

# 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 5.*

*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.*

Thomas: Welcome, everybody. We are back exploring the light. And I will just recap a few of the things that we've said so far. We've had two course sessions on space. And, not to forget, the competency of stillness and the competency of movement are both important aspects of our awakening process.

We had the quality of space. If you remember, we started with mindfulness, coherence with our current perception that opens up, usually, a space, a deeper spaciousness in us. The more we become aware of that spacious environment, it's like you become aware of the room you are sitting in, becoming aware of the space that perception happens in.

The more I manage in my life to live my life as space, as movement, and I bring that into a healthy correlation: too much space, I might not be able to participate in life, too little space, I'm getting overloaded by my life. Because so much is happening, it looks like time is getting faster and faster, and there is less and less time, and less and less space in my life, because space is important, it has a witnessing quality. Witnessing consciousness is a coherence in the space. If space just appears, and I feel it in my morning meditation, then the whole day I'm just running from one thing to another, one meeting to another. I come home, and it's ten minutes meditation—and here is it again, the space. But what happened to the hours in between?

So, how do I live a life that I'm more and more embedded, at least, in space. If I want, I can, but I don't need to walk around all day in a samadhi state. That's a bit far out. Just to have a contemplative witnessing quality, so that the complexity has a space to land. Otherwise I will get scared by complexity. Then I will try to, and I start creating resistances to the busyness that happens in my life.

Space is a very important quality. In our spacious meditations, or silence meditations, or presence meditations, we have mindfulness, we have space, we have magnetic presence, and we have deep absorption. So, the four states of stillness meditation.

These are, literally, competencies. They're competencies because we need this competence in order to create enough coherence—we'll talk more about this today—in order to tap into what we call a 'super coherence.'

## Preparing the Vessel: Making God Our First Priority

So, if there's enough coherence in my own self, in my own brain, I will be able, suddenly, to participate in a much higher intelligence that is not personal. But I need to prepare the vessel. Some people pop in and out of that super coherence in certain awakening experiences. But that's, then, kind of random. It seems that, somehow, we can hope that that happens to us—or not.

But there is something to do, and the mystical knowledge gives us opportunities, knowledge, possibilities to really increase the probability of tapping into that higher divine intelligence, that suddenly we operate from another level that we cannot imagine before.

And therefore—I think, I said it last time—there's a beauty in making God one's first priority. I believe, it's a necessity—not only a beauty, it's a necessity. And that means that I will give everything for this realization. That's my first priority. Everything else is second.

[00:05:00]

And I am not able to really explain or say anything about God. And that's something that's very interesting. So, how can I really aspire, how can I really devote myself, how can allow more and more of the divine quality to take place in my life? We are together, we are walking up the mountain, and we actually get more and more knowledge and practices how everybody can walk up that ladder.

The ladder is there. It is freely accessible for everybody. But it's also hidden in my daily consciousness. As long as I don't know what is white light, I can imagine white light, but then I'm just in my mental body imagining light. That's nice, but that's not getting me anywhere. Once I have a connection to that part of my soul that we talked about last time, "Wow, I have a reference." If I don't know what inner space is because I'm just identified in my perception, I will walk around and I will think, "That's life."

But that there is much more to life, there are much deeper states of presence and stillness that I can attain, that I can merge into, that, actually, I can deliberately merge into after some meditation experience.

That's a competence, and if that prepares me, again, to be available for a higher realization to take place, because there is the grace aspect of the download, that I cannot understand God with a lower dimensional mind, cannot really understand it. I can understand a fraction. If you have a cup, and the cup holds 200 milliliters, that's what you can put in. If you put in 1000 milliliters, it still holds only 200 of them.

If I want to think about the Divine, that's great. Everything I produce in my mind for mental images—actually, it won't fit in, because it's a 200 milliliter glass for more than an ocean.

Better to say, okay, how can I actually be prepared that that understanding will take place? And that's a very different approach. I'll give everything. I'll do all the practices. I will sit hours and hours and hours and hours and hours and hours. And I sit lifetimes and lifetimes. And I don't care because, anyway, if it's my first priority, I'll give everything.

And I'll be humble enough. I can look with my energetical eye, but not with my grasping, rational eye that wants to control what I need to surrender to. And I want to bring this in again because, I think, it's such an important function that we more and more understand—I can do a lot for it, and I need to bow down and surrender.

I can give everything, and it's a blessing. I cannot pull down a blessing. A blessing is something that enters my life from a dimension that I'm not capable to produce, to control.

And that's beauty. How can I be deeply aligned and totally committed—and totally devoted? And committed and devoted. And committed and devoted.

In the practice, we are walking up the mountain together, so in the “Mystical Principles” course we are listening more and more to the language of the Divine. We are listening more and more to the effects as we are walking and climbing the ladder, or the mountain. And because we listen more, and we listen more precisely, we actually listen to the secret. There is a listening quality to the secret. When I do the light meditation and I connect to white light, I listen to an effect of the Divine.

## How the Light Works: Stepping into the ‘Making Of’ Reality

I can learn a lot about energy, creation, how the world appears, how trauma comes into play, and how we can heal it, how societal structures can be created that are healthy and sustainable, and why they are not.

[00:10:00]

There are many things I can learn, and there's a lot of knowledge. But that knowledge is a language. That knowledge is listening to the complexity of patterns, and to the simplicity of those patterns. Because they are both. They are highly complex, and they are super-simple.

By that I will make my way into the 'making of'. A mystic is somebody I've compared at times to the filmmakers, like the ones that know how to shoot a movie. And then there are the people that go to the movies, and they look at the movies. Both are great. But most of the people who sit in the audience don't know how to produce that movie.

As a filmmaker, you look at that movie with different eyes. You see many more things that other people don't see, because they are not the moviemaker. If I look at my Mac, or my computer, I see a computer. But I don't know how to build it. There are people who know how to build this thing that makes it possible for us to have this conversation here.

When we said there are competencies of mindfulness, presence, space, magnetic presence, and absorption, and then, in the movement, we have different levels of life energy—and then the white light, golden light, and what comes beyond.

So, these are competencies. There are things we can practice. And when we practice it, it teaches us. That's the cool thing. If I do the light meditation, the light is energy—it has an energetic charge—and it is information that comes with that energy. So it charges my body. Somebody wrote that, "When I do the light meditation, I don't see the light, but I feel like a honey entering my nervous system."

Yeah, that's great! Even if I don't see the light as light, but I feel the energetic impact of it, that's also the perception of the frequency and the information of light. The energy I can feel through my nervous system. I can feel through my perception. I can see it. And for many people, when we do coherently the light meditation, we will suddenly know more. Suddenly, you walk through your day with more insights. You become a little bit more creative. More things suddenly make sense. Because you induce a higher coherence, then you see, "Ah, this is because of this, and this is connected to this." In a way, we give space to the interconnectedness of everything.

