
THE HOLY LIGHT ACADEMY



The Path of the Holy Light



Section Two Ascent into the Light



Introduction

The white dove ascends into the sky, flying toward the brilliant Sun, for this awakened soul, purged in the fire of the Christos, continues ascending higher, screeching its glee while vigorously flapping its wings. It transcends the dense world, entering the Realm of Light, driving toward its source, the very Sun it seeks, the once invisible Sun of Heaven, now seen gloriously, for this is the radiant Sun of its own Inner Being!

Your awakening soul ascends upon the Mystical Path, going deep within, for it ascends inward into itself, into *the Self*, for this is the Rising of the God-Self at the center. When you reach the Source, you will see the brilliant Sun herein, and then you reach toward that – until you unite with it.

When you live a spiritual lifestyle and practice meditation, you are soaring higher in consciousness, deeper into sublime frequencies of reality, the Reality of Divine Consciousness. When you ascend through Illumination, this Holy Light will guide you further and deeper and inward, as you ascend into the God-Self, the very Divine Self of the Universe! All is One.



Lesson One

The Dawn of Light

Ever since the beginning, the first time a human being truly noticed light of any kind, it was the light from the Sun. This he may seem obvious to many, yet it is significant. It is important to note that the source of this predominant light is indeed from the Sun, for Sun-worship is perhaps the most ancient of religions.

There is an ancient Hermetic principle which states that the outer reflects the inner. You may remember two ancient axioms: “As above, so below,” and adjacent to this, “As within, so without.”

How does the sun of the outer physical world reflect something within you? We shall attempt to explain this.

Since prehistoric times, people across the world would awaken to the dawn of a new day, for they would rise to the rising sun. And quite often, onlookers would quietly watch the brilliant orb peak up over the distant horizon in all its glory and gradually ascend into the great vault of the surrounding sky. This was indeed a soul-gratifying experience. And why was this so? Because the human being is innately attracted to Light.

The world is split up between the darkness of night and the light of day; however, it is the daytime in which most people are normally active and awake. Human beings are naturally aligned to this course, whereas it is generally accepted that they retain the night for sleep.

Why are humans attracted to light? That which is already within you is what you are drawn to. If you see its likeness without, as in the sun, then you are likewise drawn to this. Wherever a source of light exists, you gravitate to this, for you will come to realize the true Source of Light is within you.

You are drawn to spiritual Light because, in essence, this is what you consist of. You may not notice this on the physical level, but this fact is more evident in the higher levels of your make-up, on the soul level. Hence, the aim is for the Light to permeate your physical body and entire being as well. In essence, you are meant to realize the Source of this Light within.

“But the darkest hour is truly just before the dawn. When we finally give up the struggle to find fulfillment ‘out of there,’ we have nowhere to go but within. It is at this moment of total surrender that the light begins to dawn. We expect to hit bottom, but instead we fall through a trapdoor into a bright new world. We’ve rediscovered the world of our spirit. This is like being reborn.”¹

Experiencing the Holy Light of your own being is a spiritual rebirth. Seeing where this leads is your continuing spiritual unfoldment.

In this physical world sunlight is the most prominent form of visible light. Indeed, there are other forms, such as starlight, moonlight, firelight, electric light, etc. However, the greatest light, the most dominant light in this world, and in this solar system, since the dawn of time, has

been the light from the sun. This brilliant orb is indeed the immediate center of our solar universe, the Sol System.

Nevertheless, the physical sun that is seen in the sky is limited by time and space. Yet, the invisible spiritual Sun extends far beyond such boundaries, dissolving the illusions of distance and separation. For this divine solar Source we speak of is everywhere and is within everything. It exists at the core of all life, but more specifically, it resides within every soul. You may refer to it as the **SOULAR** Force of God's Light within you, within your soul.

The outer sun reflects the inner Sun, for the outer reflects the Universal Christos, although you find it within yourself as well, for herein is the mystery of your true being. "Man, know thyself," is another great axiom from the ancient past. If you truly know yourself, you will know God.

Duality: The Human Perception

The Human Species has perceived the concept of duality for thousands of years, hence, seeing a difference between light and darkness, good and evil, up and down, etc. Taking good versus evil for instance, people can decide to strive toward a life of goodness, although we cannot deny that some individuals have committed acts of evil in the physical world. Considering this is a spectrum, you often vacillate somewhere in the gray area between the two poles. This is true of all dualities.

There is only one Power in the Universe, which is either used correctly or abused. It is a mistake to believe there are two powers, such as good and evil. The real difference between the two is the flow of energy. Therefore, you can say that there are two directions that this power can flow; one is in accord with God, and the other is out of accord. The ability to choose either one is the operation of **free will**. Quite often you choose to find your own way through life, or you can choose to proceed toward God's Way, that of Goodness, or Righteousness if you prefer. Either way, you can find your way back to God. As in the case of the Prodigal Son, he chose the wrong road at first, that of greed and selfishness, for he abused the power given to him. Nevertheless, in the end, he returned to his awaiting Father.

How long it may take some souls to turn around and begin their journey of return to the Source, is always up to the individual and his use of free will. Nevertheless, you grow from all of your experiences, be they good, bad, or indifferent, from which you can reflect and learn. It is learning from these experiences that is the key to the beginning of spiritual unfoldment and inner realization.

Whether we are discussing good and evil, light and darkness, energy and matter, spiritual and physical, or yin and yang, these are key examples of duality, which is how your limited mind perceives things and attempts to understand how things work in this physical world. There is one long spectrum, and it operates in polarities of various opposites; hence, you perceive things through this dualistic thinking. However, quite often this can lead to misconceptions and confusion. What you perceive as the whole spectrum, beyond its polarities, is in reality **Unity**.

The reality of **Unity** is not as easy to grasp for many people, but normally you begin with a concept of Unity, usually through the use of analogies that aid the understanding. By this, we can demonstrate a contrast between diversity and unity (and yet this is another concept of duality). One of the simplest illustrations is the spectrum of seven colors, which is caused by the refracted white light through a prism. Let us say that the white Light is God, the prism is the human mind, and the many colors are an individual's perceptions and experiences in life. The purpose of each

being is to eventually move beyond separation and return to the unifying Source, the One Light. Keep in mind that you don't want to get trapped in such analogies. They are basically limited devices for aiding your understanding that merely imply some inner truth. They are only ideas about the truth. They can open doors for your mind but don't stand on the threshold too long. They are limited and can only explain a certain point.

One of your aims should be learning to *not* get caught up in the diversity of this outer world but rather to see beyond human dualities, hence, simplifying your life, and to aim toward **Oneness**. This is what the Mystical Path is all about; learning to surrender and enter Divine Union.

Light and Darkness

Darkness often represents the unknown where Truth is veiled. It can also represent misunderstandings and misconceptions, ignorance, negative emotions and patterns, things hidden in the subconscious, etc. Often darkness pertains to the Dark Night of the Soul, which is part of the spiritual journey you have taken you often experience trials and tribulation, confusion, and a test of your faith in God. This inner journey always requires introspection and reflection upon your experiences of the past, wherein you likewise shine the Light upon these items to clarify them and cast out the accumulated dross. Therefore, facing this darkness are aspects of purification, transformation, and entering the Light.

When we discuss the Light, we are not talking about a symbol for deeper understanding, wisdom, righteousness, goodness, divinity, etc. We are talking about spiritual Light that can be seen by the eyes of the soul, for Light is the Spirit made visible to you.

In the physical world, darkness is usually viewed as the absence of light. But people tend to fear the dark, for they do not like to be where there is no light. You can see clearly what is happening in the light, but you cannot see very well in the shadows of darkness, which is the realm of the unknown.

When you turn on the light in a room, it is filled with this light. However, in some places, certain objects block the light to some degree and cast shadows, yet you can still see in these areas. Realize that there is no absolute darkness in these places, only meager shadows.

In the lit room where the objects cast shadows, realize that each of you has such objects within yourselves in certain places that tend to block the light to some degree. You need to learn to see these objects for what they are and clear them away. Then the shadows they cast will be gone likewise, and the light will fill every corner more completely.

To clarify, these objects we refer to are old thought patterns and habits, negative tendencies and compulsions, temptations, wrong actions, errors, and the like. Everyone has made mistakes and errors that they must deal with and learn from. Realize that you are responsible for your own actions. To blame it on someone else is irresponsible. Even if a deceitful person is trying to influence you to do something bad, and you give in, it was you who decided to oblige. By your free will, you chose to give in. So you are still responsible for your decision. However, the deceitful one still has to pay for his own actions as well, in attempting to violate others. As you sow, so shall you reap. As you give, so will you receive, whether it is negative or positive. This is a universal principle that Jesus Christ taught; however, Eastern philosophies refer to this as karma.

