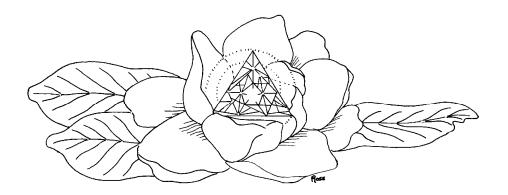
July 2007



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

## Arcana Workshops

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

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✓ In this Issue "Building Our Lighted House."

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✓ Workshops/Classes Held At Arcana Workshops

Fourteen Rules For Group Initiation - Sundays @ 9:00 AM. (Please Call)

Fourteen Rules For Group Initiation - Tuesday Mornings @ 11:00 (Please Call)

**New Workshop:** The Nature of The Soul – Tuesday Evenings @ 7:00 PM (Please Call)

**✓** Up Coming Events

#### **Community Meditation Gatherings**

Leo July 29, 2007 Sunday @ 4:45 PM (Note: early start time) Virgo August 27, 2007 Monday @ 7:45 PM

Arcana Workshops, 3916 Sepulveda Blvd. Suite 107 Culver City. CA phone 310 749-3585, 310 545-0910

## Group Meditation New Moon Cycle Seed Thought

June 15 through July 13

The sun is the heart of the system; so, also, the heart of man is the sun of the organism. There are many sun-hearts, and the Universe represents a system of hearts; therefore, the cult of Light is the cult of the heart. Heart #62

July 14 through August 12

Upon the unfoldment of the heart centre, and on an intelligent relation of mankind to the Hierarchy, with the consequent response of man to the energy of love, all disciples are asked at this time to ponder and reflect, for as a "man thinketh in his heart, so is he." 7R4 p.158

Note: Write to the Editors at webdisciple@meditationtraining.org

### **Building Our Lighted House**

wanted to share with you some thoughts about the importance of this building project in the immediate coming cycle, and the particular kind of tools we use.

First, as we know, there are hugely significant changes in process of unfolding on the planet. We have been experiencing these changes at a rapidly accelerating rate over the past 50 years or so. Although the changes that are at this moment in process on the dense planet are huge, one of the most significant of these is that the planet itself is shrinking at an alarming rate.

Many people think that this planetary shrinkage is the result of the speed of our airplanes which has reduced the distance between New York and London form 3 months to 5 hours. Others think the shrinkage is the result of the reach of our rockets, which has enabled humanity to view, for the first time ever, the entire planet all at once.

## T-S=M Time Minus Space Equals Media

Still others think that the blame for this shrinkage of planet Earth can be laid at the feet of the omnipresent media. Space is actually no longer a factor in time. For example, "Media" recently revealed to the people inhabiting the most remote reaches of New Zeeland the dramatic spectacle of the release of Paris Hilton from a mid-city Los Angeles jail cell in real time, that is as it was actually happening, and in living color. You were there! Another earth shrinker, the ubiquitous internet, present not only in almost every room in every house but in every car, purse and pocket too, carries to any location on the planet, also in real time and living color, not only the most vital secrets of our deepest international political

intrigues but the latest intrigues of every 5<sup>th</sup> grader anywhere in the world who happens to have a cell phone.

Media and the Internet are actually relatively dense manifestations of the "non physical" **Human Metamind.** True, this version of the Metamind is mostly our lower mental body, and, as we can see our lower mental body resembles a dumpster more than anything else. However, we are used to digging through trash to get at the jewels. It's a human pass time. One can also find Dylan Thomas in this trash bin:

The force that through the green fuse drives the flower

Drives my green age; that blasts the roots of trees Is my destroyer.

And I am dumb to tell the crooked rose My youth is bent by the same wintry fever.

The force that drives the water through the rocks Drives my red blood; that dries the mouthing streams

Turns mine to wax.

And I am dumb to mouth unto my veins How at the mountain spring the same mouth sucks.

The hand that whirls the water in the pool Stirs the quicksand; that ropes the blowing wind Hauls my shroud sail.

And I am dumb to tell the hanging man How of my clay is made the hangman's lime.

The lips of time leech to the fountain head; Love drips and gathers, but the fallen blood Shall calm her sores.

And I am dumb to tell a weather's wind How time has ticked a heaven round the stars.

And I am dumb to tell the lover's tomb
How at my sheet goes the same crooked worm.

Dylan Thomas

Anyway, as we esotericists know, these startling and very observable changes are really only the results or the dense

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manifestations of another much more subtle and very much more powerful, world girdling and pervasive evolutionary development. In frequencies which are well beyond the ability of most people to register, this development has thus been going on undetected for some time. However, this development is now finally reaching a level of effect that can be registered by large numbers of the planetary intelligentsia.

