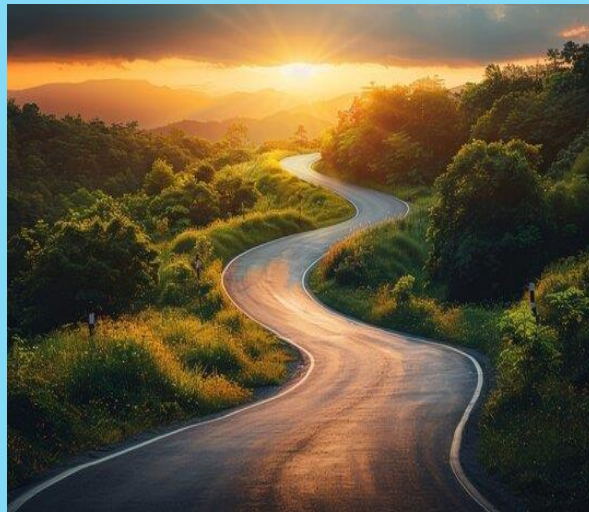

THE HOLY LIGHT ACADEMY



The Path of the Holy Light



Section Four

The Journey of Discovery



Introduction

Wisdom comes with humility. Humility comes with learning to put yourself last, letting others come first, and especially letting God come first in your life. On this enlightening Path when you reach toward something greater than yourself, a higher part of yourself, wherein you begin to leave behind what you thought you were and become what you truly are. You begin seeing and experiencing a reality beyond this dense mundane world, a higher reality of deeper wisdom, where you come to meet your true Self, which is in essence the Divine Consciousness.

Many have walked this Path, although compared to the many billions of people in the world, it seems like only a few. Many great teachers, avatars, and sages have walked this Mystical Path, widening and wearing it down to where it becomes more and more prevalent and available to eager seekers. We are referring to an inner spiritual path that we call the Mystical Path, which is beyond all religions.

It used to be a little-known path because many mystery schools felt obligated to keep the process of the Esoteric Initiations a sacred secret from the unenlightened masses, for only awakening souls who chose strict measures were allowed to begin learning the deeper Wisdom, while keeping ridicule and persecution at bay. This was the Path of the Ancient Wisdom Tradition, known by the few. People of the outside world knew very little of this Path because of its high security and fear of dangerous intrusions.

This is no longer an age of darkness, because you can find countless sources that point to this Mystical Path, through many schools and traditions. Although unenlightened people will scoff at such teachings, sincere seekers will find these and follow them. They seek the Light and the Truth of reality and the deeper wisdom of God. Along with these sincere seekers, you are embarking upon this wondrous journey of discovery!



Lesson One

The Light of the Heart

The Light of the Heart is LOVE.

You can also say that Love is the Light felt in the heart.

When the Light shines from the heart as Love, this is service in action.

When you go forth in compassion to those in need, no matter how small or great the need, then you are not only serving mankind, but you are likewise serving God. If you are on the Christian Path, you are also serving the Master Jesus Christ. When you give drink to another, feed another, give clothing or shelter to another, counsel this one or pray for him or her, you also do it unto Jesus.

In a parable Jesus explained to his disciples, "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: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Then shall the righteous answer him, saying, Lord, when saw you thee an hungered, and fed thee? or thirsty, and gave thee drink? When saw you thee a stranger, and took thee in? or naked, and clothed thee? Or when saw you thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." –Matthew 25:35-40

In this analogy, Jesus uses himself as an example for a focal point of service, for at the time the disciples followed him. Perhaps the followers of Buddha could also use this analogy and use him as their focus.

This parable can be contrasted with the story about a devout seeker who strived to serve the Master Jesus however he could, when one day he was confronted by an unkempt peasant on the street seeking food and a bed for the night. The householder hesitated at first, then he allowed the peasant into his house, and after he gave him a bowl of hot porridge, the penniless one looked up and thanked his host, and the man was surprised to be looking right into the face Jesus Christ himself. Imagine the consequences if the householder had refused the unkempt peasant of the street in the first place. In such an analogy, you would assume that Jesus is everywhere, that when you are serving other people in need, you are serving the Master Jesus as well. This is a most sublime principle to remember while you are out serving the masses.

To serve all people is to serve Jesus. Likewise, if you refuse them, you refuse Jesus, for you are only hindering yourself in this action. It is all interconnected. It is much like the ripple effect when you toss a pebble into a pond; the rings don't stop, they continue to expand outward in the pond. If you help another in need, the ripple extends out, into the mind of the world to add to the continual, yet gradual, upliftment of mankind, and it extends out to Jesus Christ himself, and to God our Creator. Yet it is also all within. "As above, so below" and "As within, so without." You may have heard these ancient axioms many times before. In essence, they declare that all is interconnected.

At a deeper level you can recognize that each person, deep down inside, is the God-Self. When you sincerely help another, you're helping this one come closer to that higher being within. You are serving the God within him, or her, or anyone that you meet and lend a helping hand. Likewise, when the teacher is helping the student on the path, he is helping him to come closer to his God-Self within so he may *realize* this as his true Source and being. In the initiatory process, the veil of materiality is dissolved, allowing the Rising of the Self.

Here is another connection: if you dislike people in general, you are expressing that you dislike God. Therefore, if you learn to like people, you are learning to like God. You and God, people and God; these are intrinsically connected. There is a deeper reality here, the reality of unity, but this must be realized.

Essentially, when you serve people, you serve God. Serving God is worshiping Him and devoting your life to Him. Serving people is uplifting them to a higher place than they were before. But when you go to worship and devote your life to God, you automatically find yourself serving His people, uplifting His extensions of Himself, to assist in fulfilling the Return.

There is a parable about a humble and righteous king who truly loved the people in his kingdom. One of his servants always tried to cater to his needs; giving him his slippers when he needed them, or a book to read, or feeding him nutritious meals. Finally, the king said, "Stop this nonsense. I need nothing, except one thing. You need to go forth into my kingdom and help as many people as possible: the needy, the poor, the distraught, the sick. If you wish to truly serve me, I need you to serve my people." And so the servant nodded and obeyed.

The Strivings of the Disciples states, "I strive to serve God by serving mankind."

As a devoted servant of God, you should go and act as Jesus Christ did, who served God by serving his people, hence, being Christ-like.

Be Christ to others as you see Christ in them.

Christ is the essence of your very nature; you, me, us, everyone. You realize and experience this in degrees, some to a lesser extent, others to a fuller extent. It is the way of "the Creator and I are one."

This is Divine Union for which early contemplative mystics strived, and this is the culmination of the Mystical Path. Although it is true that you shouldn't get caught up in the destination because focusing on the journey is important, because you might miss something. When you miss something, that will simply push the destination off further. It's all a matter of being right here and now when you experience the journey, being in the present moment.

The Light of Christ is within your own soul that you must come to realize and experience, but this is a divine emanation from the Universal Christos. Each human being is a radiant Light from its Divine Source.

Also, one other factor concerning service. There are many ways to serve; it could be helping the homeless, the needy, the sick, the poor, the elderly, etc. You should go forth and serve when the need is there before you, not just *if* you feel like it. You may wait a long time for this "feeling" to come, or as many may say, "When the Spirit moves me, then I'll do it." This can become a cop-out. For some, they may be moved quite often, which is good, and yet others may not be so moved as much. It is wonderful to feel the movement of the Spirit or the feeling to go and serve those with a compassionate heart. But if you sit around waiting for it, you are missing golden opportunities. When the need arises, when they come for help, or when you go out to be available, then you help them, whether you feel like it or not. However, as you learn to serve on

a regular basis, and your heart begins to open, this "feeling" will soon match the action of service, and the aspects of the movement of the Spirit and the action will be harmonized. As you work with people more, your heart will learn to naturally open and the heart-felt feeling will be in tune more often now. Then you will truly be enjoying it!

Yes, the Spirit will move you to serve, so learn to recognize it when it so moves you. When you ignore it, you are cutting off its flow. Always be open to the movement of the Spirit. And that movement, that feeling, is the manifestation of God's Love through you.

Remember this: Service from the heart is worthy of its cause, which is LOVE.

Go forth and serve your brothers and sisters in this world, for all people are God's children, for you can truly uplift them, and every little bit counts; every seed planted is accounted for and will grow into fruition.

One last point here. We are not talking about going out and proselytizing people to your personal beliefs, or your religious persuasion. We are talking about simply helping those in need in various ways. However, what you should be doing is letting your Light shine to them, letting your compassion and love radiate to them.

Spiritual Exercise 8

Devotional

We invite you to try a devotional exercise of opening the heart. Sitting in your meditation chair, allow the movement of the Spirit to flow through you.

One way to do this is to draw the Light of the Spirit down through your crown chakra and then out through the heart chakra, synchronizing it with your breathing; breathe the Spirit down and then breathe it out, repeatedly but slowly. Do not force it but simply relax into it.

To clarify a point, people are often confused when spiritual teachings refer to opening the heart. We are not referring to the physical organ of the heart. We are referring to the chakra that is in the middle of the chest, often called the heart chakra, or heart center.

The next step is to draw the energy of God's Love through the crown and then out your heart center. Do this for several minutes.

Then as you radiate this love from your heart chakra, let it go forth to the people in your vicinity, knowing his love is also going out to them. Together you are doing the work of spreading Light and Love to others. In this way you are serving God by serving mankind.

Also, you may simply want to sit and relax as you feel the energy of Love within your heart, allowing your yearning to well up for the God within. Let God's love fill you and surround you completely. In the Sufi tradition, this is where the bond between the lover and the Beloved becomes strong, and divine intimacy develops.

Learn to surrender through loving God, to love Him so much that you find yourself surrendering totally, where Divine Union is inevitable.

Note: This is a variation of the “Opening the Heart” exercise given in the separate course of **Developing a Relationship with Jesus Christ**, as it is a very important process to practice. It is a way to develop love and compassion toward other people and also your love for the God within.



Lesson Two The Alchemy of Illumination

Many people today do not really understand what Illumination is, and they actually do not gain this understanding until they have experienced it more fully. But you begin with your Awakening, then Purification, which leads to your being able to receive the Light of Christ. This is part of the process of your journey of discovery, wherein you begin to seek deeper wisdom and begin to realize the hidden mysteries of the ages.

Assuming you read the first three courses of *The Path of the Holy Light*, you may have the beginning of an understanding of the Illumination. Because if you THINK or BELIEVE you can understand it intellectually only, you are mistaken. This is why the genuine transformative experience of Illumination itself is the only way to “GET IT.” True comprehension comes only by the actual EXPERIENCE of it, not the intellectual understanding of ideas ABOUT IT. Let this be very clear. Illumination is far more than the receiving of understanding of some wisdom, or being enlightened into certain esoteric principles.

The truth is, when it comes to spiritual matters, understanding is overrated. When the seeker seeks wisdom, he so badly wants to understand it, often to the point of creating his own concept of what a particular subject means, which soon hides the actual truth that he has sought. He creates a false understanding that satisfies him.

“Delete your need to understand.’... The *need* to understand comes between the observer and what is being presented to the awareness. It hinders, gets in the way. The need to understand indicates a need to control, to live by the idea rather than flowing with the reality of higher consciousness.”¹

Therefore, you’re not disposing of understanding altogether, just the *need* for it. Understanding will come with many of these principles of deeper wisdom; you simply have to be patient, until the realization comes to you. This cannot be forced. Trying to force an understanding of Illumination, or any of the Initiations, creates a hindrance. It is better to let the matter go entirely so you don’t get in the way, and then not just the understanding, but the actual experience will come when the time is right. In Eastern philosophies the idea is to seek without seeking – and that alone seems to defy understanding and logic.

Through realization, understanding is replaced with knowing, wherein you receive genuine wisdom.

Transformation of your whole being is the real Illumination. Therefore, more important than striving to understand what Illumination is, or than the idea of Illumination as great wisdom being realized, is the practice of LIVING and GROWING in this Light from day to day. This function is a discipline and a devotion as well, the unifying of mind and heart. When you truly LIVE IT, this is the key. When you are living in the Light, you will be LIVING the Light; therefore, you will automatically be GROWING in the Light. Living in the Light is transformative because this is how you become illumined. This is

esoteric alchemy taking place. This is the transmuting of the base metal of your lower nature into the higher nature of the glorious Gold of the Christos. This is the transformation of the human being into the divine being. This is the unifying of mankind and Godkind. There are not two different spirits. In truth, there is only One Spirit. In the beginning, God placed His Divine Spirit within the heart of mankind, breathing life into all people. This is the divine spark within him. God did not create a separate Spirit, but infused into human beings His OWN Spirit. Although it lies dormant within you, you can tap into it, waking up to its reality within. Then you can be transformed and finally enter genuine unity with your Creator, once you realize the original Oneness that has existed all along from the beginning.

The Creator's love is a unifying force; it causes people to come together, especially since from the beginning they were already one, before the veil of forgetfulness entered the souls and came into matter of the earth plane.

“His call catalyses a spiritual instinct that is within us. Every human being comes into this world with two primary instincts: the will to live and the will to worship. It is this latter instinct that is so dynamically awakened by the Beloved that we are no longer content to worship Him, but we need to unite with Him.”²

It is clear that steadfast worship toward our beloved Creator leads to this sublime level of Unity. As much as we continue to emphasize Divine Union, you must not jump to conclusions or skip steps in this journey of unfoldment. It begins with Awakening, Purification, and Illumination.

It has been said by mystics that if your yearning toward the Divine Source becomes so strong that it is like a drowning man gasping for air to where nothing else matters at the moment, then you will arrive. This is a form of awakening.

If you have been asleep to the reality of your inner Source, it is time for you to awaken to your birthright, your inheritance, preordained from the beginning, prefigured when God first created this physical world and infused His Divine Spirit within all beings, His beloved Sons and Daughters, born from His own Holy Heart. This is an act of holy and divine Love, and you will realize and know this love, and through your growing yearning, you will come to love the Creator in return, to lovingly surrender to the Holy Beloved, from which you sprang, by which this Divine Union will be realized and experienced. It begins by LIVING in the Light.

How do you live in the Light? You become aware of it in your life, and you become fully conscious of its reality in your daily thinking and activities. You apply it in your exercises and meditations. You learn to FEEL and SEE it and EXPERIENCE it within yourself. This is why you practice the spiritual exercises. You develop concentration in order to keep focused on certain subjects in meditation, and in this case, keeping focused on the Light within. In this way, you learn to become RECEPTIVE to the Light, to LET GO into the Light, to SURRENDER into the Light of Christ. When you surrender into the Light, you are surrendering into Christ Consciousness, and as you do this, you are simultaneously surrendering into God. “THE CREATOR AND I ARE ONE.”