If you analyze some of these old negative patterns you have entertained, you will realize they have gotten you nowhere in life. They only keep you bound to this earthly world. They will

give you no real satisfaction. Perhaps they may offer you temporary satisfaction, but in the long run, they will lead you away from a more positive and uplifting way of life. It is time to put the old ways behind you. What you must do is begin a new life, a life in the Light of Christ. This is when your Awakening begins.

“In Him was life; and the life was the light of men. And the light shineth in darkness, and the darkness comprehended it not.” --St. John 1:4-5, KJV

In this sense, darkness implies ignorance and misunderstanding, since it has no power of itself. The Light of Christ is the Life that is the Light of humanity, the Light within your soul, and if this Light is awakened within you, it is the Light that shines into the darkness in this world to cast it out. It starts within each soul, as you come to walk in the way of the Light, by doing the work of letting the Light grow within you, and then let it shine to others.

“I am the light of the world; he that followeth me shall not walk in darkness, but shall have the light of life.” --St. John 8:12

The indwelling Christ through Jesus is this very Light of life. Since the Christ is Life, this life is your Light within, for the Christos is the Source of your being.

The Path of Initiation is ancient because it can be traced back into antiquity to the Eleusinian Mysteries of Greece, the arcane Egyptian schools, the teachings of Hermes Trismegistus, and the Gnostic mysteries, to name only a few avenues of expression, and much of it is culminated in what the mystics called the Ancient Wisdom Teachings.

Not only does the soul seek awakening while in the earthly plane, but it seeks the Light, and the Initiations provide this unfoldment. Great teachers and avatars who have come to this world know this and therefore assist awakening souls in their spiritual development. Many of these seeking souls have spiritually grown and then become great teachers themselves, for that is the nature of this Path, for awakened and illumined initiates to help uplift other seekers.

Jesus Christ did teach the Lesser and Greater Mysteries to his closest disciples; however, as Christendom became dogmatic and politicized, the Wisdom Teachings went underground through various hidden schools, particularly with the Gnostics. At the time of the first Council of Nicaea in 325 AD, early church fathers decreed that Jesus was “God Incarnate” exclusively, considering the truth of “I and my Father are one,” was completely misunderstood. Like many times before, naïve people have deified great leaders, and so early Christian deified Jesus as well.

The teaching of mystical union is for *all* aspirants, not just Jesus alone. Jesus was one of the greatest mystical teachers of the ages, and he is likewise Master and High Priest after the order of Melchizedek, but he is one of many great avatars, as stated above.

The Inner Voice

Life’s lessons are opportunities for spiritual growth. When you listen to your intuition, the inner divine voice, you will encounter these opportunities, for the Spirit will always guide you into positive situations that will assist your growth. You have simply to listen. The Light will guide you into your inner Source where you will learn to listen to this voice. It can manifest as an impulse to do a certain thing or go in a certain direction, or you may receive a vision of what to

do, or you might actually hear a voice. It can manifest in different ways, but you must be alert and not miss these inner impulses. Sometimes the ego in its vanity desires to be the source of your guidance, attempting to circumvent the inner voice, but you must learn to discern the difference between the lower nature of the ego and the higher nature of God's voice within. The Light will guide you in this discernment.

It is when you are working with this Light and learning to do the inner work of the Light in all its ramifications, whether through doing meditations and exercises, helping others and shining the Light to them, praying for healing a blessing for them, and so forth, this is the time of the dawning of the Light in your life. In these times, look for these golden opportunities that the inner voice will guide you toward.



Lesson Two

Awareness in the Light

When you are awakening spiritually, you are coming into a deeper awareness of Life. Not just an awareness of everything around you, but of everything within you. You are coming into a deeper awareness of God. Hence, all levels of your being are affected by your **Awakening**. With some individuals it is a gradual process, with others, it may be more quickly since everyone is different.

In the **Awakening** process, your consciousness is beginning to expand, and when this occurs, you are becoming aware of the Light. You become aware of an energy within you that you can feel and eventually see. This is the Light of your life, your real life, that Life which is Christ within you. Life is the state of **ALIVENESS** inside of you, the Aliveness of Christ within your heart, mind, soul, and whole being. Therefore, you are becoming aware of the Christ in your life, and within you. The Christos is the bright, shining Sun of your being, in a much deeper way than you may realize.

Growing and Living in the Light

As you become more aware of the Light within, you begin growing and living in it more, and using it in everything you do. It becomes an intrinsic part of your life. You learn to enhance your way of living by living in the Light. When you begin developing the tools of breath control, concentration, and meditation, you will be creating positive patterns in your life, and the Light will become a definite reality for you. You do not want to see it as a dreary task of discipline but as an enjoyable adventure into a new way of life.

As the Light becomes more real to you, your life will actually start changing, and your old ways will become obsolete, to make way for the new way, which in this case is the Mystical Path.

When we talk about Light, we are referring to the **LIGHT** of the **Universal Christos**, the Cosmic Sun of the Creator. You are attaining the pure White Light of Christ Consciousness. You can call it the Light of Christ, the Light of God, or the Light of Being, or even the Light of Buddha if this is your chosen path. It is all the same Light, the One Light, the Infinite and Eternal Holy Light that exists within you and everywhere, whether you know it or not, whether you see it or not. With your limited human senses and awareness you may not perceive this fully yet. But as your awareness and your real sight open, you will learn to perceive and see this Light within. The fact is, as your consciousness expands, you will soon realize there is a whole **Universe of Light!** He who has eyes to see shall indeed see! It exists not outside of you or beyond the universe you are familiar with, but it is ubiquitous on all levels. It is by going within, the art of meditation, that you begin tapping into this reality. We are referring to the Infinite and Eternal Reality of the Universal Christos.

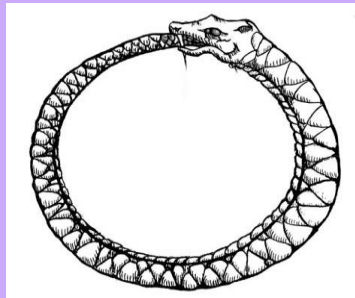
To clarify, the Christos dwells within you and all human beings (whether they know it or

not), and is reflected in the inner Sun of this solar system as light and life-giver of all lifeforms herein; however, beyond this is the Cosmic Christ which encompasses the entire universe. To further clarify, Jesus was merely a representative of the Christos in this earthly plane, and likewise all other great teachers and avatars of this world. This may not be a commonly known philosophy, nor is it easily understood; however, we are demonstrating a genuine connection of all points of the vast Creation to the reality of the great Christos, a universal reality.

As your awareness deepens within you during your unfoldment into the Light and the Initiations in general, your consciousness rises in vibration, and likewise the outer form is being purged and purified. The denser matter of the body is entering a state of refinement and higher attunement. The physical form, which is energy condensed into a state of matter, is literally being energized and regenerated. Hence, you are beginning to form a body of Light. As you enter higher levels of energy, you realize this energy is Spirit in essence, and so you have matter ascending back into Spirit. You are ascending back into Spirit, returning to your Source. Even though we say you are returning to Spirit, the fact is you are realizing you are *already* Spirit. In essence you are **One** with Spirit. You must realize it and experience it, and then you will come full circle into the reality of God.

While you are ascending into the Light, this is the same as ascending into the Spirit, and in this case, we are talking about the Spirit of the Christos. As we have said before, this is the Christ Consciousness, which is the same as Cosmic Consciousness, or Divine Consciousness. Despite the various terms and semantics, it is all part of the same reality.

There is an ancient symbol, the encircled snake with its tail in its mouth known as the “ouroboros.” If you meditate upon this in relation to what we are saying you will receive further insight.



Let us further explain the physics of the substance of Creation. To your naked eye, matter appears quite solid and dense. Yet as you observe the deeper microcosmic levels, into the atomic and subatomic levels, you will find an incredible amount of spaciousness, which means at these levels substances are less dense.

