



# Triangle Centre Newsletter #3 December 2006

## Dear Friends and Co-workers

### Greetings!

2006 is drawing to a close and in a way we are poised, suspended for a brief moment, between the in and the out breath, assimilating what has been and preparing to greet the unfoldings of 2007. In this time of preparation we in the Western world celebrate anew the birth of the Christ child within the heart of humanity, and realign with the goodwill, compassion and new paradigms that can carry us forward.

The 'in breath' draws to a close as the busy Sagittarian energies dance to the note of "I see the goal. I reach that goal and then I see another' and then wane. Capricorn, the interlude, with one goal in mind climbs to the top of the mountain lost within the lofty Light supernal only to realize that destiny and service lies not with individual transcendence but as part of the 'water of life poured forth for thirsty men' flowing out for all through the qualities of Aquarius.

Richard Freynman (1918-1988) touched on a similar theme when he said ... *'we are at the very beginning of time for the human race. It is not unreasonable that we grapple with problems. But there are tens of thousands of years in the future.*

***Our responsibility is to do what we can, learn what we can, improve the solutions and pass them on'.***

It could also be said that we can do much to contribute to transformation by aligning with the subjective side of life to support and strengthen the hands of international organizations that work toward planetary change and synthesis. Steve Nation's 'Letter from New York' brings us an international view of groups in partnership with the United Nations - groups committed to subjectively holding a vision for outcomes of highest purpose.

Dear friends and co-workers, the Triangle Centre heart-full-y acknowledges our links in service and shared visions.

May the goodwill of Christmas and the possibilities of 2007 bless you abundantly!

## Letter from New York

Dear friends of the Triangle Centre,

Earlier this year I moved from the quiet seaside village of Paekakariki to live in another quiet spot on the planet. My home now is in the Catskills, a rural, forested area in the Hudson Valley, north of New York City in the USA. Nature is a powerful presence here, with wild deer roaming around the house, a rich variety of birds and wildlife, snow to be shovelled in winter, high temperatures to be enjoyed in the summer - and trees ... miles and miles of trees, as far as the eye can see. We have just been enjoying all the colours of fall.

Surprisingly, one of the prime attractions for me of my new North American home is its proximity to the city of New York. Rather I should say I am attracted by the energies and by what goes on inside the United Nations headquarters in the City. Here, in a group of buildings on the banks of the East River, the site of a former abattoir, the nations of the world (instinctively, but not irreversibly, separative) have erected a centre for conferencing, workshopping, negotiating, resisting, arguing, politicking, and managing their way around and through ultimately irresistible forces of wholeness, fusion, unity and interdependence. This is one of the very few spaces of the earth that is, by law, international territory, and you can feel the spirit of human unity the moment you walk into the Visitors Entrance and pass through security.

Twice a month I make a pilgrimage to this centre where the process of fusion and synthesis in human affairs is at its most intense. I come, with my wife Barbara, to join with others in the Spiritual Caucus at the UN. It is an unusual



*United Nations' Flags*

group. In the midst of all the 'sound and fury' of endless meetings (after all UN headquarters is as much as anything else a vast network of conference rooms) a group sits together for silence. On the third Thursday of the month those of us with Security Passes meet in one of the inner conference rooms for 30 minutes of silence followed by conversation of the heart around the theme of the UN and issues facing the one humanity. There is a clear sensitivity to the spirit of a newly awakening humanity in these gatherings together with a sense of great beings of Synthesis overlighting the process. The places where we meet are significant because only minutes before we gather the conference room allocated by the Secretariat may have been the location for inter-government negotiations (or preliminary discussions) on climate change or Millennium Development Goals of, for example, combating HIV/AIDS, malaria and other diseases or eradicating extreme poverty and hunger – or, as in a recent Spiritual Caucus gathering, for a meeting of past Presidents of the General Assembly. And on the first Thursday of the month anyone is invited to come to the Meditation Room off the public Visitors Lobby for 30 minutes of group silence. You too can link in subjectively with these gatherings from New Zealand (in silence the barriers of space and time dissolve – as all who share in the world service meditation work at the full moon, or other planetary meditation initiatives, know). Check out times and dates at: [www.spiritualcaucusun.org](http://www.spiritualcaucusun.org)

