



Creative Meditation

Creating a Culture of Compassion

Seed of Group Endeavour*
For use 21st April & 20th June

Creative Meditation is founded in the recognition that everything originates within the forming fields of thought.

Subscribing to this notion means that we can re-create ourselves, our attitude to life and, the environment in which we live.

So it follows that when enough people throughout the world are thinking positively we will re-create society.

Contacting Stillness

We are all unique and within us are qualities that spring from a Source beyond our 'normal' personality.

We each live busy lives and without realising we live 'off-centre' and disconnected from our self-sustaining inner centre of stillness.

Contacting this source of spiritual nourishment requires quieting the personality so that there are no distractions.

The three stages to achieving this are:

- Sitting with your back supported on a chair in a quiet room where you will not be disturbed, relax the body.
- Still and calm the emotions so that they become as 'quiet as a mountain lake'.
- Quieten the 'monkey mind'!
Notice it jumps around, but do not give any attention to these thoughts, if it leaps away bring it back to stillness, and so maintain that steady central point of stillness.

Visualisation

Using the imagination allows the open mind to draw on what it knows and allows new ideas and insights to drop into view often unexpectedly.

Imagine on a plate placed before you two grapes. One grape is green and the other is red. The red grape has come from America, The green grape has come from South Africa. Turn your attention to one of these two grapes.

Consider the steps involved in transporting this grape that a few days ago was growing on a plant in a sunny vineyard in its own country. Imagine the people who have

* also known as The Law of Group Endeavour

played their part in bringing that grape to you. See each step of the journey in as much detail as you can.

You may like to consider it as a re-traced journey—moving backwards through time to see the grape growing just before it was picked.

Building in Thought

Meditation can be considered as *persistent thinking things through*. Having raised the awareness of your mind by visualisation now endeavour to consider one of the following seed ideas for up to 5 minutes.

*'A Group is as strong as
its weakest link.'*

*'Dependence—Independence
-Interdependence'*

*'Group work necessitates
considerable self-discipline'*

*'Group relationship calls for skill
and sacrifice (to make whole).'*

[Note: Work with the same seed idea for at least 7 days.](#)

Now turn your attention to the day ahead and from your considerations recognise the groups and relationships that you are part of. Affirm to yourself with intention:

*'May the Law of Group Endeavour be secured here
and may it pervade my thoughts, words and actions.'*

[Total Time for this meditation 10–15 minutes](#)



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