While you meditate or do your exercises and you find yourself straining and exerting effort, then you are doing it wrong. The key is to relax as much as possible, to LET GO AND LET GO AND LET GO MORE INTO THE LIGHT WITHIN. Do it as if

you have jumped off a cliff and don't care what happens to you, to just FALL down into the great chasm, eyes closed . . . and then it will be as if everything turned upside down, for you will open your spiritual eyes and realize you are no longer falling down, but rising upward now, rising into the brilliant Sun above, entering it, and merging into it now. Then you will eventually realize this wondrous Light is the Source of your own being.

These are mysteries that have not been understood. The mystery of the Light should not be a mystery, for its truth is in plain sight, if you just open your inner eyes. Since ancient times this has been concealed for too long. It is time for these mysteries to be revealed. As servants, this is our task in this current age, to awaken and illumine people who seek the Light of Christ, to transform them into their true divine reality.

So your simple task for the next several days, and longer, is to LIVE THE LIGHT IN YOUR LIFE. Then if you do this sincerely, see what happens! We hope you will be surprised!



Lesson Three

In the Twinkling of an Eye

The Light will transform you, even in the twinkling of an eye.
How can this be so?

By God's divine grace these things can take place. Although it is by your sincere effort, your discipline, and your devotion to God, that you steer yourself along the Mystical Path, it is ultimately by God's good grace that you truly grow. But you must get the ball rolling; you must put yourself in the right place to willingly commit to doing things God's Way, to be humble and obedient before Him, and then God will do the rest.

It's like you can either stand by the door that leads you to the Light, where you might either vacillate for a while or even turn around and walk away, or you can step through the door and be delivered into the Light. However, you have to decide which way to go.

When the Prodigal Son became sick and tired of his miserable earthly existence, realizing it was futile, he decided to return home, and his father came and met him halfway, to bring him the rest of the way home. This is representing God's grace. You cannot do it alone.

“With men this is impossible; but with God all things are possible.” –Matthew 19:26.

You need to maintain the attitude and behavior of completely trusting God no matter what. You need to abandon the old ways and become completely receptive to God in order to prepare your earthly temple for Him to work through you, the work of transforming you, the task of delivering you into the Kingdom of Heaven. By being open to God in this way, His grace will do that which is impossible for you to do.

“Behold, I show you a mystery; you shall not all sleep, but you shall be changed, in a not at all moment, in the twinkling of an eye.” –I Corinthians, 15:51

There are some who unfold subtly and may not experience deeply, for they have not awakened fully in this case. They have not sincerely committed themselves to a real dedicated effort, and their yearning for God is often lukewarm, not burning or longing to draw closer to God at all costs. However, those who have learned to surrender, who truly love God, who would give up the world and its deceptive and alluring ways, and who desire to show others the "way out" as well, have truly been transformed. It is these souls of a righteous heart who have been changed in the twinkling of an eye. They have experienced the deeper transformation of their beings. They have put themselves on the line to do the work, and so they have been chosen to do greater Work, to help in the task of awakening and uplifting others who seek the Light. For these aspirants have seen the Light, and have

experienced its power and grace within themselves. Their entire being was transformed in the twinkling of an eye. They may not have earned it, for often they still struggle and strive to be rid of temptation, and to deal with their imperfections, but they strive to keep on the straight and narrow. God loves them anyway, He loves them unconditionally, so by His grace He will transform them.

In other words, when you receive the Light of Illumination, it has nothing to do with earning it, but it has to do with God's grace being imparted to you. However, once again, you have to step through the door completely and enter in, willing to do the work required. On the surface this may sound paradoxical, but it really isn't.

St. Paul the Apostle, when he was Saul of Tarsus, had been condemning Christians to death, for he was one of Jesus Christ's worst enemies at the time. But on the road to Damascus, Jesus appeared to him in a mystical vision, and his glorious Light descended upon him, transforming him completely, changing him in the twinkling of an eye. He became one of the Master Jesus's most powerful advocates. Only by God's grace could this kind of change be possible. It was undeserving and unearned, for this is how grace works. It occurs by God's love and grace for everyone, no matter how unworthy people may think of themselves to be. You are still imperfect, you are still vulnerable, but you strive to do better. He does not wait for you to become perfect in order to transform you, because God is perfect for you, for His divinely perfect Being resides in your heart. That's the secret of perfection and how you are transformed.

However, it is better to say you are entering harmony with God because the idea of perfection is too demanding and overwhelming for the human mind to literally accept. The idea of trying to reach perfection is like chasing rainbows and never reaching them since they are too elusive. It is easier to say you are entering a state of harmony, balance, and equilibrium with your Source. Visualize the image of a set of scales; usually one is lower and the other is higher, and when they are both at an equal level and maintain this, they are balanced. You can't see this with the concept of perfection. But you can endeavor to keep your scales balanced, for when they are off balance a little bit, or even a lot, you can work at putting them back in balance. This is where the spiritual disciplines come in handy. These are how you keep your scales balanced.

Think of it this way. As unworthy and ruthless as Saul of Tarsus had been when he fought Christians, and the Master chose him and transformed him regardless, then your chance of being likewise transformed is obviously very good.

When it comes to reaching Illumination, or any of the Initiations, you must do your part first, unworthy as you might believe yourself to be, undeserving of God's Righteousness, yet this is a false concept. For in reality, God sees you as deserving His grace, so in His eyes you are worthy of His gift of great love for you, His unmerited grace, in spite of your imperfections, or state of being imbalanced; otherwise, how could you or anyone ever hope to be changed? He sees your heart of hearts, your true desire for Him. So do your part. You must seek Him out so that you shall find Him. You must ask so that He will answer, and you must knock on the door so that He will open it to you, and then you enter in, entering the glorious Light of His Being, the transforming Light of Christ. Is this not entering the Kingdom of God that is within that Jesus spoke of?

There is a point where you become sick and tired of the mundane and deceitful ways of the world. There is a point when you become disgusted with your own shortcomings and erroneous ways, your imperfections and temptations that you often fall

into. There is a point where you get fed up with it all. There is a point where you throw up your hands and cry to God to deliver you, to free you from this bondage of the world. You throw yourself on the altar, throw yourself over to the mercy of the Creator, for your love for Him has grown, and your trust and faith in Him has increased. Again, it is like you are drowning and gasping for air. You have at that point surrendered, having taken the leap of faith, trusting God that He will not let you fall, but that he will raise you up. You have finally let go of the world and its illusions, and your own illusions as well – and then you will be transformed in the twinkling of an eye. You shall feel his mighty presence, you shall see His brilliant Light within your soul, you shall feel His love for you burn in your heart, and His joy will fill your entire being.

This is one scenario in which this transformation can take place, but because each person is different in their unfoldment, this transformation will operate differently for each one. There are no hard and fast rules to this process, but there is God's Grace that will deliver you. However, you can always count on applying the Spiritual Disciplines in your life.

With people, these things may seem impossible, but by God, you will be changed in the twinkling of an eye, because all things are possible with God.



Lesson Four

Soul, Spirit, and Flesh

The physical body is the vehicle in which the soul experiences the material world. The body by nature will perish, but the soul continues, because it is immortal. The soul travels from form to form, on a journey of experience. The fleshly form is energized as the soul awakens and spiritually grows because the divine plan is to illumine body and mind so the soul will have a truly sacred temple in which to inhabit. When you see the physical body as a temple that houses your soul, the Spirit is at home here. The greater temple is the world, and when the whole world is illumined, this will be a magnificent temple for the Spirit indeed!

We define the soul as the specialized vehicle that gives the body life, personality, and experience. Spirit is at the center of this and lives through all human beings and all life forms in general. The soul is your direct connection to the Spirit, the essence of which is the God-Self. Spirit is all-pervasive throughout the universe, for Divine Consciousness is that which perpetuates all life, and you must realize that this is a living universe.

In the physical world, matter is limited and perishable, although in reality, at the atomic level, forms may break apart and then reform into new forms, because this is the cycle of life. Nothing is truly destroyed, only rearranged into something different.

On the apparent level, flesh appears to slowly deteriorate, for the body will age and then die. Why is this? It is impermanent and limited. It is perishable because it exists in the material illusion of dense matter. Even modern physics dictates that on the subatomic level wave-particles exist and can act quite elusive. When matter at the quantum level begins acting like vibrating wave frequencies, this is the realm of energy, and more specifically, spirit-energy. You are not solid but you are energy. And energy is Spirit in essence. Spirit existed first, then matter was formed and became the physical creation, as in the whole universe.

Now, the flesh does die, and its matter returns to the earth, but the immortal soul will continue through its cycles of incarnation into this world, and the Spirit continues through many souls. Throughout the universe, Spirit is ageless, timeless, eternal, and infinite. The Spirit is like unto water. Realize that the great mass of water on this Earth has been here for countless millions of years, but it constantly undergoes a process of purification, an evaporation process, in which it is naturally renewed and cleansed of impurities. Then when you drink it, it is crystal clear, clean, and pure, and even tastes fresh and clean. But yet it is millions of years old, this water you are drinking. You may be drinking from a clear, clean stream, or a mountain spring, or it may be store-bought purified water. But this is not unfit, stagnate, filthy water, just because it has been in existence since the beginning of the creation and life on this world; it has been transformed so you can drink it. God has created this amazing system of purification and continual transformation, so you can drink clean purified fresh water. Fresh and yet many millions of years old! A fascinating paradox indeed!

The Spirit is like unto water in this way. You are the form through which it manifests, continually renewing and returning to the Source, through this recycling process, or evaporation process, spiritually speaking.

The Spirit is Living Waters for your soul, mind, and body. It will awaken you, illumine you, and regenerate you on all levels. The everlasting quality of the water on this Earth is very symbolic of the Spirit and is worth meditating on.

The Spirit of God is your very source. It is not separate from you. Remember that separation from God is an illusion. Unity with God is Reality.

Next time you take a drink of cold, clean, crystal-clear water, think about it for a moment.



Lesson Five

Life as a Sacrament

In the Esoteric Sacramental Tradition, as well as other Christian churches, certain sacraments are recognized, and some maintain seven in all, and sometimes they use different labels. A sacrament is the mystical expression of the Christos manifesting in this world through a particular ritual, for example, Baptism, Initiations, Communion, Confession, Marriage, Healing, and Ordination.

Ultimately, there is one Sacrament: LIFE.

Life is a Sacrament, for it is sacred reality in motion. Life is God, for God is all Sacredness in all things. Therefore, all life is sacred and likewise you are sacred. The Divine Life-Spark within you is Sacred, for this is the very Breath that the Creator breathed into you from the beginning, and this divine breath is still in you, it is your very life. Your very soul is that which the Creator breathed into you, and within that is the divine essence of being, the very Spirit of God manifesting and emanating through mankind, His most intimate creation. We say intimate because the goal is to go beyond the illusion of separation, beyond the veil of materiality, to realize your oneness with the Creator.

Your soul is sacred because the soul is the reality that God is within you.

Life is a Sacred Reality that you live and experience, but people choose to either profane it or cherish it; to abuse it or use it for a virtuous purpose. You must learn to develop a sense of the sacredness in all life, for the Spirit exists in all things and everywhere. When you learn to appreciate the sacredness in all things, you are appreciating the Spirit of God that exists in all things.

You may ask, how can people have this kind of positive attitude when there is so much negativity and iniquity in the world? Remember, these are illusory elements and not even real, and they come from the mass mind. They reflect mankind's confused and deceptive thinking. That which is of the Spirit is real.

As an aspirant on this Mystical Path, you can contribute to this Sacredness of Life by shining your Light to others, blessing them with this Holy Light, which will definitely affect them whether they know it or not. Planting seeds of Light and Sacredness in mankind across the world is a sacred honor and a part of the Greater Work, which in this case becomes the Holy Work. Whether you are at your place of employment, shopping, or walking down the sidewalk, you can bless people as you go, envisioning them in a bubble of Light. Or if you have a prayer list at your altar, each night you can pray for and bless the people listed on it, seeing them filled with Light.

Life is a sacrament because life is sacred, and if you are living life as a sacrament, living life in all its sacredness, worshiping the Creator and being a servant to mankind, then you are fulfilling this sacrament. Even committing to spiritual disciplines of unfoldment are aspects of this sacred lifestyle. Likewise, the act of truly experiencing Life is a spiritual Initiation, especially in this earth plane which is the realm of existence for growth and learning; hence, it is the School of Life.

Living life more fully is an ongoing Initiation into deeper realities. The general sense of the word “Initiation” means CHANGE, and changes throughout your life are means of continual transformation. Some changes are small, some are large. The degree of how great the change is in yourself determines how deep into the Initiation process you have entered. The greater the change you experience in Life, the closer to being One with Life you become. Ultimately, God is Life, and Life is an Initiation process, which means it is a process of continual change and transformation. Life is the Spirit of God perpetually in motion throughout Creation and all existence, and when human beings change through Life, they unfold in the Initiation process of Life itself. You can also say that Initiations are the way of growing closer to God through yearning and worship, and this leads to your Divine Union with God.

Let us take this a step further. The continual cycle of Birth, Life, and Death, is an initiatory process for all souls, and all souls are expressions of the Spirit of God in this great School of Life. Between the physical birth into the earth plane and physical death, there are several Initiations or rites of passage. However, we will focus on the last five steps of the Esoteric Initiations, for they intrinsically involve the aspirant's spiritual growth, the point of his initial awakening to the point of mastering one's life and Divine Union. A soul will reincarnate countless times in this earthly world as it reaches a state of spiritual harmony and mastery, and the avenue of the Solar Initiations is the way of inner unfoldment for all souls on their return to their Divine Source. In the Esoteric Sacramental Tradition, these initiatory stages are Baptism, Illumination, Self-Realization, God-Realization, and Self-Mastery. Other schools may use different terminology, but let's keep with the ones we have offered. Although the last two involve great teachers and masters in life who are far and few between in this world, the door for entering these Initiations is still open. Realize the Earth's population is approximately eight billion and increasing, so if there were one hundred of these great teachers and masters, that would be very good, because they are helping raise the consciousness of mankind. Of course, even if you are a beginning aspirant, or have had the first few Initiations, you can most definitely contribute to the upliftment of mankind, especially through prayer.

Every human being, every soul, is a divine being in essence, most of which have not realized their full potential yet; however, those who have, those who have realized they are one with the God-Self within, you have experienced this in your life, especially in being in tune with the voice of God within, they are doing the Greater Work of uplifting the consciousness of mankind and preparing it for World Illumination, a powerful goal which the Great White Brotherhood has sanctioned. We use an exhilarating exercise for this process, and soon we will give it out to the aspirants in this program. Spreading the Holy Light and raising the consciousness of the people of the world is the essence of the Holy Work.