The Spiritual Caucus is a part of a net of alliances and committees amongst the vast range of civil society groups associated with the United Nations. In addition to the inter-faith religious committees there is a well established Values Caucus ([www.valuescaucus.org](http://www.valuescaucus.org)) furthering the universal values common to all peoples and a newer NGO Committee on Spirituality, Values and Global Concerns at the United Nations, CSVGC – [www.csvgc-ny.org](http://www.csvgc-ny.org). At the recent annual conference of NGO's associated with the Department of Public Information at the UN the Spiritual Caucus, Values Caucus, CSVGC, and the UN Circle of the United Religions Initiative joined together, hosting gatherings in the Meditation Room for silent reflection at the start of each day. Inspired by the Alice Bailey and Agni Yoga teachings, the Aquarian Age Community (part of the CSVGC) hosts an online discussion forum on The Spiritual Work of the United Nations and

the Liberation of Humanity as well as sending out a monthly letter on Cosmic Energies and the UN - more information at: [www.aquaac.org](http://www.aquaac.org) . In a similar vein I continue to send out a monthly email from the UN Days & Years Meditation Initiative inviting recipients to 'hold in the light' important UN Days, conferences and other events of planetary significance. Write to me to get on this list ([snation@earthlink.net](mailto:snation@earthlink.net)) and check out the web to find meditations in support of the themes of the UN Calendar: [www.UNmeditation.org](http://www.UNmeditation.org) .

The annual NGO conference at the UN in September was an uplifting experience. The focus was on partnerships between local communities, activist groups, business, governments and UN agencies in advancing human security and sustainable development. Following three days of discussion of practical projects where partnerships are making a difference in people's lives the conference ended with a moving outpouring of heart energy as the many hundreds of delegates farewelled outgoing Secretary-General Kofi Annan and his wife Nane Annan.

In the UK journal, Caduceus, I recently wrote of this conference:

The human energy of the gathering was like an affirmative response to the comment made by second Secretary General, poet, mystic and diplomat, Dag Hammarskjöld: *'Everything will be alright when people stop thinking of the United Nations as a weird Picasso abstraction and see it as a drawing they made themselves'*. From time to time, one could feel humanity, a collective spirit, in the conference room, fully engaged in making this drawing – humanity (in all its diversity, quirkiness and un-completeness) exercising muscle and creativity in the on-going process of birthing a civilisation, imperfect, yet coloured increasingly by a sense of interdependence.

Beyond the tragedies that feature, rightly, in the headlines (Iraq, Darfur, North Korea ...) in discussions about the UN there is a deeper and far more positive story emerging where the consciousness of interdependence is leading to the creation of a more just, secure and harmonious world. This is the story of the Millennium Development Goals uniting governments, private foundations, millions of

individuals, and business in a host of practical initiatives fighting against hunger and poverty, gender inequality, environmental degradation, and HIV/AIDS, while improving access to education, health care and clean water – all by 2015. The energy being generated by this massive empowerment of goodwill forces in the world is, to my mind, the clearest sign that humanity is maturing and waking up to its potential to become the 'world disciple'. Those of us who value prayer and meditation can

help greatly by looking beyond the headlines of crisis to nourish and nurture the goodwill that is emerging and to hold in the light the thought forms that lie at the heart of the Millennium Development Goals. Check out the Goals at: [www.millenniumcampaign.org](http://www.millenniumcampaign.org)

With much love to all my good friends in the Triangle Centre

**Steve Nation**

## World Peace Day

*'The beauty of the present situation is that even in the smallest community a practical expression of what is needed on a worldwide scale, is offered to the inhabitants; differences in families, in churches, in municipalities, in cities, in nations, between races, and internationally, all call for the same objective and the same process of adjustment: the establishment of right human relations. The technique to bring this about remains everywhere the same: the use of the spirit of goodwill.'*

**The Problems of Humanity, Alice A Bailey**

This year has presented several opportunities to combine with others in united endeavours.

