



THE HOLY LIGHT ACADEMY



STEPPING STONES ALONG THE PATH



How to Study the Courses

In any course of study, it is important to have the appropriate attitude. Having a clear interest in seeking wisdom is important, because soul unfoldment is integral with your search. Many people read literature to accumulate knowledge, but true knowledge is meant to be applied, and this opens the door to real wisdom. When you use that which you have learned, you will change. Hence, your sincerity in the Mystical Path is important, and an honest, steadfast approach will carry you through. It is also necessary to be willing to serve God by serving mankind. This is one of the **Strivings of the Disciples**, and it is when you take this approach, you will find real meaning in life. Therefore, genuine devotion to God coupled with your discipline is essential.

In the various courses of study, we encourage an attitude of sincere discipline and study. Genuine spiritual unfoldment takes time and requires patience and perseverance, but with the right attitude, it can become an exciting adventure! But on this spiritual journey you can only take it one step at a time and one day at a time, and as you apply the tools given to you, your progress will unfold more smoothly. During your study of any of these courses, inner growth should transpire, for even long after you have completed the courses and exercises, our hope is that you will continue to unfold spiritually in many years to come, to blossom forth as a spiritually mature God-being. However, some aspirants on the Mystical Path in the past have been known to advance and grow steadily, for their souls were ready to make the leap. Everyone is different and unfolds at different rates.

In earlier times, many correspondence courses were sent via regular mail service. Now they can be downloaded from the website. When you download a particular course of study, it will be a whole block of lessons. However, we ask that you read each lesson carefully, and twice for a fuller understanding, because quite often a student will miss something on the first read-through.

In all forms of study that you may conduct, it is important to pay attention to what you read, and upon reading the material a second or third time, you will always see something you didn't notice before, or even something on a deeper level. Likewise, as your level of consciousness develops and your inner awareness increases along the Mystical Path, you will begin seeing more clearly, not just new things in the lessons, but everything in life around and within you.

When you come to a particular practice or spiritual exercise, take your time with each one, even if it takes a few weeks, before going on to the next one. Hurrying through the exercises and lessons will do you no good. Being patient and taking your time will bear much fruit. Also, for these practices and exercises keep in touch with your class instructor who will answer any questions you may have. Studying these courses, or any real spiritual unfoldment program, is a genuine learning process that can be seen as a teacher handing you the keys to wisdom, but first you must go to the doors of your soul and use these keys to open them yourself.

Applying the practices and exercises daily and with dedication is very important since they are the lifeblood of these courses of study, for this is the seat of your discipline. As you use these tools regularly, you will see positive results, and transformation will begin.

These are not the kind of courses where you need to memorize anything, take quizzes, and then receive a grade, although certain ideas, principles, or teachings will be repeated often throughout these lessons as reminders.

In **Developing a Relationship with Jesus Christ**, for those followers of Christian Mysticism, the Practices are geared toward developing an intimacy between you and the Master Jesus who will become your spiritual teacher on your journey to the Creator. In this process the person of Jesus Christ will no longer merely be a historical religious figure, but the very real living presence of the Master Jesus Christ in your life.

In **The Path of the Holy Light**, the Spiritual Exercises will guide you to momentarily leave the physical world and enter inner world of your soul, learning valuable tools such as breath control, relaxation, and concentration, all important tools for meditative practices.

You will also learn to go within through meditation to prepare you to see and experience the inner Light. It is this Holy Light of true Beingness that will lead you to your true God-Self. This unfolding process is what certain mystics call the Path of Solar Initiation, of which the first three are Baptism, Illumination, and Self-Realization. These will be explained more in-depth as you read the lessons. Other courses will be offered eventually, but these are the first two.

There is no easy way or magic tink from a magic wand that will propel your spiritual growth. This is why it is *you* who must activate the process within yourself, through your sincere discipline. When you apply the courses, the principles, and the practices or exercises yourself, this is when genuine transformation begins. However, God's Grace will indeed deliver you through the process, but you must put yourself in the right place by initiating action and discipline. It is when you reach up to God that God will reach down and pull you up. From a more mystical standpoint, as you reach within, God within will draw you in deeper, toward Himself, and spiritual unfoldment will ensue. When you reach inward and recognize God, God will recognize you.

During your time reading these lessons, it would be wise for you to communicate with your class instructor. Through email you can correspond with him for questions, counseling, or reporting on your progress in applying the practices or exercises in the lessons. Your instructor will give you encouraging support on your spiritual journey and can become a close spiritual friend of yours. Walking the path alone is not always easy; therefore, most spiritual traditions suggest finding a teacher who will guide you along the way.

“When the student is ready the teacher will appear.” –Lao Tzu in the *Tao Te Ching*

Besides the main courses, you will have access to all the articles of **Stepping Stones Along the Path**. These will give you additional information and serve as further guidelines while you read and study the courses. Although particular lessons will refer to certain articles as you go along, but not all, you may feel free to read these at your leisure. You can make this program become a spiritual adventure, for if you are ready for your life to start changing, and if you yearn to awaken into deeper realities of Life, then this process we offer will guide you through wondrous frontiers of discovery!

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