Lesson Six **Search for Truth**

One of the major philosophical questions has been: What is Truth?

Is there an easy answer to this? Perhaps you should first ask, how do you find Truth?

The Light of Truth is within you, for the Truth of the Light shines from your being's center. If it were not so, then God would have to be separate from mankind. However, you know this is an illusion.

Wisdom is Divine Truth imparted to those whose hearts and minds are purified enough to receive it, for in their act of holy surrender, they have become intuitively receptive to God's Will.

The Truth that has become a mystery is due to Mankind's own ignorance and stubbornness. The Truth is hidden because it is in plain sight. This in itself is a mystery that man has not understood. The Truth is revealed to those who are ready to see it for what it is. Those who have already formed their own ideas and opinions into a set doctrine will not see it. They only see what they wish to see, not the Reality.

You must not let the Truth conform to your beliefs, but rather let your belief conform to the Truth.

The former is arrogance, the latter is humility. Will you choose your own beliefs, your opinions, your old tapes and scripts you have taken so many years to establish? Or will you humbly let it all go, to start afresh, and surrender over to God who will reveal HIS TRUTH to you at last? Some of your ideas may be correct, and then others may not. Allow God to guide you now. Do you build your house upon the sand? Or upon the Rock of Truth? And do you know the difference? God will show you how to discern which is Truth and which is not as you trust and listen to Him. You can pray and meditate in silence as you grow closer to God day-by-day, and listen to His voice, His direction, or His impulse from within.

The purified, humble heart has become like a sponge, thirsty for living waters of Truth. It has yearned for only Truth beyond concept. It is learning to discern the real Truth of God from the false truths of mankind, that its clear sight in the Light will be a bright Lamp unto its journey along the Mystical Path of Life.

There are many religions, traditions, and churches, and far too many dogmas, some of which are similar, and others are very different. Many of them claim to be the correct doctrine since they believe themselves to be the one true religion or church. Truth does not come from mankind and his religions. Although these may be a starting point for the truth-seeker, he must go beyond these, entering the realm of spirituality, that is, the Way of the Spirit. The primary tool for this is the practice of meditation. We will always say that applying the Spiritual Disciplines is highly important in your unfoldment.

The aspirant who is truly devoted to God has humbly resolved to put aside any investments of his own dogmatic preferences, for such intellectual opinions only block him from what is Real. He must humbly pray to God to be able to see the Truth for what the Truth really IS, despite his egocentric likes and dislikes, judgments, opinions, and beliefs, etc. Many people erroneously view their belief system as indistinguishable from the truth. However, beliefs are unproven truths.

Truth is Truth, and Truth demonstrates itself, if you have eyes to see it and ears to hear it.

Instead of recycling, rehashing, and reconvincing yourself of your old ideas and beliefs, or an established doctrine you grew up with, as if you fear they might be a false foundation (dare you admit this?), rather you should humbly pray and meditate on Truth finally, that only God will reveal to you. Cast aside all of your old ideas and humbly go into your heart, and be willing to surrender to God, knowing God will show you what is True and what is not. This is the beginning of the Mystical Way.

Discovering the Truth is not an intellectual process, nor is it simply accepting an established doctrine. Truth is found within and must be experienced. Many mystery schools speak of the Lesser Mysteries and the Greater Mysteries, but beyond this are the Deepest Mysteries of Truth, which can only be experienced within your soul.

The humble heart will know the Way.

Listen to it. God is here



Lesson Seven **Your Commitment to Life**

Any genuine path requires real commitment. Once you have gone past the curiosity stage, and then determine which path is the right one for you, you have made your decision, by which you then embark upon this spiritual walk that will lead you to true fulfillment. However, such a decision should be backed up by a real commitment. Many people make initial decisions but then rarely follow through. They are great at starting but fail to follow through. They become lazy after a while, or the walk becomes too ordinary. They may lose their passion and become indifferent. This often means the aspirant has ceased to receive new spiritual insights or intuition that he once had in the beginning, when that path was new and exciting. This often happens when he has become apathetic and has slipped back into a sleep-mode. This lukewarm or complacent attitude that develops only hinders continuing progress. True, you may want to take a break from time to time, but to begin to seriously waver will slow down your progress.

When we speak of committing to a path, we are not referring necessarily to a particular religion, school, tradition, or church you have dedicated yourself to, but to the inner spiritual path, or as we call it the Mystical Path. There are many paths, but one way, which is God. God is the Way, and many paths lead to this Way of God. If you are on a certain path, through whichever tradition or religion, you might have found yourself questioning the strict dogma therein, which leads you to search for something deeper, and that soon becomes the actual Way. You may have been on this Way for quite a while now, know it or not, but you must often check your level of commitment to it. True commitment is guided by your inner yearning toward God, or Divine Consciousness, hence, you are acquiring a desire to develop an intimacy with your Creator.

When you commit to the Light, the Light of Christ Consciousness, your passion will increase. And you will not desire to turn back to your old ways once you realize the Reality of God that lies within you.

When you look upon this world that is asleep and lies in deception and ignorance, since you have reached a higher level of consciousness now, you realize just how far you have come, how much you have been awakened, how much more enlightened you have become than before. You are thankful to God that you have been delivered from this deceptive world and its alluring ways and its enticing temptations. Indeed, this earthly world does have many beautiful aspects, especially as seen in nature, which reflects God's Nature. When you observe Nature and the whole Universe in all of its grandeur, you are observing a reflection of God's beauty, harmony, and His handiwork in Creation, from the infinitesimal atom to the infinite scope of the whole existence, typifying the microcosm and the macrocosm, hence, as above so below. Esoterically, all Creation, the whole Universe, is seen as the physical form of the Creator which houses his Spirit, which pervades all existence. Hence, God's Nature is literally everywhere.

Realize God's Nature is in mankind too, but you must find it and realize it fully. This is why you "go within" to find and realize God. It takes commitment to persevere in the spiritual disciplines, not wavering, but ever moving onward and inward. Once your true heart's yearning for the Divine begins to surge up regularly and with strength, then this inner force or longing together with God's Grace will carry you through, and spiritual unfoldment will become fruitful, and likewise your experiences through the spiritual Initiations will manifest.

Ultimately, Life is the wider path you are on, since birth, and even before this, as long as you have been a living soul. Through all of Life's circumstances you grow, but many grow at a very slow pace while they are asleep. When you are awakening, your inner growth moves faster. When you realize where you have been all this time, you strive to leave this stagnant existence and enter harmony with the Spirit, for Life in reality is the movement of the Spirit in all Creation and existence. When you stumble about in a changeless, stagnant state, very little Life will flow through you, for God is Life. Life is a fluid, active, perpetually moving force of the Spirit in all things and beings. Life is not your progressing day-to-day circumstances, or that state that exists between birth and death; however, this is the usual definition mankind perceives. Since Life is the Spirit in motion, you can get caught up in this sublime flow and keep on going.

Think of it as a person being drawn to water, and when he sees a river, we will call it the River of Life, he jumps in and goes with the flow, and goes wherever it carries him, on a grand journey of discovery. He sees several people bobbing about in the water, clinging to the banks out of fear and worry, not knowing where the river will take them, and some might even climb out and go back to land. It takes perseverance, courage, and faith to stay away from the banks and just let the river carry you onward, seeing this as a great adventure in Life. Such a journey does begin with surrender, but then when you acclimate to this River of Life, the passion and joy for this adventure grows as you enter harmony with it and soon become one with it. But

In reality, everything in Creation does change, expand, and uplifts to a higher level, even if it is little by little. If anything stagnates, where life ceases, it will die. On the atomic and subatomic levels, material forms merely change and rearrange to recreate new forms. No matter really dies or ceases to exist, but merely returns to Spirit, and then rematerializes in a different state. This is the ebb and flow of Creation throughout Nature and the whole Universe.

The only thing truly changeless is God's Divine Law in Creation, expressed as universal principles, but these act through the changing forms of Creation to maintain order and harmony. The Divine Law must be permanent and changeless, otherwise, chaos would ensue. This is the paradox of change. God's Law is unchanging while Life in Creation is ever-changing. In this physical universe, the only constant is change. In the spiritual Universe, God's Law is constant. The latter maintains the former.

Regarding change in your own being, you can either drift on the aimless waves of a slow movement of continual circumstances, blindly making decisions, reaping what you sow, paying for the consequences, and willfully and stubbornly learning the hard way, or you can wake up and live a spiritual way of Life in the Spirit. You can wake up and live righteously, to devote your time and energy by listening to the Will of God within to direct your life, instead of doing things your way. Once again, this kind of life requires commitment and perseverance, if you are to steadily unfold spiritually. There is the ego's

way, and then there is God's Way, wherein your inner unfoldment will move much faster and more smoothly. St. Paul said you can change in the twinkling of an eye. This is true, if you put yourself on the line, if you surrender yourself totally to God as much as possible.

Jesus said if you save your own life, you will lose it, and if you lose your life, you will be saved. When you come to give yourself up completely, totally surrendering over to God, you will not only be saved, but you will be changed in the twinkling of an eye. We don't expect you to perceive this as a far-off goal, a goal of total surrender, but you can work toward it as you apply your spiritual disciplines, and your genuine love and devotion to God, taking it one step at a time. Actually, the aspirant tends to surrender a little bit at a time, and gradually works toward surrendering more and more each time.

We will liken this to an addict who is attempting to quit his drug of choice, and sometimes he attempts this slowly, and some attempt to quit cold turkey. Sometimes this works for those who are strong-willed, and yet others fail. It is better to align yourself with God's Will, surrendering over to this to be rid of your past ways, whether they be carnal appetites or other physical temptations that have haunted you. Aligning yourself with spiritual virtues instead of negative temptations and vices is the better path. This is why we have recommended practicing certain virtues of the soul, which will act as constant reminders while you walk the Mystical Path.

This path is indeed straight and narrow, and will not allow for earthly ways, for this is a path that is paved with the righteous and virtuous ways of the Spirit. For you to receive the true treasures in Life, you must give up the earthly desires and treasures first. A rich man cannot enter through the eye of a needle, because he is rich in the ways of the world. One who is poor in Spirit has gladly lost this material way of living, hence, he shall surely enter through the gate and into the heavenly Consciousness of God, where such a soul will realize Eternal Life.

It all begins with changing your life and making a steadfast commitment to God. Your commitment to Life is a commitment to God.

“Verily I say unto you, that a rich man will hardly enter into the kingdom of heaven. And again I say unto you, it is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.” –Matthew 19:23-24

“If any man will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. For what is a man profited, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?” –Matthew 16:24-26

“Behold, I show you a mystery; you shall not all sleep, but you shall all be changed, in a moment, in the twinkling of an eye.” –I Corinthians 15:51-52



Lesson Eight

Healing in the Light

Healing is returning to Wholeness and Harmony. When human beings left the state of Spirit, descending into matter, and acknowledged no rules in their use of free will (which was a free gift from the loving Creator), they entered the world of separation, limitation, changelessness, sickness, and death. Hence, they need to be healed and return to their original wholeness from the beginning. They have forgotten their true Source when entering this earthly existence, hence, they are on the path of remembering where they came from and who they truly are.

The soul does not become sick. The body does. Likewise, the outer mind will reflect this sickness. For as you think, so shall you be, good or bad. When you choose sickness, which is why you have attracted sickness to you, it is not because sickness is “out there” and you randomly acquire it, as if you’re a helpless victim (and this is what worldly people often believe). The fact is, you chose it; you agreed to it. This is usually accepted on a subconscious level, due to emotions of fear, worry, unworthiness, self-victimization, self-rejection, hatred, vengeance, and so on. You planted the negative seed and then became vulnerable. You drew it to yourself, not consciously of course. You bought into this worldly entrapment, hook, line, and sinker, whether you knew it or not. You don’t watch the doors of your thought processes too closely or else you would be more careful and watchful as to how and what you think and accept into yourself. In your right mind, you don’t consciously accept sickness, not directly. But then most people are not in their right minds.

They don’t say, “I think I will become sick today,” but they may say, “I feel miserable today,” or “I am so unworthy,” or “I am worried and fearful about my life, everything is falling apart.” They think and believe these negative things and accept them, so they create an unhealthy state of mind, which often manifests in the physical in one way or another. Of course, much of this erroneous thinking can lead to mental illness if not physical illness.

Quite often you believed you were not whole from the beginning, so you gave into inadequacy, unworthiness, imperfection, sickness, and eventually death. These are states of changelessness, or unwillingness to really change, or even to believe that change is possible. You “knew” (or strongly believed, actually) that you were separate, limited, unchanging, and unwhole, so you gave into this illusion, rather than return to harmony, unity, and wholeness of Spirit. Inadequacy or sickness becomes a habit pattern in your mind. Why would you wish to exist in this miserable state in place of the joy and freedom of being spiritually whole and harmonious?

The ego makes it seem easier to think negatively than positively, but this is untrue. Once you simply begin to consciously think positively and disregard the negative thoughts when they arise, this will become easier as the pattern forms and becomes stronger. Then achieving wholeness and harmony will become more real to you. Negative things become like a bad taste in your mouth and might make you cringe, so you begin staying away from

these things. Applying spiritual virtues in your life is an effective way to render any negative patterns or temptations powerless. (see **Soul Unfoldment on the Virtuous Path**)

When you begin to grow and live in the Light of Christ, this cloud of changelessness and unwholesomeness will definitely change. As you awaken deeper into the Light, the dark cloud of the dense world will be lifted from you. For the Christ-Light is a healing energy, hence, definite change will occur in your body and mind. As you awaken into the Light, it reveals the imperfections you must dispose of and reveals the true righteous virtues and qualities of your being that have always been there, untapped and unknown, until NOW.

As the Spirit is within you, so are these virtuous realities. The imperfections were an illusion. It requires genuine realization through the Light to cut through this dark cloud and return to the true Wholeness of Being.

The Light is regenerative. The Light brings you back into balance and wholeness. The Light allows your God-being within to reflect down into the physical body in order to synchronize it with the wholeness and harmony of the Divinity you really are. Through the Light comes this realization of your internal wholeness and divinity.

Can you deny your true inner Divinity? Yes, you can. But at the cost of choosing to live in iniquity and separation. Can you deny your true inner wholeness, or holiness? Yes, you can. You can choose to live in sickness and death. Can you really deny yourself, your real Self? Yes, you do this regardless, choosing to live in ignorance and deception. Do you accept the worldly illusion and deny God's heavenly reality? You do so by living and becoming absorbed into the dense world and its deceitful, illusory ways. Now it is time to change this kind of thinking. It is time to accept your true divinity, your actual wholeness of being, and your real Self. You can and do live in this world, temporarily, but you are not of it. You are of the Spirit.

