

# A Course in Mystical Principles, Part 3

TRANSFORMATION THROUGH MYSTICAL KNOWLEDGE

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Host: *Welcome to The Course in Mystical Principles, Part 3, Course Session 4.*

*As a reminder, this recording was made during a live broadcast, so you may hear time-based references. Not all of these references are applicable to the self-paced course; they were kept to maintain a high-quality, seamless recording that best allows for the teachings to remain intact.*

*And now, here's Thomas.*

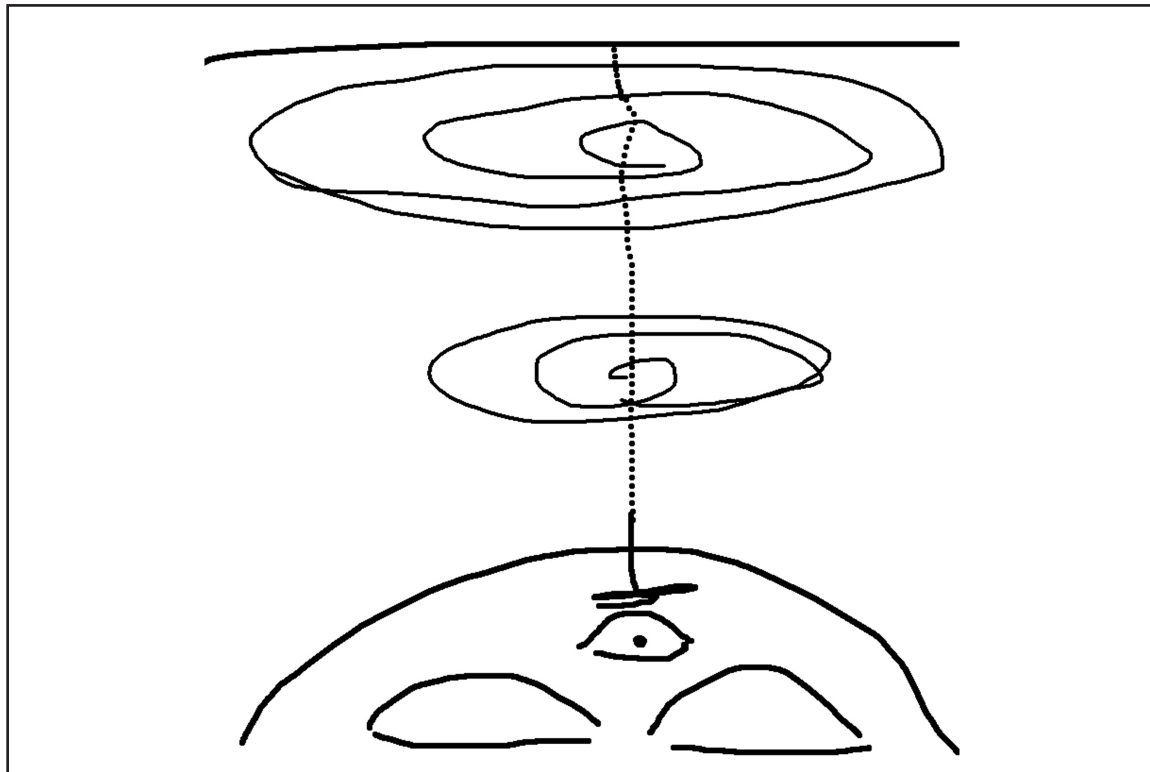
## Light Meditation—Levels of Light

Thomas: Today, as I said last time, I want to go a bit deeper with the light meditation. We had the first two modules. We looked at presence and the different levels of presencing. Last time we looked at light. Maybe, I will summarize a bit our teaching from MP1 and 2 about energy.

Energy, we said, is movement. Energy is intelligence in movement. Energy is movement and information. When we do the light meditation, we are actually connecting to a faster train, as we said last time. When I go higher in my inner connection, in the moment I connect to light, I'm connecting to a much faster movement than I might live in as a personality.

When I connect to the light, we said last time—I drew two layers of energetic information above the head. This means, when I connect from my third eye to the crown and I connect higher, eventually above my head, my head is full of mental activity. Once I go through that layer of thinking, I arrive in what some people call the Higher Self, or the soul's capacity.

I will talk about this a bit more.



Session 3, Drawing 1

Just to remember again, when we talk about energy, we are talking about intelligence in action. Energy is the creative impulse in action.

One part of the mystical teachings relates to the manifest expression of the Divine, which is the creative impulse itself, and its effects. The effect of the creative impulse is that the vibration actually decreases in order to create a manifest universe, a universe of matter, the universe that my physical body lives in. That's the physical matter that I feel when I bump against the door, and it hurts—I know I am living in the physical reality.

The physical dimension, of course, needs space and energy in a very dense vibration in order to see what we see.

Not to forget, we are only talking about a spectrum of energy that we call the human being. A human being is an antenna. It's able to perceive a certain amount of information. It's an interior that is able to reflect information through our perception in an interior space.

When we look out and we say, “OK, we see the universe,”—no, we see the fraction of the universe that fits into that interior space. By enlarging the interior space, the so-called external universe can be represented in a more rich and more embracing and inclusive—so to speak—bigger perspective.

The light meditation is a lot about increasing the perspective, so that more of life can land in me. Sometimes you have very small cups of coffee. Sometimes you have the huge mugs for coffee. So, more coffee fits into the huge mug. It's not necessarily a better coffee, but more fits in.

[00:05:00]

We are looking how to awaken. Part of the mystical practice is to awaken into the subtle body, which is the subtle body that we know, the vibrational levels that we inhabit consciously. Then it includes the part of the vibrational body that we inhabit consciously that is unconscious. And then there is everything above our ceiling. These are the vibrational states that we don't know about yet. But the more we practice, we are going to get to know them.

The antenna, we said, the instrument that receives the cosmic music, is getting bigger, or deeper, or the spectrum is getting wider. The intelligence is actually rising. Every time we use the word energy, we are talking about a movement. Energy is always a movement, and it's a movement of information.