On the level of the soul, we also are literally experiencing, not thinking. We all know, in a way, that mentally it makes sense that everything is interconnected.

But to really feel that underneath our skin—this interconnectedness, and how all the things are in a perfect interplay with each other—that suddenly appears, with enough coherence, in my inner practice. Then I walk through life and I see things that happen to me. But I also see not just the fact it happens to me, but also the interconnectedness of how this interplays with everything else.

And that comes with a lot of realizations about life. So, suddenly I really know more. Light comes with information. There is information that comes into my life. And that pops up in different moments. It's not that it needs to happen right away when I do the meditation. So afterwards, I don't know, I take a shower, and suddenly it's "zoom-zoom-zoom-zoom"—I have insights. *[Thomas closes his eyes and indicates with his hands a download of ideas into his mind.]*

Why I'm saying all of that is to encourage us, again, to see the beauty in the practice, and see that we are literally training consciousness. We are training deeper levels of reality and awareness, and there is a beauty in walking up the mountain.

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Because walking up the mountain is not only exhausting, and we're not only sweating, and we're not only walking, and it seems like, sometimes, why are we doing all of it?

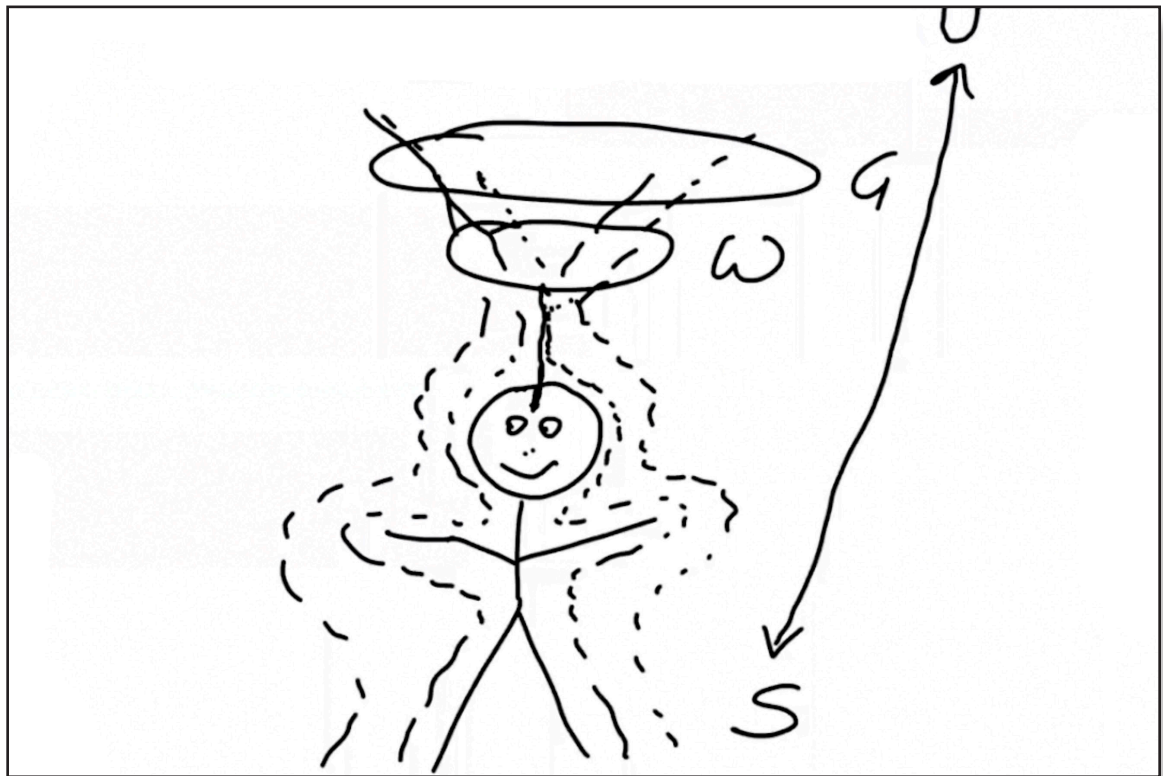
It's also beautiful because you have a much better sight. You see many more things. You see, suddenly, how everything is much more connected, how systems work. So there's a beauty in realizing, there's a beauty in the fruits of our practice. And today we're going to continue—after our meditation—we're going to continue the exploration of the light.

## Is the Light Personal?

Somebody asked a question—that's what I want to bring in before. How is it with the light? When I say light doesn't belong to anybody, it's not my light or his light. And then somebody else asks, well, if I work as a healer with the light, and it's not my light, and I let it flow through me, how can I take money for my healing session as a therapist? So what does it mean, it's not my light?

That's a beautiful question because... I will draw this now, and make a small art piece, of course.

So, here is this human being in a healing profession [*Thomas draws a human figure*]. And here is a realization, let's say, of white light [*he draws a disc above the human's head and labels it "W"*]. And there is a person who can freely connect to the light and even channel this light through the system. So the light enhances the energy field of the person [*he draws a dotted line around the human, representing the light descending from the disc*]. So more electricity runs through that person. If he realized the next level—golden light [*he draws a second disc above the first one, labels it "G"*—so the golden light breaks through the white light [*he draws a second dotted line around the human, this one is descending from the second disc and surrounds the first dotted outline*], opens the energy field even more, and suddenly much more electricity even.



Drawing 1



Now, when the light enters that person's energy, it's still that every one of us is very specific [*he writes "S" next to the human*]. The more we practice, we become more and more universal [*he writes "U" at the top of the page*]. And so, I believe, sometimes there's a misunderstanding in this couple [*he connects "U" and "S" with an arrow*] that the universal—everything, like, everything, like we wake up to Buddha mind, Buddha mind contains everything, all the worlds ever created, have been created, everything that I don't see, everything I haven't seen before.—we could say, oh, it's so universal, so it's totally depersonalized. And we could also say that non-duality is non-dual, it's true, that Buddha mind is everything, everything has taken its place, like the cosmic perfection as an awake realization.

And still, this incarnation is very specific. Every saint and sage that walked this planet had a unique energy. And that's very important, not that suddenly all of them had the same energy. If you do this as a spiritual practice, we can sit—in Buddhism, for example, people contemplate on Buddha, and in the Christian tradition there's a contemplation on Jesus, and then there is contemplation on different rabbis. And then there are contemplations on saints in Taoism or Sufism, and so forth.

When we contemplate, we will see that in the universal there's a specific quality. There's a specific function that saint or sage in his or her awakened state fulfilled in humanity. Some of them we heard about. Some of them we never heard about. But that specific function is very important.

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What this means is that, in realizing higher fields, it's true that I don't have any copyright on energy. This means that if my ego takes that energy and says, "It's me," then I contract and I'm reducing the flow of that energy. If I devote myself to the service, then this energy can run through me. Still, it runs through a specific code. It runs through a specific code.

