

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 3.*

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.

Review of the Previous Session

Thomas: Well, hello. Today we are going to focus a little bit more on the light parts.

Just to recap the last session, we talked a lot about spiritual practice, and we also talked about deepening our meditative practice from mindfulness into spaciousness to absorption to, eventually, a non-dual breakthrough.

We said that this space is the entry gate for the light to come in. Space is the entry gate for inspiration to come in. We talked about the moments we all know, that suddenly we say things, and we are surprised ourselves that we said that. Because it was precise, it was an information that was refreshing. So, inspiration comes with the taste of refreshment.

In order to understand—and we will do a longer meditation afterwards to make a light meditation. But in order to understand the light and the space more, it's like, in a way, to understand the healthy form of humility, when humility is not just a way to make myself smaller in order to get a reward, or in order to be humble, and appear humble.

Humility is not really a behavior. Humility means that I walk my life in an inner environment that is humble enough to bow down. I am not constantly asking, "What is the nature of God? How can I understand God? How does God prove to me Its/His/Her existence?" And I'm only convinced when I see a miracle.

The nature of the Divine is that I am not constantly, with my mental capacity, trying to figure it out. But I am humble enough to bow down in order to receive a divine blessing. Therefore, the nature of the blessing is that I bow down, and I receive a blessing in return.

Bowing down is not just a physical behavior. Bowing down is an inner way how to live my life.

Bowing down is also creating an inner space. If here is my middle line, and I bow down, I create a space for a refreshing inspiration, innovation, or blessing to come through.

Again, bowing down is not just I make myself smaller. It has nothing to do with regressive behavior. Making myself smaller is a regressive behavior. Humility is maturity that respects that which I cannot comprehend. My mind is already a creation of that which I want to comprehend.

If I tried to understand God with my mind, I will always have a reflection—like the echo of the echo of the echo—of the Divine in my mind, as we said last time. So, I'm not really looking at the Divine. I'm staying in the filter system of my mind, having an echo, and looking at an echo.

What we want is the divine realization. We want a direct realization. The direct realization comes with: I am bowing down in order for my mind to become a tool of that which I can't comprehend, because in case I could comprehend, it's not what I'm looking for.

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If the nature of the Divine is beyond the relativity that I can understand, it's not something I will ever understand. But in bowing down I make enough space that the divine will be received as a blessing or grace. Suddenly, grace descends upon me in the form of a realization, in the form of an insight, in the form of a life correction.

Some people had a graceful experience, and then they felt that their life has changed. Some people have an awakening experience, and from that day on their life is going to look different. The awakening experience—the grace, the realization, the enlightenment—is something that we cannot control. But the ego wants to control. The ego says, "I want to be enlightened."

Of course, there's a deeper journey, a deeper motivation. In MP1 and MP2 we called it 'the hidden light.' The hidden light is my core motivation. The core motivation wants to return back into its source. (I will draw this later, for it to be more understandable.)

For now, the descending of the light is only possible if there is a gate open. It's like water coming down the mountain. Water that flows down the mountain, usually flows where it's allowed to flow. When it's blocked, it's hard for the water to come in.

Coherence

In the spiritual journey we are talking a lot about coherence. A human being feels more happy and in his or her place when there is an inner state of coherence—that my physical, emotional and mental experience, and my inside and outside, rest in a higher coherence.

If I am less fragmented, and I experience myself and the world as less fragmented, it means I have more responsibility—I have the ability to respond to different levels of life in an easier or flowing way, so it creates no questions. Once I ask myself, “Oh, should I do this or that?” or “Should I eat this or that?” or “Should I go to this place or that place?” then I already know that I am not fully in the core of the coherence.

The authentic self holds a certain amount of coherence with its environment. The outside and the inside are interrelated and in a constant communication. There’s a constant communication or relatedness. We experience ourselves less separate and more related to life, more interrelated with everything that exists.

This creates a broadband connection into the world. When we talk to somebody, there’s a broadband connection, and the relation channels information. Often we argue about the information, but, actually, what we are talking about is the channel—that the internet connection doesn’t convey the emails. But we argue about not sending emails, and about what’s written in the email, but not about that the connection is lost or reduced.

For us, this means that bowing down is allowing our highest centers (that we are going to explore today) to find a higher coherence with our higher or super-consciousness. It, actually, creates a super coherence, which means a higher coherence beyond me, myself, being in a certain level of coherence or integration. It allows me to participate in a transpersonal impulse, which we often describe as higher intelligence—first, my soul’s intelligence, later on, divine intelligence.

There is a higher field of intelligence and here is me, and the higher force of intelligence and I start to resonate. I, actually, experience that as an uplifting energy. When we go to sacred spaces, when we get a blessing, when we spend time in an environment that vibrates high, we feel naturally uplifted.

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When we have a very creative moment, when we suddenly have lots of insights, we feel uplifted. The feeling that comes with it is uplifting. It’s creative. It’s flexible. It’s spontaneous. It’s fresh. It’s exciting. It’s new.