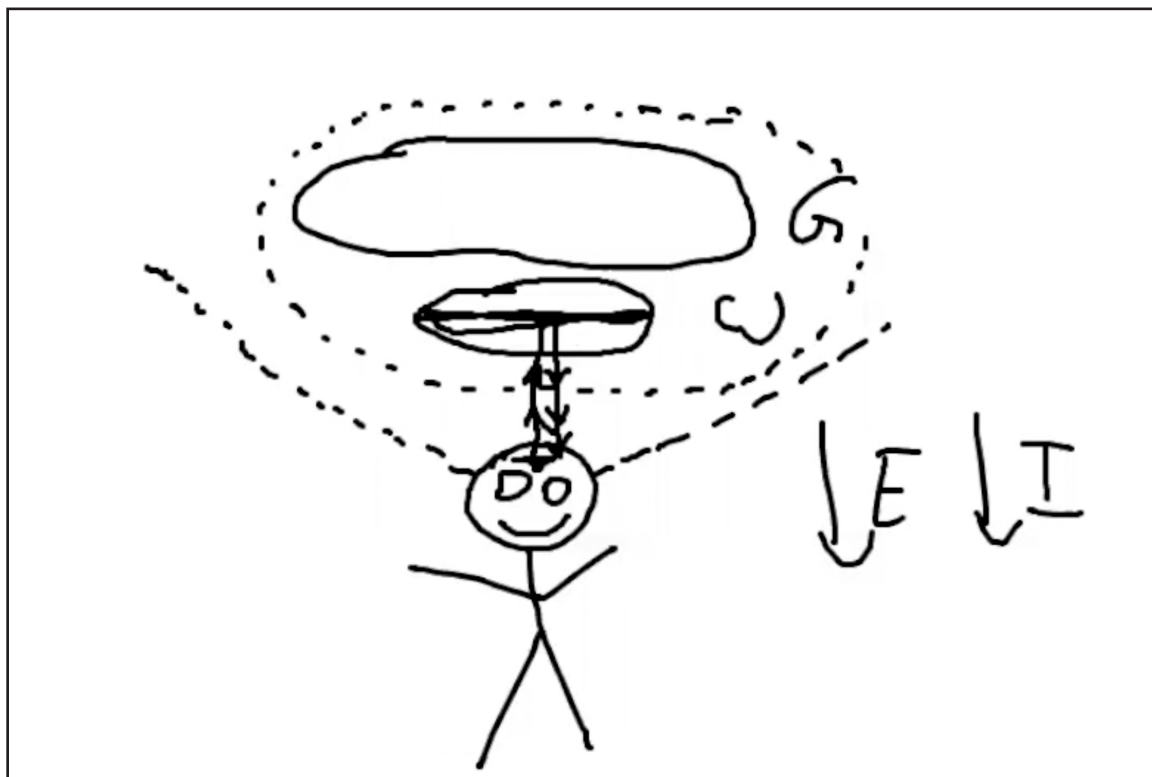
When I do the light meditation, I will feel: at the beginning it is hard. For everybody that it's hard—the people that came new into the course, and the ones who went through MP1 and MP2 on the fast track, it might take a bit of time. Just be patient and give yourselves time to do the practice, even if it's not so easy at the beginning. It's like riding a bike, or anything that we did for the first time that wasn't that easy. Eventually, it will become a capacity. And it needs some practice time.

When I practice and I connect to the light, in the few seconds—maybe, at the beginning it's just a few seconds that I taste illumination—a fast vibration is being contacted by a slower vibration. In that moment, every second I can stay there to keep the connection on, my vibration of my nervous system goes up. I will have an energetic impression of movement. I feel more elevated. That means I start to vibrate higher, faster.

And I might have insights. That's the information. The information is a boat on the water. The information is being transmitted. Information means, literally, that when I do more of the light meditation, I will have more insights. I will, suddenly, understand things that I didn't understand before.

When we talk about energy or white light, white light has a vibration. I can feel white light. I can see white light. I can hear white light, so there's a vibrational aspect. The more I meditate on white light, I will get insights that I didn't have before I meditated on white light.

This sounds, now, very simple, but there is a reason why I say that.



Drawing 1

Last time we said, here are MP3 participants, still motivated, good energy. It's the fourth class. We are still full of energy. Now we are practicing the light meditation.

Here is white light. Here, on top of it, there is golden light. This, together, is what some people call 'the Higher Self.'

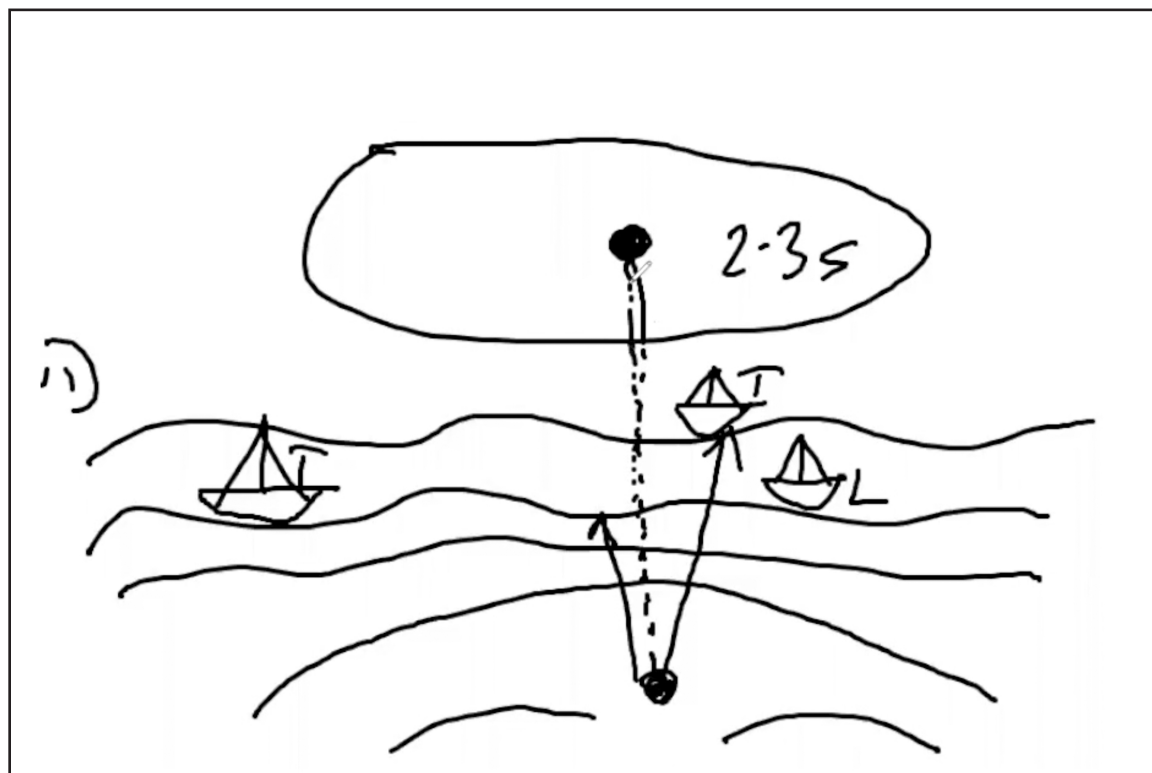
Now, when I meditate, my third eye, which is also my frontal cortex, starts to vibrate and connect to white light.

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I create a horizontal stability. Every time I reach out, I go up, as we call it, something can come down. My third eye actually has two channels: one up, one down. I reach out: 50% active, 50% receptive.

My crown—the energy center that some people the 7th chakra—is opening and allowing information to come down. What comes down is energy. And what comes down is information.

Then, if I continue with the light meditation and I learn to stabilize myself in the first layer of white light, even if it's just a few seconds, and then I start thinking again.