You are all actors on the stage of the world. You act out characters that portray lives of joy and woe, of happiness and sadness, forgetting totally who you were before you set foot on stage. When you finally awaken and remember, you realize the role you played was in the physical world, then you can step off the stage at any moment and resume being yourself, your real Self.

However, you may return from time to time to the stage to help others realize they are just sleepwalking actors on a stage. They will think you are crazy to deny their world and the serious roles they are playing out. They will think you are insane for denying them their unwholeness and changeless state of being. They will declare that it is you who is delusional to think true healing and transformation is possible. When you speak of resurrecting beyond this worldly stage of pretend reality, they will only laugh at you. However, a few will listen, those who have begun to wake up and have become dissatisfied with this bleak worldly existence. These souls will listen to you. They will walk with you off of the stage and toward the Light of God's Reality.

Awakening is a key aspect of the healing process. You can't be healed while you are spiritually sound asleep. What healing really is doesn't work while you believe in separation, limitation, and changelessness.

As long as you remain separate from your Source, you cannot accept wholeness. While you are asleep, you deny yourself. You deny wholeness, you deny harmony, unity, and a virtuous life. When you are awakening, you begin to receive and embrace these realities. You can indeed be healed by faith, but faith comes by becoming receptive to a

state of wholeness, by which you will be healed. Doubt and separation block wholeness. Your faith opens you up to receive wholeness. Then you will be ready for true healing.

The world creates a false separation in yourself. The world's mass mind declares that God is "over there" and you are "right here." It creates walls that divide things, but this division cannot exist in the real world or universe, for such walls are only illusion. Disease, sickness, pain, and death come when you exist in separation from who you really are. Imperfection and iniquity exist when you deny your inner Divinity. When you see and realize that you are not separate from yourself, or from your God-Divinity within, your true Source, then fulfillment has begun. You will not just "become" whole, but you will REALIZE you are already WHOLE. Believing you were sick was false thinking. The separation was illusory all along. You fooled yourself into thinking and believing you were not whole. You ARE whole and in harmony and one with God. God is not distant from you. God is closer than hands and feet, for God is within your heart, mind, soul, and entire being. You are one with God in essence. "The Creator and I are one." It cannot be otherwise, or else the concepts of separation and limitation would be real. Then wholeness, harmony, and unity would be false ideas. Would you want to live in a world like this? Unfortunately, most people DO. They have not awakened yet. They sleep in a dark world with the lights out, for they are afraid of the Light. Afraid that the Light will reveal their secret flaws and imperfections. They are afraid that the Light will show them and others that the characters on stage they portray are actually false. Their safety net will begin dissolving and their foundation in a falsehood will crumble and then they will have to face REALITY. They can't afford that! Their sense of separation from God, their lack of responsibility for anything real in life, and their usual limitations were safe for them – or so they imagined. The price of wholeness and harmony is too high, too unreachable, too incomprehensible for them!

This is not only an excuse, it is delusional thinking. Wholeness and harmony are right here at hand, right here within you! The only cost is giving up yourself, giving up everything you think you are; giving up everything you hold dear in this world, all of which is falsehood, and when this illusion is dissolved, you can become truly whole, truly harmonious, and truly fulfilled. As long as you are in the process of giving up everything you accumulated from the world so that you can realize your own wholeness and divinity, then you are experiencing this healing process. This is well worth the Eternal Life that your soul will soon realize, for the truth is that Eternal Life exists in the NOW!

Spiritual unfoldment is usually accepted as a state of becoming, however, eventually it will be a state of realization in your life, whether you come to realize the God-Self within, or the reality of Eternal Life being right here and right now.

This healing into wholeness requires awakening, purification, and focusing on the Light, for this opens the door, and then, by God's Love and Grace, genuine healing will take place, and then you will soon enter a state of wholeness and harmony in Divine Consciousness.

When you accept and receive genuine healing in your life from God the healer, you are transformed and made whole, and this comes from the love of God, which is God's grace to you.



Lesson Nine

Divine Remembrance

Remember who you are.

Do you remember who you are, as God created you? Do you remember the simple being you truly are, the divine being in your heart of hearts where God is realized?

Remembrance requires awakening. However, awakening requires leaving the sleep-state and abandoning the dream of being in this world. Awakening means you are entering the real Reality of the Divine, which is within your true being. It is within every being, for It IS every being. The Spirit of God is within everyone, so everyone cannot be separate, for there is only One Spirit. The same Spirit in God is also in mankind, but unrealized. It cannot be otherwise, or else separation would be a reality, which would imply that chaos and disorder rule creation.

Jesus taught that “I and my Father are one.” He did not mean this exclusively, referring to only himself, but he meant this inclusively, as in all those who come to realize their true Source. Jesus was divinely anointed, or “Christed” by the Divine Consciousness. There is a typical confusion about what people mean when they refer to “Jesus Christ.” Manly P. Hall explains it this way:

“There is Jesus, the son of man, and the Christ, the son of God. We accept the fact that Jesus was Christed, but not that Jesus was the Christ.... Christ is the redemptive power of God, the Supreme Being manifesting through and upon the human creation. Christ is the son of heaven, and Jesus the son of the earth.”³

By the same token, when we speak of Gautama Buddha, the man named Siddhartha Gautama became the Buddha, often translated as the “enlightened one” or “awakened one.” Therefore, he went forth to enlighten and awaken others. He was not the only buddha; there were many who followed after him, or you could say there were and are many enlightened awakened ones of various paths. In this sense you could say there are many Christs who are shining the Light to all, and many are going forth and Christing others.

Since there is One Spirit, there is only One God. Then it follows there is only One Son of God, and you are it! You, me, everyone! And it is called the Sonship. You are not separate sons and daughters of God, but you are together One Son/Sun of God, for there is only One Christ, and He is within all of us at once. Christ is within us all, inclusively. His oneness in all of us unites us as one. Therefore, the idea of “becoming” is only an appearance, for you are already one in Christ, but you must REALIZE it, you must remember it, you must experience it. And you must LIVE it.

When you are Christed, or Illumined, this inner realization begins. You begin to realize the Christ within you is NOT separate from you, but IS you!

In all this you must recognize the Universal Christs, but you begin to see this in the Christ within your own soul.

YOU are a living miracle! Why is this? Because you begin as a limited, mortal human being (or you think you are) which is then transformed into an unlimited, immortal divine being!

This is the unfoldment of the Great Work of the soul reaching Divine Union.

At first, you may have believed that you were separate from God your Source, because you didn't really know what and who God is in reality. You created a false image you thought was you, in order to deny that God is your true Self. You believed in the separation, for it seemed real to you, and yet separation is only the denial of God and does not really exist, therefore, it is part of the worldly illusion. This appears to be an impossible situation. And it is, on its lowest level, because separation does not exist in Reality, but seems to exist only in illusion. God is not separate from HimSelf. You are not separate from your real Self. When you know yourself, you know God. One leads to the other because one IS the other. Once the false self is stripped away, separation is dissolved and only divine oneness remains.

When God placed parts of Himself within countless mortal shells, and gave these extensions the gift of free will, this capacity allowed these new individuals to explore, discover, and experience many realms of existence, particularly the denser physical world in which they were placed. However, they began a form of convoluted thinking, and each individual became more diverse and separate from the others, hence this development became more negative and dysfunctional, which led to separation from their inner Source, or from their true Self, the real God from whence they came since the beginning. Hence, countless false selves were formed and this delusion grew stronger. Likewise, they believed that this falsehood of separation was real; they failed to see that what they created was a delusion. Therefore, God as the Source and as the emanations in form took on this appearance of separation, which was an incorrect perception, not as God sees and knows it. People forgot who they were. They fell asleep. They needed to learn how to remember again.

You can begin by agreeing that you and everyone are "one mankind," for there is only one God; this is the key to true Oneness. The Source and its emanations are only aspects of the One Reality of God's Beingness. God expresses in an infinite-faceted way, throughout the universe. But mankind convoluted this expression, through free will, when he chose to become separate from his Divine Source. However, this extreme divergence of mankind, by God's interior plan, still allowed for a way of return through spiritual unfoldment. God allowed many paths back to Himself, who was and is the One Way. You can view the many religions or traditions of mankind as paths of return, but in truth, each soul is a path unto itself, a path into God. Each soul returns to the One Universal Soul of God at the center. All is one in essence.

The Sun and the sunrays are one.

The beach and the sand are one.

The ocean and the drops are one.

God and His emanations are one.

Only Oneness exists, but you must realize it, you must remember it within yourself. On one level there appears to be a spectrum, or dualistic model, based on your limited perception; mankind on one end and God on the other, and the beginning point eventually leads to the endpoint. But this perception clearly suggests separation. Hence, you have to abandon this model completely. The truth is all things are one in essence. Ultimately, there

is only One God, One Truth, One Spirit, One Mind, One Law, One Son, One Christ, and One Soul. The Soul of God is One in Reality. However, the emanations in form became many souls of God's expression, as a way for God to experience all creation through you and all of us and all other living forms. In truth, as you strive to experience God, it is God who experiences through all of us. It is God expressing and experiencing and emanating through the whole creation by way of a variety of countless forms.

Is there a paradox here? So it would seem. God exists in Unity at the highest level, and yet God expresses and experiences diversity when manifesting into the denser levels. God is One and yet Infinite. God is a balance of Unity and Diversity, depending on what level you focus on. The pyramid can symbolize this, as the apex above fans downward to the expanding mass below.

You, as a member of mankind, experience diversity in this world as a learning tool, for as you explore, discover, and experience the many facets of this world, you witness countless reflections throughout, which are all reflections of God. But you cannot see this unless you look closely. All creation, all nature, the whole universe is a cosmic mirror. When you wake up, when you remove your blinders, you will see God's reflection, not only in all things but in yourself.

You, as God in essence, through your inner unfoldment, realize your true Oneness.

God is in plain sight! Open your eyes!

Once again, remember who you are.



Lesson Ten

The Truth of the Light

Where is the Light?

The Light is not “out there,” or beyond you. A struggle is not required to attain it. In fact, you don’t attain it. You simply receive it. The Light is not separate from you, for the Light emanates from your inner Source. You do not have to reach out to get it. You do not earn it. It is a matter of divine grace that you receive it. You must surrender within to receive it. You must let go and let God and you will be illumined.

Surrender is the key.

In this earthly existence, struggles seem to assail you and everyone else, as long as you continue to identify with this mundane level. But you struggle as long as you continue to BELIEVE in the illusion of separation between yourself and God, or rather, between yourself and the Light. People have devised concepts like “outside” and “inside,” or “within” and “without.” These ideas exist on the earthly level, which is as real as you have made it; but from the standpoint of the Divine, this duality is an illusion, and such things are creations of mankind’s limited thinking. As you begin to break through this illusion, or veil of falsehood, you begin to see that this Light is not separate from you. Light emanates from the all-encompassing God-being, but you often perceive this as a point from within, which is how you understand it at first on your spiritual journey. But the Light will lead you to your true Source. The Light is all-encompassing, but it begins when you see it within yourself.

Continued belief in separation from God or the Light is erroneous and will only hinder you and slow down your spiritual growth, so you have to watch your thinking, which still holds old thought-patterns of separation, even though you may currently accept the philosophy of Union with God, but only intellectually. Indeed, this in itself is still only a concept you have been taught, so you have to transcend the intellectual grasp upon this idea that “the Creator and I are One,” You have to let go and let God.

You have to leave your lower mind and go beyond it entirely. You have to enter your heart and soul, go as deeply as possible. You have to completely surrender to the Divine Consciousness, the reality of Oneness. So this is an experiential, mystical revelation, which goes beyond the human mind – however, the mind is indeed illumined by it, for you are taking on the Mind of Christ, or entering the first stages of Christ Consciousness. Due to genuine spiritual transformation, your thinking is now coming closer to Cosmic Consciousness, or the Universal Mind of God. Here is where you penetrate Divine Wisdom, or *gnosis*, and because you are now beginning to access this grand reservoir, you are becoming one with it, just as you have barely begun entering union with God now. It is still an ongoing process, not just a one-shot Initiation. It continues, ever unfolding, until you become nothing, that God is everything in you, through you, as you, within and without, and beyond these limited terms, until you cannot create anymore terms to describe what is actually indescribable. The Sufi mystics say that words are half-truths, therefore, half-lies. As hard as you may try to describe these deeper realities, even though

they may sound wonderful sometimes, you have only reached the tip of the iceberg, and going deeper requires going beyond the intellect, and entering the inner depths of the soul.

However, you can tell a spiritual adept when you have had these enlightening experiences, since he or she is highly intuitive in these esoteric matters because this one has experienced them too.

Can you lose the Light once you have received it?

This is a myth that has circulated in certain spiritual schools.

Actually, you were never without it to begin with. Many people may think you can lose the Light, but this is a misconception. They think if they have gone astray for a while and gone down some dark byway, they have lost the Light.

To lose the Holy Light, or to lose it absolutely, is a blatant misconception. But because many people do believe or fear this, they accept this as fact, so it is hard to teach them otherwise. Yes, you can hide from it, you can bury it, you can ignore it, you can deny it, you can go astray, and you can even resist it, but the Light is always there. You can't actually get away from it, as hard as you may try.

It will always act as a mirror showing you what you are doing to yourself, or to others, although you may try to ignore it.

You may veer off the main highway and venture into a side road and explore the dark side of the world, make numerous mistakes, mingle with nefarious people, and so forth, but like the prodigal son, you will eventually return to the main highway, and back to your Father's house – as the parable goes.

Loss implies that you once possessed something, and this may be true in the physical world, although experiencing loss is a way to show you that possessions are articles of impermanence that are always perishable because you are in this world temporarily.

In your spiritual unfoldment, the Light is not a possession to be gained, and furthermore, the Light can never be lost. You may find yourself lost for a while, but you can always find your way back to the Light. When you experience the "dark night of the soul," you may feel lost and disconnected, but this is temporary until you find yourself returning to the Light.

The Light is not something to be gained, but it is a reality to be LIVED! As it flows through you, you go with its flow. This is living in the Light. Likewise, you don't receive or gain it as if it were something beyond you, but you must REALIZE it is already within you.

Hence, you cannot realistically lose that which you truly are. You can imagine or believe in such a loss, and make it seem real to you, sad to say, but this is merely a mirage. You tend to create a wall between yourself and the Light of God, that is, between what you think you are, the false self, and God's Light. But that wall is not real. You must learn to identify not with the false self, but with God; that is *what* and *who* you are. The false self, the human ego, thinks it is separate from God. This is the deception that is seen in the illusion of Maya.

