

SERENITY

Serenity is a word with much appeal. It is particularly attractive in times of stress and turmoil. Yet, do we know what it means or how to cultivate it? How does it differ from peace? What does it offer?

The Tibetan Master D.K., in DINA I, describes peace as a temporary interlude between states of conflict and agitation. He describes serenity as a state of being which occurs when the mind is held steady in the light of the soul. Serenity remains constant in the midst of conflict; the peace may be broken but serenity persists.

Serenity is, therefore, a level of attainment. And, it is a rather high attainment, since the mind is only really held steady in the light of the soul after the third initiation. It is at this initiation that the battle between the rebellious personality and the soul is won by the soul and we refer to the individual as a soul-infused personality.

The Dalai Lama is an example of someone who carries serenity. He seems to be pinned to some high purpose: as if he were an outpost of the Christ's love. Yet, he always seems to be so very grounded and in his body. He draws attention to the fact that he gets hungry, belches and picks his nose. When he is with you he is a solid presence in a changing world; he can be relied on to respond appropriately.

But, his life is not always peaceful. He says: "My household knows how angry I can get". We know of his equanimity concerning the Chinese. But, we also know that he is passionate about Free Tibet.

What he demonstrates is the serenity can be constant while the personality life is rich and dramatic. This would necessarily be true since, at what ever level we work at, there are crisis, failures and successes in the work. Serenity exists when there is an awareness that the Plan Is.

If we look at the number value of serenity it is $43=7$. This reveals that serenity has to do with alignment: the highest and the lowest meet. The initiate acts in the world to fulfil the sensed Plan formulated by the Hierarchy.

Fortunately, we do not have to wait to be third degree initiates in order to experience serenity. It can be experienced in moments by all those who have taken the first initiation: their hearts are open. The mind, though not held steady in the light, does have a growing identification with the soul.

There is also contact with the true spiritual self at the time of the first initiation. This contact produces moments of focused understanding.

Perhaps the most evocative image of serenity is the lotus blossom floating on the surface of a stagnant pond. May we, at moments, so inspire those around us.