Drawing 2

Here is a practitioner, the third eye, we meditate on the white light. Here we connect to the white light and we stay there [*Thomas draws a circle above the practitioner's head to indicate white light*].

Underneath is our mind [*he draws lines between the top of the head and white light*]. On the mind, many boats of thoughts. This is a very conventional thought. And this is also a very conventional thought—something that we have to do, something that we didn't do, something that we should have done.

Here is the vibrational field of our mind. Up here is the light. So, every time in the meditation I think about something, my energy goes into the mind. And I visit a boat. I do a cruising vacation.

Then I come back and I remember, the thought comes that I wanted to do the light meditation. And then I connect back again.

At the beginning, for some people it might be 2-3 seconds in the light, and then back to the thought. And then back to the light, and then back to the thought.

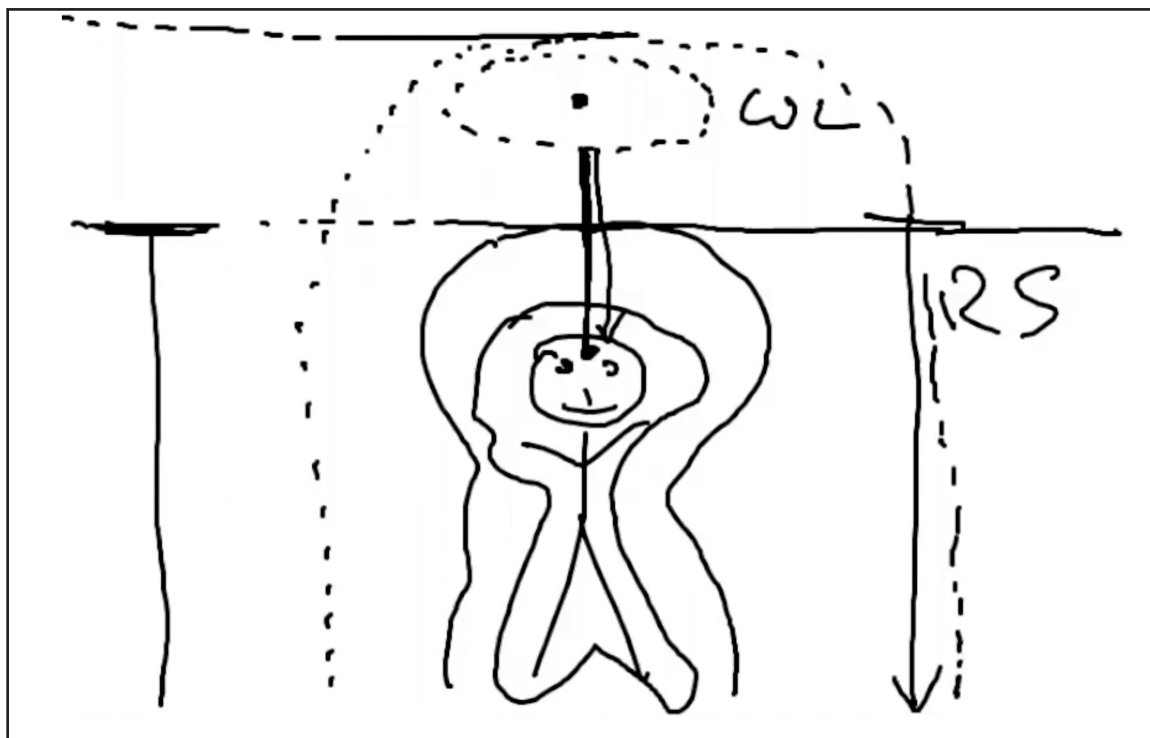
Why? Because if I go higher, I touch levels of the mind. For people that are interested, Aurobindo, the Indian saint, wrote in his Integral Yoga book, in my understanding, a very detailed description of the levels of the enlightened minds.

That teaching correlates a lot with what we are learning here with the different levels of light, because the different levels of light also illuminate our mind.

We are, until now, only talking about those two layers—the white light, and the golden light on top of it. When I meditate and I can stay more concentrated, I will learn to stabilize myself more in that which is beyond the mind.

## Light Meditation—Growing My Energy Field

And why I am saying all of this is because here is, again, our practitioner.



Drawing 3

This is physical body [*Thomas draws a figure*]. Then, metaphorically, we have an emotional body [*he draws a line around the figure*]. We have a mental body [*adds another line around the body*]. So, this is the regular rational self. Up to here is the conventional, rational self [*he writes "RS" on the right*].

This human being lives in a universe that reflects itself in that rational self [*he draws a horizontal line at the level of the mental body indicating the boundary of this universe*]. When we take this meditation, we actually go beyond it, and potentially there is a new energy field [*he draws a circle above the practitioner's head and labels it "WL"*]. And this new energy field channels information into the rational self.

So the white light introduces itself in the rational human being and starts to send impulses into that human being, and these impulses are energetic information.

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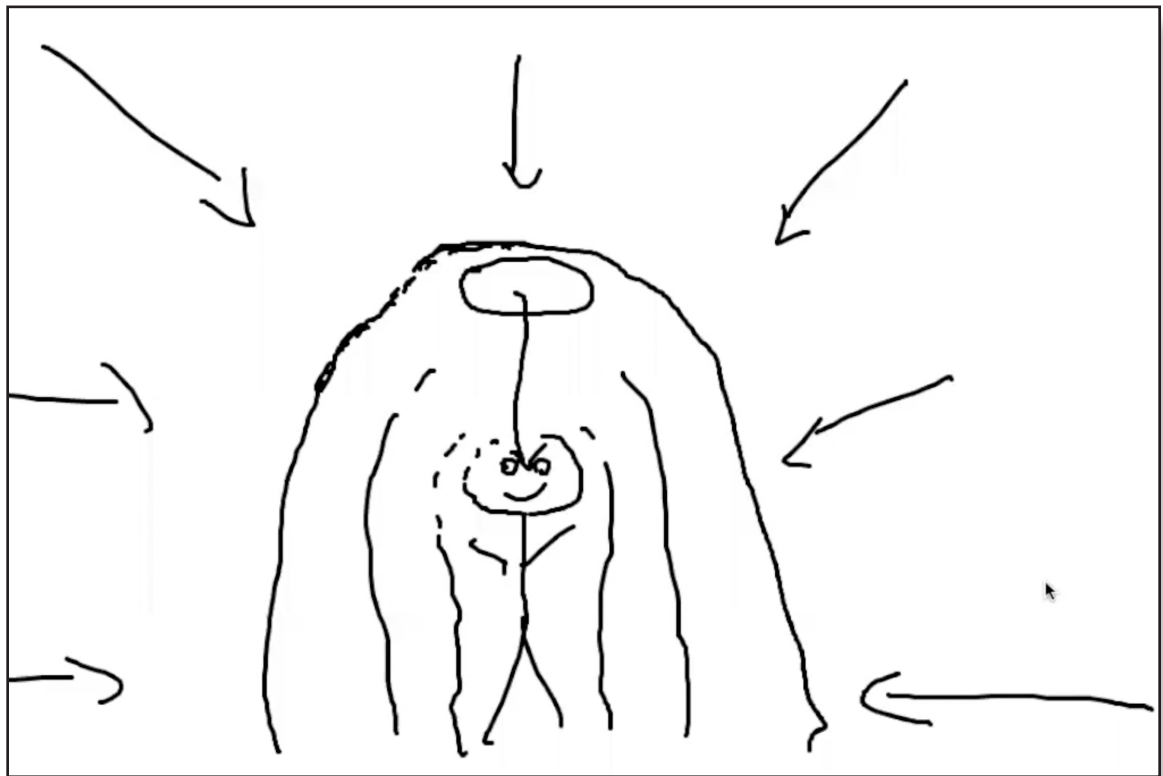
So my energy field grows [*he draws lines descending from white light, surrounding the practitioner*]. My energy field gets bigger. My universe, also. When my energy field gets bigger, my instrument gets bigger.