“Physicists are now discovering what metaphysicians have claimed for thousands of years: seemingly solid physical matter is, in reality, made of energy. If we look through a powerful microscope at anything ‘solid,’ we see an infinite number of little vibrating particles. If we closely examine one of these particles, we discover that it is made of even small particles, and so on. The fact is that everything physical is made of ‘energy’ – which we can also call ‘spirit’...”²

Matter is merely energy at a lower frequency. In fact, an atom is 99% space. If you look at each minute particle within an atom, how much space is within these as well? Likewise, how many of the particles you may observe are actually vibrating wave patterns – and not at all solid? Physicists call this the particle-wave duality. When a subatomic particle begins acting like a wave-pattern, you begin to realize matter on this infinitesimal level is quite elusive, because it is entering the realm of energy, and at a higher level this is spirit-energy.

Hence, physical reality is not what it seems. Matter by nature is malleable, for it is essentially energy, and energy is in essence Spirit. This is why elements in matter can change and transformation can take place in your physical vehicle as well as your mind. This is how healing works. In fact, the mind is more attuned to this level of energy than your body; hence, this is why you must begin to broaden your awareness first, acquiring deeper awareness of your consciousness of life around you and within you, which will then begin the transformation process that eventually affects all levels of your being. Becoming more aware of God's Reality through the Living Light of Christ is where this transformation begins.

The other side of awareness is where your being becomes a clear channel, an open vessel for the Spirit of God, then it is God's Consciousness that enters your clear space more fully. It seems as if your own awareness is expanding, which is true to an extent, but it is actually you getting out of the way, becoming nothing, the key to humility, so that the God-Self can manifest more fully. It seems as though you are gradually attaining this Divine Consciousness, but it is Divine Consciousness coming through you more clearly as you learn to truly surrender to God, to become nothing, that God can become everything through you. Therefore, is it you who are experiencing God, or is it God experiencing you? Both are true, yet the latter is much more significant. When you realize that God is experiencing through you and all human beings and all creatures and the whole of Creation, this puts a different perspective on reality and should be a humbling observation. People get caught up in their own self-importance and believe life is centered around them. The fact is, life is centered around **GOD**, and this is why you humbly and sincerely bow down in worship before the Creator, this Great One who created all beings, from whence they came. This is the Divine Source, to whom you aim your love and loyalty. Life exists for God and because of God, yet He shares this Life with you and all of us together, for in essence, God is within us all, so it is our task to return to our Source, to realize Unity with God. This is no easy task, but requires discipline and devotion, tempered with patience and perseverance.

Developing Awareness through Receptivity

Real Awareness requires **Receptivity**, which means you will become open to the Spirit. If you ever want to become fully aware of something, or some reality, you must **STOP THINKING!** If you want to be more fully aware of God within you, **stop thinking!** Simply clear your mind and be open to God. If you want to receive the Light, **stop thinking and be open to it!** The Way **IN** is Meditation, and the prerequisite for this is learning Concentration. You have to quiet your mind and concentrate, stop it from transmitting thought-energy, and let it be silent. Let it be clear and open in order to receive, whether it is for receiving the Light, spiritual guidance from God, or impressions in meditation, etc.

The Buddhist principle of **one-pointedness** means you must completely focus on each thing that you do, not allowing anything to distract you. The concept of multitasking goes against this principle. It is a common practice for a person to eat while he is trying to read a book or newspaper, or doing a household chore while watching TV, or driving your car while looking at

your cell phone (which can be disastrous!), and so forth. If you learn concentration in mundane things, instead of letting your mind be scattered, your practice of concentration in meditation will come more easily. Otherwise, it is as if you have split your mind in two different directions, one for the mundane earthly things and the other for spiritual disciplines in general. This will only prove counterproductive. The key is to stop thinking and concentrate.

When you focus all your attention on the Light of Christ, being open to it, you become more fully aware of its reality within you. Let this become a regular pattern in your life, until it becomes automatic. Then one day, when you are minding your own business, without expecting it, you will **SEE THE LIGHT!** Why? You have to let go and let God in. You have to surrender to the Divine Consciousness within. Assuming you have worked on the Light for a substantial amount of time now, especially in certain exercises and meditation, sometimes you will simply let go of it for a while and stop thinking about it. You were caught off guard for a moment and then it hit you. A space opened up inside and the Light shined through. This has happened to many people in this way, but we are not saying this is the only way. Remember that each person is different and so each one experiences these things differently.

Quite often you will start seeing the Light while meditating on it, or you may see it while meditating on some other subject. You may be walking down the street, or washing the dishes, or watching the sunset, or praying to God, or meditating, or partaking of the Body and the Blood of Christ in the Eucharist, etc. There are countless things you might be doing, but you will unexpectedly see and feel the Light within yourself, and here is the beginning of your Illumination. It unfolds from a particular point and increases in fullness over time. If you have found a genuine spiritual teacher, then as this spiritual Illumination develops in your life, this one will further guide you in how to work with the Light, so that it may increase within you, to become a dynamic force in your life. Therefore, remember to apply the aspects of receptivity and concentration.

It has been said that there is no exact science to receiving the Illumination, but it can be said that practicing certain disciplines will open the door, and then you must step through. It is when you ignore this open door, nothing will happen.

God's gift of love to you is by way of the grace of receiving his Holy Light, because that is what is on the other side of the door.

How each aspirant receives the Illumination, or any spiritual Initiation, will be somewhat different for each person. Let us stress here that you do not want to form a concept of how you think it ought to happen to you or how the process should work. Don't let your ego isolate some great idea you read or heard about to form your personal conception of the way it should occur. Because the way it should occur will be different for each aspirant. We must stress that each person experiences the Path of Initiation a little differently. There will be particular aspects that earmark certain Initiations that spiritual teachers will recognize because they have experienced these realities firsthand, as they have journeyed further along the Path. But each aspirant goes through these spiritual rites of passage in different ways.

In certain schools of Christian Mysticism, especially of the Esoteric Sacramental Tradition, the recipient is Baptized into the Mystical Body of Christ, which essentially confirms his initial Awakening. Then he or she begins working with the Light of Christ toward receiving the Illumination, primarily through various disciplines. Learning to see and experience the Light more deeply will lead you into the Realization of the God-Self within. When the veil is rent, the Self rises within.

As the priest in this Sacramental Tradition works closely with the student, this adept is preparing him to see and experience the Light of the Christos, and like a spiritual midwife, the

priest is preparing him to be birthed into a new reality, to become **Illumined**.

Some mystical schools will use certain initiatory rites, but these are not absolutely necessary, although they can be helpful instruments when needed. The fact is that many individuals have received the Illumination without the ritual. Whether he or she requires this avenue to assist personal progress depends on various factors, which the priest or teacher will determine. However, it is more common that these Initiations are experienced during meditation, because this is a sacred space of receptivity and surrender.

There are no special secrets here. If you seek the Illumination and you become **receptive** to it, letting your body and consciousness be filled with the Light of Christ, you will definitely become **Illumined**. It is relatively simple. It is the outer mind that tends to complicate such matters. This is why in your exercises and meditations, you have to get your mind out of the way, and let your heart open up. Your outer mind plays old tapes and creates new ones that are often inaccurate. Your mind must be trained through concentration and meditation. You must learn to control your mind so that it does not control you.

The key to receiving the Light of Christ is becoming receptive to it, being open to the Light, letting go into the Light, absorbing it the same way a sponge soaks up water. When you think you have absorbed enough Light, let go even more, and you will be able to absorb that much more.

When you commit to any exercises or meditations, the key is always **RECEPTIVITY**. Let go and let God. Let go into the Light. Surrender into the Light.

When you become aware of the Light within on a regular basis, knowing that it is actually all around you and within you, this reality will deepen and become more real to you, to your senses and consciousness, and you will even begin feeling its liberation in your physical body. You will be awakening further into the Light.

In the practice of real discipline on this path of spiritual unfoldment, four important factors are the development of relaxation, breath control, concentration, and meditation. Relaxation of body and mind is important in order to properly concentrate. Relaxation coupled with breath control assists you in the next step of concentration, which means you must fine-tune your focus in meditation. Likewise, you should apply concentration in your usual routines, not merely in your daily exercise periods. Meditation requires receptivity, and this will occur more easily when you learn to relax through breath control and concentration. These disciplines are interconnected, for they are parts of one process. With these Disciplines, your progress will be more fulfilling. If you wish to bear fruit from your unfoldment, you must plant the seeds properly and nurture them, so that they will grow accordingly, gaining maturity, to finally come to fruition. In order to experience the Light, you must learn to live in the Light and to grow in the Light. For this you must become receptive to the Light. And this begins by learning to be truly aware of the Light in your life.