Jesus had a specific code. Even in the higher level of his realizations it came through as specific quality. There is a specific line of creation. We will talk more about this meridian today.

The understanding is that, when I connect to the light, it still connects to a specific healing energy that walks with me and that enhances the healing energy. That means, yes, I cannot take it when my ego tries to grasp it and control it, it gets tighter, and we limit it. At the same time, if I work with it, it still becomes more specific because it runs through this body/mind.



That has a reason. That's not just stupid or in the way. That has a very important reason why the code of Jesus was connected to the realization of a Christ consciousness. Why the code of Buddha was connected to the Buddhahood. Why it happens exactly in this lifetime and not in another.

So there's a specificity, and there's the universal fragrance, flavor that appears through exactly that specific code. Of course, that specific code gets transcended, and it has a uniqueness and a universal realization. That's very important because that's also where the responsibility comes in. When I say, "I devote myself as a healer to that energy," and I let it run through my system, I'm also part of it. Me working with people is also part of it. It's not just that it happens through me, and I have nothing to do with it. It runs through my system. Because I work with many people, I'm also involved in it. Therefore, that's an important addition.

I'm very happy about this question. Otherwise you could say, oh, now, the light runs through me and in a very extreme way, and I have nothing to do with it. It just happens through me. It's a blessing. No, it's a blessing, and I have something to do with it. So the universal and the most specific are an eternal couple. The most eternal takes place in the most specific. My body lives in this time, 2016. It lives in the world of 2016. It's part of the forces of 2016.

There is something universal that is beyond space and time, that will never be affected by time, that is also equally present.

My sense is, that answers the question of the therapist and it answers the question of what does it mean that I have no copyrights, or that nobody owns energy.

So, let's have our meditative journey, and then we'll have a look at what the meridian and the higher stages of light have to do with each other.

## Begin Meditation

So, we will continue with the light meditation. Let's start with the presencing of whatever happens right now, inside and outside.

If you take a couple of breaths and you drop in with exhaling deeper into your body.

[00:25:00]

In MP1 and MP2 we had a lot of meditative journeys through the body and the different aspects of our bodies: physical body, emotional body, the mental body.

If you feel that your inner body competence can still be increased, you can go back to those meditations, until the body becomes a very refined, clearer, homey place.

I can attune to the different aspects of my body, my emotions, my mind. I can ground myself.

I see that my body is actually a huge field of information.

There's a lot of information that hardly ever shows up in my conscious awareness, that's working in the background all the time, like all the programs that do not have open windows on your desktop, but they're still working in the background.

And enjoy the simplicity of just sitting for the moment. Breathing. Sitting.

At the same time, as you presence your perceptions, just to notice, again, the spaciousness, the inner space, or the perceptions of my body, my emotions, my mind.

My external perceptions appearing. Listen to that space, stillness, presence, a timeless quality.

[00:30:00]

And then we can move up from that spaciousness to the highest point on my head, and above. Open the crown. Look above your crown. Sense above your crown. See, as you move upwards in a relaxed way, to connect first, again, to sensations of white light. Or, if you practiced it already a lot, golden light.

Then, once you have a sensation of that illumination, see if you can feel it more, feel that light. If it helps you to stabilize yourself at that altitude.

Then, when you feel that you stabilize yourself in that sensation of illumination, if you can feel it more, feel the light, because this helps you to stabilize yourself in that altitude.

Then, when you feel you can stabilize yourself in that sensation of white or golden light and the highest place you can reach for now, and then you open the gates, and that light can flow down, again, into your crown, third eye, through your central channel, into your body.

One part of your awareness stays high above the head. The other one can follow and see how the light flows down. If it stops in certain places, just let it stop there. There's no need to force that movement. That movement has an intelligence of its own.

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Then, if you want, you can go one step higher, even. If that's too difficult for you, just stay with that quality that you connected to. If seeing the light is difficult, just keep exploring with your feeling awareness the space above your head. Don't worry. It comes just with the practice.

For the ones that want to go further, just go higher, beyond the golden light. And go higher and higher until you reach, again, a space, a dark expanded stillness.

For the ones that want to go forward, you can go even higher and see if there is kind of an electric white light above that space, kind of an electricity, a white electricity.

If that's too abstract or too hard, just stay with the level before that you feel connected to. Don't make any pressure.

Just stay for a few more moments in this connectedness, like you are connected above your head, and you manage to stay connected, and also allow that vibrational state that you are able to connect to flow down into your body.

[00:40:00]

Again, from the level of the light—white light or golden light—let's again connect to the field, all of us. Let's see, from there, if we can sense each other. We can sense that there is an interconnected web, a subtle web that is already interconnected, like a virtual classroom in the subtenet.

We can feel that mutual shared intention with people all over the planet, and then the subtenet is available everywhere.

Then, if you have any questions around your life, either as questions or as an intention or prayer to invite more awakening, integration, or insights into your life, or a related prayer again, see if you can speak it from that higher place that you are able to connect to.

Say it inside, in your own words. Let it move upwards higher, or drop into your heart. Then repeat it two times.

[00:45:00]

At the end, let it fully go. Slowly come down in the meditation, and to ground yourself, to feel your body, take a couple of breaths.

And then come back.

## End of Meditation

As we said, when we move down and really anchor ourselves in the body, there's an important ending in every light meditation, because it anchors our energy again, here in this world, in this dimension where we also function.

## How the Light Works

So, we are exploring the light meditation. We are increasing steps up the mountain, or up the ladder. Now, let's see. Every spiritual practice also comes with a deeper understanding: it's not just that we go to higher levels, we also need to create a stronger vessel every time we increase the meditative altitude.

We need, then, to look back at our manifestation and say, "Okay, do we really live a life in alignment with that flow?" One aspect is, as I said, that light is also my teacher. The more I listen to the light, the more I listen to the whisper, the more I listen to inspiration and intuition, I am learning a lot, so I'm connecting deeper and deeper to the Divine. Therefore, the teaching is one aspect of the blessing. So that I find more answers in my own process is, in a way, like the blessing, because I feel, in a way, a deeper guidance.

On the other hand, in the areas in my life where I'm traumatized, in the areas of my life where I'm strongly conditioned, where I fell prey already to unconscious habits, and I'm perpetuating them, where addictive patterns of my personality take over—and, and, and, and...

