

Do you want to help the world and, at the same time, build a stronger connection with your own spiritual nature? Transmission Meditation is the simplest way to do both.

As the energies of the incoming age of Aquarius stimulate our hearts and minds, and as we begin to make contact with that higher aspect of ourselves, the Soul, we experience an inner prompting to be of service to others. Inevitably we are brought into contact with people and circumstances where this Soul stimulus can be put to practical use.

Service is most potent when performed in group formation. As this relates to meditation, it is known that far greater energy can be handled by groups than by individuals meditating alone. Thus, Transmission Meditation offers a unique opportunity to serve humanity, working with others, right where you are.

### What is Transmission Meditation?

Transmission Meditation is a group service activity which 'steps down' the great spiritual energies that continually stream into our planet. This transmission process, which makes the energies more useful to humanity, is similar to that of electrical transformers, which step down the power between generators and ordinary household outlets. These transformed spiritual energies are gradually uplifting all life forms, changing our world for the better.

During Transmission Meditation, humanity's 'elder brothers', known in the East as the Masters of Wisdom, direct energies from the highest spiritual planes through the energy centers (chakras) of the group members. This creates a 'pool' of energy that is more accessible and useful to humanity and the other kingdoms in nature. Then, based on their greater understanding of our world, the Masters redirect this stepped-down energy to wherever it is most needed at that moment in time.

Transmission Meditation is safe, scientific, non-denominational, and unbelievably potent. There is never any fee to participate. It will not interfere with any other religious or spiritual practice. In fact, it will enhance your personal meditation and any other service activities in which you may be engaged. Many people find they can experience and demonstrate love more easily. Others report that their minds are more stimulated and creative.

### The Great Invocation

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 center 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 center 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.

A transmission group is not the place to seek individual guidance, channeling of messages, contact with the astral planes or guides, etc. It is simply a giving of oneself in service to the world. And yet, as a by-product of this selfless giving, one's own spiritual development is heightened. What one might achieve in many years of personal meditation will probably be achieved in one year of steady transmission work.

### Forming a group

There are hundreds of transmission groups around the world meeting on a regular basis. You may join an existing group in your local area or form your own group. To form a transmission group, all you need is the intention and the desire to serve. A group may begin with as few as three people. You can start simply by inviting a few friends of like interest to meet with you regularly.

Regularity is important. The group should choose a day(s) and a time and stick to it. This enables the Masters to know that a group can be depended upon to be available at a set time, and the group energy can be integrated into their greater work. Once a routine is established, it becomes an important point of focus in each member's life.

Some groups precede their meditation with study or discussion of the Ageless Wisdom Teachings, that great body of knowledge that underlies all religious and philosophical thought. This can help to build the group consciousness. Other groups prefer to limit their activity to the actual transmission. Either method is effective.

### How to conduct the transmission

To align the group with the Masters of Wisdom, say The Great Invocation aloud together. The invocation is a non-denominational prayer used by millions throughout the world to 'call forth' the energies of Light, Love and Will.

No special expertise in meditation is required in order to transmit energy. All that is needed is alignment between the physical brain and the Soul, or Higher Self. This is achieved by focusing the attention on the ajna center, the point between the eyebrows and thinking the mantram 'OM'. As the attention wanders, think the OM again and re-focus on that center. Do not meditate on the OM—just use it to bring your attention back. All we are asked

to do is maintain this alignment; the Masters do the work. *Simplicity* is the keynote.

In the beginning you may wish to establish a specific length of time for the transmission, e.g. one hour. But once the group is established, it is recommended that the transmission continue until the energy flow ceases. Participants should feel free to leave whenever they wish, trying not to disturb those who are staying on. Meeting on the physical plane adds an 'X' factor of potency to the work which is greater than can be achieved by individuals linking up mentally.

### What happens during transmission?

The Masters direct energies from the spiritual planes through the energy centers (chakras) of the group members—down to the mental levels where they become more accessible to humanity. The group literally serves as a 'point of entry' for the energies to reach humanity and stimulate human progress. These energies are conditioned by the focussed minds of the Masters who are sending them, and who know where they are most needed, and in what precise balance and potency to bring about the desired effects. The group should not attempt to direct the energies to any person, group or country they think could benefit. It is enough that we act as positive, poised mental channels, through which the energies can be sent in a highly scientific manner.

Unlike other forms of meditation, transmission is totally under the control of the Masters. They are experts and will not send through your centers more energy than you can safely take. However, children under the age of twelve should not take part in transmission, as their energy centers are not yet sufficiently developed and could be harmed. In addition, people with a history of heart problems or mental/emotional illness may find these energies too stimulating and should not engage in Transmission Meditation.

### Referral to local groups

We are happy to provide you with a list of groups in your area or the names of other individuals who have expressed an interest in joining a group. If there is no local group, we encourage you to start one. It is very simple, requiring a minimum of time and preparation.

In order for us to continue bringing service-minded people together, we need to maintain a current list of groups. Please write and tell us if you start a group, so that we may begin to refer others to you. And, feel free to share insights and suggestions from your group experience.

### For further information and instruction

While this brief introduction would enable you to begin doing Transmission Meditation, a more in-depth understanding of the underlying principles and the technique will make it more meaningful and increase your effectiveness. To learn more about Transmission Meditation, the work of the Masters of Wisdom, and the great planetary transformation now under way, we recommend the following:

- ▶ [TransmissionMeditation.org](http://TransmissionMeditation.org) for information + interviews with Benjamin Creme
- ▶ [Share-international.us/documents/TM\\_booklet.pdf](http://Share-international.us/documents/TM_booklet.pdf)
- ▶ *Transmission: A Meditation for the New Age*, Benjamin Creme, Share-ecart.com

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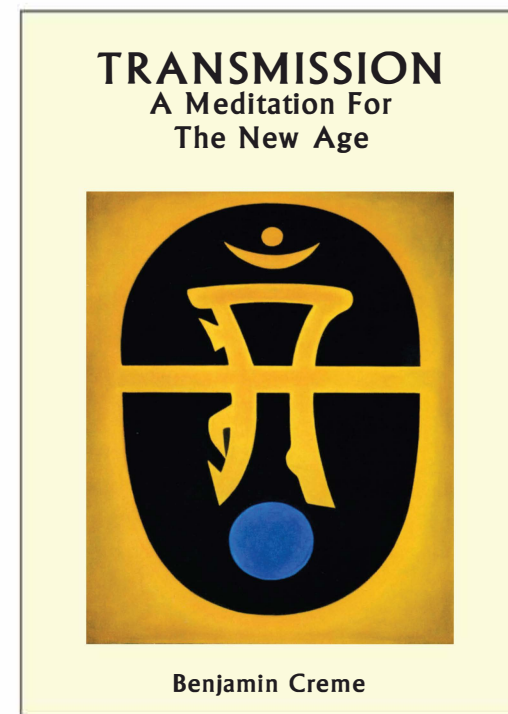
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# Transmission Meditation

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**A simple group meditation  
providing both a dynamic service  
to the world and powerful,  
personal spiritual development**