The process of being open to the Light begins with being open to the movement of the Spirit within you as you enter a meditative state. When you feel the Spirit within, you are feeling the Light, for they are one and the same.

Let it begin here.

Spiritual Exercise 5

The Practice of Total Awareness

By living in awareness of everything around you, observing each and every thing around you, or focusing on one thing at a time, you expand that awareness more fully. You do not want to criticize or judge these things, events, or people around you, but merely watch and observe them. You do not want to get caught up in the chattering or rambling of your outer mind as you go through life, but learn to turn it off while you become receptive and learn to be more aware of Life around you. In becoming aware of Life, which is the Spirit of God in all things, you also want to become aware of the Light.

In becoming more fully aware of the Light of Christ and God's Reality, first learn to practice **one-pointedness**. Learn to concentrate on one task at a time throughout the day. When you sit and eat, only sit and eat, keeping your mind only on this, not letting it wander. Concentrate on experiencing your senses more fully through each activity you do. Really taste and smell that food. Really listen to that music and hear every part of it without distraction. Really watch that sunset and enjoy everything you see in it. The second you get distracted, simply refocus your attention. Life is an exercise in concentration. Hence, Life is a continuous meditation, and in this case it is an open-eye meditation. If you give Life your fullest awareness and attention, you will truly learn from it. For God is Life. Life is the ever-unfolding activity and vibrant energy of God's Spirit within His Creation, within mankind, within every creature, within every soul, within everything that exists, or else it would not exist.

You can open all of your senses while you stroll through the countryside or even a beautiful park. When you talk with another, do not think, only listen closely to the other and observe him or her. You can simply watch a beautiful flower and see what you notice about it beyond what you would normally notice, or do this with a candle flame, or a fruit, or any object. And while doing any of these things, simply know that God's presence is within each thing and within everything, within and without. Therefore, you can practice the Presence of God in total awareness of everything around you and within you. Likewise, keep focused on the present moment, not the past or the future.

The key is always becoming more fully aware. Become more fully aware of each thing you do or observe.

You must live Life with the fullest awareness as much as possible, in order to experience Life more fully, thereby experiencing God in your life more fully, hence experiencing the Life, Light and Love of Christ more fully. Keeping your mind attentive to each task, each thing you do at the moment, is the key to deepening awareness, which will become total awareness. Once your mind wanders off from your body, as in daydreaming or other forms of distraction, then you have to refocus once again. So you have to create a habit of focusing on each thing you do, one thing at a time, whether it is doing the dishes, reading a book, eating, meditating, or even the tasks that you perform at your particular job. You want to keep your mind and body focused together, not split apart. Often when you are doing a particular task, perhaps doing the dishes, your mind will

wander as if it is detached from your body. You want your mind and body to be functioning together on such tasks. When you drive your car, focus only on this and don't be distracted by anything else.

As you keep focused on each task, you can enhance this process by accepting that you are doing it for God's glory, and letting God function through you, because God is right there within you at each task. Getting used to this, and becoming closer to the Divine One in this way, will open this reality up to you more fully.

These are elements in practicing total awareness in life, by learning to experience God's Reality in your life. And in this, your awareness of the Light of Christ will deepen as you focus upon it and become receptive to this reality.

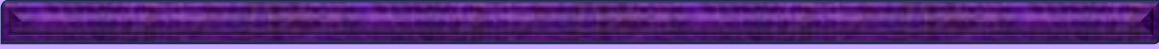
When a person lacks a fuller spiritual awareness, that is, he is unawakened, his personal energy is scattered everywhere. It is scattered in relationships with others (whether it be family, spouse, friends, co-workers, etc.), or in projects, business, religious pursuits, problems, old unresolved issues, addictions, compulsions, and so on. His energy is unconsciously tangled up in all of these areas of the world, a very heavy investment, which depletes his inner connection to the Divine Consciousness.

When this one becomes more spiritually awakened, he will begin to consciously unhook from these energy-draining areas, while he redirects his energy, focalizing it onto one thing: the God-Self within.

He must detach emotional involvement and desires from these things, which requires practice and discipline, but it is always well worth the effort. Keeping your heart and mind focused on God is the key to unhooking from the areas you have been attached to.

You can begin such a procedure by focusing on one task at a time, knowing God is in all things you do, and in all things you observe around you. You must get to a point where you focus all of your energy so that everything you do, everything you think, and everything you say, is from the God-Self. This is the goal.

Try this very fruitful practice and observe what results you receive. You will be surprised!



Lesson Three **Lighting the Way**

As you walk the Mystical Path, the Light that lights your way is the Christ, because this is the Source of the Light that illumines every being. And this Source is within you. You must learn to tap into it by looking within and learning to see what is really there.

This Path of Illumination is the way you grow in the Light and unfold deeper into Christ, for here you will eventually find Unity. Once you realize and begin experiencing your Christ-nature within, you are entering Christ Consciousness. This is actually the same thing as Cosmic Consciousness, for the Christ is a universal reality, not limited to the Master Jesus alone. Jesus is not Christ exclusively, but he is Christ inclusively. He includes all who will follow him on this Path toward Christhood. All people are sons and daughters of God, and each person is Christ in the making. Jesus said, "He that believeth on me, the works that I do shall he do also, and greater works than these shall he do: because I go unto my Father." –John 14:12, KJV

This being the case, he also said, "I and my Father are one," which all aspirants must strive toward. The path of mystical union is for all aspirants, not just Jesus alone. Because if he was the only human to achieve Divine Union with the Creator, then there would be no Path of Initiation for others to follow. It would simply be a closed door. Thankfully, that is not the case, for this Path is open to all mankind.

The Master Jesus Christ is the avatar who arrived in the Piscean Age, who came as the Way-shower for humanity, along with many other great avatars and teachers of truth, to lead all people into the Christ Consciousness, and his presence and power is still in our midst, for you will find him in your own heart. Jesus was and still is lighting the way for all those who will walk this great Mystical Path that Jesus and other great avatars provided. His Great Work is still unfolding and you are the vigilant laborers in the field, planting seeds of Light. Other great teachers and avatars have led the way as well, for there are many great paths, in the form of various religions and traditions.

Furthermore, if you have chosen the tradition of Christian Mysticism, Jesus Christ may be the one you follow in this regard, but beyond this is the Universal Christos as the greater Source you seek, as the other great teachers are also guides toward this, although they may use other labels.

Let us explain here that as the planet and the consciousness of mankind rise in frequency, the way forward toward World Illumination will eventually manifest. As time goes on, more and more souls will be filled with Light and the negative ways of the world will begin to fall away. Not only can Light-workers in this world pray for the Light to spread across the planet, but the Angelic Hosts and ascended masters on the higher planes are at work in this process.

But right now, we are focusing on interested and dedicated aspirants on the Mystical Path who seek the Illumination.

The Illumination involves the unfoldment of the human consciousness into the Christ Consciousness. You are affected on all levels of your being, as the Light of Christ penetrates even into your flesh body and begins raising it in vibration. Hence, the regeneration of body and mind

has begun.

Your consciousness is ascending higher or is expanding outward from within as the amount of Light increases within your being and your whole body, right down to every atom. The intuitive faculty increases, and your sight opens up, so that you may see more of the real world around you that really exists. In your normal state of consciousness you see only a fragment of what truly exists. You see only the tip of the iceberg. When your consciousness expands, you begin seeing more of what is termed the unseen. The unseen gradually becomes the seen. Therefore, what once was viewed as the “other side” begins to dissolve away. In reality there are no sides; this is an illusion. Hence, you are actually seeing more of all that is, which you will find is infinite.

On this Mystical Path, it is not wise to focus strictly on acquiring the Illumination for your own benefit. The focus should not be on your outer self and its gratification, but on your coming to know God in your life, hence, reaching toward and entering Divine Consciousness. There is a process for the development of this relationship. Discipline in contemplation, meditation, and spiritual exercises are expected, but they require the balance of heartfelt devotion. Heart and mind must work together. You should have an attitude of prayer and worship to God, and a desire to truly know this great Divine Being, whose Spirit resides within you. You must keep your heart and mind focused on the Christ at your center as much as possible, learning to surrender over to It completely. When you stop thinking about attaining some initiation for yourself, and simply desire to know God within, keeping your focus here, then the real unfoldment is initiated. You have forgotten yourself in order to surrender to God. Remember that Jesus Christ said, “He that findeth his life shall lose it, and he that loseth his life for my sake shall find it,” –Matthew 10:39

In Christian Mysticism, if you read the Gospels in the New Testament, you will see that throughout the life of Jesus Christ are the archetypal references to the Path of Initiation, namely, his Baptism, his trials in the desert, Transfiguration, Crucifixion, Death, Resurrection, and Ascension. In one way or another, these reflect the Initiations of the various mystery schools, although some may use different labels, frameworks, and rituals; however, the essence of these provides a means and path of spiritual growth for the aspirants involved.