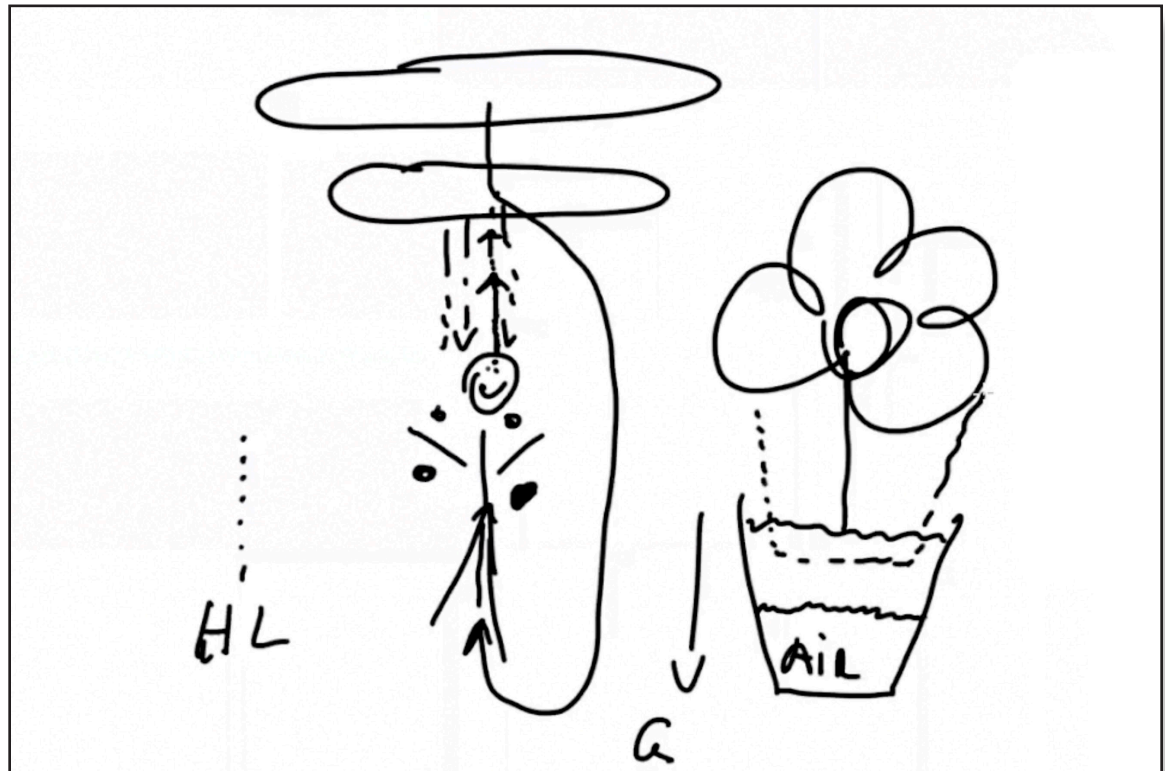
When the light comes down, we said last time, there are these trains. And there is a fast train of my purpose, and then there are other, slower trains that are not functioning at their original speed.

[00:50:00]

These places we call sometimes regressive places, traumatized places, strongly addictive places in myself, and many other things where I feel, also, a tension in me as a human being, already. So I feel, "Wow, I'm running into a conflict". But every time I run into a conflict, I feel like a five-year-old trying to just get over it, instead of being related to that conflict and finding a new creative step in it.

That's just only one example. Whenever this inner congruency is free, life can move through it freely, but where it's not free, I might by tendency choose more often the habitual pathway that, of course, the more I meditate, will create a tension with my resonance and the activation of my core.

Because, not to forget, we said, the hidden light...I will now create another art piece.



Drawing 2

We said that, when the light comes down, there is the incarnation process [*Thomas draws an downward arrow to indicate the incarnation process*]. Here's us in the MP course [*he draws a human figure*].

The light ascends [*he draws an upward arrow along the spine of the figure*], and this is called development. So, we are developing, developing, developing. We're maturing, becoming a mature human being. And, for some of us, the drops of light that come from up [*he draws a dotted line descending into the crown of the figure*] are strong enough to attract our attention. So, now we practice the light meditation and we literally follow the track back into the light [*he draws an upward arrow from the crown, and into discs above the head, representing levels of light*] that descended and was hidden light here [*he writes "HL" to the left of the figure*]. Down on the level of my motivation, it's hidden light, and the hidden light goes up until I become conscious and aware of light [*he draws a dotted line ascending from the hidden light, "HL"*].

Now, when we practice, the light that comes down into my nervous system through my light meditation, of course, enhances the hidden light, my motivation [*he draws dotted arrows pointing from the light into the crown of the figure*]. It enhances my core intelligence, enhances the central line, so that I will feel more and more what is my authentic self in different life situations—because that's not just that it's helpful in the meditation, it needs to be helpful in my daily life. I have to make a decision and feel more, "Ah, wow, that's the way!" I learn more to listen and be in the resonance of this core line. And the core line gets reinforced by my light meditation. So, that, actually, gives me more of an orientation. We call it an inner compass.

## Light and Shadow Material

In the areas where I have shadow material and unconscious areas, it will create a tension, because my addiction wants to do "A," but my authentic core wants to do "B." [*he draws dark dots around the figure to indicate shadow material and unconscious areas*]

Now, there are all the marketing experts of "A" and the marketing experts of "B." So my addiction has very convincing arguments why it's good to follow the addiction. My fears have convincing arguments why it's better to be afraid than to do something. My authentic core also develops a better and better marketing department. And so it comes up with very good arguments why it's good to follow the authentic flow and not identify myself with the addiction. So I will feel like in this kind of force field with these different forces, but eventually, through my practice, my investment goes more to my authentic self, and not so much to my conditioned self.

[00:55:00]

Still, there are things that we can do in order to restore, to help us embody the light deeper. And that's something that we need to talk about before we continue with higher stages—the flowerpot. Because the flowerpot is the groundedness. The flowerpot has earth inside, and then we have, of course, the flower. When the flower is fully in the flowerpot, we call it grounded. When the flower is not in the flowerpot—here is air [*Thomas writes “Air” inside the flowerpot*—then we call it a bit ungrounded. Or when the flower is out of the flowerpot—potentially, only here [*he draws a dotted line in the shape of a flowerpot*—then it's also ungrounded.

## Spiritual Ethics

When we talk about spiritual development, we also talk about spiritual ethics. And that's what I want to talk about now. What does it mean, 'spiritual ethics?'

In order to understand it, let's say, we assume that there is something like a cosmic meridian. And that cosmic meridian somehow equals our inner alignment. But it's not just that it equals our inner alignment; we are actually swimming in that cosmic meridian. Every time we increase our meditation height, we are becoming more aware of that cosmic meridian.