As long as you confine yourself in a little box, the ego-box, which separates you from God, or from the Infinite Eternal Beingness, the Divine, the Great IS – whatever you may call IT – as long as you believe you are separate from your Source, then you have made it seem real to you, and you will have to live with that, until it dawns on you that you

have deceived yourself, and your yearning to unite with the ONE begins. Then the veil of illusion will begin to dissolve, and you will begin to see the true Being you are.

In reality, the true Being that you are in essence is inside and outside and everywhere; there is no separation.

Light is the emanation of Beingness
Beingness is what you are
Light is Beingness seen
Beingness is simply how you BE . . .



Lesson Eleven The Frontiers of Eternal Life

WAKE UP! Eternal Life is happening right now!

It is right here now. You are in the midst of Eternity, a key aspect of God's Reality. Space and time are misconceptions of reality, hence, they are illusory elements in this dense, physical plane of existence.

Space suggests measured distances and time suggests a measured sequence of events. Both attempt to satisfy the human understanding, however, they are constructs of limitation.

When you as an illumined being realize you are an immortal soul, you recognize the fact that you live life eternally *now*, **Life** being the flow of the Spirit in you and in everything.

The human mind has fabricated various ideas as to what life is. Many will say life is a series of sequential events through time that you exist in continually, or the idea that you are alive and conscious within a physical body, or that it is the opposite of death. These are basic ideas and you may have your own ideas as well.

When you realize what Life is, you will realize what eternal life is.

Life is the eternal motion of God's Spirit vibrating *through* and *in* all things, throughout Creation and all existence, and it is the highly aware consciousness of the Divine Beingness. For when you are on a path of ascending into Cosmic Consciousness, this Life of Eternality becomes more real each time. Consider that these words of explanation are merely attempting to point to a much greater reality that can only be realized and experienced on an awakened soul level, not merely intellectualized.

While you apply separatist thinking, you can't truly comprehend Eternal Life and what it is in reality. The unawakened and unillumined souls can't fathom this idea. But as you become a spiritually illumined being, hence, awakened to deeper realities, you begin to realize your true nature, and then you begin to realize the eternalness of your real Self. God's eternality and yours are the same in essence. What you are in essence is what God is, for only one Spirit exists. The Spirit of God is within you, not separate from you. Remember the analogy of the whole expanse of sand which makes up the entire beach. They cannot exist without each other. The sand is the beach and the beach is the sand. Just as the countless drops of water make up the ocean.

To elaborate, when the drop unites with the ocean, it doesn't necessarily miss being a single drop, but it now knows that it is the ocean, and continues on with this consciousness of being the ocean, just as all the other drops that have merged with it.

You are not the false self, the little ego that thinks it is you, for this is impermanent and mortal. The false individuality that has been your worldly costume will cease to exist when the physical body dies. For the immortal soul lives on. However, when the unillumined soul goes through transition, it remains unawakened and continues its sleep-

state, hence it will not be aware of the Reality around it. For it is hardly aware of what has happened to it and it will be disoriented and confused. It only knows of the earthly world and doesn't understand where it is now, in most cases, and it may retain attachments it had before, which only hinders its progress, unless it wakes up, or goes on to its next lifetime, in a new flesh body, and a new identity and individuality, where it will have the chance for further opportunities of inner growth. However, if it continues an unawakened state, its journey of continuing lifetimes will be a long and arduous one. When it does finally awaken spiritually, it will be able to reach the illumined state that brings it closer to God.

When the illumined soul goes through transition, because it is more aware and spiritually awake, the process will transpire much more smoothly, and it will sense the eternalness of its real Self more readily. First, it will enter a retrospective period of reviewing its last lifetime in the earth plane, and it will witness mistakes made and lessons learned, hence, it will recognize the growth process it has experienced, and then it will release all these events so it can move on. It will not remain attached to these things as the unawakened, unillumined soul does. Since it has realized the Light within, it will naturally attract to itself the realm of Light beyond. It will recognize that it has finished just one more journey through the earth realm, one of many in a series of countless trips. Then it can more easily welcome its true state of unity and harmony with the Divine, before it returns once again to the earth plane for another journey, in a more enlightened state, although in a new physical form in the physical world, where the Eternality of Life is not truly known or comprehended fully. The world-mind only has an intellectual concept of Eternal Life.

What makes Eternal Life what it is? Does salvation lead to Eternal Life? Does experiencing deeper awakening and Illumination have more to do with it?

Once you are more fully spiritually awakened, you are awakening into Eternal Life. As we stated earlier, you are in the midst of Eternal Life, for your soul is immortal, but you aren't aware of this by any means until you awaken to it.

This is similar to the analogy of the little fish who doesn't understand what the ocean is and has been seeking it for a long time. Finally, he meets a great wise fish who tells him that he has always been living in the ocean, that he moves, lives, and breathes in the ocean.

The reality of Eternal Life needs to be properly explained and the **old** dogma needs to be dispelled. The usual Christian dogma claims that receiving Eternal Life depends on Salvation. The idea that one must be "saved" to enter Eternal Life in Heaven is erroneous. Placing Eternal Life as some future goal to be reached only if you are "saved" is a misconception. It is not a reward for a person being a good and faithful Christian – as if the rest would be condemned to a hellish fate. God would never condemn any soul to eternal damnation in hell for not being saved. God does not punish people as if He was a sadistic tormentor condemning them to some hopeless irreversible doom. People punish themselves too harshly already. The God of Love, Grace, and Forgiveness does not treat people this way. God does not support the idea of "one true religion" in which your soul is saved, and all others would go to hell. Such negative concepts were created by many centuries of mankind's erroneous thinking. Likewise, many people also believe they are separate from God, which is the cause of pain and suffering and incorrect thinking. People created their own hell that they decided to live in, here in this world.

In Buddhism and other Eastern-based philosophies the soul is immortal and experiences numerous incarnations in the earth world until it is fully awakened and reaches liberation, hence, entering Nirvana. This makes more sense than a soul living a single lifetime by which its fate is determined for either heaven or hell, for the rest of eternity. The true God would never allow for such a damning and destructive scenario, but has initiated a better plan that allows all souls many opportunities for inner growth and improvement, reaching toward their Divine Source.

Eternal Life is Here and Now, not somewhere in the future. It is experienced in the moment through genuine realization. You don't gain it by salvation, but by awakening to a deeper reality of your true immortal being in God. When you are awakened and illumined, you begin to enter the recognition of your immortal soul, beyond the mortal earthly shell. Eternal Life is realized and experienced by your expanding consciousness as you gradually aspire into Divine Consciousness. God is eternal, and when you realize you are one with God, you realize your innate eternity as well.

Eternal Life is also Infinite Life. As you unfold deeper into Divine Beingness, you will experience life eternally in all of its infinite avenues of expression, which are expressions of God's Life. You are actually experiencing God's Eternal Life with an awakened and illumined awareness, and you are forever expanding into this. For you are entering a deeper realization of God's Consciousness which is within you.

In this Eternal and Infinite Life of God you will always discover new horizons and explore deeper levels of Divine Consciousness.

Eternity is constant. It always shall be. If it was only an illusion, everything would be an illusion and nothing would exist, for what Reality *is* depends on the Principle of Eternality. Eternity is the constant continuity and everlasting flow of God's Consciousness throughout existence. And Infinity is that which fills all Eternity. For your unfoldment and continual living through Infinity requires Eternity.

Some philosophers may say that Time is to Eternity as Space is to Infinity, but these are only crude ideas in an attempt to create an understanding of things that the intellect actually can't comprehend. Time and Space are limited mortal concepts of separatist thinking. Time and Space are systems of measurement that assist the human understanding. You cannot measure Eternity and Infinity, nor is there any logical reason for doing so. As soon as you attempt to, you create a limitation, and then you have isolated yourself within time and space again.

For example, astrophysicists created the idea of measuring the vastness of space with light-years; therefore, they claim that the observable universe is ninety-three billion light-years across, which means the actual universe is immensely larger and is continually expanding. It could be countless trillions of light-years across. As mind-boggling as this may be, the idea of an infinite existence is far more extreme, especially if there are universes that exist beyond our own. But people feel the need to understand things through measurement, no matter how big something is, especially the whole universe.

There is one system people use that reflects the principles of eternity and infinity: numbers. In truth, the essence of what numbers are is an expression of a never-ending reality manifesting through Creation. But mankind has created a measuring system and various symbols around a divine reality so he can understand it and apply it in this world, hence, the application of mathematics. This is acceptable, for God welcomes people to learn about Creation in this way. It is a system of constants in Creation that can open doors

for people. The equation of $2+2 = 4$ is a constant and can never change, and likewise with all other equations.

People can use mathematics to learn and fathom the otherwise incomprehensible. But in many cases people have created limited concepts where they are left confronting the unfathomable, that which the intellect cannot reach nor comprehend. Measurements of time and space can only transcend so far before they become unfathomable, into that which is Divine; and that which is Divine is Eternal and Infinite. After a point, people cease to name the numbers, because they become too cumbersome and unbearable in size and comprehension, for the numbers go on forever.

Eternity and Infinity are supreme principles defining the constant reality of God. Nevertheless, these are not merely principles, but are the foundations of existence and all of Reality. Anything without these principles is part of an illusory world, for they will only perish. The earthly world does not retain these divine principles, for it shall pass away. Physical bodies do not operate by these principles, for these dense forms will soon die and cease to exist. However, the immortal soul will live on. The essence of these created forms is eternal, for this essence is Spirit. God creates or uncreates any form He wishes in this physical creation. The Creator lowers the vibration of energy until it becomes matter. Spirit is constant, but the matter it forms is not. Matter fluctuates; it is the modeling clay of Creation. So this matter will eventually deteriorate and return to its essence. Matter is only a denser vibration of energy. If energy is a constant, then matter is transitory.

Even the physical universe is temporary and perishable. Even if a star exists for several billions of years, it will soon die. Its matter will return to energy and likewise back into its source, which is essentially the Spirit. But the essence will be used again in creation, to create new stars or other physical forms. Although it is true that atoms are the physical building blocks of the universe, the energy of Spirit is the Source from which they originate.

However, on a much higher level, a Universe of Eternity and Infinity exists, a Universe of Light, Infinite and Eternal Light. You will realize this more fully as you unfold into Divine Consciousness.

First, you can simply practice total awareness of everything around you in this world and everything within you, in the moment, in the Here and Now. You can do this by applying meditation or while doing your daily routines. Be aware of everything you do, think, and say, then change these as needed, adjusting your actions, thoughts, and speech. When you change these and allow them to be purified, your consciousness is rising higher as well.

When you practice total awareness in these ways, doors will truly open to you, and soon you will be at the threshold of realizing a deeper reality beyond this world, one which will lead into the realities of Eternity and Infinity.



Lesson Twelve

The Divine Recognition Principle

When you learn to recognize the universe, the universe will recognize you. In terms of spirituality, when you yearn for the Divine, the Divine will respond to that yearning.

Especially when you practice meditation you will begin to see this revealed. As your yearning and adoration for the Divine within grows, you will experience the love of the Divine for you. You as the lover have drawn close to the Beloved, as the Sufis will say, and the Beloved will respond in kind.

“Our faith is now turned toward the Beloved and He calls us to Him. He begins to share with His lover the mysteries of love. In the tenderest, innermost places of our heart He touches us. He opens us to Him, slowly lifting the veils that separate us. In these moments of intimacy the world disappears.”⁴

Using a mundane example, when a beginning actor who is quite talented seeks recognition in the film industry and works hard for it, eventually he will gain recognition from talent agents, directors, or producers, and he may become a prominent star someday because of their health.

If an eager apprentice in the cabinetmaking field is truly passionate about his work and is doing good work, the boss of the company will promote him and he will become a journeyman and eventually a master craftsman in the field. He may even go forth to start his own cabinetmaking company.

When an aspirant on the Mystical Path begins applying the tools of the soul, applying spiritual disciplines and conducting service toward mankind, and yearning to be closer to God, he is learning to recognize the Reality of the Divine, which in turn will begin to recognize him by his faith, effort, and yearning. Not always but this may come in the form of a spiritual teacher who assists him in his spiritual journey.

Likewise, when you are seeking the Light, recognizing the Light, the Source of the Light will shine this Light to you, and then you will receive the Illumination. Always begin with allowing the flow of the Spirit within you, which manifests as Light to you.

When you decide to make a difference in the physical world, uplifting people in consciousness, you will be recognized by the Divine Consciousness. This may take place in degrees, depending on how sincere you are and how much you are willing to surrender yourself, leaving behind the ways of the world as you aspire toward higher realities of the Spirit. Because of this recognition principle, many have become devout mystics, spiritual adepts, or wise teachers. However, essentially you will be going forth to serve God by serving mankind, hence, doing your part in initiating the Greater Work.

When the unfolding aspirant has recognized the Divine, the Divine will recognize him and his work. By conducting your prayers and meditations regularly, and the other disciplines we have mentioned, these are tools that will assist you in this endeavor. Likewise, it's important to develop an attitude of service toward others and then actually go forth to help people in need, whether this is on your own or through a volunteer program.

As an aspirant on the Mystical Path, you should be aware that invisible helpers do exist, and they will assist you as you walk this path. You should know that the angelic realm is real, and that your guardian angel and an entourage of other angels and spirit guides are always with you, whether you know it or not. It is when you reach out to them, becoming aware of them, to recognize them, to call on them, then they will respond in kind. If you simply talk to them like a circle of friends around you, seek counsel from them, seek assistance from them in times of need, or ask for guidance, and so forth, they will be glad to help. At first it will require your faith in them, but eventually you will begin to see results, answered prayers, the needed help manifesting, or other signs that you may see or hear. Open your intuition up to them, tune into them, pray and meditate with them. Let them be *real* to you, for they *are* very real. Sometimes you will simply see signs and symbols out in the world, and manifestations of synchronicity that they will give you, and you must learn to intuit them. Sometimes they will speak to you through dreams, usually in symbolism. Sometimes you will see a few breadcrumbs that will lead you to something significant. You may even hear a voice of warning or guidance from them. Their evidence will manifest in various ways, so always be alert.

On the Mystical Path, your unfolding inner growth and hard work will be recognized by your invisible helpers, because it is by the fruits of your labors that will gain recognition from them. These helpers already know you, but when you open the door to them, they will help you along the way. Although this help comes from the angels and spirit guides, quite often a physical teacher will come forward to guide you. There is the old adage, “When the student is ready, the teacher will appear.”