On this Christ-ward Path, it is also important to incorporate into your thinking and your daily living the **Law of Love** that the Master Jesus taught. Here are two examples of this from the New Testament:

“This is my commandment, that ye love one another, as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends.” –John 15:12-13

“Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, thou shalt love thy neighbor as thyself.” –Matthew 22:37-39

The essence of this teaching can be summed up in two functions; **worship to God** and **service to humanity**, and **Love** is at the heart of both, uniting them. This is the act of striving to serve God by serving mankind. Service from the heart is worthy of its cause, for this is the act of love.

The Law of Love works if you apply it. Live by it and you will receive the fruits thereof.

When selfless love is applied in your life, you are opening up to God’s grace, and this allows the momentum that continues your inner growth. You reach the point of self-forgetfulness, which leads to surrender to God. Then you are truly doing the Work. The selfless servant has

paid the price.

Also, remember the three keys of spiritual unfoldment: yearning and worship to God, service to mankind, and attainment of self. The Law of Love fits beautifully into these principles. Altogether this is a functional formula to guide your spiritual unfoldment.

When you go through the awakening process, you begin realizing your old ways of living aren't working anymore. You come to realize there is a better way to live, which means you must begin abandoning your old ways. When you find that in putting aside your selfishness, stubbornness, personal desires, self-importance, etc., while you learn to have faith that God will guide you and provide for you, then a new life will begin to fall into place. You will be leaving the darkness of the error of your ways so that you may enter the Light of a righteous way of living. Here we refer to a further explanation by Shakti Gawain:

“For many people, this time may be distressing, because the world situation and/or our personal lives may seem to be going from bad to worse. It's as if many things that used to work are not working anymore. I believe things are falling apart and will continue to do so with even greater intensity, but I do not feel this is negative. It will only be upsetting to the degree that we are emotionally attached to our old ways of living and steadfastly follow old patterns, rather than trying to open our eyes to the profound changes that are occurring.”³

She continues by saying, “The simple truth is that the old way of life that we have been following for centuries does not work. It has never brought us the deep fulfillment, satisfaction, and joy that we have always sought . . . Even the happiest of lives in the old world cannot compare to the depth of fullness and bliss that will be possible at the higher level of consciousness available in the new world.”⁴

In the **Foundations of Light** lessons, you found that the Retrospection exercise is an excellent tool for observing and weeding out the negative patterns of your old ways. You observed both old habits you have had and new ones you are learning; therefore, as you observe both the negative and the positive ones, you were in the process of discarding your old ways and replacing them with the Greater Way, which is to live in the Light of Christ. Realize that Jesus was one of many avatars that advocated the Path into Christ Consciousness, which is just another label for Cosmic Consciousness, or Divine Consciousness, and even Buddha Consciousness, depending on which tradition you may favor. Some may wish to split hairs with such terms, but in essence they are the same thing.

As you walk this Path, it is important to make the decision to change. Then you must commit to this decision. You are dying to the old ways and being birthed into the new way. Along this Path you may waver from time to time, but you must strive to keep focused, to continue concentrating on the goal. In this case your point of focus is on the Light of Christ. Remember that Jesus said, “The light of the body is the eye; if therefore thine eye be single, thy whole body shall be full of light.” –Matthew 6:22.

It takes discipline to keep focused, and it takes devotion to keep balanced, and both will truly keep you centered within, where you shall see the Light.

Ultimately, it is the Christ Consciousness within you that is lighting your way, so that you may experience the Christ Light and eventually let it lead you into the God-Self of Divine Union.

Spiritual Exercise 6

Candle Exercise

Step 1. Set a simple candle on a table before you and light it. Sit in a chair at the table, with eyes closed at first, while you simply relax your body and mind, letting all tension and thoughts clear away.

Step 2. Then open your eyes and look at the candle flame before you. Concentrate your full attention upon this little fire, observing the flickering, the colors and shapes, etc., for as long as it is possible. This can be from ten to fifteen minutes. Simply be content in enjoying the beauty of the flame and its aura. This will expand and you will see rays of light coming from it as you give your attention to it. Make note of anything else you may see.

Step 3. After you have concentrated upon the physical flame for the duration, put the flame out, and close your eyes, still relaxed. Go within, entering a meditative state. Do not force anything, but allow the movement of the Spirit within you, and see where it leads you. If it guides you to see the flame within, so be it. Then go with it. We must emphasize that instead of intentionally visualizing this within, which is a function of your mind, you should allow the Spirit to show you what it wants you to experience.

Also, know that the fire of the Spirit has the function of burning out all dross in your body and mind, to more easily allow the inflow of the Christ Consciousness within you.

Do this exercise faithfully, twice a day, once in the morning, once at night, and you will gain much in developing self-discipline and inner unfoldment. Developing concentration is key in this exercise, and it also assists in the preparation of the Illumination, because you are opening yourself up to the Light of Christ within you. If you have already gone through the first phases of Illumination or further, this can still be a valuable exercise for further spiritual enhancement.

Additional Note: Such exercises are also worthwhile for those who have in the past been initiated, even those who have at some point strayed from their spiritual disciplines for a time, and wish to resume more steadfastly upon the Mystical Path once again. This includes the “orange exercise” and the other exercises as well. Just because you have attained a higher degree does not mean these basic exercises are no longer useful. Do not think they will become obsolete; they can always be used to enrich yourself, whether you have attained a more advanced level or not, or if it is because you have lingered away from any of your practices.



Lesson Four Growing in the Light

Let it be understood clearly at this point that ultimately there is not an exact method or path that works for everyone in bringing them into the Illumination. This is essentially because every person experiences life differently. However, we can offer certain directions and supply appropriate guidelines that can assist you in your path toward Illumination.

There are many methods as there are many paths in this world. On the Mystical Path we may suggest a certain form or set of guidelines that we have found to work very successfully, so this will be a starting point for the student of the Light. As the teacher works with each student, he will find exactly what method or process works best for each one. However, in these lessons you will find certain exercises, and when you eventually have tried them all, you may find one or even a few which you may have a definite affinity with.

Also realize that any method is only an avenue that aims at a given goal, the Illumination in this case. You can apply certain disciplines to get you moving in the right direction, but essentially you are placing yourself in God's hands, and by God's grace and love for you, the rest will be taken care of. You must become open and receptive, and you must get out of the way so God can work in you, so that the Light of Christ can grow in you.

The Illumination is not a reward for good behavior. It is not earned. It is a Gift of Love from the Creator to you. It is by God's good Grace that you receive it. However, you must put yourself in a place of receptivity for it to come. If you are not receptive, how can you receive it? When you are receptive to the Light, you will begin growing in the Light.

When you are growing in the Light of Christ, you are learning to **LIVE** in the Light.

It's real simple. **You focus on the Light.**

When you **serve**, you focus on the Light. When you **pray**, you focus on the Light. When you **meditate**, you focus on the Light. When you **interact with people**, you focus on the Light. When you **do anything**, you focus on the Light. And when you focus on the Light, **REALLY FOCUS ON THE LIGHT!**

If you have been seeing Light in your meditations and exercises, based on allowing the Spirit to show you this, then working with the Light will be much easier. If you are not seeing it yet, then at least feel the Spirit moving Light through you.

When you're out and around with people, bless them with the Light, see them filled and surrounded with Light. If you have a prayer list, when you pray for them, bless or heal them with the Light. In this way you are actively participating in uplifting the consciousness of mankind, along with other Light-workers in the field who are doing the same, and they are out there doing the Work of the Light.

You can use the Light for blessing your food, or blessing pets, house plants, or your garden even. You can bless your neighborhood or whole city with the Light. You can specifically pray for peace, harmony, and love, etc., for the people herein.

You can allow or see others surrounded by Light that may benefit by it, especially if they

need specific blessings are healing, and as you do so, learn not to judge them, but to accept them as the Christ-beings they are in truth. Seeing and accepting their true nature helps in bringing this forth, and when you send Light to them, this will begin planting seeds for this to manifest.

