

THE CLARION CALL

Leadership and Group Life
in the Aquarian Era

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Susan S. Trout: *The Clarion Call*

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Universal Principles of Group Energy

The vibration of any group reflects a synthesis of the Universal Principles of Group Energy. How members interrelate consciously and unconsciously with these principles reveals the nature and quality of a group's vibration. Each stage of soul development conveys a unique energy. A stage's level of consciousness, energy, and shadow determines the quality and nature of what a group believes and how it feels and acts.

Nearly every aspect of human life takes place at a group level, yet more information exists about the interactions within groups of animals, insects, and plants than about how human beings interact within their groups and with other groups. People spend most of their days in some sort of group setting at home, in school, or at work. In these varying settings, they experience different group energies. Even solitary tasks such as walking, shopping, or driving exist within a group context in which the energy is diffuse and focused mainly on individuals moving about within a group of people doing the same activity. Groups can be energetically

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joined regardless of where they are geographically, even though they may have different interests and motivations. For example, citizens of a country form a group made up of numerous and diverse racial, cultural, political, economic, and intellectual subgroups. Humanity is a collective group of global citizens residing in various nations. Human beings, animals, birds, and insects form a group identified as sentient beings.

Although the aforementioned groups have common purposes, metaphysicians do not consider them True Groups. True Groups, according to Saraydarian, consist of members whose collective consciousness forms One Mind. Members no longer see themselves as separate from other sentient beings or from nature. By learning the science and art of cooperation, they experience a connection to all existence, from individuals to the cosmos.

The Universal Principles of Group Energy, based on a synthesis of the author's work with groups and the writings of Roberto Assagioli, Alice Bailey, Lucille Cedercrans, Torkom Saraydarian, and Ludger Scholl, assist groups in identifying the nature of their energetic makeup, the quality of energetic flow, and the possible energetic obstacles and shadow.

✧ *Principle One: Groups are living organisms whose nature is holographic.*

As living organisms, groups are in constant development. The creative tension between their current reality and what they are growing toward provides the needed energy to actualize their potential. Creative tension occurs when there is a gap between the desired goal of a group and the reality of where it presently stands in achieving this goal.

Groups are holographic in that they consist of a complex structure of interacting energies. Their interdependent and subordinate elements reflect the whole from different perspectives. Lucille Cedercrans, a teacher of Ageless Wisdom, uses the human body as an analogy to describe groups as living organisms. Each individual in a group represents an organ that is sep-

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Just as a breakdown in the function of any one organ would affect the entire physical system of the body, the failure of individuals in a group to fulfill their functions disrupts the vitality needed to fulfill the group's purpose, vision, and mission.

arate in function yet mutually dependent on the function and wellbeing of the entire body. Cedercrans writes that the group leader represents the head and provides the will energy that enables a group to accomplish its purpose, vision, and mission. Some group members represent the heart. They bring love and wisdom into the group by balancing the will energies of the leader, fostering peace during conflict, and holding the group together. Other group members act as the throat of the group. They serve through public relations, bringing the group's work to the attention of the outer

world. They foster right relations between the group and those outside the group. The leader as head and a few members who represent the heart and throat view the group from their perspectives and ensure that head, heart, and throat work together to bring the vision into manifestation.

Like any living organism, a group must face obstacles to its growth in a constructive and positive manner in order to survive and thrive. Working through challenges offers the gift of attaining a higher level of awareness. Just as a breakdown in the function of any one organ would affect the entire physical system of the body, the failure of individuals in a group to fulfill their functions disrupts the vitality needed to fulfill the group's purpose, vision, and mission. Groups, like bodies, sustain health when they learn which energies to use and which ones to reject or diffuse.

Just as all parts of the body are affected when the flow of energy is blocked in any one of its parts, an energetic block within one member impacts all members of a group. For example, when a group member is

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consistently late to meetings, trust is eroded, impeding the synergy of the group.

Each member brings previously acquired mental models, experiences, behaviors, skills, and knowledge into a group. These variables interrelate, interact with, and influence the group energy.

