to end, dominated by the influence of the sign of Pisces and to some extent a new era has already begun under the sign of Aquarius. But for this to happen, conscious and even unconscious collaboration from humanity is needed and it is this close collaboration that many try to give consciously. And in this we do our part. From what is happening now it is evident that humanity alone cannot overcome the crisis and therefore, as on other occasions in the history of humanity, a higher intervention is needed of higher energies, generally embodied in a Great Being, in an individuality that becomes the focal point of reception and distribution; not just an individuality but ever larger groups of beings around one of these individualities. But in order for them to intervene given the law, the fundamental principle of human free will, humanity must request it and with its prayer, question, invocation, it must create the channel for descent, for advent.

If humanity did not possess the freedom that implies freedom to err, to rebel, to close itself off, we would be angelic puppets, and this for the evolutionary process would make no sense. Therefore free will is a necessary, wonderful but also terrible gift. Humanity can rebel and it does it abundantly. But there is a part of humanity that instead welcomes and favors, asks, invokes, claims this superior intervention and the Great Beings wait for this, this request that allows them, according to divine law, to intervene. This is an essential point, a key both to understanding what is happening and to understand the value and necessity of this internal invocative action. I repeat once again that the invocation understood esoterically is a synthesis of meditation - that is made in an intelligent, conscious way, with a clear mind, with an enlightened mind - of prayer - that is with momentum of the heart, with invocation in the sense of feeling driven by compassion, by love and faith - of will

understood as a volitional affirmation, of request and almost of need. And all this from the highest level we can reach, and as much as possible as souls, as well as personalities. We remember this feeling full of invocation and synthesis of all the faculties and all the psycho-spiritual functions of men and groups. Much of the effectiveness of the invocation depends on the preparation, which we can do individually and in groups before invoking.

This preparation consists on the one hand of the elimination of all physio-psychic activities that can hinder the precipitation and to allow our center of consciousness to go up as much as possible to the highest levels and try to reach the level of the soul, the world of souls and Reality. So we will give this preparation work some time, it doesn't need to be described because in doing it it will be clear what we will have to do. Later, as much as possible as souls, we will say two invocations: the first is the one that was given and used widely at the beginning of the Second World War, in 1940, and according to the instructions received it was very effective; the other was given in 1945 and is what should be the invocation, the general prayer of humanity throughout the Aquarian era. There have been three invocations: the first was given in 1936, but tonight we will not say that; for those who can do it, it is well to use all three, maybe at different times of the day, but tonight we will focus on the second and third. However, they constitute 3 stanzas, 3 parts of a single invocation, united in one call of power and light.

First the physical preparation: we begin with muscle and nervous system relaxation, we put the body in a comfortable position, released by doing a review from head to feet, letting go of the tension - because we are often tense without realizing it - a few deep breaths will facilitate relaxation. This corresponds to one of the means of yoga called ashana or position. This medium in hatha yoga has been used to take on different, strange and difficult positions, especially for Westerners. Well, this is an external application of what is the true position which could be called the threefold personality, physical, emotional and mental attitude. We try to feel okay at 3 levels, especially on the physical level, we do some deep breathing and we seek physical harmony to then be able to forget the body.

Let us now move on to the right emotional position which could also be called forward with a beautiful word composure, this too derives from a position to be in a right place emotionally, that is, in calm, peace, harmony; we resolutely put aside all personal worries, leave them symbolically outside the door. We can help ourselves by slowly repeating the words 3 times, calm, peace, harmony, serenity ... calm, peace, harmony, serenity ...

We now raise consciousness on a mental level, here too we put the mind 'in place' through recollection, mental silence; we try to silence or at least slow down the continuous petulant voices of the mind, we are not interested in any mental activity

extraneous to the current purpose and we can help ourselves by affirming: silence, recollection ...

One way to encourage this, is a brief imaginative representation, that of imagining entering a large temple in the silent shadows where silence reigns, where every noise, every external voice is excluded ... silence, mental silence, we can also invoke the spirit of silence that pervades and envelops us ...

After that, we can project all the strength of our feeling, the inspiration of the heart, our love and together our mental interest, turn our inner eye upwards, trying to reach the luminous level where the souls live, but with more truth, where we live as souls, we try to realize and affirm that we are not personalities who have one soul, but that we are souls who use a personality.

We affirm each:

I am a living soul who loves and wants ...

As souls, the joyful communion between souls already existing and based on the unity of origin, as souls we are particles of a single life, sparks of a great flame; this reality is the Universal spirit however you want to name it and conceive it, or give up thinking mentally, which is the wisest thing; only through symbols and symbolic expressions can we have an intuition, therefore we use the oriental mantra:

More radiant than the Sun

Purer than Snow

Subtler than the Ether

Is the Self

The Spirit of my Heart

This Self am I

I am this Self.