That's something our spiritual practice can give us. It's a blessing as an ability. Doing the right spiritual practice means that I learn how to create a coherence with a higher super-coherence that is there already. Same if I can integrate my emotional, physical, and mental experience—and I have a less fragmented interior, which means I have a more substantial and more rich life experience. I can create the same with that which I cannot see, that which I cannot know, that which is beyond my ceiling of consciousness.

There are practices, there are mystics that have practiced for thousands of years, that have a relation to that which I cannot see. There is a horizontal coherence, and there's a vertical coherence. Eventually, they will add up, and I am participating in something I would call a super-coherence, which means a release of my separate sense of self. And not a regressive release of my separate sense of self, but a transpersonal release, a real awakening into the not-twoness.

Connecting to Higher Intelligence and the Experience of Light

What this comes with, as we learned in MP1 and MP2 already, to connect our third eye with the crown to eventually create from our hara, the energy center of our groundedness, our heart, our third eye, and our crown, that we create a line, and that line will be more and more stable inside. Through my light meditation practice that some of you practiced already a lot, that for some of you will be new, we are looking to create, to establish a more constant connection from the third eye to the crown to up.

This means I actually activate centers in my brain in order to be antennas, to connect to a higher intelligence. Always, we say, if you don't have an instrument, if you don't have a receiver or radio or a car radio, you will not listen to music, even if there's a lot of music out there. Without the radio in the car, there is no music.

But it's not that there is no music. Many stations are broadcasting all the time. But if I don't have a receiver, it seems like there's no music. And so I walk through my life and say, "It's a pity. Why don't I live in a world with music? Other people walk around with their MP3 players, but in my universe there is no music. But other people I see, they have music."

So, what to do? Buy a receiver. In the moment I get the receiver and I listen to FM 88.2 and FM 100-something, I listen to music.

For many people, the transpersonal light doesn't exist. When they see light, they say, "Oh, yeah, the light in the room. The light bulb. The sunlight." Or sometimes, "The light is nice in the evening before sunset."

But the experience of inner light is not something, usually, common. But there is a science of living in a more and more coherent relation with the inner light, which is a stream of intelligence.

Light is movement—we said this already in other MP courses. Light is a function of a movement. Light is an expression of movement. Different levels of light—white light, golden light, higher electric light, and so on—they are expressions of intelligence.

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When I meditate, and I do the space meditation, I prepare the ground. I prepare my interior. Then, when I do the light meditation as well, I get the energy aspect of higher levels. Energy means movement and information.

Now, when I continuously practice, it means that I learn to turn my third eye and look into the Divine. In the beginning, the Divine may not even appear to me as light. I'm not even connected to my soul's energy, which is a combination of white and golden light. I am not connecting to any inner light. But, as I practice, I go to the store, I look at different receivers. Eventually, I'm going to buy a receiver. I will plug it in and play with it.

At the beginning, I am getting to know my receiver. But to know I'm—with the light meditation, I am activating higher centers, higher coherence in my brain. If there is a higher coherence, suddenly I hear, where before there was too much noise.

If there's too much noise, I don't hear the whisper. If my brain is not in the appropriate state, the receiver is disturbed, so I am constantly busy with the fragmentation of my life. My inner and outer life is fragmented. I'm all the time in a hurry to do one thing after the other, to deal with one voice after the other in myself or with other people.

If my brain is not in the appropriate state, most probably I am not going to connect to a higher level of intelligence. If I prepare myself, if I have the right tool, I can connect to the right radio station.

Divine FM, as we said in the first MP class, is the radio station that's being broadcasted 24-hours every day. It's, actually, a radio station that is beyond space and time. It's not even just broadcasting 24 hours a day, it's, actually, broadcasting now.

Twenty-four hours is already my consciousness living in the expansion of space. The universe needs space. An experience needs space. But Divine FM doesn't need any space.

How can I listen to a radio station that broadcasts now, not 24 hours a day? But every now I listen, I can receive. And my receiver is a coherence between my heart, my third eye, and my crown. That's the antenna I need.

If I practice enough, I turn on the light in the higher levels of my antenna in order to receive higher levels of intelligence. But what does it mean, 'receive higher levels of intelligence'?

The subjective experience might be light, energy. The cognitive experience might be that suddenly I understand things. If I'm a scientist, I might have more insights about the science that I do. If I write music, I might suddenly be much more inspired to compose music. If I do any other things, if I have day-to-day interactions, suddenly I hear myself more often saying things that are fresh, that are new, that are innovative, that are exciting.

I actually establish a channel of learning within myself, what we call 'line out', so what I say is a channel of learning. And what I hear from you is another channel of learning. When I receive higher light, there's a subjective experience of light in the meditation, flowing down like honey into my system. There's an uplifting feeling that I might have after a light meditation, and there may be multiple insights that come during the next days that are still the effects of light sinking into my energy field and creating insights on multiple levels.