Prevalent variables regarding individuals in a group are:

- ✧ Mental models from individuals' First Group, their families of origin
- ✧ Attainment of inner work practices
- ✧ Knowledge and practice of healthy boundaries
- ✧ Commitment to regular spiritual practices
- ✧ Awareness of Group Soul
- ✧ Nature of previous experience with groups
- ✧ Knowledge about group life
- ✧ Stages of soul development

In the group context, these individual variables influence and are influenced by group variables, such as:

- ✧ Number of members
- ✧ Distribution of generations
- ✧ Distribution of ages
- ✧ Distribution of gender
- ✧ Distribution of preferred natural elements (Air, Water, Fire, and Earth)
- ✧ Distribution of feminine (heart) and masculine (head) energies
- ✧ Level of awareness of group soul lessons
- ✧ Level of awareness of group energies
- ✧ Level of awareness of group structures like an agenda, time limits, and communication guidelines

Groups thrive when their members thrive. The health of the group organism depends on the nature and interrelationship of the diverse

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variables and their energetic contributions. When members understand groups as living organisms, they are better able to serve and be served by the greater good of their group. The steadier the flow of energy maintained by group members, the more wisely the group works as a unit. A group functions as a system with its own life and is more than the sum of its members. Like its individual members, groups are born, grow, learn, envision, hope, decay, and die.

✧ *Principle Two: The Group Soul oversees and guides the evolution of a group.*

The Group Soul prompts groups to question what they need to master and what they need to give up. When a group knows what it needs to grow, it knows its next step and welcomes actions that will raise the group energy and move the group closer to attaining its purpose, vision, and mission.

The Group Soul guides the meaning and purpose of the group through inspiration and intuition, acknowledging that group members need meaningful and challenging experiences to grow and evolve. The Group Soul is only interested in the growth of consciousness within members. It cares about personality matters only to the extent that doing so serves the group's spiritual development. The ultimate spiritual goal or healing of a group is to fuse the group personality with the Group Soul. This fusion is achieved through meditation. Individual and communal meditation and a spiritual practice are essential if group members wish to receive intuition from the Universal Mind and join with the Group Soul to serve the greater good of the group.

Because groups are entities with lives of their own, they, like individuals, experience dark nights of the soul in which they are liberated from attachments and empowered to transition into deep trust of their relationship with the Divine. A communal dark night of the soul can occur when the group feels powerless and its work seems uninspired. Things are not as they once were and members feel adrift as they lose contact with the group's purpose,

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vision, and mission. Group members may feel confused and unable to grasp what is happening and fail to uncover and correct the problem.

Psychiatrist Gerald May believed that a dark night of the soul can manifest in a group if its members come together longing for compassion and simplicity and want to awaken to their union with the Divine and all creation. In his view, the dark night signals a positive movement, although the experience feels problematic. Through the dark night, the Group Soul leads the group where it would not nor could not go on its own—to a place of greater freedom and love in which the group can be liberated from attachments that have kept it restrained.

One could describe the current transition of the Piscean Era into that of the Aquarian as a dark night of the world's Soul. The old is falling away. Many feel powerless and confused. Yet with the emergence of global awareness, group consciousness, and the joining of diverse groups, something is also going right. Led by its Soul, the world is going to a place it could not go on its own.

✧ *Principle Three: A disruption in the energy flow from the Group Soul to the group members causes group problems.*

Being in a group confronts members' attachment to their individuality and their belief that they are separate from others and separate from Source. Projection, unhealthy boundaries, and failure to fulfill their function stem from this disruption of energy flow from the Group Soul. Like the unseen portion of an iceberg which exists under water, 90 percent of energies within a group operate at an unconscious level. These ener-

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gies emanate from the shadows of the individuals and combine to form a group shadow. To develop full commitment to a group, members must focus on the deep layers of the iceberg and remove the energetic blockages. Personal inner work, therefore, is paramount to group work. By removing personality blockages and working with shadow issues, the Group Soul's energy can move into the group and bring about group consciousness.

The deepest layer of any group's unconscious shadow rests in the shadow of the members' First Group. Individual members are often unaware that they bring their experiences, unresolved issues, and attitudes about early relationships with parents, siblings, and other relatives into current groups. For example, individuals who experienced unhealthy boundaries in their family of origin will tend to develop codependent relationships within the current group. Additionally, members who have resisted healing their family wounds will resist removing personal blockages that interfere with meeting a group goal.

As in First Groups, personal problems can be projected onto individual members. In one instance, a member may react negatively to the behavior of another member because that person reminds him of a family member with whom he experienced conflict. If this projection becomes generalized, the person can become a scapegoat of the group. Sometimes, what appears as scapegoating is, in reality, a mismatch between an individual and the vision of the group. Discriminating between a mismatch and scapegoating is essential to healthy group functioning.

