

Welcome
to our sharing
Thoughts and Ideas
on Cultivating
Positive
Harmlessness



Music composed and performed by Harold Moses:
Cantadora from *Edges of the Soul*

Breathe easily and effortlessly...

Calm yourself and let any cares or concerns

...evaporate into the air....

Open your mind ... clearing any distractions ...

...let those distracting thoughts float off into the air...

and disappear ...

Cultivating Positive Harmlessness

- Finding Inspiration -

Ideas, Experiences, Inspirations

Shared by members of the

Morya Federation Global Esoteric Healing Circle

*Perspectives from group members from around
the world*



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Be inspired to practice positive harmlessness
every day... every moment of every day...



“Being aware of your thoughts is the key...” – group member

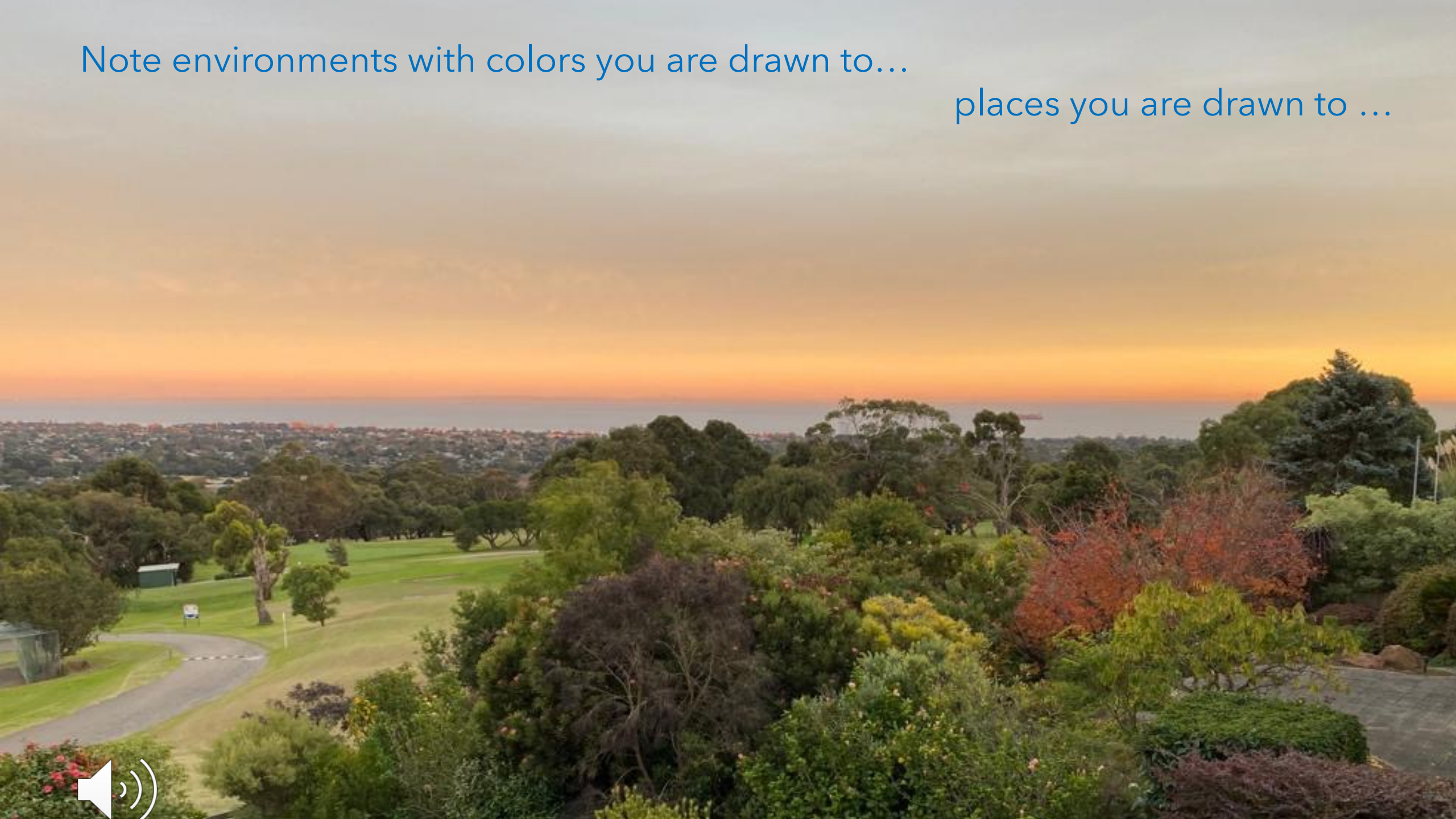
listening on every level of your being...through