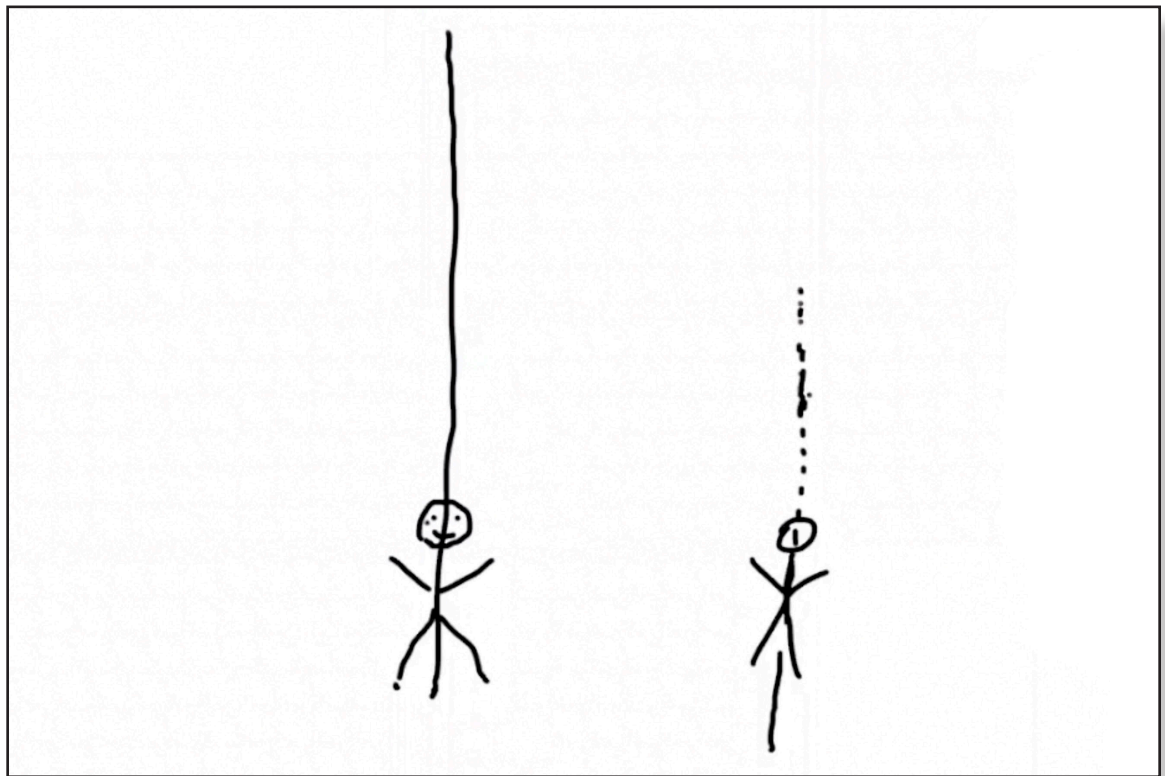
This cosmic meridian is not connected just through my life. There's a 'me'-oriented spirituality that says, “Oh, it's my awakening, my healing, my integration, my awareness.” So then it's about me becoming something.



But the meridian actually tells us, when we listen to the language of the Divine, when we listen to the mystical principles—therefore, we call them ‘mystical principles’ because they are universal principles that manifest in the most specific, in order to be reflected back into the most universal.

When I walk in my life, I am part of this interplay between shadow and light. I feel this as tension. Some areas in my life are flowing. Some areas are in a tension. So, that’s how I learn.

But I want to look at our vessel, if we understand certain principles of living and ethics that are informed by that meridian, that there is a kind of a river that we are, anyway, swimming in, that my core intelligence is part of, but also is co-creating.



Drawing 3

Let’s say this again: That there is a river that we are swimming in, that we are part of, so we are swimming in the water, but the light that runs through my spine—my life—is also adding some water to the river.

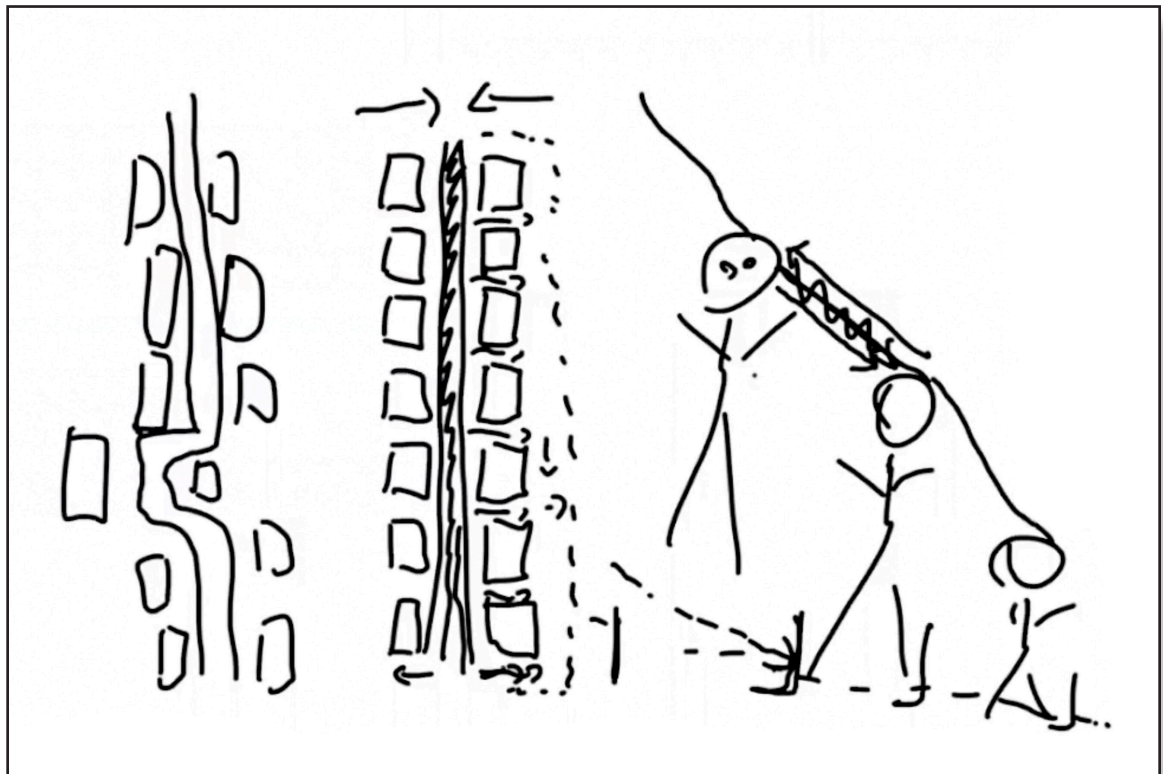
So, it’s both: I’m swimming in that river, but I’m also adding something to that river.

I'm part of a tree, there is one leaf that's part of the tree, and it also adds something to the tree, that, without this leaf, wouldn't be there. If there's a tree, there's a branch, but every leaf is actually an extension of the tree.

We say, living a life in alignment is easy wherever we are perceptive of our light and our inner compass and our authentic self. It's a bit hard where it's in that tension. The practicing, and even taking into account, that there is a meridian that my life is a part of.

