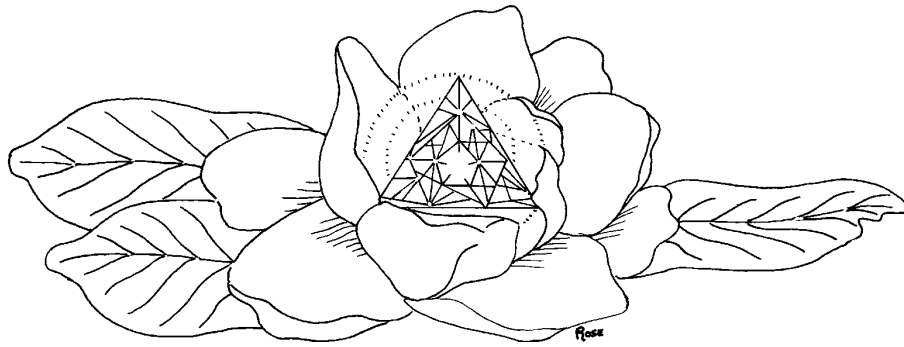


ThoughtLine

March 2003



To provide the training, the atmosphere, the companionship and service opportunities necessary to
***"link Hierarchical intent with human aspiration"* and the Will to Good.**

Arcana Workshops

Arcana Workshops is a non-profit tax exempt corporation and your donations are tax deductible.

Meeting Location:
3916 Sepulveda Boulevard
Suite 202
Culver City, CA 90230

Mail Address:
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✓ Workshops and Study Groups Held At Arcana Workshops

Location: 3916 Sepulveda Blvd., Suite 202, Culver City, CA. Information 310-391-9772 or 310-545-0910

The Rays and Initiations - Tuesday Mornings @ 11:00 (Open Enrollment, Please Call)
Tuesday Night Study Group - Tuesdays 7:30 to 9:30 (Open Enrollment, Please Call)
Nature of the Soul - Wednesdays 7:00 to 9:30 PM

✓ Up Coming Events

March, 17, 2003, Monday, 7:45 PM

*February Community Meditation Meeting
Arcana Workshops, 3916 Sepulveda Blvd. Suite 202, Culver City*

April 15, 2003, Tuesday, 7:45 PM

*Festival of Easter Community Meditation Meeting
Foshay Masonic Lodge, 9635 Venice Blvd, Culver City, CA*

For directions and information:
e-mail webdisciple@meditationtraining.org
phone 310-545-0910

Group Meditation

New Moon Cycle Seed Thought
February 1 Through March 1, 2003

“Human/ Hierarchical collaboration will be the world savior, calling forth the externalization of the Hierarchy.” *It is intended, as you have been told, that Humanity itself will be the world-savior, working with the aid of the Hierarchy—as yet invisibly behind the scenes. When this interim work of salvage is accomplished, then the Hierarchy will externalize Itself. Externalization of the Hierarchy P. 539*

March 2 Through March 31, 2003

“Amidst the struggles of life, thoughts of the beautiful lead to brotherhood and the Teacher.” Thoughts about the Beautiful lead to the Teacher. Even in the most difficult hours, thoughts about the Beautiful will create the best bridge to Brotherhood. ... Amidst the grievous struggles remember the Beautiful. It can be a panacea for the heart of the toiler. Know that this advice is give not only to you; in Our Abode it is also applied. Everyone has his dangers and sorrows, but it is a joy to know there is one protecting remedy for all. *Supermundane I #135 p.215-216*

Spiritual Embodiment or The Life of Service

As we meet tonight, we have emerged from the valley of an out breathing cycle, and we are once again starting to make our way up the Mountain of Consciousness. Because of the stress which fear, doubt and anxiety over the present world situation has generated, the cycle out of which we are emerging seemed to be much longer than the 6 months it actually covered. But now, having traversed the night, we approach the dawn of a new day with renewed faith and determination.

Of course, the world situation has not gone away or improved. It has, indeed, become worse in the past few weeks. The corporate owned media structures continue to publish and broadcast over both radio and TV daily updates all of which project war as a foregone conclusion as well as the patriotic thing to do. Thus the pervasive underlying emotional vortex of fear and anxiety continues to be pretty much with us.