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Light and Shadow

The light uses my nervous system as a channel to get into the last corners of my being. Which, we said already, more often also leads to the fact that the unconscious zones in my being are going to be activated as well. Because the fact that I don't feel them and am not aware of certain aspects of myself doesn't mean that the light won't touch those areas.

People participating in a serious spiritual practice will experience more unconscious material to surface. This is the so-called 'washing machine' that many people know. Once they start a serious spiritual path, stuff will surface. We will need to integrate what we have to integrate because that's our life's question. That's our tikkun in the Kabbalah. That's the area where the light hits the unconscious karma. That's the tension that produces the questions in our life.

More light means more support for the answer. But in order to answer something, the question needs to appear. We are bringing up stuff from the unconscious. We are feeding in light. Everybody who experiences, throughout this spiritual practice, that shadow stuff is coming up more, will need to take responsibility and find people to resolve this with. That's a very important part of the journey.

What we said is that we are going to establish an antenna, an instrument, with which we can receive higher levels of intelligence that might be hidden until today. By turning it on, I will have more experience of me learning to navigate more deliberately in the higher levels of consciousness. Through the practice, I might feel more often like showers of energy or light descending into my energy field.

My energy field means also my nervous system, and means how my nervous system creates a feeling awareness body throughout my whole experience. Enlightenment means that there is more light that all my bodies will hold or receive, or channel through.

This, also, means that light is something that will flow through me, but it doesn't stop in me, because I am embedded in a huge matrix. It will also flow around me. It will affect not only my life.

So, light is effective not only in my life, light is also effective in spreading around me. That, at the beginning, may be a minor effect. Eventually, the changes I will go through in my life will also affect my social networks, my workplaces, my intimate relation—everything I do in life. The map of reality will be saturated with more light.

Last time we scratched at the bit that God—one way to describe God—is creation.

The creative aspect of the Divine is creation, means creation. The word says light, and there is light in the same moment. There is no time delay. When the word and the creation is not-two, the light and the word are not-two.

It's immediate. It's now. It's naked. There is nothing in between.

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That means that the higher is the state of coherence, the more immediate is the reality. Then it's going to descend, and it's going to take place. Then time comes into play because of the delay of the light manifesting as matter.

Light and Karma

When I get born, I get born into a DNA. I get born into a family. I get born into a context of a society. I get born, as we said, the code is composed, also, out of the time where we get born. The energy that comes in, the time, the family, whatever. All of this is a code. The code is filled with light. That code is charged with life energy. Once I am alive, I am charging my code with life energy. My life is a result of that.

Once I'm in that, I'm already a mixture of light and karma. My life and my questions, what I'm interested in, the difficulties that I experience, are a combination of light—movement, and reduced movement—karma. Karma is always the reduced movement. The longer it's not being taken care of, the bigger is the gap between the next generation, the next generation, the next generation, and that fixed place. Because, as long as it's not resolved, it stays reduced. The longer the karma exists, the more tension we will experience in resolving it. It will be more urgent even to look at it.

That's everything happening in the world where I kicked the soccer ball, and the soccer ball has a direction already. I'm part of a direction. I'm part of a river. I'm interested in the things I'm interested in. And I'm not interested in the things I'm not interested in. Certain things will be difficult because they're not integrated in me.

The world is a matrix of movement. The higher energy is a refreshing creative impulse that is potentially a game-changer. It can change the game that I'm in. It's like the joker in the card plays. We can bring in a change. Therefore, we call the Divine, also, an effective force. It's a force that has the capacity to change life.

If I hear this with my regressive ears, I will try to give away the responsibility for my life as a grown-up human being, and say, "Oh, God will take care of my life." Yeah, but that's not how it works. I need to live my grown-up life. I cannot just run and complain to the complaint department in heaven that things are not working out the way I want. And I get angry with the Divine because it's not taking care of me. That's not how it works. The effectiveness is true. There's a truth to the miracle, and I need to participate to the best I can participate.

The grown up version of spirituality, or the transpersonal spirituality, knows—I need to participate and I will receive. They're both necessary. I need to participate. I need to do my spiritual practice, and I receive. I need to be responsible with my life, and I can receive.

It's not that I can lean back into the regressive seat of my life and just hope that everything will be taken care of. Some people say, "Oh, I don't ever work. And I don't want to work. But somehow I trust that the money will come."

When a five-year old says, "I will trust that the money will come," and it doesn't come, then I'm in trouble. But then I will trust a bit more. That's not what it means, that the effectiveness of life will take care of my bank account. I need to participate in life, and there is an effectiveness that can influence my life. If they're in a good balance, and if you hear that with grown-up ears, it will, actually, be like a tailwind in my life. Like a tailwind in my life. And that's a blessing.