The individuals' shadows, arising from their First Groups, combine with their experience in subsequent groups and form a group shadow. The end result of combined shadows can be seen, for example, in a group that functions on a mental level and suppresses the emotional or physical. Such a group accumulates knowledge and philosophizes, rather than tending to their personal inner work.

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✧ *Principle Four: Individuals are attracted to particular groups according to spiritual laws.*

People join, form, leave, and dissolve groups in a certain way at a certain time for a certain reason. Individuals may believe these choices and actions are conscious and logical. Viewed from a spiritual perspective, they make these choices at an unconscious level and are guided by their Souls to learn more about group consciousness. For example, a Soul might prompt a person to take a class for the single purpose of being introduced to the beginning concepts of spiritual growth or metaphysical teachings. This individual is meant to take a brief look at what may be coming into his or her life at a later time or even in another lifetime.

A group begins its formation first on an unconscious energetic level, which Ludger Scholl calls the group pregnancy. Those who are meant to join a certain group will be led by conscious and unconscious motivations and affected by a magnetic pull to join the group. He notes that most groups form out of a low vibrational magnetic pull, often from a motivation of fear. For example, a group may form out of a fear of not having their personal needs met. Members look to the group to reduce this fear by meeting their needs for friends or for an intimate partner. Scholl writes that, whereas most groups are presently born out of fear, the birth of spiritually inspired groups will increase, especially as the world moves more deeply into the Aquarian Era.

Principle Four operates in three ways. First, because of the energetic law that “like attracts like,” individuals tend to join groups that match the resonance of their unconscious energy. Often this decision is from a level of intuition. Individuals may also be attracted at the personality or emotional level. The attraction may range from survival, as in twelve-step programs, to making friends or engaging in activism. As a group forms,

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the personalities of individual group members unite energetically to form a group personality.

A second way this principle manifests is when individuals seek a group with a higher resonance than their own. Their Souls may guide them to such a group for learning and development. Whereas initially their resonance is lower than the group's, over time their energy begins to match that of the group. Conversely, if individuals join a group for which they



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are mismatched—not energetically prepared—they may react by rejecting new ideas or attempt to destroy the group. The group often energetically rejects these individuals. Although this may appear to be a negative action from a spiritual perspective, the action protects the soul development of these individuals as well as that of the group.

The third way this principle functions is through a magnetic impulse that brings individuals into the group and sustains their participation. Their Souls attract those circumstances, people, and events that support their growth. Groups can be attracted to other groups in the same way. Diverse groups can also be brought together through a magnetic impulse.

At an entirely different level, groups of souls choose to incarnate at the same time in order to come together to fulfill a shared purpose. The soul bond of this group is so strong that members will be drawn together against what seem like great odds. A soul group of this nature is so deeply bonded by purpose that they transcend personality challenges and stay together until they accomplish their goal with cooperation, love, and understanding.

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✧ *Principle Five: To support the greater good of the group, members relinquish lower vibrational levels of consciousness for higher ones.*

The vitality or level of consciousness of any group is determined by the collective thoughts and feelings of group members. Because this energy is not static, it can develop into higher vibrational levels. The nearer their consciousness is to wholeness, the higher the group's vibration. If group members choose to grow and evolve and to reframe chaos into learning opportunities, the consciousness of the group progresses to purer vibrational levels.

Upon becoming a group member, individuality is relinquished to some degree, while talents, competencies, and creative capacities remain in place. Group members willingly assume different roles and responsibilities, such as taking minutes, sending reminders, networking, and attending



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to group alignment. Because individuals within a group have different levels of consciousness, they differ in what personal needs they need to relinquish. The lower the level of group consciousness, the more difficult it is for individuals to relinquish their personal needs for approval and achievement. As group members move into soul-personality integration, they give up these ego needs and focus on working together for the greater good of the group. Eventually, group members relinquish personal needs to fulfill the group's purpose.

Often, members experience intuitive awareness and dreams about the group's development. When a group member dreams about a group or about the organization, the dream can alert the

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group to an unacknowledged obstacle or it can be a prophetic dream about the nature of future work.