If you are sincerely seeking on this path, and such a teacher observes this, he or she will come to help you. This can happen because the Divine provides; if the need is there, it will be addressed. And it doesn't hurt to pray for this. But those who have ulterior motives – looking for self-gratification, or wish to conduct religious ladder-climbing, which means the ego is at work here – will not draw the attention of a teacher, not a real teacher. And of course, beware of false prophets as well as nefarious cult leaders, because they do abound.

Nevertheless, be careful that it is not your ego that is endeavoring to draw attention, pretending to be a dedicated servant while waving bright red flags around to gain recognition from others, by which you will be ignored by these helpers. If you are trying to show off your deeds and good works, that is simply self-glorification. This is why applying the virtue of humility is very important.

There is an old story about a humble servant who walked along a dirt path, always nodding and smiling to those he met, always blessing them, and behind him beautiful flowers would grow along the sides of the path. Those behind him saw this, and yet this humble one did not see it, for his eyes looked forward into a deeper Reality.

You don't always see the results of your work, and you don't always need to. If you touch other souls and lift them up, you may not always see it, although sometimes you might be that fortunate. However, whether you see such results or not, these invisible helpers will see them and recognize you, and so will your teacher.

In this divine recognition principle, the more awake and aware you are of the deeper Reality, within you and around you, this Divine Reality will definitely be aware of you and recognize the sincerity and devotion of your spiritual journey.



Lesson Thirteen

The Initiations as Portrayed in Jesus's Life

The journey of spiritual unfoldment is archetypally expressed in the life of Jesus Christ in the Gospels of the New Testament. There are many important events that took place in his life, from his birth to his death and then rebirth. However, we are going to focus on certain specific events here that are key elements in the Initiatory process as demonstrated in the life of the Master:

1. The Baptism
2. Forty days of trials in the wilderness
3. Transfiguration
4. Crucifixion
5. Death
6. Resurrection
7. Ascension

The progressing aspirant on the Mystical Path may experience these in some form, not literally or exclusively on the physical level, but essentially you experience these mystically. Actually, all levels within you are affected in some way: physically, mentally, emotionally, psychically, spiritually, etc.

Quite often, before or after a major Initiation, you go through a trial or times of tribulation. The old ways that you indulged in are now in question, and your journey on the path is being evaluated. The more you resist, the more discomfort is felt. At this point you have to work on releasing these old ways and surrender to God in order to properly continue through the Initiation process.

The Baptism was the Initiation that began Jesus's ministry, and his trials in the wilderness were initiatory aspects that all aspirants experience internally and are a part of the purification process. The temptations were present but he did not succumb to them, although his ego was being tested. Finally, his ego was absorbed and transformed as he surrendered over to the God within, reaching that state of Oneness with Divinity. This is the realization that you are not the lower nature, and it will be absorbed when you reach your higher nature of the God-Self.

Often, the Transfiguration is symbolically equated with his Illumination, wherein Jesus was filled and surrounded with God's Holy Light, whereby God the Father anointed him, that is, He "Christed" him, which is why he is often called Christ Jesus, or the Christed Jesus, hence, entering the higher Initiation of Divine Union, of which the final culmination would be in his Resurrection. "I and the Father are one" becomes a reality. But first he had to experience the Crucifixion and Death, where his lower nature had to surrender over to God.

In the place called Gethsemane, Jesus prayed to his heavenly Father, saying, “Oh my Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as thou wilt.” –Matthew 26:39

This was one of Jesus’s later trials, where he had to face the remnant of the old ego and put it in its place, so that he could properly continue the next step of his mission, as the Crucifixion exemplified the final surrender of his ego, which all aspirants must do on the Mystical Path.

One of the most austere of the classical trials and tribulations is the “dark night of the soul,” as sometimes portrayed in Jesus’s lifetime. The Crucifixion displayed his greatest dark night experience. While hanging on the cross, Jesus cried out, “My God, my God, why hast thou forsaken me?” –Matthew 27:46. This is the epitome of the dark night experience where you feel completely abandoned by God, quite often feeling a miserable depression as if you have hit up against a wall that separates you from the Divine. This in itself is an illusion that you must acknowledge, that you must break through, for God will never abandon anyone. If anything, you are feeling the fear and agony of the ego that senses its demise, that is, the death of its erroneous ways and control over you. This is why the lower nature must be surrendered in the Crucifixion process, and you must surrender over to the God within. What seems to be ego death is actually transformation of the ego, because it is absorbed into the higher divine nature. It has learned to submit and allow God’s Ego to be in control, very much like training an unruly wild-natured dog until it finally becomes an obedient, loyal companion.

As long as the ego resists and struggles, you will go through these trials and tribulations on this journey and it will not be pleasant. As long as you identify with the ego at this stage of your journey, it can be quite uncomfortable. It’s when you realize this is your false self and that your true Self within is that which you seek, the discomfort will soon be alleviated. You are learning to surrender the old ways of the ego. Your lower nature will be transformed and then the *real* you will be reborn, and this is your Resurrection.

Again, in these current times, you do not experience the crucifixion or other Initiations literally, or in a dense physical manner, as portrayed in the Gospels; however, these are often experienced psychologically, emotionally, and spiritually. But as you do bear your cross daily, you will go through this crucifixion on the mystical level. You will confront your demons and dragons, and you will have to slay them to move on. In this physical world, your physical body is the cross you bear, but the ordeal of crucifixion comes as an initiatory function when the time is right. Your body consciousness and ego are part of this cross, and they must be transformed in order to allow the divine nature to become prominent.

You must fearlessly confront your lower nature, the dweller on the threshold, seeing it for what it really is, your untamed ego, your false self. You will have to deny its control over you and transmute it in order to journey onward and inward. You face it countless times in the course of your life, every day and every hour, sometimes unknowingly or subtly and sometimes overtly, but there will be small victories, and also a final victory, when you have attained genuine mastery over the human ego, subduing it more fully, and allowing the Divine to take control finally. Once you have gone through this Crucifixion and Death, you will be resurrected, and this is the rebirth of your soul as it begins to ascend toward the Divine Source.

These were sublime Initiations as represented by the Master Jesus, Initiations of genuine transformation, which all sincere seekers will go through.

When Jesus Christ realized and experienced Divine Union, as described in his words, “I and the Father are one,” this means God’s Divine Ego became all that Jesus was. This was the totality of the Christos flowing through him, because Jesus was Christed. At this point, there was no longer a false-self remaining in him.

However, before this, it did rear its head at times, as the dweller on the threshold, such as during his trials in the wilderness after his Baptism and also during his Crucifixion, but he quickly put the lower nature in its place, to be surrendered. Hence, on this unfoldment path, the human ego is absorbed and only God’s Ego remains. Essentially, it is the death of the old and the birth of the new.

That which many Bible scholars and believers describe as “the devil” or adversary is symbolic of the false self, the untamed ego at work, and Jesus had to let it surface in order to dissipate it. Hence, as the dweller, this devilish lower ego aspect had to be subdued. Jesus could not continue his mission with the ego interfering. In his trials in the wilderness, Jesus had to overcome and make it submit to the higher nature, and likewise at Gethsemane, Jesus’s ego wanted this cup to pass from him, but the higher Self knew he had to drink of this cup, in all its agony, because the Crucifixion would be the end of the ego’s reign.

Often, the life of Jesus Christ is seen allegorically as the Gospels portray the initiatory steps through these particular events in his life. Although they are shown quite graphically, aspirants will go through these initiatory stages primarily on a nonphysical level. In other words, you don’t literally take yourself to some remote wilderness and force yourself to experience certain trials while confronting the ego, nor do you literally hang yourself on a wooden cross until you die there. These take place internally. But one of the main themes in the Initiations is confronting the ego and surrendering it, so that you may completely surrender over to the God within.

Even though Jesus is portrayed as the main character in this initiatory journey as seen in the Gospels, in reality YOU are the main character of this story. Each aspirant can put himself in the Gospel story and observe how he experiences these initiatory steps. You can try this in the Interiorization exercise, found in the **Stepping Stones Along the Path**.

Realistically, you may experience some of these steps in this lifetime and you may experience the higher Initiations in a later lifetime or so, unless you are becoming ready for them currently. You may not always know exactly where you are on the path, what stage you are on, and you shouldn’t be too concerned about this, because the ego loves to be identified with fancy labels for such stages since it desires recognition from others. If the ego becomes a spiritual ladder-climber, eventually it will fall. Your true Self cannot be suppressed much longer, and this is why the human ego must be controlled and trained until it finally submits to God’s Ego.

When the ego asserts itself and wills something that is against the grain as you are endeavoring to walk this path – perhaps fear, worry, doubt, or even laziness and indifference to go forward – then you must face this and cut through it, tapping into your higher Self that desires to continue forward. This dweller on the threshold does not want what is best for you, but it makes you think it has your best interest in mind, that it has your back. It might tempt you with fancy and glittery things of the world, carnal desires, wealth, addictive substances, prestige, recognition and fame, and so forth. The ego craves many of these things and quite often it will lie, cheat, and steal to get them. The sincere seeker may

feel such temptations but he will not let them ensnare him. Yes, often you stumble or make mistakes, hopefully not for long but then you get back up and move forward. You often go through trials and tribulations that will test your resolve and sincerity, to see how determined you are to keep moving forward.

Some seekers have given up and turned away, for the dweller successfully ensnared them, tempting them with things of the world. Perhaps someday or some lifetime they may wake up and continue once again. But the devoted and sincere seeker may stumble now and then but he will journey onward, for his passion and love for God the Beloved will carry him onward and inward. Striving toward Divine Union with the Creator is the goal of this path, although not the end; however, when the seeker sees this in view, his passion grows stronger, for it becomes more real to him now.

“The Self is the part of mankind that is not separate from the Creator. It is both a higher center of consciousness within the individual and also a collective consciousness in which all of life is part of an integral whole. At the level of the Self the consciousness of the individual is united with the greater consciousness of the whole. Then the individual realizes the unity of life not as a concept but as a dynamic reality.”⁵

This is a journey wherein you go beyond the intellectual understanding of mystical ideas, for it is a journey of self-discovery, discovering that the essence of God is your own essence, that your higher self is the God-Self.

Again, reaching Divine Union is not the final goal, but is the step that puts you on a path of teaching and leading others. This will be a new frontier for the advanced aspirants, who will guide others in how to walk the path they have walked.

In Buddhism this is the path of the bodhisattva, for he has forgone entering Nirvana in order to uplift others in the world, as in helping them to achieve enlightenment. Buddhists will tell you that enlightenment is the journey whereas Nirvana is the destination. Although he has received the higher Initiations and no longer needs to continue samsara, the wheel of reincarnation, he has chosen to return for the sake of the enlightenment of mankind.

Contrary to some schools of thought, the bodhisattva by necessity is required to reach enlightenment in order to help others reach this state as well; otherwise, it is an erroneous contradiction. Similarly, an amateur tightrope walker who has no real experience in successfully walking the tightrope has no business teaching others to do so, because he has not mastered the skill and continues to fall into the net. Only an expert who has mastered the skill and no longer falls into the net can teach others.

The Western schools of the Ancient Wisdom Teachings often use the term Illumination instead of enlightenment, although both are aspects and different viewpoints of the overall path of unfoldment. In specific terms, experiencing the Illumination is an initiatory step, and there are several such steps, and they culminate in the reality of Divine Union.

When entering Divine Union, at first this master teacher or bodhisattva is still an individual, but one who knows the Source of his being is the Divine Consciousness, as he thinks, speaks, and acts from this sublime point. Out of compassion for the souls of others, he yearns to enlighten them.

You could say that the bodhisattva, as an enlightened drop of water, has seen the whole ocean, and he is a drop who not only reflects this, but he realizes he is one with it. And yet, paradoxically, he as an enlightened individual will go forth and guide other drops of water so that they too may reflect the ocean within themselves.

Jesus Christ, Gautama Buddha, and other great teachers reflected this great Ocean, and then became it.



Lesson Fourteen

The Transformation of Your Consciousness

As you grow on the path of unfoldment, your consciousness is changed through the Initiations. During this process, dross is kicked out as you go through the higher vibrations of transformation because the rising vibrational rate depends on your transformation. When you have experienced the Illumination and Rising of the Divine Self, you are growing in intimacy with your Source, leaving behind the old ego influence while becoming and realizing who you truly are. This process is the transformation of your consciousness, your awakening and realization of the deeper reality of the Divine Consciousness that you are reaching toward.

Your physical body and mind go through changes as well so they can learn to function in harmony with the Divine Consciousness while living in the dense matter of the world. Your body is your temple and often it must be purged and purified. As discussed in previous lessons, the Retrospection practice at night will assist in this process, because dross will come to the surface of your consciousness where you must deal with it. Although negative urges and temptations will arise during the day, you should definitely deal with them at the moment and don't let them control you. Often you may give in, since you are in a human body, but don't become obsessed with guilt or shame because of such mistakes, but simply move on and strive to not give in anymore. In the realm of self-improvement, as many books have covered, this process operates on all levels: physically, emotionally, mentally, psychologically, and spiritually; they are all connected. Likewise, during the unfoldment process and going through the Initiations, there will be the period of experiencing the "dark night of the soul," and also meeting the "dweller on the threshold," which have been discussed in earlier lessons. Essentially, they signify that the soul is definitely growing as it reaches these areas, which involve the ego's reaction to a deeper reality as it attempts to resist it, because the inner Self is coming front and center. It does not want to relinquish itself, but you know that it must if you are going to return to your true Source. Therefore, surrendering the ego is an important part of the initiatory process.

The journey of the soul on this path has never been an easy undertaking, and it takes courage, perseverance, and passion to keep going. The trials and tribulations you go through test you, testing your character, your resolve, sincerity, and devotion to keep going. However, those souls that have given up for a while will get another chance in the next lifetime, if not later on in their current life. Sometimes you may feel overwhelmed, or reach a saturation point, and although you may step aside for a while, perhaps spend some time on the path of the prodigal son, you will eventually return and continue on your way. But let's be clear here; how many more lifetimes do you want to put this off, going on side roads and byways, gratifying the senses and the ego in the ways of the world? How serious and sincere are you about continuing on this path?

Of course, there is no deadline, because you have eternity, so if you desire to procrastinate and dally about for a while in worldliness, you can do so. You can put off the inevitable as long as you wish as you experience the physical world, since you are *in* it, although you are not *of* it.