#### The Evolution of Consciousness

We are talking, of course, about the consciousness. evolution of Human consciousness is evolving from identification with the separate self to a realization of group belonging, and identification with wholes. While it may appear that this is a happening, we know consciousness has been moving or evolving out of the prison house of self identification for a very long time. We call this phenomena "new" because we are just now picking up on what has been going on for at least a few thousand years. The 200 plus year old **Declaration of Independence** and the founding of the United States, for example, are relatively recent examples of how this new consciousness is unfolding in our lives and institutions.

Still, as I have said, especially when we consider the recent releases of Shamballa energy, particularly the release in 2000, many of us are noting that this pronounced increase of in-pouring Light seems to be resulting in a very rapid expansion of group consciousness. Changes of comparable significance that used to take several hundred, if not thousands of years to come into observable manifestation, the move from sailing ships to airplanes for example, now occur in decades or even in just a few years.

Even more significant than such dense physical examples are the changes in

human awareness. The rapid expansion of this new consciousness is resulting in an unavoidable and growing realization by millions of people the world over that they are in fact not isolated, not separated, not alone. Rather, they are realizing themselves to be individual yet interconnected members of a vast living organism called Humanity.

#### Kindness, Our Common Ground

in-pouring Light addition. this generating a growing understanding by many, many millions that one's livelihood, one's quality of life is directly linked and intertwined with the livelihood and quality of life of other people. These others are not just the Joneses who live across the street, but people who are living half way around the world, people of different color, different cultures and languages. Although these other people are very much unlike ourselves, we seem to have realized or discovered this universal. unquestioning sense that these othersregardless of the outer differences— these others are our kind.

The outer differences give to humanity its wonderful diversity, its beauty, its fun and joy, and we are coming to realize, that under this marvelous diversity of outer forms lies the bed rock of our common ground. We see, and we are reaching for, grasping and holding on to our essential humanity, our sense of one another as kindred. From this realization and holding there is flowing a growing awareness, a recognition and an insistence on the importance and value of each individual, and our understanding, our demand that each of us is entitled to be treated with respect and dignity.

What is Humanity, after all? We are grandmothers, grandfathers, mothers, fathers, sisters, brothers, children. Every human being fits into one or more of these

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groups. We are coming to realize that this is who we are. This is humanity.

We are kindred, a bunch of mothers, fathers, sisters, brothers. When we see people half way around the world wearing strange and beautiful garments, celebrating with joy and abandon their marriages, we sense this inner bond of belonging. We share in their livingness, their joy and love, their friendships, their travails and triumphs because we are them. Millions more of us every day are coming to realize our common humanity. We are all each other. We are the One Humanity.

This is the good side of group consciousness, the bright side. However, the Light, as was promised in the ancient biblical prophecies, is making all things visible. We may not be that ready for it, and we may not like it; but we have learned that when we open our eyes we can see. **And we see everything**.

What we are presently seeing is, very often, not that great. In fact we think it is pretty awful. So, when we click on *Truth Out* and see the videos of Iraqi people, or the people in Darfur, mourning, grieving for their murdered children, fathers, mothers, elders we share in their horror and their sorrow; for we are them, too.

### **Tipping Point**

For some time now many of the thinkers of the world have been looking for the so called "tipping point", the point where it will start to get better. We forget that "getting worse" is actually a step we usually have to take on the path to getting better. Perhaps we were not ready for what we are seeing, but, in my view, the fabled "tipping point" happened on the inner side sometime ago. The "awful and getting worse", as well as the "good" stuff that we are presently

registering in the dense physical are the effects of that point having been tipped.

#### The Point Of No Return

These events, and the ability to register them indicate that the point of no return has been passed. Humanity is moving into its next cycle. There is no stopping this. As M said, "Twilight will end. Do you not see that the Cosmic Consciousness is in convulsion? We know the course of the battle—the Plan of the Creator cannot be altered. From the Beginning the dark ones struggled. From the Beginning We conquered. *The Call* #231

We are experiencing much these days that is really unpleasant, sad, terrible things. If we can understand this, it is the evolution of our consciousness into the new field of group awareness that was the "tipping point". These events are actually the results evolutionary development. of our Cosmically, "tipping points" happen over millions of years. In our body, the Earth, "tipping points" take perhaps tens of thousands of years to "happen". So, the fact that we can see this, that we do have a global sense of unfolding events is an aspect of our growing group consciousness.

This is a significantly huge development in the history of the planet and the 4th Kingdom .In my mind it is on par with the planting of the germ of mind in animal man.

#### The Medium of Revelation

This new consciousness reveals. This new consciousness lets us, **compels** us to register what is happening to our brothers and sisters all over the world. We are registering these events and the emotional and even physical pain that accompanies them on a deep and individual level because we have opened our hearts and because we are them. We are them, and we know that we are them, not as some

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epistemological intellectual construct, or some advanced aspect of the latest theories in physics. We know, as an experiential living fact registered in the heart, that they are us and we are them.

