

## The N.Z.Theosophical Society Group Meditation.

**Purpose:** To come together as individuals, tuning into a group meditation at a certain time of the day to uplift and transform that area of life in New Zealand which is our chosen focus of meditation

Do this every morning between 6:00am and 7:00am with the optimal time being 6:30am.

Let us approach this work with purity of intent to be of service in the upliftment of New Zealand, on all levels of life and consciousness.

Relax body and mind, and be at peace.

Tune in with members who are not physically present.

Focus on your inner being as a unified wholeness connected in unity with the group, expressing that wholeness to the surrounding area. In other words, expanding your own consciousness, as participators in and not just channels for, that wonderful higher energy.

Chant the sacred word Om three times. "Om - - Om - - Om"

Visualise the downpouring of a ray of Light on yourself and any others in the group.

Direct your thoughts to unity, invoking the angelic co-workers to our aid.

Rise to the world of union and there invoke the power and the blessing of the Lord of Love (or similar expression for the highest spiritual healing Reality you can conceive), saying these words clearly:

*O Divine Lord of Light and Love, Teacher of all Beings!  
We invoke your Divine power in all its splendour,  
Your Unconditional Love with all its healing empowerment,  
Your Infinite Wisdom in all its perfection and fulfilment,  
That they may flow through us in a resistless flood into New Zealand.  
Before the living stream of Your power and Love, all darkness shall melt away,  
The hearts of all shall change, and they shall seek and find the Way of Light.  
So Let It Be!*

As the glorious power descends, project it with all the energy and concentration of your will upon the place or people you have chosen to serve. Visualise it or them being flooded and transformed by it.

Turning to the angel participants, direct them to act as bearers and conservers of the power, and to work on in the common cause for which they were invoked. Take time in silence, to carry out this process. The angels are willing participants if we approach them in purity of intent.

Give thanks for the cooperation of the angelic participants, and warmly acknowledge the other people in your group.

Close by saying the following invocation of Unity:

*O hidden Life, vibrant in every atom,  
O hidden Light, shining in every creature,  
O hidden Love, embracing all in oneness:  
May all who feel themselves as one with Thee,  
Know they are therefore one with every other.*

Chant: "Shanti, Shanti, Shanti, Om, Om, Om"

Declare the work to be finished and closed.