[01:00:00]

A meridian is a channel of energy. Around that channel there is a healthy body where every cell knows what to do. And every cell knows what to do because this meridian reinforces or energizes the energetic blueprint [Thomas draws a vertical shaft to represent a meridian, squares on either side of it to represent cells, and arrows pointing outward from the meridian]. It has a kind of energetical field that gets energized through chi, life energy [he draws a dotted line around the cells to represent the field]. And therefore, the blueprint holds the space and energy open for the physical manifestation to keep its form.



Drawing 4

Maybe, in a later module we'll talk more about the creation of form, or how we come from energy to matter. But, let's say, the meridian is here to energize that blueprint.

Now, when we look into our culture, at the way how we create culture—basically, our culture is informed by law. Obviously, as human beings we need a kind of law system to help us keep a shape as a culture. But what if our law and our way of living will be voluntarily informed by the information that forms the blueprint of our culture? And this culture is intrapersonal, like, 'in me' culture: the way how my organs work, the way how the cells in my body work, the way how the different functions and information systems in my body work together.

So, I represent a culture. When I say 'me'—millions of me's are screaming. That they're all screaming in the same me is a miracle.

The meridian in the body, or in Chinese medicine, is a way how energy flows, it's a whole system of information. Also, when we look at the cosmic meridian, it's what we are exploring together when we do the light meditation—we are listening deeper and deeper to the echo of the echo of the echo of creation in order to literally understand through our being the exhale of the Divine.

For now, because we need to give that ray of creation, or that creation impulse, we need to give it a name, and we'll call it a 'meridian'. And that meridian actually works from generation to generation.

One generation—grandparents, parents, and we [*Thomas draws three human figures to represent three generations*]. So the meridian actually flows through all of them: 'zoom', 'zoom', 'zoom' [*he draws a line, making a sound every time the meridian touches a human figure*].

And when we say, on the one hand, "Honor your parents", which means "honor your roots," there is an energy that goes back into one direction. But the parents have a responsibility for the children, that goes into the other direction [*he draws arrows from child to parent and back*].

That is the guardian of the meridian. That's our action. If I don't fulfill my function as a parent, I violate the meridian. This meridian will not go [*he draws another meridian on the left, with a section out of alignment*]. If I don't respect this meridian, I will create a fabric of life that is not in alignment. A communication system, a flow of energy, and a blueprint are not anymore respected.

[01:05:00]

So, me as a parent providing a container for my children, and for the next generation, and the next generation—there is the meridian. That's the guardian of the meridian. The guardian of the meridian is an action, it is love in action. If I live my life in alignment with that meridian, I'm doing my best, whatever I can do, in order to produce less karma and more insight. Because keeping that meridian means keeping the electricity.

What flows here, from one generation to the next, is electricity. Here, it's the cable. It's a cosmic cable. And if we all want to have electricity, if we all want to be connected to the creation energy consciously, we all need an Internet access to the cosmic Internet that channels electricity into us—not only us as a person, into our life.

So, the guardian of the meridian is the action. The action is my arm—a metaphor for the action—my arm is the meridian in action. And my arm is also the guardian. It keeps a shape, and within this shape electricity is flowing.

When we say, "Okay, I respect my parents," I deeply honor the fact that my parents are my parents, and there's an honoring and a respect and a love. And the parents do the same, they fulfill their function, they raise their children through love and protection and safety and giving the children what they need in order to grow, so we create a connection. And that connection is able to transmit electricity.

So, why am I saying that?

Because that's not only true in the transgenerational transference of energy or the transgenerational transference of data—that's, of course, also true in the disposition of light through the cycle of transfiguration of the soul.

So when we leave our physical bodies and we leave this incarnation, and the whole unresolved and unconscious part of our life is entering—most of the time, unconsciously—a new cycle of life, the same principles are at play. The same principles are playing.

This means, if I want to live a life that produces less karma, less waves, and brings more light or conscious awareness or health or integration to the system, we will need to understand the ethics that drive, or the laws that drive, or the guardians of this meridian.

Because it means I am living my life in a lifestyle that is adding more energy, not taking out more energy. Or, it's reducing the karmic load and therefore transforming the unconscious karma into light, and this increases the evolutionary potential of the whole system.

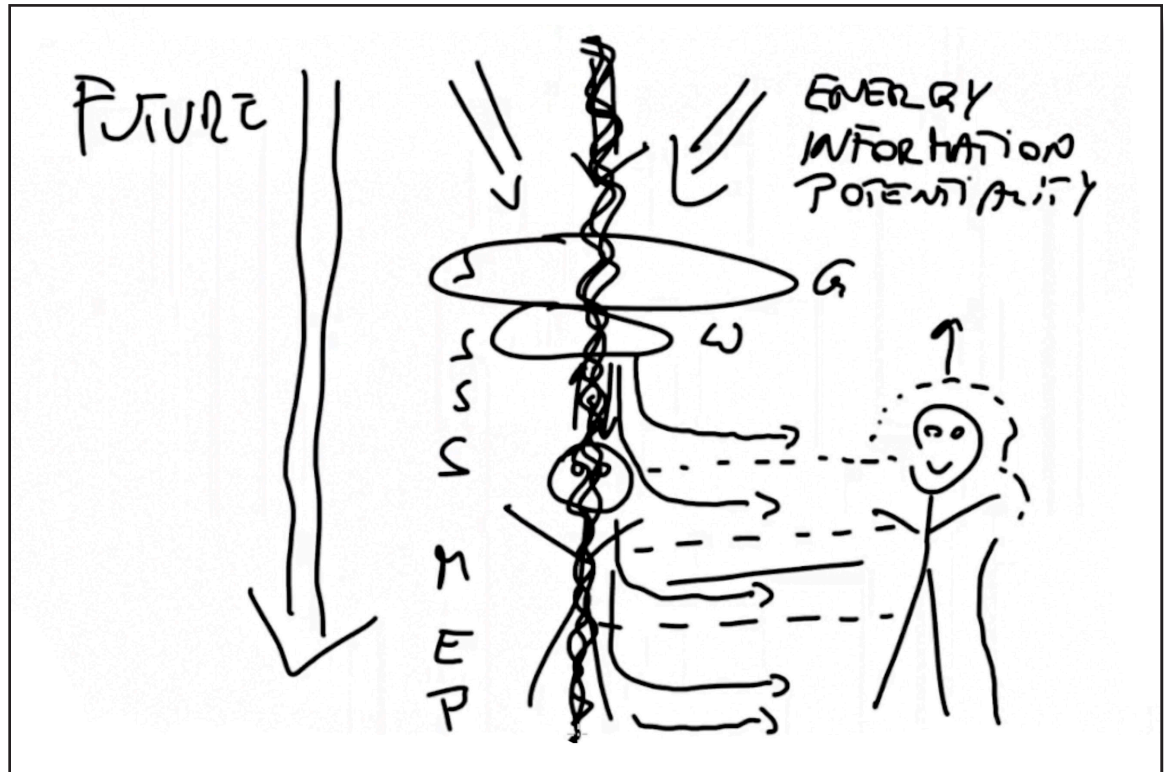
## Back to the Light Meditation

When we take this step forward to see what this has to do with my light meditation: So, I meditate on the light. Here is white light, here is golden light. So, there's a new communication that I'm having. I'm not having just a horizontal communication with another person.