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Living in alignment with the light—which means I listen to inner guidance, I do my spiritual practice in order to remind myself every day—I will infuse my life with light, I will infuse my life with remembering the Source where I come from, which is not the past, which is today my future. If I practice and I live more and more in alignment with the river of life, then there is a tailwind in my life. It's literally like...you feel it like a subtle breeze that comes into the reality and illuminates reality.

For now, I think, we will just do the meditation, and then we will come back to the theory. And then I'll make a drawing to illuminate this a bit more. Sometimes it helps to see those things.

Let's remember: we are playful. We are playing with those meditations, because many of us didn't learn those things when we were little, when we had, maybe, already a drive to practice, but we didn't practice. Now the chance that we might think that we are getting something wrong, or that we are not able to do it, or not good enough to do it, might take over.

Let's keep the playful spirit and the curiosity to explore, and we will go through a journey together and come back to the theory.

Begin Meditation

Let's start, again, as a preparation for the light meditation, to sit a few moments.

If you want, you can close your eyes. Sit with an upright spine.

Usually, it's not so helpful to do meditations when we are lying down, because the seduction to fall asleep is, usually, bigger, and can get a hold of us, which is not so helpful.

Let's take a couple of breaths and drop into the inner world, and, at the beginning, to notice the simplicity of sitting.

There's a beauty in the simplicity of just sensing my body posture, the wave of my breath.

And to let my exhale take my center of awareness deeper into my body, and to presence the current sensations, which means I presence fine body sensations.

Suddenly, you might get a feeling of a bit more spaciousness, and the field that my body is, actually, an expanded field with lots of sensations, more alive places, less alive places, tensions, and relaxed spots.

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To notice the lovely feeling of dropping into the grounding, into the base, like I'm really sitting where I'm sitting, sinking into the body, and the expansion of resting in the sitting, resting in the pelvis, resting in the legs, in the feet, having more a full-body representation or landscape available.

To see that my body, actually, consists of many layers of information, physical information of the state of my body, different organs, emotional information, mental information, flow of life energy.

Many levels of my development adding up to how I feel today: un-integrated parts, integrated parts.

Like I'm sitting in a rich flower developed as conscious and unconscious parts, maybe traumatized parts—and motivation, like a stream of aliveness that keeps us moving.

As I sit, I'm listening, I'm listening. I'm listening to the beauty of everything that's arising, all the comfort, all the discomfort. Everything is welcomed.

To enjoy the beauty of the communication of so many parts and aspects that compose the sense of self.

There's so much information being exchanged. A lot of it usually happens in our subconscious.

But if we turn our awareness inside, we can see a very rich field of intelligence, movements, flows, collaboration.

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At the same time, there is a growing sense of inner space, or inner silence, like an expansion, spacious expansion.

As I listen to that spaciousness, it might deepen and become more accessible for me.

From that spaciousness, let's slowly bring our awareness to the highest point of our head.

Let's rest there for a moment.

I can look at the highest point of my head with my third eye, with my inner vision.

I can sense the highest point of my head. I can feel this place. And listen to that place.

And then go above it. Elevate my awareness, my sensing, my feeling, my looking.

I move into the space above my head. I keep listening, looking gently, feeling, raising my awareness.

I just go higher and higher, looking for a sense of illumination, light sensation.

I can relax my crown to even go higher.

Keep just concentrated with the movement up in a relaxed way, explorative.

If you have any sensations of light, feel into that light.

Listen to that light. Maybe, there is a sense of white light. For some, maybe, there's a sensation of a more golden, yellowish warm light.

Whatever you encounter, just stay with it and see if you can feel into it and expand into that light sensation.

As you go higher, you meet the light. And then you expand into a horizontal disc.

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As you stay there, you also feel into the quality of that light.

What kind of feeling arises in you? Maybe a sound, an energetic impression.

If you start thinking of other things, let them go and come back to the light, or to the movement upwards.

If there is no light sensation, just keep gently exploring and feeling higher into the space above your head.

Keep feeling and looking and sensing, listening upwards.

For some people the light appears as listening to a sound, listening to a higher movement.

And then, if that's already enough for you, you can just open like a funnel. If you're connected to the light, let the light descend more into your head, like a funnel that channels the light down into the body.

If you want, you can also continue a bit higher. So, you met the first level of light, and then you continue the journey. You go even higher to meet the next level of light. Stabilize yourself there again.

Then, for people that it's hard to have any light sensations, you can also just sit and expand the space above your head and relax it.

Sit in that receptivity. Maybe, you get a sense of energy coming from above and touching your head.

If you are connected to the light, and you let it flow down, stay with one part of your awareness connected to the light above the head, and another part of your awareness accompanies the light down.

Usually, in the first steps, light appears as whitish light, or goldish, or yellowish.

If you find yourself trying too hard, relax again and come from a more relaxed focus—explorative, curious.

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See if the light can flow down into your body. Once you're connected, let it flow down into your body, the best until it reaches your feet. It flows through your whole nervous system.