Still, these things that we are experiencing, as we become more and more conscious of the One Humanity should not be surprising to us. As we have learned from living and evolving within our own little spheres of individuality, when through our meditation, we bring new light into a system, any system, the existing protocols and methodologies of the system are upset and frequently react with violence, force and destruction.

We know how this works within our own social structures and psyches. We meditate. We connect with the Light and bring in new understandings regarding right human relations, group endeavor, how we are treating our spouses, children, co-workers, employees or whatever.

#### No Pain No Gain

This new Light prompts us to change the way we have been doing things, to bring our livingness more into line with this new level of Truth. This new Light also calls up its polar opposite. The atmosphere of existing thoughtforms within which we all move and which governs most of our actions and reactions, causes us to feel threatened, and, almost instantly, we set up an energy field in conflict to the new Light. Consequently, we experience the pains of growth, within all three of our vehicles. The old saw, "no Pain, no gain" is actually true.

This is a reality through which we have lived many, many times. We all know and understand this scenario as an experiential fact. And this singular fact, is what I want to focus our minds on this evening and the coming cycle.

#### Meditation: Driver of Evolution

Esoterically, it is all pretty simple. Meditation is what drives evolution on this planet. If there were no meditators, there would be no evolution and probably no planet either. The Father of the World, whose body this planet is, is evolving. He is evolving through his meditation. In doing His meditation, He is bringing new Light, new for Him, into His system. He moves or transfers that Light—from whatever levels he gets it— into his body through his brain and throat center. Hello! Humanity is the brain and throat center of the Planetary Logos.

#### AS Above So Below

So, "As above so below." Humans who are able, meditate. We register the "Gift Waves" of Light that are constantly being showered upon the planet from the Father. These inflows of Light come to the Father in great cycles which are older than we can imagine. He transmits them to us through His meditation.

Human consciousness has evolved over the millenniums to the point where we are able to begin to register some of these "gifts" such as Essential Divinity, Good Will, Unanimity, Right Human Relations, Group Endeavor, Spiritual Approach. Rather than embodying these Principles and Laws into ideals that rapidly turn into concrete and untouchable idols, we work through further applications of creative meditation to embody them in living organic social structures.

Being able to perceive the Plan as a living, organic, evolving process rather than a static tablet of stone is an effect of the new consciousness. From this understanding we

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are able to fashion or embody the principles in dynamic and living institutions which are capable of evolving along with the people who live with and through them. Hence the evolution of the 4<sup>th</sup> Kingdom through the evolution of consciousness from self into group.

And hence also, friends, the present world situation with both its triumphs and terrors.

It is at this point, exactly, that the daily meditation of every single, individual disciple becomes crucial. Just as we are One Humanity, we are One Disciple. It is the combined effort we make to register the New Light, that brings the new light into the One Mind of the One Humanity.

#### Forces of Retrogression

As we have noted on our individual levels. this new Light generates an instantaneous and often violent reaction from the existing forces and structures within our consciousness. When we, the One Disciple, bring this new light into the consciousness of the One Humanity, we experience a similar reaction on the part of the forces of materialism. Working through individual consciousnesses which they control, and using the systems and procedures which are based on old and mostly inaccurate thoughtforms which govern and dictate humanity's present style of livingness, the embedded forces of retrogression feel threatened. They are reacting violently.

#### The Veil of the Great Lie

Thus we have the past thousands of years of human history characterized by separation and strife, by the illusion of form identification, the fear of death and the efforts to maintain the **physical** status quo. This Entity, a group of thoughtforms really, is being intensely challenged. It is literally fighting for its existence, what it thinks of as

its life. If it prevails it would result in another lengthy cycle of human slavery and life under the veil of the Great Lie.

#### Daily Renewing Of The Light

It is the constant renewing of the Light through our daily meditation that enables us to triumph over the brothers of darkness. Our daily meditation, bringing in a continual stream of new Light is akin to the supply lines that an Army needs as it advances into enemy held territory. Through the violence and corruption which they generate, the forces of retrogression constantly try to cut this line of supply. They use weapons of fear, anger, distrust, doubt, discouragement and depression. All of these whisperers, like so many nits or flies, issue from out the door where evil dwells.

Through our Sun Hearts, our meditation focuses a constant and powerful stream of Truth on the thoughtforms, the structures the veils of the Great Lie. This is why we meditate everyday, and this is how we will build that lighted house, and slam that door where evil dwells.

As Master M noted, that we will come out into the Light of the Aquarian Day was foretold in the beginning. We understand now that the foretelling knew that there would be a dependable cadre of meditators in incarnation to carry out "the Plan of the Creator". The issue before every meditator is clear. Humanity's future literally lies in the hands of the disciples who incarnated to do this work.

Why did you think you were here now?

Tom Carney Cancer 2007