[01:10:00]

So, there's a horizontal communication on different levels. When we communicate, we exchange a lot of information. But suddenly, I also have a vertical communication. I have a communication with the light, a communication with the Divine—through my prayers, through my meditations, through my attuned living, there's a communication.

That communication needs to add energy into my horizontal communication. This light also flows into my social network—through ideas, through deeper connectedness, through inspiration, through new ways of communicating, through new ways of introducing support to people that live around me, and so on. *[Thomas draws a human figure with the light discs above and another figure to the right, representing vertical and horizontal connections, and angled arrows to represent energy flowing into the social network]*



Drawing 5

So, a lot of light can flow into the inter-subjective field, which potentially elevates the inter-subjective field. The inter-subjective field goes up. We add—through living in alignment with this meridian—we actually add a lot of energy into the system [“Energy”]. Through my spiritual practice, through my triad work, through studying spiritual texts, through practicing this in my daily life I add more energy into the social context.

We could say that the world is not just a world, it’s a set of fixed energy that is running our planet. No, it’s, actually, that all of us that have the capacity to enrich the system we’re living in with more energy. And energy means physical energy [“P”], it means emotional energy [“E”], it means mental energy [“M”], it means a lot of levels of spiritual energy [“S”, “S”, “S”, “S”] being channeled into the system. It literally increases our physical world, our emotional world, our mental world, and all the social aspects of that in culture, in the we-space, and, of course, in the spiritual awakening of our world.

Why I'm saying that is, also, because the practicing of that meridian, becoming a guardian of that meridian means that I realize more and more that there is an unlimited access to information and energy, and that the notion of living in a finite system that is limited in its resources is not real but just a state of consciousness.

## Enlarging the Game Board

This means that every one of us has access to unlimited resources. I know, that's something we have been talking about before, but what does it actually mean? When I live my life, and it's mainly informed through my habits, the way I do things every day, the way I see life every day, the way how I relate to people every day, the way I see our world population growing, the way I see the difficulties in our culture, I can imagine how that system is going to develop forward, at least to some extent.

But then we bring in the joker of an access to the power outlet—because energy is energy, is information, and is potentiality. It means, literally, when I live in alignment with that meridian, and if I live as an open system, as a more and more open system, I literally introduce the future into the past. I introduce the future into the past.

[01:15:00]

And that's not just in my imagination. The more electricity flows down through that meridian into my life, the bigger the planet is going to become. [*Thomas draws waves of electricity descending along the meridian.*] The more electricity flows in here, I am living and increasing the game board.

That's an interesting thing to look at—the worldview that the planet is a fixed possibility, that it's a limited possibility. What if you replaced that? That that's true as long as we stay in a certain level of consciousness, but if we open up that level of consciousness, we can bring in more energy than we can ever imagine.

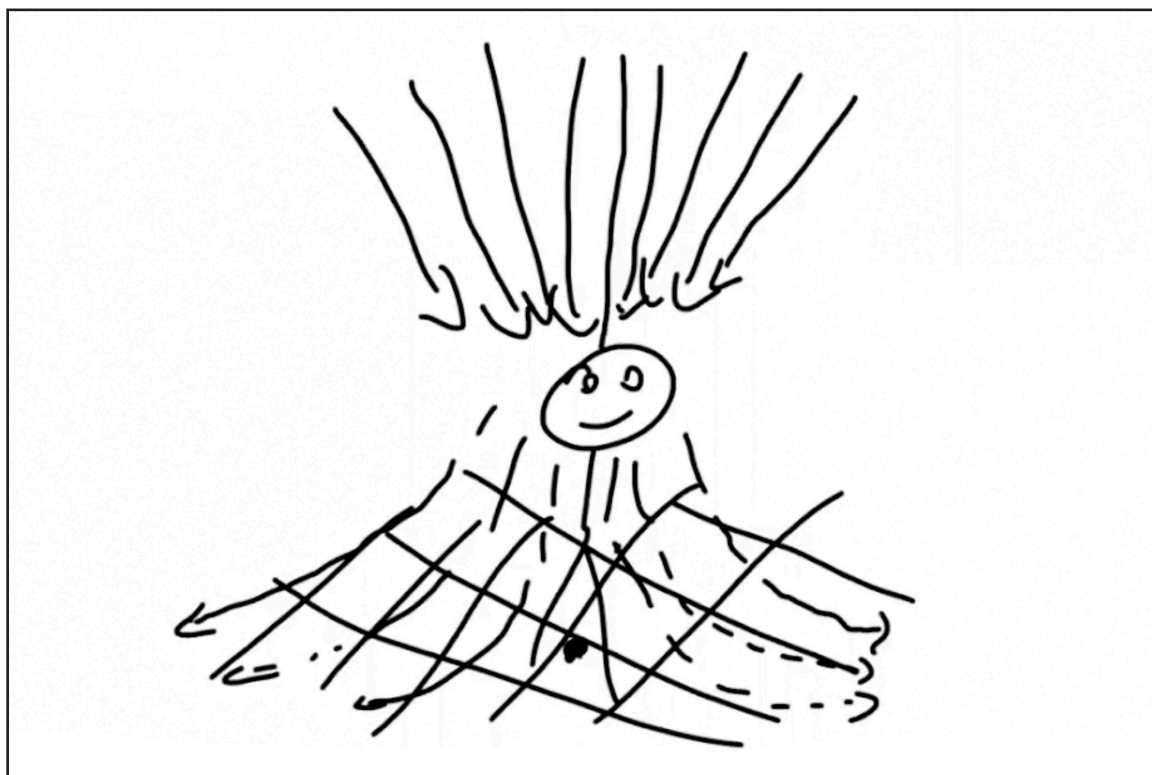
So, we literally are not only participants in a world that we have been born into, we are participants and potential powerful co-creators that are literally adding something to life through the specificity that is unique, that is embedded in a universal understanding, and that has the capacity literally to rearrange the game board.



So we have an effect on the game board that we are living in. When the light comes in, and the electricity adds something to each level—of course, it adds it through scientific revelations, it adds it through social innovations, it adds it through artistic revelations and creations, it adds it through technological innovations.