If you want, you can also play with connecting, from the light that you connected to, to a group light, the light of our group, like the higher intention of our group, to set the intention that you connect to the higher impulse or higher intelligence of this sangha, this group, this course. It's a streaming download, and you connect to its highest potential, the higher intelligence that drives this sangha.

If you want, you can come back from that group focus to your own inner connection. And to sit a few moments just in silence, and to see if there's any information that needs to be seen, heard, received—about yourself, your life, people, situations, about your awakening. To stay connected to this light, inspiration, or, if that's hard for you, to just keep the space above your head open.

And to listen to whatever appears. Sometimes, inner images appear—words, feelings, situations. If there is anything, any wisdom that can enrich your life, and it shows up as anything unheard that needs to be heard, anything unheard that needs to be surfaced, to appear.

[00:55:00]

If you want, you can, from that listening and receiving, send, again, like a prayer, either with a question that's very active in your life, or an invitation or intention to bring the next level of your realization or awakening process into your life.

Whatever seems important to you, to say this in your own words, a kind of an intimate prayer. Then let those words ascend above your head. And, if that's difficult, let it sink into your heart. And repeat the same thing two times, again.

[01:00:00]

Whenever you are ready, let your awareness slowly come down. And feel your body again. Feel your breath. Let yourself exhale a couple of times in a deeper way. Feel your feet. Once you have a good impression of your body and your feet and how you're sitting, you can slowly open your eyes.

End of Meditation

Well, let's start with the theory about what we did now. Or continue with it—also with a visual image.

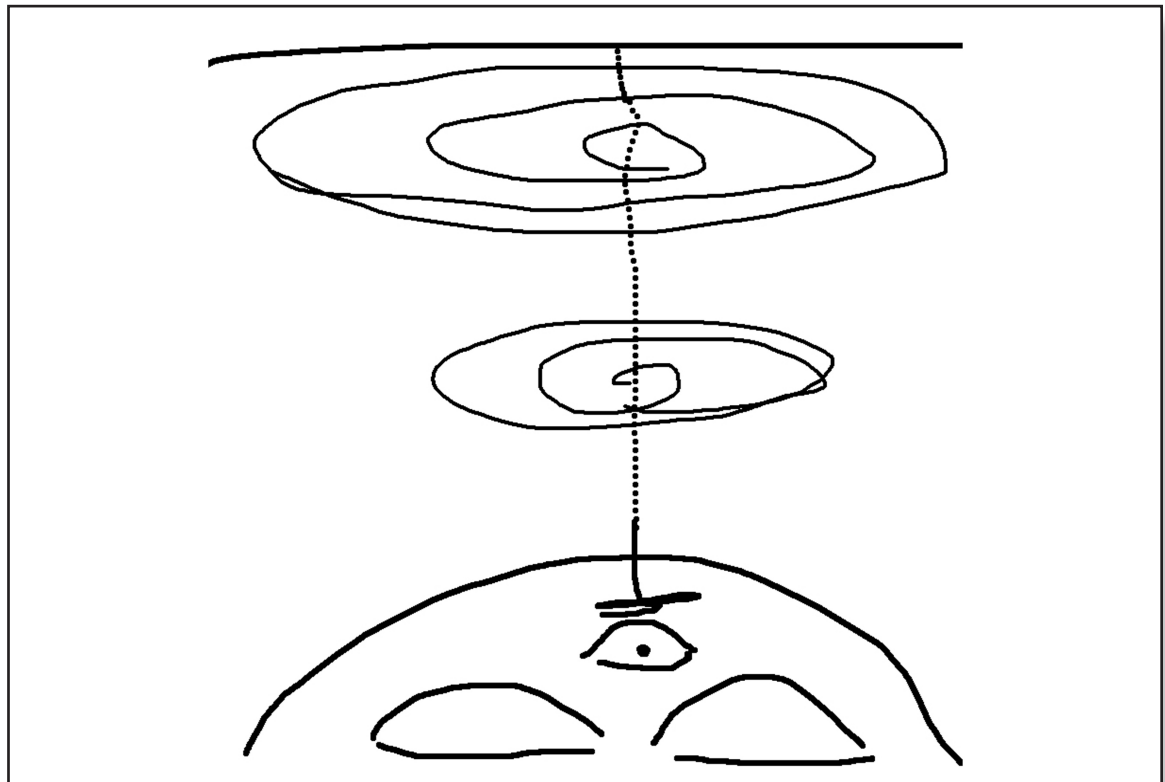
Keeping Your Third Eye Connected

You can also notice the after-effect of the meditation in your system, in your inner world, how you feel, the state of your mind, the state of your body. The important thing is, as I've said in the other courses before, that it's very important, if you do this meditation, that at the end we come back, we anchor ourselves in the body, we in- and exhale a couple of times. We feel our feet, so we return back into our regular state, from which we can live our life and solve our daily issues.