Let us try to achieve this Self, at the same time individual and universal, the great spiritual paradox, and at the same time a liberating realization ...

And now realizing what was mentioned before, that is, humanity's need for help from above, let's join the great invocative chorus that rises consciously from a host of aware souls and from the unconscious invocation of troubled and suffering humanity.

Let the Lords of Liberation come, bring help to the children of men ...

Let the Knight run from his secret home and come safely.

Run o Powerful ...

This symbolic expression alludes to Christ.

The souls of men may awaken to the light and may stand firm in one intent. The fiat of the Lord be pronounced, the end of the evil has come, run o Powerful ...

*The hour of service of the saving force has arrived,
be it widespread o Powerful ...*

Light, Love, Power and Death carry out the task of the One who is coming.

The will to save is present. The love that carries out the task is widespread, the active help of those who know the truth is also present.

Run o Powerful and join these three, build a great wall of defense, the domain of evil must now end.

And we remain now a few minutes in this attitude of invocation, of request and of spiritual need ...

And now let's say together the third Stanza of the Great Invocation of power and light

From the point of Light within the mind of God, let Light stream forth into the minds of men, let Light descend on Earth ...

We can visualize a dazzling center of light and rays that envelop the whole Earth, we repeat:

From the point of Light within the mind of God, let Light stream forth into the minds of men, let Light descend on Earth ...

From the point of Love within the heart of God may Love stream forth into the hearts of men, may Christ return to Earth ...

I will remember the three ways of advent which have been shown to us. First of all as a powerful wave of love that unifies and regenerates, the thing that is currently most needed in the world to neutralize the currents of hatred and violence.

May Christ return to Earth, overshadowing and inspiring initiates and disciples and the whole group of world servers.

Finally, may Christ return to Earth in a visible and audible form, to proclaim the teachings of the New Era, to establish the new world religion and also to restore the mysteries of initiation.

From the center in which the will of God is known let Purpose guide the little wills of men, the Purpose which the Great Beings know and serve ...

From the center which we call the race of men let the Plan of Love and Light work out and may it seal the door where evil dwells....

This is the specific task I mentioned earlier, the necessary active cooperation of humanity in the implementation of the divine Plan on Earth.

Finally the final statement:

Let Light, Love, Power restore the divine Plan on Earth.

Let's do 10 minutes of silence and receptive meditation this time, let's try this time to open up with faith, joy and gratitude to the influx of the energies invoked so that they can pour out on us and on all humanity.

Now comes the phase of using the energies that have descended and that will descend. This use must be done in 2 ways. One with an act of internal action and the other with external action: It must be done for two reasons, one because the accumulation of spiritual energies can be difficult to bear and also harmful, but above all because these precious energies must be used for the good of humanity in spiritual service.

The internal dissemination action can be summarized in two words: Irradiation and Blessing.

Irradiation indicates the process by which a telepathic diffusion of energies takes place in a dynamic and scientific sense. The quality and the animating intention of this irradiation is the Blessing, it is an action promoted by the Will to Good and for this universal irradiation we can use the beautiful blessing of the world transmitted from the East.

Imagine the terrestrial globe and the 3,000,000 incarnated souls that populate it. Imagine also the largest host of souls not embodied now, but who are an integral part of the human kingdom in its most real sense, what is called the fourth hierarchy. It is made up of 60,000,000 souls of which only one twentieth, approximately 3,000,000 are currently embodied. We keep this vast array in mind but we limit, almost ironically, our projection on the souls currently embodied on the terrestrial globe and which are at the center of the current pain. We will do this by radiating the spiritual qualities in six senses and two of these concern non-embodied beings.

Love to all beings, north, the northern part of the globe, south, east, west, above, below ...

Love to all beings.

For a few minutes we try to radiate it, blessing.

Compassion to all beings, north, south, east, west, above, below ...

Compassion to all beings

Joy to all beings, north, south, east, west, above, below...

Joy to all beings ...

Serenity to all beings, north, south, east, west, above, below...

Serenity to all beings ...

And finally, let us propose each one to manifest these spiritual qualities through external action in the world, to be witnesses, examples, living as souls in the world. Needless to suggest the ways, they can be different for each, everyone can find them easily. First of all with the silent example, the most powerful, with the spoken and written word, with humanitarian actions, with the participation in the activities of groups that do something similar, that do the same thing with names and in different ways. This is everyone's opportunity and responsibility, and so a great circulation of energies takes place from the highest point with which we have been in tune and which through a descending channel are put into circulation, and then with external action around ourselves.

So be it and help us to do our part. And if we do it with Goodwill we will be and we are helped.

See you at the June full moon.