As esotericists, however, we continue to keep in mind that the events that make up this picture of gravity, fear and worry are symbolic of the ageless struggle between the Light and the Darkness, between the forces of retrogression and the forces of the unfolding Plan of Divinity. In the consciousness of many of the folks who comprise the world discipleship group, these past few years, together with the coming few years represent one of the most significant junctures ever faced by humanity on the path of the Great Unfolding. Thus, we have spoken of Humanity's unprecedented opportunity to end Kali Yuga and commence Satya Yuga.

Underlining the importance of the 2003 inbreathing cycle is the fact that it is the first year in a three year cycle which culminates in 2005. This in itself would not be that significant; however, 2005 marks the end of a nine year cycle; and, as D.K. tells us, at the end of these nine year cycles, "The Hierarchy meets in silent conclave." At these conclaves, "a part of God's vision, and His formulation of that vision for the immediate present is revealed [to Them] for the next nine year cycle. They then, in perfect freedom and with full mutual cooperation lay Their plans to bring about the desired objectives of the Heads of the Hierarchy, as They in Their turn cooperate with still higher Forces and Knowers." *Esoteric Psychology II P 241-24*

The Great Chain of Hierarchy

In the great Chain of Hierarchy we can assume that this vision which originates in the council chamber at Shamballa is then transmitted in an appropriate fashion through the various Ashrams to the workers in the field, that is to the world discipleship group who are attempting to bring the Plan into manifestation. Being aware of these facts, the workers here at Arcana Workshops decided to align the next three years meditation work in an attempt to bring about the greatest possible focus and tension in the group of meditators with whom we are working, so that in 2005 we can present to the Hierarchy a unified magnetic field of great depth and power upon which higher impressions can play.

So, having reviewed the work we accomplished in the 2002 out breathing cycle at the 0 hour of 2003, we stand this evening at the foot of the mountain of consciousness, at the beginning of

a new in breathing cycle. As we have learned from much experience, Prudence and her brother, Common Sense, indicate that we should pause here for a moment and have a look at the trail ahead, get our equipment aligned, recall purpose and think a bit about our objectives and motives.

Breathing, as you all know, has a great deal to do with this work, and I thought we would do a little experiment that may help us get a better insight on what it is we are attempting to do at these full moon meetings. Looking at it from a relatively big picture angle, we are about to begin a six month inbreathing cycle, so let's start there. On my signal take a deep, deep breath, as much as you can hold. Then hold that breath until I say release it, or until you feel like you are going to faint, or whatever.

Ready, breath in. Hold it...O.K. release. There, that was interesting wasn't it.

Now let us reverse the process. Again, on my single, please expel your breath. Breathe out all of your breath, every last bit, until you are quite breathless. After you have done that, hold that place. Do not breath in until I say so, or until you simply cannot, not breath in.

Ready, breath out. Hold it. O.K. Let go and breathe.

So, what is instructive here? Well, As we have just experienced, to breathe out and not in is **notbreathing**. And, to breathe in and not out is also **notbreathing**.

There are several other conclusions that can be drawn from this. Paramount, of course, is that although the breath is one, breathing has two parts. Breathing, a two phase function, is a condition of manifestation and as such is

always plural. In manifestation, a minimum set is two.

The breath is. It is One. It is Synthesis. We can be the Breath, but to manifest, to exist, to function, we must breathe, and to breathe, as we have just demonstrated, we must inhale and exhale. As esotericists, we can see that the manifested heavens exists because God breathes, and— although size wise it is a big jump, idea wise it is not so huge— we can also see that the individual physical incarnation or appearance of each of us is also a result of a god breathing.

As esotericists, we can see that the manifested heavens exists because God breathes.

For many incarnations this process goes on in an unconscious way. The soul exhales. We are born. We live, and then, after a little while, the Soul inhales. We die, none the wiser that we are the breath.

After many round trips, many cycles of exhaling and inhaling, the soul in the form awakens. We begin to tune in on the rhythm of life and we step on the Path of return. When we do this we begin to breathe in a new way. We begin to participate in the breathing cycle of life and eventually we become little gods, creating little systems. Meditation, we have come to understand, is just a name for the kind of breathing the soul does.

There is right here a wonderful parallel between the physical act of breathing and what it does to the blood and for the body and the spiritual act of meditating, and what it does for the subtle bodies, the etheric network and centers. Spiritual embodiment, or the life of service is the conscious Soul breathing.

Observation indicates, however, that many travelers on the Path frequently engage in the process of **notbreathing** which we described a few moments ago. Some breathe in and do not

find the time or interest or courage to breathe out. Some breathe out with relatively little or very shallow inbreathing. From the stand point of meditation, this is notbreathing.