Otherwise we might feel a bit ungrounded, or a bit lofty, not so connected to our life. So it's always important to come back to ground, and then to go into the day, but to take the after-effect with us into our life. As we have seen, we activate our third eye, and we activate our crown. We want to establish a more coherent connection.

In yoga practices, when we say, "Live a life where you don't take your eyes off the Divine," what it means is that we keep our third eye connected. In the beginning, we just do this in meditations, and then we live our life. Then, in a more experienced level, we can also practice to keep that relation every time we need it in our life. We open it; we can close it. We live a life that is every moment listening to the insights that we get from this growing inner connection.

But that there is a sense, when light comes into our body-mind, it's a sense of inspiration, uplifting feeling, innovation. We found we have modern words for this phenomenon.



Drawing 1

[01:05:00]

I will draw now. I will show you an art piece around this. So, if we have here the head of the practitioner. And here's the third eye. We establish an inner connection...

Here are layers of higher intelligence that can be activated. You see a line going up, and then a horizontal line [*Thomas refers to the first spiral above the head*]. So, when we touch the first level of light, that first level of light is like a field. That field is a light impression.

When I create a coherence from my third eye, I start vibrating through a feeling of going higher and coming back down, I create a coherence with that field. So, that field of intelligence will be accessible for me in my daily life. Usually, in between—this is my mind here [*pointing to area above head in drawing*—in between my head and the light is the function of my rational thinking. Energetically, we can feel the mind here, above our head. When we pierce through that, we start having sensations of light.

Now, I get my third eye to vibrate with that sense of light. The sense of light creates a vibration back with my third eye. From my third eye, it affects, basically, my whole body. It affects the hormone glands of my body, and it affects the nervous system of my body.

By activating this higher place in my brain, it is also creating a higher coherence in my brain. Same as the space meditation sets an environment for a higher coherence in my brain, the light meditation also sets an environment for a higher coherence.

So, my thinking, my feeling, and my life will, more and more, as a result of that, include more of life in a natural way, in my way of living.

The function of my brain to process my perception of life will grow, which means my vertical awareness is growing. And my horizontal awareness is also growing, because I believe that the light induces higher level of coherence in the brain functions. But that's not the reason to explain the experience, because that higher coherence, again, is like an antenna to receive higher intelligence in my life.

For example, in the integral work of Ken Wilber there are a lot of descriptions of structures in consciousness. Every new structure, every new stage of our development is a perspective that is higher than all the perspectives that I had before.

And so, I am able to be more intelligent. I am able to process life easier. It's like I have new hardware, and it's also filled with new software. My capacity to process reality is more embracing, more inclusive, more innovative, it sees, feels, understands things that I couldn't see, feel, or understand before.

My sense is that every time we do the light meditation, we increase the probability for a new stage in our development to become more manifest. We increase the probability because new levels of life and intelligence and understanding are less stable than the ones before.

[01:10:00]

So sometimes—we all know this—we might go to a retreat, we might read a book, we might talk to a person, or have an interaction, and then, suddenly, something is clear, “Oh, wow, now I understand it. I got it. Now, that's the way it is.”

Two hours later, or five days later I might think, “Oh well, somehow I understood that, but I don't anymore quite remember how it was.” Something that was stable for two hours, or five days, suddenly disintegrated again in my former function. Here I am with the levels of understanding that I had before, but I just have a memory anymore of what I already understood. I popped into a higher coherence, I had a deeper understanding, but then the higher coherence wasn't stable. It disintegrated to the level of coherence I'm living in now.

With the light meditation, I induce a higher coherence that is above what I can see. The only way to connect with it is through bowing down and through practicing. If I practice, even if at the beginning it's hard, I will, more and more, get glimpses that are reference experiences, and then I can follow the trace of that glimpse, and I can widen it until it becomes like a street that I can drive on properly. I don't need a four-wheel drive to get through to the next village. I can do it with a regular car because there's a paved street, which means there's an ability. A paved street is an ability. If I want, deliberately I can connect—there is the light. It's a paved street.

Stabilizing the Connection to the Light

Then we have higher levels of light. We will talk about this more in this course. From the first connection to the light and the ability to stay there, which means I'm bathing in that field, but I can keep my concentration with it. Otherwise, I connect to the light, after two seconds I drop back into my thinking. I think, "Ah, it worked. Oh, I thought." I come back, I connect again to the light, and it works again for two, three seconds, and I think, "Oh, I forgot dinner." And then, "Ah. Oh." I come down again.

So, every time I think, I reconnect my focus of awareness to my mental body, which means I leave the place that I connected to higher above. Therefore, I often take the metaphor of...you walk through the main bazaar in New Delhi. You're a tourist, so everybody wants to sell you something. I tell you, "Just walk, and keep on walking. Don't pay attention what people are going to sell you."

Whatever your mind wants to sell you, all the things you didn't do during the day, all the things that seemed important, they are not as important as the light. That creates a vertical pillar that becomes a stable road. Once it's a stable road, it's like a function that we have. It's an established function that won't leave.

