



A Creative Meditation of Unanimity

Creating a Culture of Compassion

Seed of Unanimity

(for use from 21st June - 20th August)

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 Your Inner Centre of Stillness

This requires quieting the personality so that there is no interference or obstruction to remaining in contact with your centre of inner stillness.

Its three stages 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, to 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 a beautiful pocket watch. Observe the white face with its numbered dial and its hands moving with the passing of time. Take in every detail of this working pocket timepiece.

Now in the minds eye turn the watch over and open its back plate. Look inside and see the intricate shiny moving parts. Hear the sound made by these parts as they work in unison. Notice that each piece of the watch can be seen as separate, unique and whole - spindles, cogs, jewelled parts, levers and screws. Realise that all of the pieces can exist individually. Marvel at the variety and assortment of all the different pieces. Recognise that assembled within the whole each has a place and a part to play. Each is of value and contributes to the working accuracy of the pocket watch.

Meditation

Meditation can be considered as *persistent thinking* things through.
Having raised your mental awareness by the visualisation exercise endeavour now to consider one of the following seed thoughts:

The *joy* of unanimity - creates community

The power of unanimity - multiplied effectiveness

'In necessary things, unity;
In doubtful things, liberty;
In all things, love'.

(The motto of an ancient monastic order)

Recognition

Turn your attention to the day ahead and from your considerations recognise the groups that you are part of.

Affirm to yourself silently or aloud but with intention:

May the Principle of Unanimity be secured here and
may it pervade my thoughts, words and actions.



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