



Wessex Research Group Network *Newsletter*

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June 2020. Many events originally scheduled for June are now being rescheduled for the autumn.

During April and May downloads of on-line lectures continued to increase with the USA accounting for 40% of downloads, Canada 33% and the UK 19%. Spotify (31%), Apple Podcasts (26%) and Podcast Addict (20%) were the most used user agents.

Living into Change

By Sir George Trevelyan

The world is full of turmoil and anxiety. Change is upon us all. Humanity is being asked to adapt and adjust at a pace never before experienced. We rush into a world society through the power of our technology, with all problems taking on both planetary and individual scale. Humanity is tasked with working together as never before. We are being asked to re-evaluate how we relate each other and the Earth.

Since it is clear that tremendous changes are upon us, it is of paramount importance to train ourselves to move into conditions for which we have no precedent, without being thrown off poise and balance.

We must avoid going into shock – becoming overwhelmed with the demands of social and personal adjustment, leaving us incapable of decision and initiative and resorting to merely reacting.

Here, in our materialistic age of anxiety, appears a new hope - the phenomenon of the spiritual awakening in our time and the emergence of a spiritual world-view; rising like a tide in our consciousness: and coming to the surface, bringing a flood of new understanding – about ourselves, the multi-dimensional universe and our role as stewards of the Earth.

In considering 'living into change' we must first and foremost make good the oft repeated aphorism that only the present moment exists. The past is dead the future may never come as we expect it. The Eternal Now is the one moment of which we have control and in which we can make changes; yet it is instantly past. It is a razor edge of moving experience. Like a surf rider we are poised on the surging crest of an advancing wave. If we lose balance we are thrown back to flounder in the back-log of memories and remorse for the past, or forward into a turmoil of anxieties about a future that may never come.



We are at times faced with human situations for which we have no precedent - what then do we do? Often we are helpless and revert to brain tracks or habits which lead us back into old reactions and an opportunity is missed. How often we 'kick ourselves' for doing this!

How then do we move forward into change? The problem is to clear out the anxieties which have taken possession and create a centre of inner stillness. This is the first object of all meditation.

First become quite still physically with spine erect and check through your body to see that you are not tensing brow, jaw, neck, shoulders, hands or legs. Enter the inner chapel and sweep out the cobwebs and drive out disturbing thoughts. Quietly watch the breathing rhythm and note how it gets evermore gentle until you are in absolute inner stillness. You may feel that you are, in a sense, 'being breathed' by the universe.

You have created something that was not there before, a protected centre or chamber of stillness and tranquility. It is like a cathode ray, a vacuum which begins to glow when an electric charge is passed through it. You have in the surrounding psychic field made a glowing point of stillness. In time the alarms and fears recede and one begins actively to experience the qualities or attributes of the Higher Self which are stillness and tranquility, courage and love, gentleness and joy.

When we acknowledge guidance and direction from the Higher Self we see that the way it speaks is precisely in the impulse of the heart, or the flash in the mind or the still small inner voice. So quiet are these hints that we too easily miss them and they are overlaid by our chattering mind or hard cold reason. If we could learn to work with this subtle co-operation, it is truly the key to 'living into change'.