What we will experience is that, when we are very relaxed and open, it's easier to connect. When we might be in a crisis in our relationship, or at work, or something is happening that we are emotionally upset or very disturbed, we naturally might experience this as a harder practice. But it, eventually, will become a function. The paved road will stay a paved road even if a hurricane crosses the country.

Ultimately, what we want is a stable inner connection in crisis or change moments. When we go through significant change—because something happens to our company, something happens in a very important relation or in an other important matter for us—that we don't lose our inner guidance, we don't lose the compass even in stormy waters.

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There is a way to navigate through stormy waters without identifying myself with the senses and perceptions of my bodies—which means my physical body, my emotional body, my mental body, the social interactions that I have. I might have an argument with somebody, but that's not a reason to leave the light. That's even a better reason to stay connected to an inspiration that gives me an inspiration to solve the conflict in a new way.

Eventually, my emotions and my thoughts might have a lot of power in my awareness. When they are set off strongly, I forget the light and collapse back into the former perspective, because the next level of perspective has a lower probability to be stable.

The Effects of Connecting to the Light

We are creating coherence, so we are sensing and feeling, and by sensing and feeling closer towards God, there is a blessing that comes back. We experience it as light coming back in. We connect, and we receive a blessing. We connect, and we receive a blessing.

As I said in one of the other talks, the light, the white light, or golden light, are high-speed trains. They are not even high-speed trains. They are very, very fast trains. The speed of light—just being connected to it for a few minutes during a meditation—because, usually, it's an on-off endeavor. I feel it. I lose it. I feel it. I lose it. I feel it.

If all together we have a few minutes within one-hour meditation, it's already good at the beginning. But being for five minutes connected to the stream of light has a strong effect back onto my nervous system. Therefore, the light meditation literally speeds up my life. It starts to speed up my energy centers and turn them on. It's like windmills turning faster, producing more electricity.

My life's vibration is going to be upgraded, which has a lot of implications, because my life vibration determines which people I meet, which circumstances I'm in, which interests I'm going to have, what I'm thinking about, how I feel.

So, my current life vibration determines my inner and outer environment. If my life vibration changes, my inner and outer equilibrium also changes. Suddenly, I have different interests. I will hang out with a bit of a different crowd of people because I'm naturally interested in different values.

Many people on the spiritual path have experienced that change that many people dropped away at a certain time, and new people came into our life. So, our life is changing accordingly.

The light has, really, an effect on multiple levels of who I am. It helps me to reconstruct inside who I am. Eventually, it infuses my sense of who I am and washes it, and washes it, and washes it. Which means it expands my interior so that I live a more and more inclusive and, hopefully, integrated life.

The essence we take from this class is that we want to create a coherence from our current perspective with a perspective that's potentially there, but not yet visible, not yet in my conscious awareness, deliberately, every moment that I choose to. Therefore, we create a kind of vibrating together, so that this—my current perspective—will be slowly, slowly, slowly upgraded, or quickly be upgraded to a higher perspective that becomes stable, and a bigger perspective than the one I had before.

This means many new functions, abilities, interests, values, ways of interacting. And from there we increase it again, into another one. And so, when I meditate on white light, which is, usually, the first light of my Higher Self, the subjective experience is light, and a kind of an uplifting feeling, maybe, joy. After such a meditation I might feel naturally joyful.

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Then I connect, maybe, to the golden vibration, to the second part of my soul, which has a much more loving aspect. It comes in with a loving aspect, I find myself naturally in a loving state after a golden light meditation. In a way, I am discovering my Higher Self, and there's a subjective experience in the meditation.

But then it might be followed by many other things, many more insights. I will see that my core intelligence will be boosted, so that I will, more and more, feel and do and talk out of my core intelligence, do things that are connected to my light in life. And I, actually, connect the hidden light.

We said, the impulse of incarnation comes down, takes on this lifetime, and at the beginning is hidden light or motivation. If I meditate on the light, I create a connection between the hidden light, my desire for awakening, and the light. There is an electricity switch that's turned on. So, there's a connection, and more and more often I turn on that connection between my hidden light and the transpersonal light, until that connection is so strong that it becomes stable.

People who have the stability in this connection, we would say, they started to live their soul's purpose in this lifetime. They started to transcend certain aspects of their karma in order to be able to walk their mission, to live their mission, whatever their mission is.

The energetic aspect of that mission is that I have an energetic connection. We can see this energy between people, how they are more connected inside.

People subjectively feel this more when that connection is directly accessible. And we see it also in the flow of life. The life is more aligned and people find more their place in life.

Integrating Shadows and Natural Generosity

What we have to do for it is to do the necessary shadow work, because the stronger this Higher Self-hidden light connection is on, it will channel a lot of light into the person's life, which brings up a lot of shadows.