There are many, many ways how that light becomes an experience. In the core of that experience there is an alchemical process. And that alchemical process means that I'm literally participating in creation. It's not just that creation happened, and now I need to bear with the effects of this. No, creation is happening now, and I am an alive co-creative aspect of that.

Which means, of course, I have been born into my karmic birth conditions. Of course, this human being has been born into a karmic network, a matrix that is specifically connected to this specific cosmic address here. But, through practice, we have the possibility to literally expand that network—and even re-create it. To expand that network—and even re-create the past and form another matrix.



Drawing 6

So, yes, we are bound to our birth blueprint, and that blueprint is subject to change. And that's an interesting quality to contemplate, that there is a possibility—it doesn't mean it's going to happen always—but there is a possibility that my spiritual practice will take me to a place before I was born. And the spiritual practice has the power to re-create the condition that I call 'me'. Because who I am today is an effect of my birth blueprint. The family that I have been born into, the teachers that I had, the social environment that I had, all the books that I read, all the people that I've heard speaking.

[01:20:00]

The blueprint of my life is the condition where I came in to, and it has formed a big part of me. My parents are living in me. My teachers are living in me. The history of humanity is living in me.

And still, the spiritual or the mystical principles say that the birth condition can be re-created through the energy that we can bring in and the information that we can bring in through our spiritual practice.

One of the highest examples that we see in the world's history of spiritual traditions is the resurrection of Christ, so that the resurrection in itself is the opening up of the original birth blueprint. The energy has been liberated in a way that the ascension of Christ is, basically, just an effect of that resurrection. This means that it's not anymore bound to the rules of the original birth blueprint.

There's a kind of a freedom that comes with it. Why I'm saying all of this—there is a lot of information now, and we will unpack this in the next sessions—but that there is a meridian [*holds up a pencil vertically*], and there are certain laws, I believe, or there are certain principles. The mystical principles are, in a way, the voice or the language of that meridian. The more I live in alignment with it, once I live in alignment with the way how the water flows, I can align with it, and I can flow with it. If I don't know how the water flows, I might swim in a way so that a lot of water, actually, is in my face all the time, and I see a lot of effects in my life, karmic effects that I don't understand, and that I suffer from.

## The Meridian and All of Life: Love in Action

In that meridian, living in alignment with that meridian is a constant add-on to the life that I live. And the only way how to embody this is through our actions. The actions are the guardian of that meridian. If I lie to you, I actually violate this meridian.

If we don't honor this trans-generational line, we violate the electricity flow, and this violation has multiple effects in life. Some of them I can still calculate and understand. Some of them I will not even understand because I don't bring it into a connection with this violation.

Like, for example, the bad tongue, like talking about people badly, behind their back, and to other people—so I talk with Hilorie about you, and I don't talk to you directly, because I don't feel comfortable about this. But I'm talking with Hilorie a bit about you. Whenever I participate in this by myself or support other people doing that, I am violating this meridian. My action is not anymore a guardian of that. My action actually creates a hole where my energy will flow into another direction.

[01:25:00]

The embodiment of a vessel that can hold more and more light is through action. Action is love in action. Action is participating in creation through the body. But it's not just the body—it's my thoughts, it's my emotions, it's my physical body. And it's, of course, the way how I bring myself into culture.

It's the way how I live. How I live in alignment with nature, with my environment, with my social environment, with my mental environment, my emotional environment. It's the way how, of course, I'm living in alignment with my vertical environment. It's a constant that my hand is the continuation of the meridian in action. That means that the way how we act every day, how we live our life every day, and whatever we contribute to our culture is a living expression of that meridian—if it's love in action, or if it's actually contributing to the fact that life goes out of alignment.

That's why it's so important not to just see the spiritual practice in the meditations, and in how much light will come in, and how much realizations I will have. It's definitely equally important to anchor. It's like a needle and a thread, and we are literally working on the fabric of life. An aligned action is a needle that brings in a thread of light into the fabric of life [*makes a sewing gesture with a pen as a needle*]. It's like we are weaving a thread of light into the fabric of life. So, that's love in action. It's the meridian in action. My action is a continuation of the meridian. Or it's breaking the energy of the meridian.

I think, it's very interesting to think and feel and contemplate and explore what this means for cultural health, what this means for law, for any kind of business, for any kind of initiative in the world, for any relationship and family. Because the meridian in action is more and more, eventually, a karma-free living, which is more and more a pollution-free living. And, potentially, it's the most powerful energy resource ever.

Why? Because it honors and bows down to and becomes a function of that which creates everything.

## Living in Alignment with the Light

Living in alignment with the light is not just living in words, it's living in actions. That my daily actions represent the light. It hooks the light into my cells.

Living in alignment with the light means that the light is being anchored in my cellular body, in my physical body, because when I move my arm, I move those cells. Those cells are moving my arm. If I want to embody the light, it needs to happen through my actions, because energy is not static. Energy is movement. My movement is my action. So love in action is that every single action in my life is either informed by that meridian or not.

## Homework

What that means we will explore more in the next modules. I think, that's a beautiful homework until our next session, to sit more and to explore, and see if that resonates for you. Maybe you see it very differently. And also to see: okay, when I apply this to how law works—because law is, in a way, the ley lines for our societal body. So what does it mean that law is being informed by a kind of divine law? Like King Solomon, a divine law, a law that is inspired by the Divine.

[01:30:00]

What does it mean if more and more people live love in action, become the meridian in movement? It's not something that happens on the static. This form of enlightenment is not happening just when I sit in meditation. When I sit in meditation, that's great, but if I get up and I drop out of alignment when I get up, then it's not love in action. There's no continuity. It's not 24/7 that I live as that realization.

Therefore, it needs to through the body, and that's where it's the most difficult. Giving and not looking at me receiving is difficult. If I do something, and I don't get anything back, it's already difficult. If I need to give a bit more than feels comfortable to me, it feels already a bit difficult. Sometimes, being honest feels a bit, "Hmmm. Maybe, I find a good reason why not to be fully honest. Maybe, it's more comfortable for me not to say it fully, say it a bit, hmmm".

And so it calls us literally into that embodiment. That my cells are being informed by the highest, means love in action is unbroken. The movement of creation is in every movement, in every word that I say, in every thing that I do, in the way how I create my life. What I do. What I use. Everything.

And so, if my awakening is not just my awakening as Thomas, if it's the awakening to and beyond and that river that includes all lifetimes ever lived, or all lifetimes that will be lived, then the meridian is a very, very important understanding.

Great! So, I think, that's subject for contemplation, that's something we contemplate, be inspired, and think about, feel about, exchange in the triads, and study.

My sense is, the more we study the meridian, the more the meridian starts to be awake in us. And that's like the dawning of a new level of consciousness in my life.

Great, so thank you. I know it was a lot of information but we are going to unpack that more and more.

*Host: And that concludes Session 5 of The Course in Mystical Principles, Part 3.*

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