When you are concentrating on the Light, as in meditation for example, you do it with full awareness, no distractions. Your complete attention should be on the Light within. Your whole consciousness is enveloped in this Light of Christ. However, you don't want to focus on it so hard to the point you find yourself straining and struggling. The idea is to relax into the Light, allowing the Spirit to guide you in this whole process. You have to let go and let go and let go into the Light. It's that simple. You want to learn to surrender into the Christ in this way, by letting go into the Christ Light.

Become like a sponge that does nothing but absorb water until it is completely saturated. In this case, become a sponge absorbing the Light of Christ until you are completely saturated, throughout your whole body. You do this until you feel it vibrating throughout your entire body and consciousness. You continue focusing on the Light until it begins saturating your entire being, and you see it radiating clearly from within. Then you will know the meaning of Jesus's words, "The light of the body is the eye; if therefore thine eye be single, thy whole body shall be full of light." Matthew 6:22.

This gives you an idea of the type of methods we use on the Mystical Path, and they have been successful and fulfilling for countless aspirants in the past. Such forms are very simple, yet extremely effective.

Nevertheless, the idea is not to merely meditate on the Light once or twice a day, but to be conscious of it and live with it throughout the day, to use it actively in everything you do. Learn to feel it or see it in everything and everywhere, to breathe it and be in it always.

There are countless ways for actively using the Light. You don't necessarily have to be Illumined to apply the Light in its various ways, for your working with it regularly will assist in bringing you into the Light more fully. You may have already tried some of these ideas on your own, but it is always beneficial to explore as many ways as possible in experimenting with the Light. Use your imagination and discover further ways to work with the Light, and realize that it can be fun and exciting!

Realize that the Light is only one aspect of the **Christos**. When you work with the **Light**, you are also working with the **Life** and **Love** of Christ. But it does not stop here; included in the qualities of the Christos are Peace, Harmony, Joy, Compassion, Purity, and many more. When you pray for others, you can pray that they be blessed by any of these qualities, and in essence it will be the Light of Christ that is blessing and healing them. But always pray for others in **Right Action**, that God's Will be done for them, not what you *think* should happen. You can use the Light to heal yourself as well as others, but remember it is the Christ who does the real healing, not you. The Light has regenerative properties and can transform the physical body at a cellular level, and even on the atomic level. All matter is energy, and so its state can definitely be changed, for when the Light permeates the dense matter of your body, it is raised in frequency. Especially when you go through any of the Initiations, the vibration of your consciousness is raised much higher and it will definitely affect your physical body and mind, and all levels as well.

For example, when the priest is blessing the bread and wine in the Communion service, he is raising the vibration of these items, hence, activating Light-energy, which transmutes these into the body and blood of Jesus Christ for recipients to partake. Essentially, the Light-energy of Christ enters them, therefore the recipients are blessed. No, they don't literally become real flesh and real blood as we understand it, but their vibratory rate is raised so high that the Christ-Light is

completely infused into them, to which the recipients partake.

When you pray or meditate, let the Light fill you and surround you, that you may more easily tune into the **Living Presence of God within**. Remember that the Light of Christ leads you to God within.

When you read or study, you can envelop yourself with the Christ Light, so that you may be more receptive to the Higher Wisdom that transcends mere words in a book or a set of lessons. The words can act as doors to wisdom, but Wisdom itself is on a much higher level. You can become open to it through meditation as well as study. You can even try studying meditatively, and become open to God's Truth in this way. You can meditate on a verse from the Bible and receive an abundant amount of insight and wisdom from this, for you are tapping into the **Inner Source**. For example, you can meditate on the verse, "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light." –Matthew 6:22

Acquiring knowledge from exterior sources alone is not enough. On the Mystical Path, receiving Wisdom from God within is the main focus, whether it is through study, meditation, observation, or other methods. However, the Light is your lamp that reveals this inner Wisdom. Therefore, you can use the Light through your **intuition**, when you study various spiritual books, to discern which passages are true from those that are not. Hence, you glean the truth where you can in such books when you are using your intuition, letting the Light guide you. True intuition is hearing the voice of the God-Self, whether through impressions, impulses, visions, or hearing from within.

You can shine the Light to people around you, for shining the Light is living in Christ. Wherever Jesus Christ walked, he shined the Light to all those around him. Many were receptive to him, and many were not. The Light will cause changes in people, and so you are an avenue for this process. Yes, many people seem to react negatively to it, and become disturbed by it, because they are too attached to their old patterns of life. When these patterns and habits are in jeopardy, their lives seem to start falling apart. But this is when they are exposed to the opportunity to change their lives, and to start realizing there is a better way to live, just as you have found. So, this is why you go forth to shine the Light to all people, everywhere. Seeing each person you see within a bubble of light is a good method. You can do this while walking down the sidewalk, going to the store or to the mall, or shopping in general. You can bring the Light to your place of work and bless your co-workers. So be creative and imaginative here. You can find a location in your city that really needs the Light, perhaps where crime typically resides, or a hospital where people need healing, and so forth, then right in the middle imagine a lighthouse whose wide beam of light rotates repeatedly, covering all areas around it, and reaching all the people here.

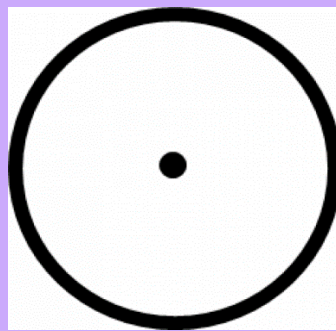
If you can't find something, a misplaced object, use the Light to help you. Let it guide you, as you listen to your intuition, the voice within. Likewise, if you seek a certain direction in your life, a fulfilling goal, a successful career, a compatible mate, etc., let the Light direct and guide you to find what is right for you. In this process, use the tools of prayer and meditation to direct the Light. When you are asking questions in meditation, let the Light guide you to the right answer by listening to the voice of God inside. **For the Light reveals all!**

When you concentrate or meditate on the Light of Christ, your whole body will begin absorbing it, as you draw it into yourself. Also, realize your very consciousness is being penetrated and transformed. Negative thinking will be purged, and your thought process will become less cluttered, becoming clearer. Your awareness will be increased, as you will see and sense more things around you in the physical world, as well as the spiritual realm. Hence, you acquire deeper perception and alertness in things around you and within you. These things will open up to you

because you are leaving the mundane world behind and you are now living in the reality of the Light of Christ in your life.

Lesson Five The Christ Within

The Christos is the true Source of your being and radiates the Holy Light to all, for all human beings will also find this at their center. The physical sun is at the center of the solar system, just as the Christos is at the center of each person, but the ultimate source is the Universal Christos. The visible sun in the sky you see is an exterior expression of the invisible interior sun, often called the Solar Logos, which reflects the Universal Christos. Hence, you see an aspect of “as above so below,” or macrocosm in relation to the microcosm. This is living symbolism and is also represented by the dot at the center of the circle, for the Self is at the center of each being and radiates out therefrom.



Realize that the idea of many selves is not real, but is a temporary manifestation in human form, for in the Eternal Reality of existence there is only One Eternal Self. From the one sun radiates countless rays of light. Hence, each ray’s source is the same.

We see only the physical sun at the solar system’s center; however, the radiance of the aura of the inner Sun encompasses the whole system; however, the life-giving radiance of the Universal Christos pervades the whole universe, for the planets, stars, and galaxies are living beings on a level we may not fully understand. These outer physical bodies of this whole cosmic display are enlivened by cosmic souls of a higher order. The whole universe is a living dynamic being!

Likewise, the Christos as the Word or Logos emanates a continuous vibration throughout the system, often called *musica universalis*, or the music of the spheres. This was acknowledged by the Greeks long ago in their scholarly works of the Quadrivium, which drew a spiritual connection between astronomy and music. Various Eastern schools expressed this by chanting the OM, also known as the Sound of Creation, since this celestial music emanates throughout the whole universe, from all the moons, planets, stars, and galaxies.

The Light is the Power and Presence of the Christ in your life and in your being. The Source of Light within you, the Christos, is the reality of your own being, who you truly are. The outer self, or individuality and personality, is a temporary form that you must train to come into balance with the inner being. By growing in the Light of Christ, it is the **Christ-Self** you are coming to

realize in yourself. **When you see the Christ within, you are seeing your true Being.** Many aspirants may not fathom this principle right away, and it is best to not try to mentally grapple with this, because true understanding comes in meditation. You may read certain words of wisdom, but true wisdom is realized within.