Not to forget, the rational self was up to here [*the horizontal line above the mental body*]. But now my universe of experience is up to here, potentially [*adds a new horizontal line above white light*]. This is a potential add-on, this part here.

But the longer I practice, the more that white light is now energy—which means potential—and will become, eventually, a structure in my consciousness.

And we go to the next drawing.

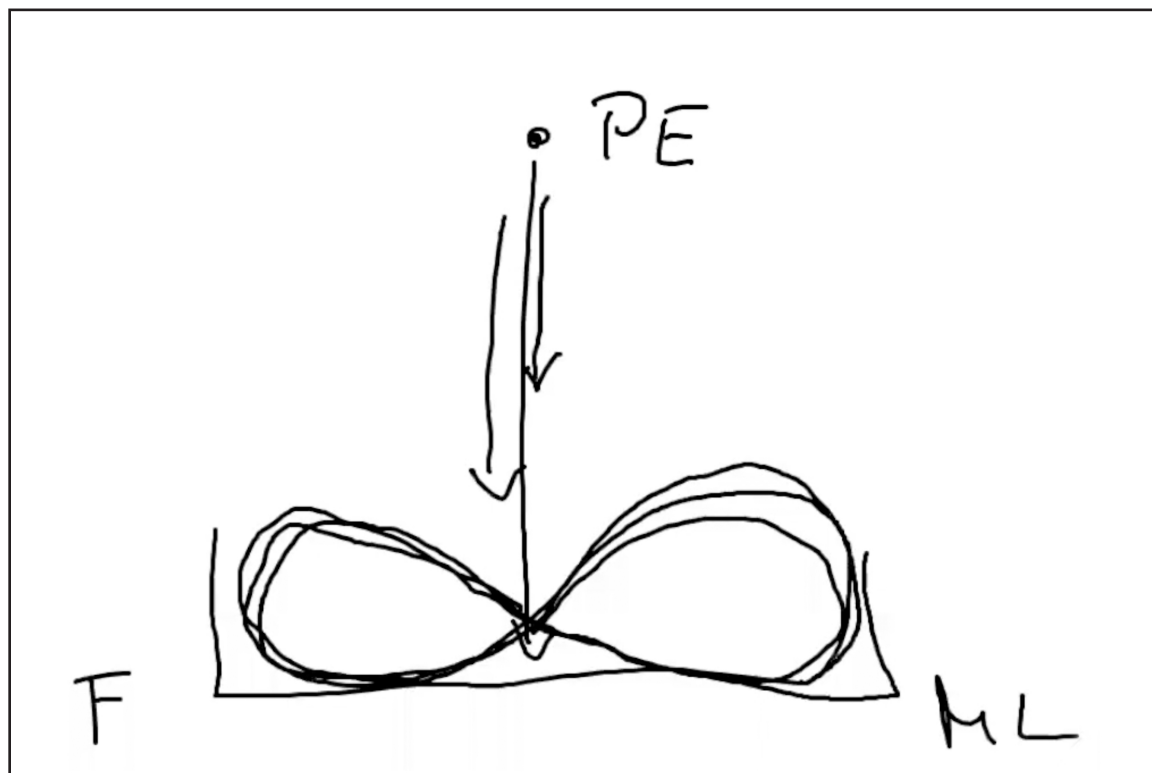


Drawing 4

Then we will see that this human being also has these levels of energy field: physical body, emotional body, mental body. But now, potentially, because the white light becomes more stabilized in the human being, the nervous system starts to take it on. The experience of this human being is wider.

The perspective of this human being is a wider energetic experience that can reflect, on different levels, the universe in a higher resolution. And not only in a higher resolution, but also in a greater field of intelligence, in a greater perspective, and in a new structure.

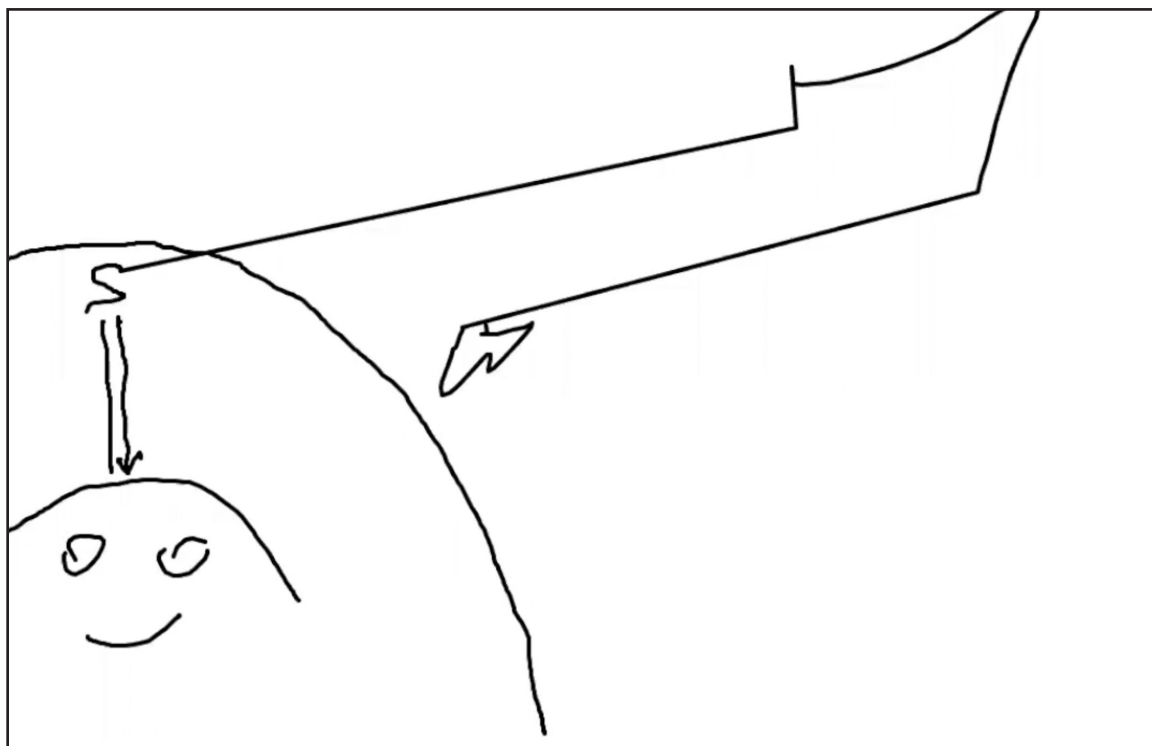
Because, when you remember, we said in the MP1, we said that the parents, the father and the mother...Here is the soul of the child. The soul incarnates, and the incarnation impulse, we said, it wires a new life [Thomas draws a point to indicate a soul, and a downward arrow descending from it].