- Finding environments with colors you are drawn to... places you are drawn to – *Nature can Nurture* – walking, hiking, stiling
- Gardening and growing
- Journaling – images, words, photography – poetry
- Stretching – Dancing – Yoga – Tai Chi – Qigong...
- Listening to your Inner Dialogue – stream of consciousness – LISTEN to your self – what do you hear?
- Drawing and painting and using creative visualization
- Noting the ‘company you keep’ ... associates and associations triggering harmlessness or harmfulness – some find animal companions foster harmlessness
- Practicing the Evening Review



Note environments with colors you are drawn to...

places you are drawn to ...





Nature can Nurture ... harmlessness







Listening to your Inner Dialogue - your stream of
consciousness - take audio notes on your phone
and LISTEN to your self - what do you hear?

UNITE IN LOVE

Journaling - images, words, memes,
photography



Surrounding yourself with images that evoke

Reflection

Memories

Stillness

Discrimination

Dispassion

Discernment



Wet cement,
Opportunity.
It only takes a second
to change this spot forever.



Poetry shared – *by sbm*

I, the Eagle; I, the Dove...
I, the Will, imbued with Love.
Wings that rip the blazing sky...
Talons grip that foes may die.
Wings that touch a darkened Earth,
Fanning forth the Sacred Birth.

Not the Future, Not the Past...
Only Now, where All is cast.
I, the carbon, I the coal...
I, the Shining Diamond Soul,
The Alchemy; the Golden Goal,
The Sum of parts, united, whole.

Far the journey; long the road,
Tall the mountain; large the load.
Dark the Cave, the Ancient Wall,
Loud the din, the Dweller's call.
Soft the Whisper Song of Soul...
Faint the flame that fires the goal,
Till symphony of Light takes toll.

I, the candle, I the Flame,
I, the Essence, I the Name,
I, the Source from which I came.
I, the seed and I the womb,
I, the sepulcher and tomb,
I, the Birth and I the Death,
I, the intervening Breath.

I, the Story, eons old,
I, the history yet untold...
I, the Mystery to unfold.
I, the Sun and I the Star...
Shining spiral reaching far,
Fractaling in countless ways...
Breaking Pathways through the maze.

I, the Particle and Wave,
I, the Master and the Slave...
I, the Portal and the Path,
Primal Cause and Aftermath.
I, the Pilgrim's upturned face-
I, the Angel, bleeding Grace.



Acting as if... through

Creative expressive activities – poetry, drama, vision boards, stream of consciousness writing and reframing the negative thoughts.

Creative thoughts and visualization giving the mind control of the astral plane,

“I just zip myself up in a bag of Light. And the harmful thoughts, direct jabs cannot take

hold.”





Assume the attitude of the Observer

Become the Observer...

The Soul or Higher Mind observing the reactions of the lower self - not as self-critical - but as detached, dispassionate, discriminating and instructive...

Comment from Global Healing Group member

"...direct from the altitude of the divine observer from the soul from the higher mental plane."

"thinking of ourselves, as the soul, as the observer in the three worlds."

"visualizing ourselves in the three worlds, but as the observer being completely detached."

"It is not easy but with practice it is attainable."

Comments - Esoteric Healing Faculty

The best kind of people
are the ones that come into
your life and make you see sun
where you once saw clouds.
The people that believe in you so
much, you start to believe in you
too. The people that love you
simply for being you. The once in
a lifetime kind of people.