Surely by now you have learned that the Christos is not limited to Jesus Christ, for in truth he was representative, along with many others, of the Christos, the Logos, the First Cause, and the radiant Sun of the Creator. This is how the Christos is the radiant reality within each soul, which means this is the Light that lights every soul.

When you are searching for something you have lost, it requires light to be able to find it. You can find nothing in darkness. Hence, it is the Light that guides you to the Christ within. However, it only seems that you have lost it, for it has always been there. You must awaken to its reality, becoming aware of the Divine Presence within. Therefore, it is when you continually go into the Light on a regular basis in meditation, keeping focused herein, that your true Self will soon be revealed to you. It is the Light that leads you to the Rising of the Self, for the Light gives you the sight to see the Being that you really are. When your real Self rises within, you are beginning to *realize* you are *one* with It. But this transition starts when you become aware of the Light as you commit to working with Light, especially in meditation and in applying the other disciplines.

Always remember that before you are able to see the Light, you must tune into the movement of the Spirit in meditation, and concentrating on this, then the movement of the Spirit will lead you to the Light, to actually seeing it. Feeling the Spirit will lead to seeing the Light.

Light is the revealed expression of the Divine Radiance of God, for when your spiritual sight opens, you will see this wondrous Radiance within yourself, shining from the Christ-Being herein. And then you shall come to see the Face of God within. The Light is the Spirit seen.

Growing and living in the Light of Christ increases the *intuition*, or the inner voice of Self. The Light leads you to this inner voice, just as it guides you in realizing your true Self. When you begin listening to the inner voice, you will soon find its Source, to finally behold the God within. Unfortunately, the outer mind tends to thwart the still, small voice of intuition. Shakti Gawain makes this point quite clearly:

“However, once we accept the reality of the higher power operating in the universe that is channeled to us through our intuition, it becomes clear that our personal problems and the ills of the world are actually caused by not following our inner intuitive knowing. The more we distrust and suppress our inner self, the more likely it is to eventually burst out in distorted ways.”⁵

This is why it is critical to become detached from your personal desires and selfish tendencies that cloud the inner voice. You must learn to let go of them, and to put aside your own will, in order to listen to and obey God’s will for you. Then you must learn to discern the voice of Self from the outer mind. How can you learn this process? Once again, Shakti Gawain addresses this issue:

“Trust the feeling you get and act on it. If it is truly your intuition, you will find that it leads to a feeling of greater aliveness and power, and more opportunities begin to open up for you. If it doesn’t seem right, you may not have been truly acting from your intuition but from some ego voice in you. Go back and ask for clarification.” She goes on to say, “It takes practice to hear and trust your intuition. The more you do it, the easier it

will become. Eventually you will be able to contact your intuition, ask yourself questions, and know that in that ‘wise being’ within you, an incredible source of power and strength is available to answer your questions and guide you. As you grow more sensitive to this guidance from the intuitive feelings within, you will gain a sense of knowing what you need to do in any situation. Your intuitive power is always available to guide you whenever you need it. It will open to you as soon as you are willing to trust yourself and your inner knowledge.”⁶

Also realize that God will not demand things of you like a punishing dictator, but will impart wisdom and guidance that will help you in your life. It is your choice to listen to this guidance or not. The practice of obedience can become a slippery slope. Its positive side is trusting God, its negative side incites fear. The old-school thinking, especially in the monastic orders where vows are taken, is that you must practice obedience to God, as if He was a tyrant who demands that you must obey Him, or else you are sinning against Him. This is absolutely erroneous. God will offer you wisdom and guidance, but it’s up to you to apply them in your life. However, first of all you must learn to **listen** within so you can hear the divine inner voice of God, which you will learn in practicing meditation and other exercises. Many devotees may attempt to obey God’s will by reading what God wants them to do in various scriptures, whether they are the Bible, the Quran, the Vedas, the Mahayana Sutras, or other sacred books, and this is a good start. Nevertheless, meditation is the real key to receiving God’s wisdom and guidance in your life.

Let us also point out that you must learn to be receptive only to this voice of intuition, the voice of Self, going beyond the vain opinions of the outer mind. The primary principle of the Mystical Path is learning to become attuned to this inner knowing of God, or *Gnosis*. This begins with the Light. The whole process of growing in the Light of Christ leads to the Realization of the God-Self within. Hence, you are learning to become a clear channel for the inner Being, and this will lead to Divine Union with God. Therefore, it is important to put aside your personal will and let God’s Will be done in your life. Becoming receptive to the Divine Will to the point that this is all you desire, opens you up to hear the inner voice of the God-Being. As you learn to surrender over to the God within, the awesome reality of this Infinite Beingness will soon open up to you. You will then realize that not only is God within you, but that you are within God in all His unlimited reality.

Because many people assume there is a separation between themselves and God, this prevents them from actually hearing the Divine Voice within. This is when the ego attempts to set itself up as your God, and you blindly assume this is God, especially when this God seems to be guiding you.

“For they go about clinging to their own will and pleasure, which they treat as though it came from God... These persons think that their own satisfaction and pleasure are the satisfaction and service of God.”⁷

This is how the ego is interpreted as the devil or trickster that is trying to deceive you. The truth is your ego wants what it wants, and it tries to make you think that is what God wants for you, so you think it is God speaking to you. This is why it is so important to learn to discern the difference between the ego’s voice and God’s voice within. Working with the Light will literally shed light on this problem and will help you with this discernment. For allowing the Light into your life and into yourself will reveal the truth, hence, revealing God’s voice for you.

The key is to focus on the Light, for the Light of Christ is the Path that leads to the God within.

We will conclude now with the following verses from the New Testament that will give further insights into the Light.

“Ye are the Light of the world. A city that is set on an hill cannot be hid.” –Matthew 5:14

“Let your Light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” –Matthew 5:16

“Take my yoke upon you, and learn of me; for I am meek and lowly of heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is Light.” –Matthew 11:29-30

“In him was life; and the life was the Light of men. And the Light shineth in the darkness; and the darkness comprehended it not.” –John 1:4-5

“That was the true Light, which lighteth every man that cometh into the world.” –John 1:9

“I am the Light of the world: he that followeth me shall not walk in darkness, but shall have the Light of life.” –John 8:12

“But all things that are reprov'd are made manifest by the Light: for whatsoever doth make manifest is Light. Wherefore he saith: Awake thou that sleepest, and arise from the dead, and Christ shall give thee Light.” –Eph. 5:13-14

“The Light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of Light.” –Matthew 6:22



Lesson Six Christ Realization

In the philosophy of the Mystical Path wherein Divine Union is the direction of your unfoldment, realize that receiving the Light is a major experience for you. As you learn to let your Light shine in meditation, you must also go forth and let your Light shine to people around you, seeing them filled with Light. You are planting seeds of Light in them, for the benefit of their own growth. By serving in this way you are increasing your own Light within. The principle is this: you let your Light shine to others, you will receive more Light. However, don't do this for your own gratification, but for the upliftment of their souls. You have become the Light that shines to all, just as Christ Jesus did when he walked the Earth.

Focus on this next statement:

I AM THE LIGHT.

For many beginning seekers, this may be a startling statement. But it is a reality. The fact is that Light is not merely around you or within you, but that in fact, **YOU ARE THE LIGHT!**

You may contemplate on this statement and realize this reality beyond the words, entering the realm of experience. As a contemplative affirmation you can repeat in your mind, "I AM THE LIGHT."

We suggest that you stop right now and close your eyes and contemplate these words for a few minutes before going on. You may wish to record your results in your spiritual notebook

I AM THE LIGHT.

What feelings, impressions, or insights did you receive? Did you see anything, feel anything, or hear anything? Any kind of insight or personal revelation is worth noting. After being absorbed with the reality that this Light within you is your source, that you are the Light, contemplate this next step:

I AM THE LIGHT THAT SHINES TO ALL.

This is where the Light shows you how to serve and uplift the consciousness of others, by shining your Light to others, by shining yourself to others.

Let us take this process a step further now. The Light has a source. What is this source? If you have studied these lessons carefully, you already know the source of the Light is the Christos. Next, you will affirm that you are the Light of Christ. When you say, "I am the Light of Christ," what shall you realize next? How far can you go with this unfolding process? How much time do you need to contemplate on this before going on to the next realization? We suggest that you do not read any further until you have absorbed the reality behind the next affirmation.