Drawing 5

Energy becomes structure [he draws a figure 8]. Potential becomes manifest life. So, the light that incarnated in this human being—if you remember my drawings in MP1 and MP2—energy comes down. This is potential of a human being. Potential energy [he writes “PE” next to the dot] becomes manifest life [he writes “ML” next to the figure 8].

At the beginning, the parents are the structure, the vessel, the flower pot. And then we grow and grow and grow. Eventually, and hopefully, we are now a structure that is independent, and we can live our life independently, because some of the energy here became manifest in us today.



Drawing 6

Now, when the soul is that potential energy—here is the soul [*Thomas writes “S”*], it creates a new structure in that human being [*he draws a head of a human being underneath*]. Also, the human being is now—we are now—the structure, like the parents for the child. And the soul’s energy is our super-conscious quality at the moment, until we actually inhabit that as a new perspective. And then it’s not anymore super-conscious; then it’s our conscious, everyday living perspective. But, as we said, it has a higher vibration.

[00:20:00]

So, our energy field is bigger, but also our mind can process reality on a higher level. Our emotional system can process life on a higher level. Our physical wiring in the nervous system can channel the energy. And, we said last time, that’s, basically, when a human being starts to live his or her soul’s purpose more.

There is an alignment. The self is now like a bigger self that can use all the functions of the rational human being. But it actually adds new structures in consciousness that haven’t been there before.

## Energetic Evolution—Turning Towards My Karma

One important aspect in the energetic evolution is that every new energetic impulse opens the energy body that is the old habit. There's an influx of new energy, and that new energy becomes a manifest, walking, living instrument, like an embodied spirit in a higher version.

What we talk about is, actually, a kind of a spiritual, evolutionary process that in the moment we learn to connect and download a higher intelligence, we actually develop an ability of innovation—today we call it innovation, or Divine inspiration, or inner-connectedness, or illumination. However, whatever language we want to use for it, there is a kind of a conscious, evolutionary update of who we are now that we can volunteer for, that is accessible for everybody, if we practice it, in order to deliberately update our lives and also create a higher intimacy with the Divine.

In one of the courses I said that the soul—and then we will do our meditation for this time—that the soul is a railway station. From my identity and my personality and me as an identified human being, I open myself to the impulse that we call the soul that, actually, is responsible for this lifetime that went through the karma that is connected to it.

We said that from the moment that the light meets the karmic circumstance, we are a walking question. And why are we a walking question? There was a question in the questions, and therefore I am talking about this.

When the light goes through hundreds of thousands of years of human karma and takes it on—because we didn't invent walking, we also didn't invent anger, we didn't invent what Plato said already, we didn't invent many things. We have been born onto a mountain of humanity that already existed before us. Many functions in my brain, they weren't my invention, and we don't have any copyrights on it.

The light has been born into lots of structures of consciousness and has the potential of an update that's not always actualized. The potential update is up to us. It's up to the way of how we live our life. It's up to the way of how much we practice. It's up to the way of how much we engage. It's up to the way how we love. It's up to the way how clear we get.

[00:25:00]

It's up to the way how we literally turn towards our karma and learn to transcend it. Only by turning towards our karma and including and transcending it, we will bring the updates that deeply in our hearts we are longing so much to bring. Because freedom, the feeling of freedom, is to swim in one's open river. If you can swim and are reconnected to the intelligence that drives our life, we are naturally happy.

And we are naturally happy because we feel so connected to the pulse of the cosmos. We feel so connected because we are swimming in the pulse of creation. We are creating more and more intimacy with the Divine because we are here and we are available, and we are merging into the movement that we also are.

In that deeper and deeper alignment with one's movement, we see that everything that I look at is always movement. There is nothing fixed. Life is always moving.

If I join, more and more, the movement, if I become emergence, if I dare to become emergence, I'm more and more emerging as an answer. Which means that if I really dedicate my life that the light that incarnates into the karmic structure—the karmic structure is conscious karma and unconscious karma—if we dive into it and we live through it wholeheartedly and fully, as fully as we can, and we transcend it so we transform our life's question, which is the tension of the light and the karma, into an answer, which is, in the Kabbalistic term, the tikkun. It's the liberation from the tension through transcendence. It's not that we get away from the tension, but we get into the tension in order to be reborn as a free, free spirit, so that when we are being reborn, we are being reborn as a walking answer.

A walking answer means that I'm participating every moment in the emergence of the abundance, of the power that creates life right now. The intelligent emergence—I'm not anymore just living as a factor of cause and effect. That's where I come from and that's where I go to.

I participate more consciously in the emergence of creation, it means that I'm not just bound to my original cause, which was my original karma, the blueprint, the original conditioning, the original habits—physical, emotional, mental habits. There's enough freedom—which is emptiness and energy—to emerge freely in that moment out of the Divine energy that creates this moment.

## **Energetic Evolution—Becoming a Channel**

In the light meditation, I open my physical habits, I open my emotional habits, I open my mental habits, I open my social habits. I open those habits in order to taste what it means to be creative. It's not just "I am creative." The society we live in is giving us credit for the intelligence that we are. My sense is that's an outdated model. It's more: What is the intelligence that we serve? What is the intelligence that runs through us?

All the creativity that comes through us is, actually, not ours. We are just blessed in being channels and being given the responsibility to serve that into our cultural container. That's what, I think, is a much more intelligent version of recognition: it's that I open myself, and in the openness I don't possess energy. Energy is flowing through.

**[00:30:00]**

And the more light flows through, the more natural innovation will happen through me and around me. But it's not me doing it. I am only opening the space to allow that to run through me. I have the responsibility for it. But in the moment I take the copyrights for it, my ego is happy and jumps on it, as if it's mine.

But the Divine energy is actually never mine. I am just bowing down to that which puts the words on my lips. That can be a strong spiritual concept. Or this can be a very dedicated path to empty the way for real emergence to come through.