Anna Grace Taylor

ANNAGRACETAYLOR.COM



BE
THAT
KIND
OF
PERSON
FOR
OTHERS

Through the Practice of Positive
Harmlessness

“Soothing...and the Processes of Substitution”

Developing * Dispassion * Detachment * Discrimination

- Music & Mantrams


listening and sounding

- Movement - Moving Mandalas <http://www.light-weaver.com/mandalas/free-mandala-gallery>

strolling - swimming - sitting - yoga - concentrating

breathing easily and effortlessly

chanting and singing

massage - listening to your body 

- Mudras - Postures & Poise

stilling and focusing with intention

- Marking Memories - Murmuring Mantrams - Making Mandalas

The company you keep ... reframing - recreating

Making Mandalas

An artist works with clients to assist them in clearing ... one process involves the creation of a mandala which they frame and hang in their meditation space at home.



Healing Art: <https://robertaveatch.com>

M
U
D
R
A
S



Image from a book by Joseph and Lillian La Page

Mudras bring the vehicles into alignment with higher thoughts. There are many online sources for mudras to use for personal healing, inspiration, centering ...

Image from chopra.com



OM ... OM ... OM ... OM ... OM ... OM ... OM



- The O.M. is potent and dynamically effective when rightly used and will produce changes, destroy that which must be eliminated or ended, and will build in, by attraction and consolidation that which is desired into the fabric of the group life, producing incidentally (though none the less certainly) needed changes and the wise reconstruction of the individual life. Ponder upon this.





“Words of Power, ancient mantrams (such as the Lord's Prayer) and the Great Invocation are only effective if used upon the mental plane and with the power of a controlled mind—focussed on their intent and meaning—behind the spoken effort. They then become potent. When said with the power of the soul as well as with the directed attention of the mind, they automatically become dynamically effective.”



The Gayatri



*Oh, Thou Who givest sustenance to
the Universe,
From Whom all things proceed,
To Whom all things return,
Unveil to us the face of the true
Spiritual Sun,
Hidden by a disk of golden light,
That we may know the truth,
And do our whole duty,
As we journey to Thy sacred feet.*

A disciple is one who seeks to learn a new rhythm, to enter a new field of experience, and to follow the steps of that advanced humanity who have trodden ahead of him the path, leading from darkness to light, from the unreal to the real. He has tasted the joys of life in the world of illusion and has learnt their powerlessness to satisfy and hold him. Now he is in a state of transition between the new and the old states of being. He is vibrating between the condition of soul awareness and form awareness. He is "seeing double".



Meditation

... meditation is instituted so that the man becomes aware of soul light as it blends with the inherent light of the mental body, and this blended light steadily intensifies as he persists in the meditation work.

Glamour A World Problem page 208



Three things are of great importance and constitute your individual responsibility:

1. **Facility of rapport.** As a member of my group, it is essential that you cultivate two aspects of the "art of rapport" which is based, eternally, on loving attraction.

- a. Rapport or **contact with the soul through a cultivated alignment and correct meditation.**
- b. Rapport or **contact with your group brothers;** this lays the foundation for constructive, united work.



Three things are of great importance and constitute your individual responsibility...

2. **Impersonality**. Is there aught more that I can say on this theme? You must learn to view what is said or suggested by any group brother with a complete and carefully developed **"divine indifference."** **Note the use of the word "divine," for it holds the clue to the needed attitude.** It is a different thing to the indifference of not caring, or the indifference of a psychologically developed "way of escape" from that which is not pleasant; nor is it the indifference of superiority. **It is the indifference which accepts all that is offered, uses what is serviceable, learns what can be learnt but is not held back by personality reactions. It is the normal attitude of the soul or self to the not-self. It is the negation of prejudice, of all narrow, preconceived ideas, of all personality tradition, influence or background.**



Three things are of great importance and constitute your individual responsibility...

3. **Love**. Love is that inclusive, non-critical, magnetic comprehension and attitude which (in group work) preserves the group integrity, fosters the group rhythm and permits no secondary personality happenings or attitudes to mar the group work.



