

Solar Festival Meditations

An Open Door to the Increasing Radiance of Light, Love and Power*

The soul is eternal; its nature is inclusive love; and the whole aim of the present crisis is to shift the focus of human awareness out of the form and the material aspect of living, into the consciousness of the soul. The Tibetan Master, Djwhal Khul, in the book, *The Externalisation of the Hierarchy*, by Alice Bailey

The keynotes of the Age of Aquarius into which we are moving are *Joy* and *Resurrection*—a resurrection, which will bring freedom and liberation from the oppressors of Light and Love. Joy and Resurrection are possible only as the world of the Soul is touched and known. How to know the Soul save through the process of deep, focused thought and meditation? That is, meditation, not as a passive reflective form of devotion, but rather, meditation as a positive, creative use of the mind, actively linking the inner and outer worlds.

At the 12 monthly Solar Festival periods, which occur at the time of each monthly full moon, individuals and groups throughout the world come together to contact, hold and distribute spiritual energy in the service of humanity and the planet as a whole.

Many people today are concerned with healing the planet and restoring balance within the natural world. Monthly participation in the Solar Festival meditations is a powerful means of working within the divine circulatory flow of energy to affect such a healing. Throughout time and across cultures many religious festivals and spiritual rites have been held in conjunction with the period of the full moon. While it is true that spiritual inspiration is available to us at any time, a special alignment occurs each month at this particular time between our planet and the sun through which spiritual energy can pour into our minds and hearts.

This Festival period could be viewed as the “spiritual power point” of each month, a time that is heightened exponentially by the fact that many people are becoming aware of this opportunity and participating in meditation groups large and small—to increase and distribute the spiritual Light, Love and Power of the Soul. The importance of this period is related to the fact that the influence of the moon *is out of the way*, allowing for the *full energy of the sun*, to impact freely and directly upon human consciousness, providing a vivid outer symbol of an inner spiritual experience. As the sun’s light illumines the body of the moon and as it reaches a zenith point for our planet, at the exact time of the full moon, so we can note the time when the spiritual energies are more readily available on our planet. The ancient moon, representing the matter aspect, is illumined by the living spiritual vitality of the sun—a fitting metaphor for the energy of the Soul, flooding and permeating the circumscribed personal life.

Five-Day Period of Preparation, Safeguarding and Distribution

Each Solar Festival is, in reality, a five-day period—the two days preceding the full moon, the day of the full moon itself and the two succeeding days. The first two days are known as *days of preparation*, when we work to establish an inner alignment with the Soul and all Spiritual Beings who work to flood planet Earth with Light, Love and Power. These are days of “renunciation and detachment” when we prepare spiritually through acts of upward striving, dedication and service for the actual day of the full moon, which is known as the “*day of safeguarding*.” On this day, and particularly at the exact moment when the moon is full, we strive to stand in spiritual being—acting as containers, chalices, vehicles—in alignment with the individual and group Soul,

* For more information, a suggested meditation outline, and a schedule of monthly meditation meetings in the UN Meditation Room, write to: Aquarian Age Community: 233 Bay Street No. 206, Jersey City, NJ 07302 or UN@aquaac.org. Visit us on the web at <http://www.aquaac.org>.

focusing our thoughts upon the need of humanity and the planet. We seek to become custodians of as much of that inflowing spiritual energy as we can possibly hold, forgetting ourselves in the service of touching, containing and holding force for the rest of humanity. The two succeeding days are known as *days of distribution*, when the energies contacted are “shed abroad in our hearts, through our group and throughout the world.”¹ The effort will be to pass on that measure of spiritual energy that we may have contacted as we consider the technique of service and the skilled action by which humanity’s needs can be met.

An Open Door to Extraplanetary Energies

Each monthly Solar Festival meditation is influenced by the astrological constellation that is ruling during any particular month and its attending spiritual energies. At this time of the month, the full strength of the energies conditioning the qualifying constellation pour into our planetary life. Each sign of the zodiac represents a key quality, or qualities necessary for the evolution of humanity. Thus, the twelve zodiacal signs constitute a revelation of divinity, fostering the cultivation of divine characteristics and their development in humankind. They present a means of bringing about relationship among the spiritual realms of consciousness, elucidating the relationship of the Whole to the part and of the part to the Whole. For example, the sign of Scorpio brings in the quality of triumph through struggle. Its esoteric keynote is “Warrior I am and from the battle I [the Soul] emerge triumphant.” This sign is especially important to the United Nations, which came to be on October 24, 1945, under the influence of the sign of Scorpio.

At each Festival it is as if a symbolic door stands open between the inner world of spiritual reality and the outer world of form. It is through this open door that inspiration can flow into human consciousness—lifting, illuminating and strengthening—and thus, contributing to the “thoughtform of solution” to world problems and global concerns. Breakthroughs in consciousness and the healing of long-standing problems can occur through the inspiration pouring in from the higher realms.

Meeting Human and Planetary Need Through the Power of Focused Thought and Meditation

Each era has its own call. The power of thought will be the evocative principle of the New World.² Each month at this time we have an opportunity to pause and turn our consciousness within, away from our personal concerns and activities and towards the meeting of human need. This is a collective worldwide group effort in which we are involved. We know that when two or more are gathered together with spiritual intent, the release of energy is exponentially greater than if we were to work alone. Energy follows thought. Ideas are attractive, magnetic centers of force, making an impact upon human consciousness when they carry enough potency.

The Solar Festival work unites us all at the fundamental level of spirit, solidifying group relationships with coworkers throughout the world, expanding our hearts, deepening our love, and bringing humanity back into the divine circulatory flow, thus causing the dissipation of the barriers that separate people, groups and nations. Each individual can take the opportunity to link up in consciousness with the amplified spiritual energies that are especially available at this time of the month, working to bring healing and transformation to the planet. We can cooperate by thinking and meditating on the solution to global problems, on the need to strengthen the spiritual work of the United Nations and the Divine Purpose that seeks to guide this work. We can visualize human ignorance, selfishness and separateness giving way under the impress of the inpouring energies of Light, Love and Power, healing and transforming planetary conditions and releasing humanity into the greater possibilities of the Age of Aquarius. Observing the monthly Solar Festivals is perhaps the most important spiritual discipline we can undertake. Working together in thought and meditation at this time provides an opportunity to affect a positive change on our planet.

Speaking symbolically—when the United Nations has emerged into factual and actual power, the welfare of the world will then be assured. The Tibetan Master, Djwhal Khul in *The Externalisation of the Hierarchy*, by Alice Bailey

¹ *Esoteric Psychology, Vol. II*, Alice Bailey, pp. 686–87.

² *Agni Yoga*, par. 101, Agni Yoga Society, New York.