When we do the light meditation, and the different levels of the light meditation, we induce the future to affect our life first. And it opens my habits. So, when I sit in meditation, at the beginning of my meditation practice my habits will jump, also, onto my screen, "I also want to be heard when I feel hurt; I also want to be heard when I think about this; I also want to be heard when my knees hurt when I sit in meditation; I also want to be heard when..." "

A lot of my identity and personality habits will come up. That's my wiring. In the light meditation, as opposed to the emptiness meditation, there is a concentrated single-pointedness, like in the yogic practice when we say, "Take your eyes off the thousand forms and create a single-pointedness onto the Divine." So, turn your eye onto God. Turn your eye onto the first cause, not the many causes.

Why I'm saying that is because many people might experience, when we start the light meditation, that for some time we connect to the light and then we drop back into our habitual thought process. Then we connect again. We can stay there for some time. We come back. But, eventually, as we said last time, this becomes a more steady, continuous expansion of my perspective.

In my understanding that's the beginning of my conscious evolution. That's the beginning—that we actually have in our hands a tool to speed up human evolution. Maybe, I will say more about that after the meditation.

I think we have enough of the theory for now, so let's just do it. And then we come back to some more inputs.

Remember, we said that the soul's aspect of a human being is usually composed out of a layer of white light, then in our experience we might come to a layer of golden light, which comes with the feeling of unconditional love. The white light comes often with the feeling of unconditional joy.

Then, when we go higher than that, first of all, we enter space consciousness as well. When we said, in the levels of absorption there is mindfulness and there is space. There is magnetic presence. Then there is deep absorption, one state of the Samadhi states.

When we pierce through the golden layer and we expand our awareness higher than the first layer of golden light, we will end up, also, in a deep spacious feeling first. What comes after is a layer of space. But it includes already the energetic realization of our soul's capacity.

[00:35:00]

The soul, as we said, is a subtle entity, or a subtle realization. The soul might be reflected in my mind. In my philosophy I talk about the soul. But actually I am awakened to the soul only when I am able to consciously embrace the soul fully. Then also my energy field will radiate it. Wherever I go, I will radiate the vibrational states of my soul. That's part of my transmission. That's part of the music that we radiate all the time.

Part of it has been displayed in different religions or traditions, in their paintings and sculptures and drawings of higher states of consciousness. We can see that in the yoga practices in India. We can see this in Christianity. We can see this in Buddhism. We can see this in the Jewish tradition, in Sufism.

In all the great traditions, we see many states of consciousness being displayed graphically. Many of them show higher centers being activated. And also show that the higher centers, the subtle capacities, are just a stepping stone to a much deeper wakefulness. But a much deeper wakefulness includes, also, those subtle capacities. It can be a trap to get hooked there. But it might also be that we are not awakened in that subtle capacity.

Great. Let's go into our meditative journey for this time and deepen our experience, and then come back to the theory.

## Begin Meditation

Again, start with the body. We start with the simplicity of sitting, like the beauty of just sitting. Dropping into the physical sensations.

The posture of my body, the tensions, the flow, the aliveness, and the empty areas. The more subtle sensations.

Of course, the movement of my breath.

As we said, the first step is like a mindfulness, a congruence or coherence with the current perceptions. Internal, external perceptions—presenced.

We notice immediately that presencing my current perceptions—which includes my body, my emotions, my thoughts, my external inputs—immediately also comes with at least a bit more inner space, or inner silence, presence.

[00:40:00]

Also to listen, again, to that arising spaciousness. It might be, more and more, inner sensations, outer sensations.



At the same time, I listen to the space in between perceptions.

Inner space, and the subtle feeling of expansion. The contours of my body have loosened up and are more expanded.

The subtle space is more still, more available.

And, out of this inner space, to once more connect, also, to the ground, to the space, and my capacity to feel my base, my ground.

And, from there, we bring our awareness to the highest point of our head. And then, slowly, above.

You can turn your inner third eye inwards and you can look above your head, you listen, you sense.

And you bring your awareness higher.

You just keep going higher and higher until you meet some sense of whitish illumination.

When thoughts arise, don't pay attention. When feelings arise, don't pay attention. Just keep concentrated, but also soft in your movement up.

And then we first rest in the illumination of the white light, if that's something you can feel. If not, just keep exploring the space above your head. If it's easier, to relax the space above the head first.

And then gently listen, feel, and look higher, and see if you can just rest at that level for some time.

[00:45:00]

Once you feel white light, you tune in with it more. You look into it. Then you let it flow down into your body. Like you open a funnel, and you let it flow down through your memory system.

If that's too complex, you just stay with your awareness above your head in a gentle, explorative way.

If you want, you can also sense the quality that white light induces in your inner world, how you feel when you connect to it, how your body feels, your emotional system, your mind.

You stay connected, and if it's too hard to feel multiple things at the same time, just stay connecting, feeling at this higher vibrational state.

If that's your edge for today, stay there.

For everybody who wants to continue, see if you can go through the white light and go higher, and see if there's another level of illumination of a yellowish-gold light.

Then, again, the same—if you get an impression of a golden light, and a feeling of golden light, if you can stay with it for some time, stay concentrated and open, in a soft concentration, like vibrating with, tuning in with.

Then, if you want, you can also allow that honey—sometimes in the traditions it's kind of a golden honey—it comes down towards the third eye and into the body and connects to the hormonal system of our body, and, through the nervous system, let this golden honey touch your life.

If it's not too complex, also feel the feeling that arises through golden light, how it changes your perspective, your interior, your feeling towards life.

[00:50:00]

If it's hard, either just stay with the white light, or just sit and relax your crown. Sit in a receptivity and allow the vibration of our collective field to just invite you gently to participate in the download.

If you want, you can stay there. And for the ones who want to continue, you can go through the golden light, and even a step higher, until you end up, again, in a deeper spaciousness that doesn't have any illumination, but a deeper intensity of presence, stillness.

If you want, you can come back to either the white or the golden light, whatever feels appropriate for you. And if that's hard to contact, don't worry. Then you stay with an open, receptive space above your head.

Then we can, again, say a kind of a prayer, an invitation to the next level of our awakening, or the next level of clarification for something that's important in your life.

[00:55:00]

And you say it from that highest point, the light, and you stay connected to the light, and you formulate it in your own words. Or you do the prayer in your heart and let the words drop deeply into your heart.

Or you let them go from the highest point in the white light or the golden light, and you let them rise even higher and let them disappear, as if they were vanishing above the ceiling of the house of your consciousness.

And then you repeat it two times, again.

Whenever you are ready—take your time, finish this process—and, whenever you are ready, just sit in a receptive, listening space, and listen. If there is stillness, there is stillness. If there are thoughts or insights appearing, just let them appear and disappear.

Slowly let your energy come down. Bring your awareness down into the body again. Reconnect to your base, to your feet, until you can feel your feet well.

You can also exhale and inhale a couple of times, deeper, until you can feel your physical body well.