We say this because it is best to witness your own personal realizations or insights, so that you do not merely read words from a lesson and form intellectual ideas that remain on the mental level. You want to penetrate your heart and soul in this contemplative affirmation practice. Therefore, we now suggest that you close your eyes and repeat this next affirmation, and let its truth sink into your being:

I AM THE LIGHT OF CHRIST.

Note any further insights you may have received now and record them in your notebook.

Now that you have received some insights, let us analyze this further. When you declare that you are the Light of Christ, what happens? What change occurred in your consciousness? Did you sense or feel your mind expand? Did you sense a deepening awareness, a deepening realization as to the nature of the Light of Christ? And did you realize anything about your own nature as well? You know that the source of the Light is the Christ. And if this is so, what then are you? And what is the Christ then? Did you have the realization that if you are the Light of Christ, then your essence is the Christ?

Can you now say, in all humility, that you are the Christ? Yes, this statement is absolutely true. For you are not you, that is, you are not the you that you thought you were. You are not that false self you have been imagining that you are. That was a dream; not the reality. For there is only Christ, and you are THAT! You are that Christ-nature, that Christ- reality, that Christ-Self that resonates from the very center of your being. You are the Christ-Self that is at your center as well as all around you.

As a means of service to others, you can contemplate this now:

I AM THE LIGHT OF CHRIST THAT SHINES TO ALL.

Clearly, this is a form of stairstep progression, hence, as you contemplate on these affirmations as they unfold, one at a time, we hope you will notice their effectiveness. Once again, these are stepping stones toward Divine Union, as implied in Christ Jesus's statement, "I and my Father are one." Realizing that you are one with your Source, beyond any intellectualization of this idea, will become a matter of spiritually experiencing this reality.

However, you could start by using as a meditative mantra, "the Creator and I are one," while being open to your inner Source, the God-Self. Intellectual understanding is limited whereas the spiritual realization and experience of deeper realities is transformative.

The point of spiritual unfoldment is that you must transition from your lower nature to the higher nature of your inner Source. The ego only knows itself, while it does not yet know the Divine Self within. Actually, it really doesn't even know itself that much, because it lives in illusion and deception. Therefore, while it accepts itself, it finds it difficult to accept a greater Self. That is the struggle you face on this path.

Imagine the air all around you, and then imagine millions of bubbles wherein each contains a small amount of this air. The air represents the Christ Consciousness, and each bubble is your individualized part of it. Therefore, in reality, you are not that bubble as you thought you were, but the air inside, which is a part of the whole atmosphere of air that is everywhere around the globe. What happens when your particular bubble pops and it is no more? The air that was within it will still be there, but now it has merged with the whole surrounding air of the whole atmosphere of the Earth. This is another way of saying, you are one with the All.

This is a mere analogy, but it gives you a simple idea of what we are discussing, which is, that in reality, each and every one of you are the Christos.

This may be an astonishing reality to behold; however, do not let this become a mere intellectual concept. Contemplate on its deeper meaning, beyond the words, until it becomes a true realization that expands your very consciousness. Close your eyes and proceed:

I AM THE CHRIST.

You will see by now that this process of contemplation is a very powerful tool for realizing certain truths. It is the way to tap into the true Christ-Being that you really are. This is the seat of true wisdom. This is how you must learn to live. If you can go to this Divine Source, to make decisions, to resolve problems, to live your life, you will indeed unfold spiritually. Your consciousness will indeed expand into the true Christ Consciousness that is deep within you and all around you. The journey within takes you into a reality beyond your comprehension and beyond your imagination. It will lead you into Infinity itself! It is amazing that going within, seemingly a small space, will lead to unfathomable realms. For you are entering a reality beyond time and space. Within and without become obsolete. Distance becomes illusion. All is realized as One. There is no longer separation between anything. Everything in Life and God's Creation is seen as a web of interconnectedness. Life on the divine level is unity.

The diversity of this world is merely refracted emanations of the One Light that the prism of Mind expresses. These physical elements are here for you to learn by, so do not see them as distractions or even as stumbling blocks. Every stumbling block can be transmuted into a stepping stone. Every problem or difficulty has a built-in solution, but you must find it.

When you live from the point of Christ within, that which you truly are, you transcend beyond the diversity, the separation and the illusion of the physical world. And when you realize, beyond the mental concept, that you are indeed the Christos, the Sun/Son of the Living God, you will come to comprehend more fully the divine unity in all life and creation, and your oneness with the ALL.

You are Christ in the making, and when you become this, you realize what you are.

Yes, you are Christ, your neighbor is Christ, your family members are Christ, we are all Christ together. Many have yet to realize this. You must fully realize this to become a genuine example to others of an awakened consciousness in Christ. You must be Christ to others if you are to be a functioning servant of God through Jesus Christ. Likewise, you must accept and see the Christ in others.

BE CHRIST TO OTHERS AS YOU SEE CHRIST IN THEM.

When you realize that Christ is within you, and that Christ is within them, you are having an experience of coming full circle, an experience of interconnectedness between you and them, a realization of Christ in all beings of humanity. You realize that each person is a golden ray emanating from the one Sun of the Christos. Hence, since your source is the Christ, you and I and everyone are all Christ together. The essence of all of us is the Universal Christ Consciousness.

You are being Christ to all others just as you see Christ in all of them. When you serve Christ in others, you serve Christ in you. You serve the Christ in all mankind. When you go forth to serve others, you are likewise serving Christ in them.

There is a story about a man who received a mysterious message that he would have the

opportunity to serve Jesus Christ. He went forth far and wide to seek the Master, and he ignored everyone else in the process. This was his big mistake. Therefore, when he looked for Christ, he saw Him not. For he did not see the living Christ in his neighbors, or in his brothers or sisters, in his friends, nor even in the many strangers he met. Hence, he failed to see the reality of the premise that you find Christ within all people.

The words of Jesus Christ sum up this story very well: “For I was an hungered, and ye gave me no meat: I was thirsty, and ye gave me no drink: I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not. Then shall they also answer him, saying, Lord, when saw we thee an hungered, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee? Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me.” –Matthew 25:42-45

Therefore, if you are truly looking for Jesus, you must see him in others around you. He also said, “For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in.” –Matthew 25:35

This verse explains how you are Christ who serves the Christ in others. When you go forth as Christ, and serve the Christ in others, a divine balance is met. When you feed the hungry, you feed the Christ in them. When you clothe another, you clothe the Christ in them. When you give shelter to another, you do so for the Christ in them. When you attend to the sick or the poor, you are serving the Christ within them. And you are Christ offering your services to them, to the Christ in them. You are going forth as Christ and serving the Christ in others.

If you focus on the last affirmation given, you can go about your daily activities throughout the day and keep it in mind, especially while you are amidst people. As you meet people or work with them each day, you can keep the idea in mind and see how you can function as Christ who serves each person you meet who is also Christ. Some people you meet may be pleasant and kind, while others may be exhibiting negative emotions or actions. Therefore, you will find yourself not judging them for their faults, but forgiving them, having compassion upon them, for they know not what they do. You know that in essence they are Christ-beings, just as you are. You are dissolving the illusion of separation between you and them, and accepting them for what they truly are. In other words, many bubbles are beginning to pop!

In applying this affirmation throughout the day, you will be shining your Light to all you meet, planting seeds of Light in them. You will be allowing yourself opportunities of true service in Christ, and with this affirmation, you will have a most righteous attitude in the process.

Spiritual Exercise 7

Affirmation Contemplation

This exercise involves taking the sequence of unfolding affirmations and applying them in contemplation. Below is the sequence of affirmations, therefore, you may want to write them down on a sheet of paper or in your notebook to use for this process.

Relax in your chair with closed eyes, with slow deep breathing. You are going to take each affirmation in order, read it and then close your eyes and contemplate upon it for a few minutes,

then observe what you feel or see what insights you receive. Read the next one, close your eyes, and contemplate on it, so on and so forth until the last one.

You are concentrating and focusing on each affirmation and reflecting upon it, and receiving insight or sensations regarding each one, or even all of them together, however this unfolds for you. When you are done, in your notebook write down all of your insights. If you wish, when you gain an insight or feeling regarding a particular affirmation, you can write it down before moving on to the next one.

If you feel inclined, you can do this exercise the next day or so.

I am the Light.

I am the Light that shines to all.

I am the Light of Christ.

I am the Light of Christ that shines to all.

I am the Christ.

Be Christ to others as you see Christ in them.

When you become open to the Christ within in such a process, you begin receiving personal insights and revelations.

Go forth into the world and shine your Light as the Christ that you truly are, that all may realize their true Christhood!



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