One such highpoint was **World Peace Day** on Thursday, September 21st.

A week before, the Triangle Centre sponsored a public meeting in Paraparaumu where William Meader spoke of concepts of peace and soul-centred evolution with lively participation from the audience. Thank you William, please visit us again.

On the following Monday a core group of co-workers gathered to meditate on the keynote of peace using the World Prayer in preparation for the impending global activities. World Peace Day on the Kapiti Coast culminated in an Interfaith gathering with a pot luck dinner and evening of sharing at the Uniting Church in Raumati.

At least 10 different spiritual traditions were represented among the 60 plus who came together in fellowship. Our Uniting Church



hosts had created a wonderful atmosphere and had draped the Culture of Peace flag gifted by the Triangle Centre to form a backdrop for group contributions later in the evening. What a joyful occasion, what beautiful gifts of expression and understanding from the various groups – dancing, poetry, music, singing, sharing of perceptions, and uplifting inclusive speeches.

World Peace Day, a heart activity which rippled throughout the globe and charged us all anew.

## International Group for Creative Meditation

Creative meditation, practised individually or as part of a group, is key to the creation of a new society based on the qualities of the transpersonal working out in everyday relationships. If we ask ourselves what does our world need today, above all it is 'right human relationships' - between individuals, groups and nations. We need the skills to achieve this goal and through creative meditation we can build positively in thought and invoke those insights and ideas that will enable us to achieve right relations in everyday living. We can create those thought forms which will influence not only our environment but the thought climate of all.

The correspondence programme for training in Creative Meditation is starting a new cycle on 21st December. Study papers come out every two months from the centre in England and focus sequentially on the following themes. These are:

<b>Right Human Relationships</b>	December 21st	February 20th
<b>The Principle of Goodwill</b>	February 21st	April 20th
<b>Group Endeavour</b>	April 21st	June 20th
<b>The Principle of Unanimity</b>	June 21st	August 20th
<b>Spiritual Approach</b>	August 21st	October 20th
<b>The Principle of Essential Divinity</b>	October 21st	December 20th

Each study paper focusses on building a foundational aspect of the process of creative meditation. You gently become skilled with the 'everyday living rhythm' of meditation practice. A personal mentor is assigned by the course administrators as a guide for the student to contact by email.

The course was created over 50 years ago by Roberto Assagioli MD, the founder of Psychosynthesis, Michael Eastcott and Nancy Magor. Roberto Assagioli wanted to design a training in meditation that would be psychologically sound and be able to be used by people of all religious and spiritual paths. In 2000, Janet and Paul Derwent and Heather Giles took over the administration and a new impetus was created to make it known on an international scale. It is now being used in England, Italy, Portugal, America, South Africa, New Zealand and Australia.

In New Zealand, the Triangle Centre Library (phone 04 902 1667), supports the work by stocking many of the texts in the library that are used in the course.

The year's training costs \$200.00. It may be paid in installments to a bank account in NZ.

To register, email Janet Derwent, [sundialcentre@talktalk.net](mailto:sundialcentre@talktalk.net)

**For more information in NZ** phone Anne Verity (03) 546 7552 or Barbara Gibb (04) 389 7706.

**Website:** [www.creativemeditation.org](http://www.creativemeditation.org)

### **Creative Meditation Groups meet fortnightly in**

Mapua, Nelson - phone Julie (03) 540 2705 and Nelson City - phone Trish (03) 539 4889.

It is hoped to have a group up and running soon in Wellington.