Mode – whereby to work on the astral plane

- We are now going to study **the mode whereby these phases of work upon the astral plane are carried forward**: first, the individual learns to use the light of the mind, generated by the soul as it becomes closely related to the personality and impulsed by the intuition. By means of this light the disciple learns to dissipate his personal and private glamours. I mention this because I would have you appreciate the extent of the task a man undertakes when he consciously sets about ridding himself of glamour preparatory to extended service. ... Their own personal glamours tie them in to national or planetary glamour and thus condition their life expression and their thinking. I would ask you to remember this as you deal with people and find them set in their ideas and unable to see the truth as you see it. They are as they are because their individual glamour is fed by the greater glamours, and this is as yet too much for them.



Occult Meditation

Study

Service



- These next phases in developing Harmlessness... involve discipline.

Why Harmlessness?

If harmlessness is the keynote of your life, you will do more to produce right harmonious conditions in your personality than any amount of discipline along other lines. The drastic purgation brought about by the attempt to be harmless will go far to eliminate wrong states of consciousness. See to it therefore and bring this idea into your evening review.

A Treatise on White Magic Rule Three: Soul Light and Body Light - page 102



"Each day
- in silence

"Reflect

"Consider ...
- shared by GEH
group member

Let harmlessness, therefore, be the keynote of your life.

An Evening Review

should be carried forward entirely along this line;
divide the review work in three parts and consider:

1. Harmlessness in thought. This will primarily result in the control of speech.
2. Harmlessness in emotional reaction. This will result in being a channel for the love aspect of the soul.
3. Harmlessness in act. This will produce poise, skill in action and the release of the creative will.

These three approaches to the subject should be studied from their effects upon one's own self and development, and from their effect upon those whom one contacts and upon one's environing associates.



The Great Invocation

Sounded in Vietnamese

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is
known
Let purpose guide the little wills of men—
The purpose which the Masters know and
serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan
on Earth

Từ nguồn Ánh sáng trong Trí Thượng Đế
Cầu xin Ánh sáng tràn vào Trí Con người
Cầu xin Ánh sáng giáng xuống trần gian

Từ nguồn Tình thương trong Tâm Thượng đế
Cầu xin Tình thương tràn vào Tâm Con người
Cầu xin Đấng Christ trở lại trần gian

Từ Trung tâm biết được Ý chí Thượng đế
Cầu xin Thiên Ý dẫn dắt ý chí nhỏ bé của Con người
Thiên Ý mà các Chân sư đều biết và phụng sự

Từ trung tâm mà chúng ta gọi là Loài người
Cầu xin Thiên Cơ, Tình thương và Ánh sáng được thực thi
Và cầu mong Thiên cơ đóng kín cửa vào nẻo ác

Cầu xin Ánh sáng, Tình thương và Quyền năng phục hồi
Thiên cơ trên Trần gian



Cultivating Harmlessness Continuing Series

Still to come...Part Three

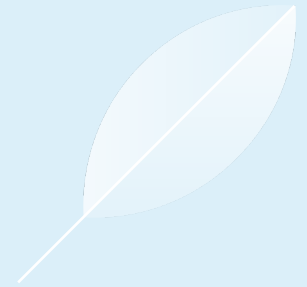
The Path to Utter Harmlessness

And still to come...Part Four

Students and Graduates of the Morya Federation's

Quest Universal Five Year Advanced Program

Share Perspectives on their Study of Harmlessness



If you are interested in joining the
Morya Federation Education Programs
Contact:

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**For more information about the Esoteric
Healing Service and Study Circle**

Contact:

esoterichealing@moryafederation.com

Visit our website at

www.moryafederation.com

You can also find other meditation and
study recordings on
makara.us - www.makara.us

and on YouTube -

the Morya Federation Education Channel

[https://www.youtube.com/channel/UC
kkY32t3Ds0BYuigQwUebhw](https://www.youtube.com/channel/UCkkY32t3Ds0BYuigQwUebhw)

All text references are from the works
of the Tibetan Master published by
Lucis Trust.

Cultivating Harmlessness

***"THESE METHODS BECOME OUR THOUGHTFORMS OF
SOLUTION"***

-comment from a long-time student of DK working in Esoteric Healing

Ideas, Experiences, Inspirations

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Global Esoteric Healing Circle



- Music by Harold Moses, Divine Healing & Prosperity