✧ *Principle Six: Individual groups form a collective consciousness that joins the collective consciousness of all of humanity and nature.*

Individual and group consciousness are part of Divine Mind. If the group has attained Stage Five or Stage Six of soul development, it can tap into Divine Mind and connect with the collective consciousness of humanity, with other species, and with nature. Such a group can emanate the vibrations of its energy field into the community, country, and world. Because more than one person or one group can receive the same transmission from Divine Mind, a new creative idea or development can arise spontaneously and simultaneously from individuals and groups in more than one city or country. Groups can communicate with other groups, including those of the animal and plant kingdom. Vibrational communication of this nature brings about true partnership and a win/win approach to solving problems.

One responsibility of individuals within the group is to ensure that a group's collective consciousness serves the greater good. The motivations underlying choices made and actions taken by individuals in a group enhance or disturb the group's collective consciousness. In other words, a group is more than the sum of its parts, its individual members. The group is a collective of individual members who create the spirit, or fire, of the group and the spark that ignites it.

The collective consciousness of groups can emanate a vibration that is received by groups with a similar vibration. The more powerful the signal and the more groups that attune to that signal, the greater the number of groups that feel connected. In this way, groups serve the greater good.

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✧ *Principle Seven: Groups fulfill their spiritual function when members master the skills and knowledge of cooperation.*

When groups practice cooperation, they work in concert. As partners, they collaborate, pull together, and stand shoulder to shoulder. Their intent is to use their varied talents and competencies to act together for mutual benefit. Humanistic and transpersonal values are openly discussed, reinforced, and practiced within the group. All systems work together to ensure success—physical bodies cooperate with emotional and mental bodies, hearts cooperate with minds, personalities cooperate with Soul, and human beings cooperate with the creative forces of nature. When personal systems are in an active state of cooperation, it is easier for individuals to cooperate in a group and practice shared decision making.

✧ *Principle Eight: The shared vision of a group is manifested through a synthesis of feminine and masculine energies.*

Two complementary functions, the feminine and masculine principles, coexist in a group psyche. Like two sides of a coin, the partnership of the feminine (heart) and masculine (mind) energies ensures that a shared vision is manifested. In a group, the feminine is receptive, reflective, relational, and collaborative. The masculine is active and provides words, analysis, and protection.

When groups focus only on the feminine functions of reflecting and relating, they experience inertia and fail to act in the world. Their emotions guide their view of the world, as though they speak only from the heart and negate the values of the head. When a group focuses only on the masculine functions of analyzing, deciding, and doing, they become task-centered and avoid the value of cooperation and relationship.

Regardless of gender, group members personally manifest the vision of their group when they synthesize feminine (heart) and masculine (mind)

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principles. Idealism combines with practicality, intuition joins with intelligence, synthesis develops with analysis, sensitivity and creativity work together, and feelings and ideas are verbally explained.

✧ *Principle Nine: Energy is the conveyor of the group's true message.*

The nonverbal, invisible energy of what is conveyed—and not conveyed—in a group carries the truth of the moment. Underlying this premise is the recognition that unspoken intentions have a vibration that permeates the group's atmosphere. Words have power only if they match the nonverbal energy—the true message—of the group.

Members' vibrations convey the level of spiritual development they have attained individually and as a group. The aura that a group radiates is a collective of the energies of its members. If there is a designated leader or teacher, the radiation of that person has a dominating influence. When members act as a group, they radiate as a group. The integrity of a group is its radiation.

The strongest resonances in the group create and determine a focus of the group energy. Gradually, the energies calm down and a basic frequency appears. Once this frequency is stabilized, it can be difficult to change without full participation of the members.

✧ *Principle Ten: When one group member is healed, all are healed.*

Despite appearing to be individuals acting independently of one another, group members are energetically connected and evolve together. Because groups function as one system in a living organism, all benefit from the healing of any one person in the group. To heal is to make whole. Wholeness is integration of the physical, emotional, mental, and spiritual selves.

As the energy of the Group Soul flows more freely through the group members, the group opens to higher learning. This principle, of-

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ten stated as “giving and receiving are the same,” operates in groups when individual members experience a breakthrough in their understanding. In a heart-centered, authentic manner, they share this epiphany with the group, either through words or action. A healing vibration emanates from the heart of the person that embraces the energy field of all the members. As members give, they receive. They give to themselves that which they give to others. As they receive, they give. In this way, the entire group can receive the healing of one member.