There more minutes and hours this connection is on, the electricity flows down and turns the nervous system on to live on a higher vibration, which means more awareness through the whole life, which means more shadows need to be integrated. More awareness means I am becoming aware of more of life.

Once I establish this, I inhabit, basically, my soul's body. I am congruent with my soul's needs. As we said last time, my soul has needs. Once this switch is on, and the connection is flowing, I am living my soul's needs, which means I have the appropriate spiritual practice, the appropriate lifestyle. Everything in my life that's not according to that connection will need to drop off. Everything that needs to add itself to my life, will come to me.

And how that comes to me—as I said, I go through certain experiences, I meet certain people that I couldn't meet before, I will work together with people that express a similar soul's intention. It has an active part—or contributing part—to life. It has a receiving part—so it creates, also, a horizontal lifestyle and a vertical lifestyle.

That's, basically, the function of the cross. Once it is established, I will feel like I am on my track. I will feel inside, I wake up in the morning, "Yes, that's the life that I want to be living. That's my cosmic code that I want to express."

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The more I live it, the less I will look how other people live it, because it's not so interesting anymore. Because there's even a natural generosity that grows from this, because, if I feel connected to more of the Source, naturally I become more giving.

I can be generous with the growth of other people because we feel in our place. It becomes more of a potential-oriented culture that we create. Or, it becomes more of a second-tier culture (for people who work with Spiral Dynamics.) Or it becomes more of a well, like a source of water. If I know that there's enough water, I can share water, I can give water.

The more light flows in, it means that I'm becoming naturally more creative, which means I add to the system that I live in. I add to the system that I live in. So, there's an added value of the wisdom that adds energy and grows the system that I live in, which means I will be less afraid of not having enough.

From a certain stage of development, there's a resting—not just in the physical base, but also in the spiritual base—where I know that there is enough, because right now it's getting more. I realize that there is enough because right now something is being added. I don't have the feeling of a lifestyle that I take, and the resources are getting less. Actually, I know that right now something's being added to the abundance of life.

Living from the deeper alignment adds energy into the system. We talked about this last time—the perpetual motion machine. The generator of a healthy spiritual practice is that my energy centers are being turned on, and I will add more to life. So, through my life it will look like something has been added. Like I left something meaningful in life, and something has been added.

From a certain stage of inner connection to the creative energy, there is less survival fear, because I know something has been added right now. That's a very, very important aspect of the spiritual practice that transcends the ego structure, that more and more is being added. There is a natural giving.

It's not just a giving because morally I know if I give more, I also get more, and that morally I know it's good to be a good person and to give to people. That's relevant in a certain level of development as a framework to live a lifestyle that is, actually, more in alignment with life.

But once I'm more connected to the light, and I feel the downward streaming of energy into the system, I actually know that I'm connected to the big power outlet. I'm connected to the higher electricity station. The creative energy is realizing higher levels of the high electricity power outlet. That's a force that we can use to create inventions, innovations—technological, scientific, social, whatever—innovations.

That's a force that can be used for healing. That's a force that can be used to create communities or lifestyles or corporations or companies that, actually, are adding something meaningful to the context of life in the holistic map.

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We, actually, step into a new perspective together. And, on a soul level, we also feel more connected. So, we naturally feel more connected, and we naturally start expressing higher subtle capacities.

One function that's being turned on is that we naturally start to shift our focus of life from the material world, or the gross world, into the subtle world. Once that switch is on, and the connection is made on a more steady base, it means that from that day on I entered more and more into the information field.

Subtle capacities will be part of my daily life experience. Subtle capacities mean deeper knowing, deeper attunement, higher intuition, higher inspiration, receiving much more precisely information. That's a function that suddenly comes with it, a kind of a side product of my spiritual practice. I will feel in a higher coherence in my life. Suddenly, I know that person needs something. Or this person is going to call. You think of someone when they think of you because there's something to do.

And, of course, reading energy fields—these are functions that are coming more. And also the interest to express those functions is coming more in that state of development.

Homework

Next time we will go higher with the light meditation. It will be good to keep on practicing the light meditation until the next time we see each other.

Also to experiment a bit with the prayers, so when you are connected to the light, to see if you can pray from that highest level of light that you can connect to. So, when you can connect to white light, formulate your prayers from that place and see if you can pray from the highest level that we are aware of.

If it was difficult because you just started with the light meditation, don't worry. It's, usually, a process for many people to get into this way of meditation and connection. Take it playfully, and like you are curious—to find out and to experiment.

Let's also see that—whenever we do the light meditation—be a bit aware of the inner and outer coherence, like suddenly you meet the right person that tells you what you actually needed to know. You are looking for a sponsor for your project, and suddenly you meet somebody that knows somebody, and it connects. There is more and more of a coherence in the reality that displays that. You have a question, and suddenly the answer comes to you, and so on.

So, let's pay attention to the coherence symptoms that arise.

Host: And that concludes Session 3 of The Course in Mystical Principles.

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