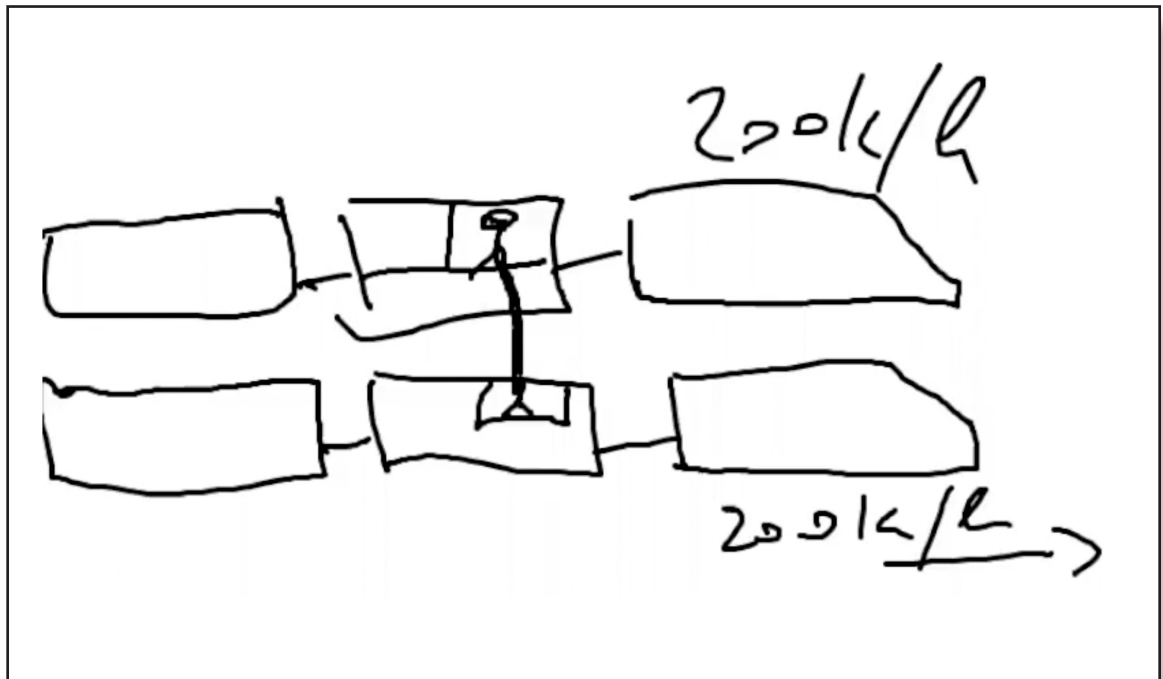
Then let's come back.

## End of Meditation

[01:00:00]

## Energetic Evolution—Slow and Fast Trains

Great. Well, here we are, back in the physical universe. Here are some, maybe, interesting small details to that universe. I will say a few things that I said already, but they are always interesting.



Drawing 7

Now, here's a train, 200 km/h. Here's the other train, 80 km/h.

Here's a person and here's a person, and this we call 'past.'

If that happens in a human being, and this train continues its journey [*Thomas points to the train going 200 km/h*], this train is the energy through our spine [*he draws a human figure*], the train goes up 200 km/h. And still, one part of me goes at 80 km/h [*he draws a sphere next to the spine of the human figure and writes “80 km/h” next to it*]. This part at 80 km/h lives in the past.

The tension between those trains is getting bigger and bigger. If this train keeps 200 km/h, and the other train slows down to 80 km/h, the evolutionary tension between those two trains is getting bigger. Evolutionary tension—E.T. [*he writes “E.T.” on an arrow connecting the two trains*] E.T. also had an evolutionary tension, it wanted to go home!

This part, the past and the trauma, wants to drive, again, 200 km/h. Because otherwise, in that human being, many aspects of the human being drive 200 km/h. But one part, or multiple parts, 80 km/h.

[01:05:00]

That’s called an intrapersonal tension. Now, what do we do?

We induce here 400 km/h [*Thomas draws a sphere above the figure’s head and writes “400 km/h” next to it*]. We bring in a new train system that can go 400 km/h. So the white light speeds up my core channel, the intelligence of my core, to 400 km/h.

Every second I touch the white light, I get an upgrade in the speed of my intelligence. So I literally participate in a higher intelligence.

Many of the saints and the sages described one aspect—the creation aspect—of the Divine as entering a supreme expanded intelligence that is far beyond the intelligence that they usually experienced as a separate entity, as a separate human being. It’s like the individual mind merged into the Divine mind. Suddenly, there were insights beyond imagination.

What I want to say with all of that is that the unintegrated parts—in the moment there is a trauma, all my trains cannot anymore drive at their maximum speed, the traumatized area in my being slows down—therefore, it gets fixed in the past.

Karma is energy that is fixed in the past. And it creates a tension with the future. It creates a tension in my now with my potential future. The more I will speed up my train [*points at the light sphere above the figure’s head*], I will feel that tension even more.

We see this also sometimes in intimate relationships, where one partner has a very strong spiritual practice, the other partner doesn’t. So, either the other partner is anyway already very awake and is just waiting for us to wake up, then it’s good news, and they are happy.

But it might be that we practice a deep spiritual practice, and our trains speed up, but not in the same velocity, not in the same speed. So this creates a tension between us. First, a creative tension. Eventually, it might end up in not so constructive tension.

What we see in this image here, we understand, every time that there is a traumatic event, or—the mixture of light and karma, as we said at the beginning, is a tension of energy that is fixed in the past and energy that wants to become a new future.

When we practice a deep, serious spiritual practice that is showing us more and more emptiness and more and more fullness, which means it's an emptiness practice combined with an evolutionary upgrading practice, we need to upgrade, also, the parts of us that chronically live in the past. These are the parts of us that show up when we are in difficult situations, when we are in change situations, when we run into challenges, when business leaders run into challenges, when intimate partners run into challenges, when we face collective cultural challenges. The parts of us that live in the past, we will feel them strongly, because either we feel them as regressive tendencies or we feel them as blocks, or we feel them as hindrances to fully embody our highest spiritual potential.

[01:10:00]

When two trains drive at the same speed, and something happens here, we created a past. That's a past, that's a residue. Energy that is held in a lower, reduced movement we will experience as the past, as recurrent patterns that come back again and again and again. The past wants to release itself. It's screaming, and it's screaming through life's circumstances. It's screaming through our thoughts, our emotions, tensions in our body. It's constantly screaming, until we hear the screaming and we follow it back into its essence.

Sometimes this has been described as “the pearl in the darkness.” In the moment we connect to the pearl in the darkness, we come into the cave where is a small light, and the intelligence that is frozen and reduced wants to release itself.

Often we don't know what's buried in our unconscious or subconscious dimensions. We will discover it through the way how we live our life. Integrity on the spiritual path means that we take the moments, the situations, the challenges where we get stuck, where we regress, and we act out of dissociative habits, moments, activities, reactions.