“The speed at which we learn is not important. A great Brahman sage once said that the universe is so constructed that no matter how slowly we grow, we shall always have time to grow. If it takes a hundred million years for man to gain one idea, the universe has a hundred million years – and it will wait for man. Man is not pushed to accomplishment; each individual will have the time necessary to grow. But the wise do not take all the time there is.”⁶

Often the aspirant becomes impatient and the journey becomes daunting as he realizes the vicissitudes he must undertake. He may reach a saturation point and wish to take a divergent path for a while, which is acceptable. However, he must realize that patience for this journey is important, especially if he is going to become one of the wise who does not take all the time there is. They recognize the importance of the journey and choose to persevere and continue onward. The awakening of your consciousness toward the Divine Consciousness depends on your devotion and perseverance as you walk this path.

Ultimately, you are *always* on this path of unfoldment, and stepping aside is merely an illusion, because you will learn many lessons whatever you do. You may fall into certain temptations, and if you do this enough times, most likely you will get sick and tired of them and will be driven to be rid of them. You will get tired of them weighing you down, as if carrying a heavy yoke on your shoulders, slowing you down, and you realize you want to be free from this heaviness, and so you definitely can be unburdened with this load. After all, Jesus said, “For my yoke is easy, and my burden is light.” – Matthew 11:30

It is true that the way out is the way through it. Avoiding it won’t work. So forging ahead on this journey will lead to freedom; freedom from the weightiness of the world, temptations and urges, untamed desires of the ego, and everything that keeps you from your true inner Self.

In one fashion or another, and in numerous lifetimes, all aspirants have walked the path of the prodigal son; however, they will eventually choose to continue the journey that leads to the return home. Your true home is living in the realm of Divine Consciousness. This is the true state of heaven.

In the dogma of a person living one lifetime and being faced with either salvation or damnation, this concept is diametrically opposed to the path of spiritual unfoldment. This suggests that God is fighting a losing battle in trying to save souls for heaven, whereas Satan is winning more souls as they end up in hell. If this was a true scenario, if this is how it really works, there is no real spiritual growth for the soul, and there is no path to truly reach Divine Union with God, especially for those who become eternally damned. A God of love would never allow such an insane plan, unless such a deity is hateful, vengeful, and sadistic. It makes more sense that God would create a plan where every single soul will eventually be saved, or attain ultimate liberation, or reach enlightenment. This is why reincarnation serves as a more workable solution to this problem. You could say, either you get a thousand chances or a thousand lifetimes to get it right. Of course, a thousand is just a symbolic number. But if you only had one chance in one lifetime, what good would that do you?

In Christianity, isn’t it rather simplistic to simply declare your allegiance to Jesus Christ in order to be saved, being “born again”? Such a declaration can be an important

step, but it is not the end goal; it is only the beginning of the journey, and there is much more to do after that. True rebirth comes through the experience of the Initiations, not just by way of an initial declaration. Unfortunately, such a declaration of being born again in Christ often makes some Christians feel like they are off the hook, as if they can do whatever they want since their names are written in the so-called “book of life.” This erroneous idea often revolves around the dogma of predestination, which suggests that it is set in stone whether you are going to hell or heaven. Naturally, *you* make the choice, but in this case, you make the choice to diligently walk this path or not.

It is a misconception to think that all you have to do is believe in God, or for the Christian to only believe in Jesus Christ. The Bible even justifies that more than faith is necessary:

“Even so faith, if it hath not works, is dead, being alone.” –James 2:17

“For as the body without the Spirit is dead, so faith without works is dead also.”
–James 2:26

“Not everyone that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.” –Matthew 7:21

“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

Works has to do with the work of walking this path, which involves the work of worshipping and yearning for the God within, the work of serving mankind, and the work of your spiritual unfoldment. As mentioned before, these are three keys that define your commitment to this path, which is the way of the Greater Work. Faith is only the beginning of this journey.

Faith will lead to the mystical nature in your life, that is, as you practice the disciplines in this program, the various exercises and meditation, you begin to have certain mystical experiences, especially through the Initiations, which lead to the realization of the deeper Reality, which leads to the God-Self, and finally to Divine Union.

A number of advanced teachers have walked the Earth, those who have reached union with Divine Consciousness, often called bodhisattvas. So when a fully God-Conscious human being enters the earth plane, he is demonstrating to others this transformative process he has undergone; hence, he is teaching it to them. He is planting seeds of an illumined higher awareness into the mass mind of the world, so they will soon sprout and grow in the minds of men and women everywhere in this earthly plane. This is the Divine Plan, which is an important aspect of the Greater Work, the grand mission of all dedicated aspirants, initiates, adepts, and teachers on this Mystical Path.

You have heard many of these ideas throughout these lessons, done intentionally as continual reminders, setting positive patterns in motion in your psyche. You can see this is the act of planting seeds in your garden, watering them and letting the sun shine upon them and watching them grow and prosper, then bearing fruit.



Lesson Fifteen

Raising Your Energy Level

This lesson is in preparation for an uplifting exercise at the end.

When you are unfolding into Christ Consciousness, or becoming receptive to it, humbly surrendering into this sublime reality, you begin a genuine transformation. The energy level is being increased within you. However, when you experience the Initiations, the actual vibratory rate of your consciousness and whole being is raised.

As you grow on this path of unfoldment and have intense spiritual experiences, the raising of the vibration of your whole being takes place. Although on a beginning level, as an aspirant progresses along the Mystical Path, this process often takes place at a slower rate. However, what you can do is apply certain spiritual exercises that will raise your energy rate, affecting your body and consciousness.

In this spiritual program you have already begun this practice in certain exercises, such as the Movement of the Spirit. Anytime you allow the Spirit to flow through you, you are being energized.

When you first truly see the Light within, experiencing the Illumination, this starts the process for the Light to fill the body, every cell, and your consciousness, and so the transmutation of the soul is accelerated, because it is reaching higher levels of vibration. Therefore, negative dross is being burned away by the fire of the Light, purging and purifying you. This is the alchemy of the internal transmutation of your entire being. Your advancing rate of vibration is caused by your progressing initiatory level, and this continues as you spiritually grow and surrender over to Christ Consciousness, reaching toward Divine Union.

Hermetic teachings that date back thousands of years explain the ancient principle of vibration:

“This Principle embodies the truth that ‘everything is in motion,’ ‘everything vibrates;’ ‘nothing is at rest;’... This Principal explains that the differences between different manifestations of Matter, Energy, Mind, and even Spirit, result largely from varying rates of vibration. From THE ALL, which is Pure Spirit, down to the grossest form of Matter, all is in vibration – the higher the vibration, the higher the position in the scale.”⁷

Let us explain here the difference between your energy rate and your vibratory rate. When your consciousness and whole being is raised in vibration, this is dependent on the transformation you go through in the initiatory process. As an example, the molecular makeup of lead is completely different from that of gold, hence, each one’s vibrational rate is very different. Likewise, the molecular makeup of an elephant is different than that of a whale. As a human being you have a different vibratory rate. Therefore, raising your energy

rate or energizing yourself through the medium of certain spiritual exercises is like recharging your battery, which will uplift your consciousness and awareness, hence, you will feel much more awake. However, due to the pull and influence of the world, your energy rate tends to go back down, which is why you should continue these types of exercises, as well as avoiding the usual earthly influences and temptations.

As far as vibrational rates, the human being exists within a certain range, and certain changes or degrees of transformation take place herein. For instance, an uninitiated or unenlightened person's vibrational rate is at the lower end of this range, but an initiated person, after he has gone through certain initiations, especially the higher levels, is at the higher side of this range. Similarly, when a caterpillar becomes a butterfly, it stays within the same vibratory range, although within its own spectrum it has been raised much higher. Everything in creation has these levels of vibration in each creature or object, animate or inanimate, and each exists within its own limited range, so the human range is small in and of itself. But from the human standpoint, it may seem broad in its own way. The vibratory rate of a beginning student is much different and much lower than that of a master teacher or bodhisattva.

As pointed out earlier, lead has its own vibratory rate which is much different than gold. From the standpoint of many mystery schools, the idea of lead becoming gold is essentially symbolic, although many early alchemists have attempted this literally, and any claims of success were unverified. However, when it comes to spiritual transformation, the vibratory rate of the animal-human can be transmuted into the divine-human, a long process nevertheless. Hence, alchemically, the lead of the animal nature is transmuted into the gold of the divine nature.

Your rate of vibration has to do with who you are, and who you are is a reflection of how many initiations you have gone through; therefore, your consciousness is raised to a higher vibratory level. You will be entering higher realms of reality, which opens up your spiritual faculties of sight and hearing. For example, you will see more Light and you will hear the inner voice more clearly, in most cases. Those who have experienced clairvoyance and clairaudience have reached a higher level of vibration in their consciousness. What we are talking about is spiritual evolution of the human being, and this usually takes place one soul at a time.

Most of the genuine mystery schools of old only had a small number of students, and never increased to be large organizations; mainly because initiated students graduated and left the school to go forth into the world to be examples to others of a virtuous spiritual lifestyle, and teaching the Ancient Wisdom as well. Many of them started their own mystery schools and continued the Wisdom Teachings, which spread to many other lands. Such mystical schools were starting points for the aspirant who would become an initiate or an adept to continue the work abroad, or to start their own schools. In this sense it may seem like such a school began with a group of unfolding souls, but ultimately the initiatory transformation takes place one soul at a time, with the guidance of the school's teacher or teachers. Once graduated, he goes forth alone into the world to continue the teachings, and so the process continues. This is the way of the Greater Work.

The Initiations are an alchemical process wherein you are transformed internally. This process also activates rejuvenation and healing on a cellular level as your consciousness rises to deeper levels. When you experience the Illumination or Self-Realization, the transformation of your consciousness increases. Maintaining this may not

be easy, but when the Light brings the dross to the surface, it will be released, and you will be unburdened from these low-energy patterns. An aspect of the Holy Light is the burning fire that burns away the negative patterns, old habits, proclivities, and egoic tendencies you have accumulated. As you progress along the Initiatory Path in your life, this releasing of the dross may occur a number of times, because there is often more dross that hasn't surfaced yet, or you haven't let go of certain items yet. As the fire of the Holy Light burns away this dross, the soul is being cleansed in this alchemical process, and since the soul records everything from all lifetimes, including the good, the bad, and the ugly, the things of the denser nature must be relinquished and burned away so that you will be free from them finally. Conducting the Retrospection exercise assists in this process, because here you are directly facing these negative patterns and letting the Fire-Light burn them away.

The rate of your vibration is caused by the initiatory level you are at, hence, the level of your consciousness is raised. You will see this as a fact when you find yourself pulling away from the old vices and patterns, losing interest in them, or they leave you feeling uncomfortable or even distraught, and you begin gravitating toward positive tendencies and virtues, and you will find these help you feel much better and relieved. Especially when you practice Virtues of the Soul, as discussed in earlier lessons, because this is reflected in your rising consciousness.

On this path of unfoldment, you may have heard of aspirants reaching toward Cosmic Consciousness, a popular term in New Age circles. As discussed before, we prefer the term Christ Consciousness, or Divine Consciousness. However, these levels of Initiation define the spiritual process of alchemical transmutation, wherein the human being becomes a divine being. To put it more succinctly, you *realize* that you are a divine being, that you are the God-Self within. In this case your vibratory rate increases greatly due to the initiations you experience.

However, in various spiritual exercises and meditation, you can increase your rate of energy. In the exercise we will give, the intention is to increase and replenish your energy level. Realize that this energy level tends to lessen, which is why you must repeat such exercises on a daily basis. Your thinking, speaking, actions, and emotional state do affect your energy level, which is why you must monitor these as well, endeavoring to maintain them and keep them balanced. The act of receiving the mystical Communion is another way to raise your energy level, for those who have chosen a sacramental path.

As we have been teaching, matter in essence is stepped-down energy, and energy in essence is Spirit. Matter is a lower rate of energy, and all things are essentially energy.

When your consciousness realizes this matter is transitory, that it is actually a denser form of energy, and hence Spirit, this awareness activates the reality of its true nature. The illusion will fade away and you will begin to experience a body of Light as you go through the Initiations. Symbolically, this is also called the wedding garment you will wear at your mystical marriage, wherein the lover is bonding with the Divine Beloved, as the illumined soul is becoming one with its Creator. This is where you enter the mystical bridal chamber, the place of reaching Divine Union with your Beloved Creator.

You can see this in allegorical terms, where two human beings become lovers, they get engaged, go through the marriage ceremony and initiate their wedding vows, then traditionally proceed to the bedchamber, or bridal chamber, and consummate their marriage via intercourse, symbolic of Divine Union. Of course, the process of intercourse is continually repeated in their marriage, redefining their intimate connection, symbolic of

your continual process of maintaining this union with the Divine, by regularly turning within yourself, where the God-Self resides, usually through the regular practice of the spiritual disciplines, especially meditation. This symbolism is depicted in the Tarot card of the Lovers. On the exoteric level, it can refer to reaching a deep and balanced relationship between two lovers, if that is what people seek. On an esoteric level, this does refer to the bond that develops between the human lover and the Divine Beloved, specifically through the initiatory process.

You are created in the image of the Creator, not of flesh, but of Spirit. And Light is the Spirit seen. When you see the Light within yourself, you are seeing the radiance of the Spirit. Although this may seem to appear locally, the Light filling you and surrounding you in the physical spot you are at, the radiance of the Spirit on the universal level is infinite. This is why in some traditions God is referred to as the Infinite. For there is no place where God is not. God is within you and all around you, closer than hands and feet, even closer to you than your body, which is transitory and perishable.

When you apply energizing exercises, you are using your focused attention and awareness to uplift your energy rate, bringing the Holy Light into your being, both your body and consciousness. If performed correctly, such exercises will energize you and you will feel the energy flowing through your body.

When your consciousness is raised, this expands your awareness and affects all levels within you: body, mind, emotions, and soul. You begin by focusing your consciousness on the physical body to energize it, especially in using the exercise below. The body follows the mind, so you don't want negative thoughts interfering. Remaining emotionally detached, let all thoughts flow along and then out and away, until you reach a state of peace.

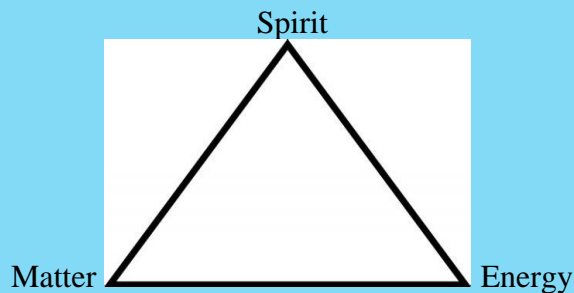
When your consciousness rises higher and you are able to maintain this, especially through the repetition of these exercises, it is possible for your inner sight to open and then you begin to see a deeper reality before you, or the REAL UNIVERSE, which transcends the concept of the "other side," as opposed to this side, or the earthly plane. Realize that every aspirant is different; some may experience this opening sooner, and others will experience this later in their development.