## Psychosynthesis Gathering 2007

Amanda Fong Jack is facilitating the workshop *Embodying the Spirit*.

In this workshop we will explore meditation, the different ways we meditate, what works for us and why, and how we can build our awareness and exercise our will through meditation of many different kinds. An important part of the workshop will be awareness of the body to balance out the body/mind/spirit. We will be aiming for an atmosphere of safety, fun, curiosity and good spirit.

**Date:** March, 24th & 25th, 2007

**Venue:** Whenua Iti Outdoor Pursuits Centre, Nelson

**For further information:** phone Anne Verity (03) 546 7552 or email [anne.verity@xtra.co.nz](mailto:anne.verity@xtra.co.nz)

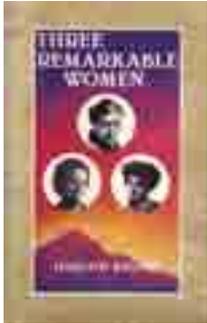
The Psychosynthesis web site is [www.Psychosynthesis.net.nz](http://www.Psychosynthesis.net.nz) <<http://www.Psychosynthesis.net.nz>>

## Worth a read ...

### **Three Remarkable Women**

**Harold Balyoz**

Altai Publishers ISBN 0-9609710-1-7



This book is not only concise (285 pages), informative, and fascinating but a very accessible read.

Harold Balyoz introduces us to three remarkable women who amidst the rapid development of Western science in the nineteenth and twentieth centuries, brought the more profound and complete Eastern or spiritual science to the attention of the west - the so-called Ageless Wisdom. He then gives us an overview of the teachings that each contributed.

Balyoz sets out an interesting biographical picture of the lives and times of Helene P Blavatsky, Helena Roerich and Alice A Bailey; two Russian women and an Englishwoman. Each, because of her particular qualities and their common extraordinary capacity for hard labour, inner striving and writing and teaching abilities, were approached by Masters of Wisdom to undertake work which would enable occult teachings to be released to all for the first time in humanity's history. All three were very reluctant to participate to begin with but their great love, compassion for and identification with, humanity melted their individual resistance.

So began their service work which culminated in Blavatsky's *Secret Doctrine*, Roerich's Agni Yoga and the Bailey Teachings - work which was to occupy each of them for the duration of their lives.

*Three Remarkable Women* makes Blavatsky's *Secret Doctrine*, Roerich's Agni Yoga and the *Bailey Teachings* de-light-fully digestible!

*Three Remarkable Women* is available for sale or library loan from the Triangle Centre.



Helene Blavatsky

Alice Baily

Helena Roerich

### **Invitation**

You are invited to a Triangle Centre Library gathering to be held on 20th January 2007, 10am-1pm, with a yummy pot-luck lunch.

*'No man can reveal to you aught but that which already lies asleep in the dawning of your knowledge. If he is indeed wise he does not bid you enter the house of his wisdom but rather leads you to the threshold of your own mind.'*

**The Prophet, Kahil Gibran**

The librarian thanks all contributions to the 2006 library service, particularly the working bee, that created a lively new energy buzz.

We welcome interest from any volunteers to join us in roster attendance at the library for a few hours on a Saturday, (one stint every 2 months).

**RSVP to** Barbara Gibb  
LIBRARIAN  
Triangle Centre Library  
PO Box 25  
Paekakariki, Wellington

[www.trianglecentre.org.nz](http://www.trianglecentre.org.nz)

Phone: 04 902 1667

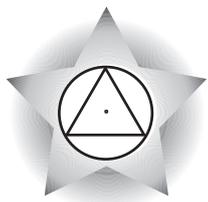
Email: [info@trianglecentre.org.nz](mailto:info@trianglecentre.org.nz)

**GRAND AVENUE**

**BY STEVE BREEM**



© UFB, Inc.



Triangle Centre  
PO Box 25  
Paekakariki