Recall for a moment the difficulty we had of holding the deeply drawn breath. It was impossible to do this. Just so, if we meditate deeply, we will breathe out, and what we breathe will serve our environments.

Now, recall the difficulty we had after expelling all of our breath in trying to not take another breath. Just as the body requires air, so does the Soul in us require the breath of spirit. Once the cycle of spiritual embodiment is commenced, we will be more or less driven to meditate, to breathe.

If what we breathe in does not have much spirit in it, or when we exhaust our breath, our spirit, the soul in us will put up a mighty struggle to inhale. We will be led into situations where we will eventually learn to draw deeply on the breath of spirit. Until that time we are leading spirit deprived lives. The symptoms of spirit deprivation are not unlike the symptoms of oxygen deprivation: depression, fear, panic, pain, hallucinations. It would amaze us all to realize how many of the illnesses, both psychological and physical, inflicting us would evaporate in the daily exposure of the heart and mind to the regular breathing of the soul, to the light of the Soul.

On the other hand, if what we breathe in is soul infused, is spiritually engendered, we will serve. Service is the bottom line, or better, it is the beginning and ending. This of course is really what meditation is about. In meditation, or soul breathing, there is no inbreathing with out the following out breathing. The sequence is penetration, polarization and precipitation,

Once the penetration is actually achieved, "The two succeeding words indicate effects of this penetration; they are then inevitable and cannot be arrested." *Discipleship In The New Age V II,P. 312*

Let me illustrate. Visualize a rainbow, an apparition that appears as sunlight shines through water. A rainbow is the ancient sky size symbol which stands for many things, but chiefly, for us, it symbolizes the Paths of Discipleship and Initiation. Observe that the rainbow like our meditation begins on earth, in the dense physical. With an initial pause for assembling and aligning ones equipment, the rainbow of consciousness climbs through the fields of concentration and up the mountain of meditation until finally it penetrates through an achieved stillness into the silence of the

Mountain Top, the One. This is a place not of thinking, but of being. Here the polarized consciousness becomes illumined.

Spiritual embodiment, or the life of service, is the conscious Soul breathing.

But notice the rainbow. Notice that it ends on earth. It does not terminate in contemplation and illumination. Illumined with Being, with Spirit, Inspired, our rainbow consciousness automatically returns to earth, changed, charged, full. Bringing Light, Love and Power, into the fields of manifesting things, the rainbow ends where it began. It ends on earth. It ends in Service. Large or small, and on every plane, the beginning and ending of every meditative cycle of penetration, polarization and precipitation, whether instituted by a Master or a disciple, is service.

D.K. tells us that "One of [a groups] major functions, esoterically speaking, is to absorb, share, circulate, and then distribute energy." *The Rays and Initiations P. 68* This pretty much describes the out breathing aspect of the souls meditation. We can see from this why the

construction of the rainbow bridge is so important. We are building the antahkarana not so much so that we can penetrate the silence of the Triad—we have been doing that via the astral/buddhic link for longer than we can tell—we are building the antahkarana so that when we do penetrate, the resulting automatic polarization and precipitation will follow the path over the rainbow bridge, ***built of pure motive and intent***, back through the head center and thence to the brain. This will result in a life of spiritual living, or a life of service, which is, as D.K. points out, a “momentous demonstration of the success of the evolutionary process in humanity...” *Esoteric Psychology V.II P. 125*

We are building not so much so that we can breathe in, ***but so that what we breathe in has a place to go that leads to service when we inevitably and unavoidably breathe out***. As D.K. says, “When the force comes through in purity, it brings the centers above the diaphragm steadily into activity; when it comes

through, tainted by personality trends, it uses primarily the solar plexus, and then sweeps into manifestation all the astral illusions, the grandiose delusions and the glammers of egoistic phenomena, using the word "egoistic" in its usual worldly, psychological connotation. *Esoteric Psychology VII P. 137-138*

Well, from all of this, I think we can infer that what these cycles of inbreathing and out breathing are about is meditation and that what meditation is about, is simply service. Another name for service, which we eventually learn, is sacrifice. When we are able to see that these two thoughtforms, sacrifice and service house essentially the same Life, perhaps we will have a better understanding of the Word for Capricorn, “Lost am I in light supernal, yet on that light I turn my back.” *Esoteric Psychology V.III P. 173-174* And, perhaps we will be a bit closer to Home, closer to understanding the cosmic cycle of inbreathing and out breathing called Creation.