The physical vehicle is the crux or pivotal point between different realms, that is, it acts as the line drawn between the physical realm and the spiritual realm. You operate this physical body so that you will experience the physical world, although you are a spiritual being in essence that has entered matter. During your spiritual unfoldment process, as your consciousness rises higher, your sight opens further, your intuition becomes acute, then you soon see and experience that which is beyond the veil, separating the so-called physical and spiritual realms. Therefore, you have literally gone beyond, whether you see more of what is termed the "unseen" that now becomes the seen, or hear the inner voice of Spirit more clearly, and then eventually as you progress, you gain an awareness of deeper universal consciousness, or Divine Consciousness. Continual disciplines, especially meditation, will open you up to this Higher Reality. This means you will be entering and experiencing the Real Universe, which is permanent, unchanging, eternal, and infinite, which is why it is described as REAL, as opposed to the transitory physical realm, where all is impermanent, perishable, limited, and deceptive. The Eternal and Infinite Spirit is constant, and all matter that is subject to change revolves around It. That which is permanent is the real foundation of Creation; however, this physical Creation exists in

continual change; ebb and flow, flux and influx, energy and matter, birth and death, ends and beginnings, etc. This is the yin and yang of duality that is prevalent in this physical world.

Because matter is solidified energy, this is where the alchemy of transmutation begins; however, it begins with working with energy levels in body and consciousness. Although you can be aware of energizing different levels in yourself, such as atomic, molecular, cellular, all organs, and then the whole body, you can keep it simple by allowing Light-energy to flow through your body, from bottom to top. Likewise, such levels as emotional, mental, and spiritual are affected and energized.

Since matter is energy in essence, it exists at a much denser dimensional level. Within sheer energy is Spirit, which is eternal, divine substance – if you can dare call it substance. In this case, this is the true substance of genuine permanent beingness. However, let us declare that ultimately matter, energy, and Spirit are one in essence. This is the Trinity of Creation: Spirit at the apex, energy to the right, and matter to the left; and this manifests in functionality and activity.



In the practice of energizing your body, you will allow the Spirit to flow through your body, and you can use regulated breathing and visualization to do this, from your feet to your head. You are letting your body enter a state of higher energy, which in essence is Spirit. You will even begin to feel an uplifting feeling, or a tingling sensation throughout your body, if you are doing this correctly. In this process you are tapping into the Source of Creation itself. Here is where your consciousness enters a higher level of Reality. Therefore, you are beginning the process of energizing the dense body and mind, from within out. You go to that place of Spirit which is “real” to transform that which is unreal. You transmute earth into heaven. You transmute a body of earth into a body of Light.

When this kind of exercise is practiced on a regular basis, you will definitely experience results.

Actually, in the ultimate sense, it is the Divine God-Self that is energizing you. You are merely becoming receptive to this process by using such a method. Above all, it is in developing an intimacy with your God-Self where you actually realize your true oneness with this, your true Source. Your love and yearning for the Divine Beloved leads to Divine Union. It starts with allowing your consciousness to be uplifted.

However, when it comes to the initiatory process, as your consciousness rises higher, you will come to experience the reality of Divine Consciousness, which occurs through the Initiations. Nevertheless, this begins with applying spiritual disciplines, practicing soul virtues, and the three keys: yearning for the Divine, service to mankind, and

attainment of yourself. This format will give you a basic starting point, although there is always more to it than this.

The physical body is not static; there are always changes taking place of various sorts. But for now, let us focus on this bodily transformation through the cellular structure. Realize that the many trillions of cells in your physical body regenerate over time. In this regeneration process, old cells die and new cells are born in their place. This is an important key to healing and genuine rejuvenation when you receive Light into your body and whole being. The more you work with the Light and receive it in meditation and the exercises, the more the transformation will occur.

However, different types of cells regenerate at different rates, some take a shorter time, and others much longer. For instance, red blood cells take approximately 120 days; liver cells can take up to 500 days; skin cells can take one month; and hair cells will renew from 3 to 6 years. However, bone cells regenerate at a slower rate and can take up to 10 years to complete. Although cell renewal does take place at different rates of speed, depending on the type of cells they are, many will renew within a few months up to a few years, but overall the process can take up to 7 to 10 years. Therefore, technically, the body you had 10 years ago is completely different than the body you have now. This means you exist in a new body, a reborn physical form although it may look basically the same.

This being the case, you may ask, why does your body age or retain some disease when old cells are replaced with new ones? One answer is that humans are conditioned by the lower mind, or limited thought-process, which means you may tend to accept aging and disease. The concept of aging has been accepted by mankind for many thousands of years and is not easy to change. Although, quite often individuals will try to practice a meager form of rejuvenation through diet and exercise, and abstaining from toxic substances. As much as this will help, certain spiritual practices will likewise benefit.

The problem is that your incorrect thought-process affects the body's functioning, which means it begins to function incorrectly and abnormally, although oddly you may accept this as normal, especially when it comes to aging, sickness, disease, etc. Your thinking causes these changes whether positive or negative. What you think determines bad or good health, whether it is physical, mental, or emotional health. If you change your thinking to reflect the Universal Creative Mind of God, which only accepts that which is *real* in Life, then healing takes place more readily, and for some individuals more quickly than others.

Indeed, this requires the power of faith, and then you need to accept it, believe it, and then **know** it!

Many people often shake their heads at the idea of this immediacy of healing; however, there have been many cases of individuals being completely healed of cancer or some other disease, puzzling physicians who could only grope for explanations that are beyond their understanding. Although they do use terms like "spontaneous remission" that at least looks good in medical documentation. Of course, some of these cases were a little slower, but in the end the healing was complete. Some experts suspect the immune system worked overtime and did its job, or that certain drugs used proved successful through chemotherapy, and so forth. In other cases the patient had applied repetitive healing techniques on themselves. Whatever the case, this kind of transformation is a clue to how illusory and limited this physical world is, hence, suggesting how definite changes can be

made. Perhaps you could call this a miraculous sleight-of-hand when such healings take place, whether the process was slower or much quicker.

This is why we start with changing the energy level in your body and consciousness. Your physical form has nothing to do with causing disease; it only reflects your negative thinking and obeys it. The body's state is only a result of your thinking, whether it acts positively or negatively. Therefore, you can likewise reflect the Healing Mind of God and let the body obey THAT!

The fact is, you are brand new every day! So you are healed even now! Can you accept that into your life – into your thinking? It is a living reality if you accept that it is so. But if you accept the illusion and limitation that you are sick and unhealthy, then your body will reflect that thinking, and it will become as real as you believe it to be. If you desire excellent physical health, you need to begin with excellent mental health, as well as excellent spiritual health. All of these are interconnected, so essentially if your consciousness focuses on that which is spiritually positive, whole, and divine, the rest will follow.

We are trying to get you to replace the mass-mind thinking of the world and enter the reality of immediate change, which reflects the harmonious and healing reality of Divine Consciousness. This reality of spiritual health radiates down into the physical form.

To define spiritual health is to declare that the Spirit is your Divine Source. The Spirit within is whole and perfect, so this should be allowed to reflect on the mental, emotional, and physical levels. When you practice spiritual disciplines and meditation, you become receptive to the Spirit of God, surrendering into this, then spiritual health and wholeness set in, and the other levels will fall into line.

This will assist the continual transformation of your being on all levels, wherein regeneration, healing, Illumination, and Self-Realization will occur – that is, if you allow this reality to take place in you. It is the only real phenomenon that should occur in you right now and always.

Keep all of this in mind as you proceed with the exercise below.

Are there exceptions to this kind of process? We will point out that some beings are born into the world with certain physical anomalies, severe diseases, deformities, or even serious life-changing injuries, etc.; so some reach the body later if not during pregnancy. It begins with a spiritual blueprint that is arranged before birth, what the soul needs for its growth, by the karmic healing influx. Their physical vehicles are impaired in order to learn some lesson or to pay off a karmic debt. It is possible they may be healed sometime in this lifetime, but more than likely, they must experience the condition for the duration, because their soul growth requires it; however, most likely they will be free from this in their next incarnation, assuming the issue has been resolved. Ultimately, they are going through the healing process, and their physical bodies are merely tools for this as these souls are still unfolding. The soul's experiences dictate what it needs to acquire, overcome, or attain. Karma is the great healer and equalizer, not something to be seen as negative or fearful.

If in a particular lifetime the soul needs to learn through a crippling disease, a serious deformity, or receives a debilitating injury, then most likely that is part of its particular mission at that time, whether they know it or not. For instance, when a person is born blind, or becomes blind later, that is no accident, but the soul needs this experience, and in the process its other senses are enhanced, even the spiritual sense, which means its

life can be guided inwardly. With the absence of sight, something else is gained. Likewise, when a person is born deaf, which means he can't hear anything from the outside world, he is more apt to tune into the inner voice of the Spirit.

However, these individuals are unique cases, and are in the process of spiritual growth in their own unique ways, just as every soul is. They can still develop spiritual and mental health and as much physical health as possible within their peculiar circumstances. A person learning to live with a particular condition may be difficult, but it is a temporary condition limited to the current lifetime, and he is learning, growing, and healing in this process, especially on the soul level, although he may not be fully aware of it.

Because your consciousness is being uplifted in the energizing exercise process, further realization as to the true nature of your being will more easily take place. The state of your consciousness will be reflected in your body and mind. But you can use the physical form as a reference point when you proceed to energize yourself. The reason for this is that when you allow the flow of the Spirit into your body, which is Light-energy essentially, accepting that healing and transformation will take place, automatically your mind is beginning to accept the new positive state of being as it begins to manifest in the tangible, physical level where you can more easily perceive results with the five senses. True, having faith that it is working is necessary as well, especially in the beginning stages of this process, and soon you will witness "the evidence of things hoped for, and substance of things not seen." –Hebrews 11:1

Likewise, in successful prayer work, ending the prayer believing and knowing that it has already taken place is important in applying faith. Committing to these exercises IS an act of prayer; prayer in action.

The physical body and outer mind are integrally connected and actually are not separate; therefore, this is why sickness and disease take place so readily, and this is why healing and transformation can occur just as readily as you align yourself with the flow of the Spirit within you.

However, the lower mind tends to block this reality, for it fears and believes in disease rather than wholeness and harmony. This is absurd thinking if you really look at it closely. So let this be the beginning of your renewed and transformed state of mind, to believe that wholeness and harmony are your true state of being. You can trust that the ego is quite often wrong about its perceptions, hence, you can trust that the Spirit is always correct about the true Reality of Beingness.

God has nothing to do with disease, so you should not even reflect this. Since God is Wholeness, Harmony, Righteousness, Light, Life, and Love, etc., then you learn to reflect these realities in your life.

The body/mind-consciousness must be transformed into the higher soul-consciousness, which is connected to the Divine Consciousness. When the radiant healing Light of the Divine enters your whole being, you will be transformed and healed!

Spiritual Exercise 9

Raising Your Energy Level

1. Begin with the exercise of letting the movement of the Spirit flow through you. The exercise for this is in “Ascent into the Light” in Lesson Five. Remember that the Spirit guides you into the Light, for when your spiritual sight opens you will see the Spirit as this brilliant Light. If you have begun to see the Light already, use that in this exercise.

2. Now, imagine a ball of white Light at your feet, perhaps two feet in diameter, and slowly move it upward on your legs, abdomen, chest, neck, and head, and then up and out. Align this with slow deep breathing as the ball of Light slowly moves upward. Once it reaches the top, you repeat this, at least three times, but more if you feel moved to do so. Each time may take about a minute.

3. If you are seeing the Light, use this and see only Light where the body is, not accepting its dense state, for you are accepting yourself as a Light-being now, for you are realizing you have a “body of Light.” During your unfoldment process, the veil will become much thinner as the Light shines through more clearly, which will allow the Rising of the Self. When you work with the Light and see the Light in your disciplines, as in this particular exercise, you are fashioning the wedding garment in preparation for the mystical marriage, which leads to your Divine Union with the God-Self. Accepting what you truly are beyond the physical form will open doors. As you live in this body of Light you will be living in a Consciousness of Light also, hence, coming to enter Divine Consciousness.

4. We suggest that you do this exercise at least twice a day for several weeks.

As you become receptive and surrender to the Light more, you will more easily accept yourself as a Light-being and not as a physical being, which is a temporary vehicle. You are transcending the physical body state by allowing your consciousness to be raised higher. You are changing the body from a denser state to a higher more refined state; the physical body is learning to merge with the Light-body. This is similar to what occurs in Communion, when the bread and wine are transmuted into the Body and Blood of Jesus Christ, hence, being infused with the mystical energy of the Christ-nature. Hence, when you partake of Communion, you are merging with the Christ-nature.

In this exercise your body and consciousness are being energized, being infused with the Christ-Light. The healing process also takes place within you, because the Light opens you up to wholeness and health.

As you proceed to receive more of the Light of Christ into you and all around you, the body and consciousness are raised together. In essence, body and mind are the same. Why is this? Because the body is energy in essence. The physical body is ultimately a reflection of the state of your mind, for it is your creation. Yes, this creation began in your mother’s womb, but you took control while you developed and grew older as your flesh body matured – or lost control by allowing outer influences and erroneous beliefs to take over. The body is your mind in manifestation into the physical, and this mind is the body in a higher energy state; hence, you see two sides of the spectrum.

One key reason for uplifting the body and consciousness is to purify and purge them of old patterns so that the God-Self can manifest more clearly, so that It can be heard, seen, and experienced more fully and clearly, that It will manifest more completely through the lower form of body and mind that are being transformed. So you are developing the Light-body, or the wedding garment for your real divine being, for the God-Self to function and LIVE in this world more harmoniously.

Now, the objective of this exercise is to raise the energy rate of your body and consciousness. When you do this on a regular basis, you will begin to feel peace and upliftment, and then maintaining a higher rate of energy becomes easier. You will literally feel energized.

When you go out into the world, interacting with it and people around you, the energy rate tends to go back down, and this is why you must do this exercise more often, striving to maintain a balance. This is likewise true when recipients receive the mystical Communion daily, if not weekly, being energized in the Light of Christ. Of course, this balance progresses and ascends in waves, as if seen on a line graph, not as a continuous diagonally rising line, which is unrealistic. Everyone has their ups and downs in life.

When you are experiencing the Initiations, wherein you as a human being are becoming a transformed divine being, this is where your vibratory rate is actually uplifting you into a deeper reality, into Divine Consciousness, toward union with your Divine Source.



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