If we take it seriously, and that we take care of them, that we really get them on board, like Gandalf—you know, *Lord of the Rings*—Gandalf goes with all the crowd, all the hobbits, everybody creates some mischief, some turbulences. Eventually, it shows up that the whole movie is about an aspect of wisdom traveling with multiple aspects of life. And they all need to solve one archaic journey. They all need to go on this journey together.

So, all the trains in me will need to go on a journey together. I cannot get away from my karma. I just can get into it, take the diamond, and emerge from it.

I'm saying this because when we do the light meditation, it's our responsibility—if we become aware of tensions, of shadows, of unintegrated parts, and if, through our life, how we live our life and where we get stuck, where we run into difficulties, into tensions, into stress fields, into resistances, or into numbnesses—so that we find ourselves an environment to take care of this.

Which means we collect the trains that are going slower. As I said, the past is unresolved energy. Karma is a residue. Me thinking about our last conversation half-an-hour after our conversation is karma.

There's a small karma that I produce—thoughts and feelings and body sensations that reflect that energy that hasn't resolved itself in the moment fully.

Like, awakening means, the resurrection of Christ means a full resolution of the blueprint of this lifetime into liberation, so, actually, no trace.

Through the light meditation, if I meditate on white light, I upgrade my train. The evolutionary train that I sit in becomes a hyper-modern train. Therefore, the mystical knowledge is not like a kind of a practice that we practice somewhere in a very anachronistic setup. The mystical knowledge engages with the latest innovations in science and technology, and different aspects of life because it's one and the same. It's one taste. There is no difference between the light that comes in and the innovation that is being made somewhere on the planet.

[01:15:00]

## Inner and Outer Science

In the inner science something is being transcended. In the outer science something is being invented. Whatever we include and transcend and upgrade will appear as a manifest insight in the body of life—inside and outside.

If we volunteer to do the light meditation—first on white light, then on golden light—then we transcend the soul-body, and it eventually breaks open to dive into higher divine dimensions, we literally consciously update the information of humanity. We consciously create a practice that is a deeply innovative update in many, many, many areas.

This comes, most probably, also with the increase of the tensions that I feel, “Wow! I sit in the light meditation, and I feel the next reactive moment, the next challenge in my life, I feel it even deeper and stronger, because my whole awareness and my sensitivity and my subtle capacity is growing.”

## Embodiment

It also means that I need to be more grounded because we are not sitting in a cave as yogis and practicing those practices. We are embodying spirit as a walking practice. There’s a term of a ‘walking practice’, like we walk our practice in the marketplace because we are not disconnecting from the marketplace.

But we are walking in the marketplace with certain rules. If you don’t know those rules, we get into trouble. The mystical principles are natural laws or ways of creation—if we are aligned with them, there is a flow. If you don’t know them, you might get in troubles, because we create turbulences in the water flow. And then we swim through them ourselves.

The embodiment practice—and therefore I say this again—every time we do the light meditation, we need to come back at the end into our grounding, because we want to really get the effects of this meditation into our physical body.

Aurobindo wrote a lot about embodiment of the light in the cells of our body and the upgrading capacity on the literal physical body that higher consciousness has. There are a lot of mystical, often hidden, functions that higher light meditation can give us, or abilities that are appearing when we learn to ground the light in the cells of our body. This literally has physiological effects onto our body.



First of all, we need to come back all the time to the body in order to anchor it because we are walking practitioners; we're not sitting practitioners. As long as I am living in cultural grid, and I participate in the cultural grid, I need to embody Spirit. I cannot just go up and out. I need to go up and down at the same time. I anchor the light in the most dense vibration, which creates an electricity circuit and, therefore, literally upgrades my whole incarnation.

The second thing is that we need to come back because we will need to relate to very concrete aspects in our life. This needs a grounded path.

And the second thing is that, if we do our shadow work and if we do our grounding work—because shadow work is usually grounding work—shadow work integrates the regressive, dissociative, traumatized aspects of myself and helps me to embody more.

Embodiment as a walking practitioner is a crucial aspect—because otherwise I might end up in a place where, actually, I'm less and less able to live my life, because I feel more and more ungrounded, I feel more and more...even a bit lost. Sometimes we see people that through their spiritual practice they get more lost than grounded.

[01:20:00]

In a healing process this might be for some time also the case. So, when we do our trauma work and shadow work, we might feel more shaky. We might feel not so sure, not so strong, not so...many things, because we are integrating shadows.

But we are not supposed to float on top of life through our spiritual practice, but actually to be able to look more through life, to look into the core of life—moment to moment to moment to moment to moment to moment to moment.

That's a very strong invitation, because we are dealing with a very powerful meditation, even if it sounds very simple. As I said, driving 200 km/h is one thing. Driving 1000 km/h is another thing. The more I awaken into the deeper creative power of the universe, I also need to live a lifestyle that reflects that in a healthy way: in a way with integrity, humility, love, and inclusion, in order that that light will radiate through my life into everything.

## Homework

As a practice, until we meet again, let's continue with the light meditation, of course. And let's also be mindful of the aspects in our life that might appear—where I run into difficulties, where I have tensions with other people, where I feel confused, where I feel disconnected. So, to welcome those moments because they are all here for me to learn something. But also to not let them go by unwitnessed, unpresenced, unexamined.

For some people, it's very helpful to have a journal and to write down in the evening a few moments in my day that I remember: where I got stuck, where my life energy dropped, where I ran into a conflict that I couldn't solve in a creative way.

And then, too, in my meditation in the evening, or in my triad with my practice partners, to bring one of those incidents and to have a deeper look: what actually happened, and was there a circumstance that I wasn't aware of, or the aspects that I can see more, a kind of reflective practice in the evening, even if it's five or ten minutes, to revisit my day and to take care of the residues.

If we want to have a sustainable, healthy nature, we first need to take care of the energetic waste that we produce. So, when I have some residues throughout my day, I can revisit them and I can collect the residues and transform them into insights.

Great. I think, that's it for today. That's enough theory for the day. And we will continue with the opening of the energy bodies and higher lights next time. And, also, why that's important for a Sangha 2.0. Because the Sangha 2.0 needs the capacities of the higher subtle world in order for us to create not only a virtual study room but a subtlenet study room.

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So, we have the Internet and we have the subtlenet. The Internet is an expression of the subtlenet. At the moment, the Internet helps us to become more aware and awakened into the subtlenet. And the subtlenet helps us to use the Internet in the right way. When we have the subtle capacities in order to create an intimacy that is beyond space and time, then we will grow into the Sangha 2.0, which uses the capacities of the higher subtle realms in order to study, to awaken, to practice together, and to awaken to the sangha that we are in the subtle realm.

Because if you're a sangha in the physical reality, we are also a sangha in the subtle reality. So, maybe it's good to know who we are there.

*Host: And that concludes Session 4 of The Course in Mystical Principles, Part 3.*

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