

A Focus on Consciously Constructive Efforts

Students in the School are asked to make it a habit to focus on *consciously* constructive efforts being made in the world on behalf of humanity (this could include efforts to benefit the lower kingdoms as well) and report on it monthly. This task has proven to be a difficult challenge for many students who are not used to focusing their mental bodies in this way. Why is it so important to recognize the consciously constructive efforts of others, and why do we emphasize the word “consciously”?

When a student enters the School they are told that esotericism is not just a course of study, but that it must become a way of life. Furthermore, in order to insure a continuous and normal expansion of consciousness, training in the esoteric sciences must include three interdependent elements: meditation, study and service. Meditation enables one to control the mind and make it receptive to Soul impression. Study orients the mind toward spiritual principles and equips it to understand spiritual laws and their application to daily living. Service provides an essential constructive outlet for the safe utilization of the energies evoked through meditation and study. *Service is the keynote of the life of discipleship.*

Thus focusing on consciously constructive efforts being made by other servers in the world teaches the student to recognize what service is all about, to realize that there are many ways to serve and to become conscious of the extent of goodwill at work in the world. This exercise also leads the student to focus less on themselves and their own development within their own environment and helps them gain a greater sense of group consciousness and group work by linking up with the larger world of group service. An added benefit of this linking up with the service work of others is that “energy follows thought.” By focusing on specific constructive efforts, one’s energy flows toward that effort, thereby lending that effort additional support. In this way the student is already beginning to serve.

For maximum effect, students are asked to select just one individual, group or organization per month and describe in detail the service being performed. Such specificity is important because vague statements like, “I have noticed that there is a trend toward more international cooperation,” will not be very instructive for the student, nor will it have any impact. Essentially, no linkage is made with the New Group of World Servers, and the energy generated will be diffuse and will disperse immediately.

The second part of this exercise in recognizing consciously constructive efforts is to learn to go beyond appearances and find a depth of meaning. After pinpointing a particular person or group and describing the specific effort being made, the next question is, “What spiritual impulse or energy might this person or group be expressing or attempting to manifest?” This question should lead the student to think about energies and forces. All *consciously* constructive actions in the world are motivated by Soul impulses and focused according to the ray energies that condition our makeup. These energies are marshaled and focused via an act of the will into a thoughtform of some specific service. So in the second part of this exercise the student must ask, “What is the Soul impulse at the heart of this constructive effort?”

Some examples might be: to bring harmony out of conflict, to teach others how to love, to be in right relationship, to bring enlightened order to a chaotic situation. There are many such spiritual

impulses behind the constructive efforts being made, and learning to see them helps to develop the eye of spiritual discernment, a valuable asset in this work.

Once one is able to discern the spiritual impulses behind the service activities being performed in the outer world, it becomes much easier to discover the spiritual impulses that arise within oneself and to find a way to express them via one's own personal form of service in the immediate environment. We each incarnate with a particular Soul purpose, and this exercise can help us discover that purpose as well as provide support to other world servers in restoring the Plan on Earth.