Tom Carney, Capricorn 2003

*Like leaves in Autumn
We turn yellow in the end
And fall from the twig*

-tom

The Hovering Dove



An Astrological Note

Welcome to our Community Meditation Meeting in the solar month of Capricorn. Capricorn distributes Rays 1,3, and 7—all along the line of Will. These rays in combination greatly aid our ability to access the Will of God and The Plan for Humanity at this time of year. World Savors are often born in this sign to take full advantage of this dynamic trinity of Rays in anchoring another aspect of God's Will on Earth. We accept the Master Jesus, overshadowed by the Christ, was born in this sign. In *The Externalisation of the Hierarchy*, we learn of an even higher player in the life of Jesus. Not only did the Christ overshadow Jesus, but the Christ in turn, was overshadowed by an interplanetary Life of tremendous potency known as the Spirit of Peace. He is sometimes represented as a dove alighting just above the head of Christ. In becoming the Agent of the Spirit of Peace, Christ earned his titles as "Prince of Peace" for our planet and "The Light of the World." He also ensured that Peace on Earth shall prevail.

In *The Reappearance of the Christ* we are told the Spirit of Peace forms a very sacred triangle with the Buddha and the Avatar of Synthesis. These three great Lords surround the Christ to aid his reappearance on Earth. At present, the work of the Spirit of Peace is severely hampered by the hatred, separativeness and greed that still hold much of humanity in thrall, and land us in war after war. In 1935, the first stanza of the Great Invocation was given out as

a very real means to invoke the aid of the Spirit of Peace and avert World War II.

Unfortunately, the spiritual will of disciples and other well-intentioned people who used the Invocation at that time was insufficient to confine the War to the subtle planes, though much purification did result from the monumental suffering and sacrifice of the physical plane war. D.K. explains that for Words of Power like the O.M. and The Great Invocation to be effective, they must be sounded by the Soul, but also backed and "occultly propelled forth" by the will aspect. They must be sent out "as an integrated thoughtform upon a stream of living, illumined mental substance." The brain must be trained, ideally through meditation and soul contact, to be capable of the required dual activity. It must retain "awareness of the intent, meaning and purpose of the formula being used" and, simultaneously send forth "the potency, hidden yet conveyed by the Words or sounds."

The Spirit of Peace is said to still be hovering very close to Humanity awaiting enough of us to forget our little selves and make it up the Mountain of Capricorn. When together, we identify with the Will to Good and choose "to love not hate", we start to open the door through which He can come. It is vital to think of Him not just as a symbol, but as a very real and potent Individual who wields energies never before seen on this planet. D.K. has said that His arrival has been held up due to our "negative, lukewarm attitude" regarding not only the reality and magnitude of His potency,

but our lack of certainty in the power of group invocation as souls to attract Him.

To overcome the above impediments, D.K. entreats us to remove all negativity from our consciousness, to see ourselves as working allies of the Forces of Light, especially when we sound The Great Invocation. He further counsels that when taking right action, we nonetheless maintain a spirit of love for all those still under the spell of matter, including our own shadows. He asks us to forget entirely our personal problems and strains as we carry forth the work for humanity.

If we can do these things, the Spirit of Peace is ready to transform our world into a garden of joy and serenity, a place of peace independent of external conditions, because our Souls will be free. With our cooperation, His energy can bring equilibrium to whatever is out of balance

now. Thus, the more hate and greed we see around us, the more love and right sharing we can be sure is overshadowing. With an unflinching upward focus, and a united loving will, let us resurrect that first powerful stanza of The Great Invocation and together call on the Spirit of Peace to pull us back from the brink of War:

Let the Forces of Light bring illumination to mankind.

Let the Spirit of Peace be spread abroad.

May men of goodwill everywhere meet in a spirit of cooperation.

May forgiveness on the part of all men be the keynote at this time.

Let power attend the efforts of the Great Ones.

So let it be, and help us to do our part.

Miki Webb Capricorn 2003

Notice:

*The Three Linked Festivals
Public Meditations*

Festival of Aries

Tuesday, April 15

Festival of Taurus

Thursday May 15

Festival of Gemini

Friday June 13

*For information concerning festivals in Southern California e-mail
thewebdisciple@meditationtraining.org*