

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 11.*

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: I think we had, until now, a rich journey—on the one hand, through the higher layers of our consciousness exploration and the contemplative practices, and we will continue today, again; and then, we also found a way how to apply that as our cultural environment. So, last time—just to give a short overview of what we did last time—we talked about the Sangha 1.0 that we all know, then we talked about Sangha 2.0 as an emergent, present field of awareness, and then we talked about a Sangha 3.0, which includes the higher levels that we introduced, up to the causal level or the electric white light and everything that's underneath, as part of our social architecture.

And, of course, that's already farfetched, that's a vision, because for many groups that I've seen, the Sangha 2.0 is, basically, what we are working on, so that we can center ourselves in an emergent being, which, as we said last time, is the generosity of participation and the generosity of listening—the two forces between us. Like emergence—emergence is the appearance of new information, new possibilities, new insights, new cultural or scientific, or interpersonal ways of creating life. New possibilities that can be born through us.

And that, of course, needs some sense of inner fluidity. Therefore we said at the end of last session that the higher we walk up the mountain of development, it's like always a realization, and then the embodiment of that realization. So, literally, for example, we have an insight, and then the insight in most of the cases needs to be grounded through us.

And we all know situations when we have insights, and then either we forget them, or we can share them just with a few people in our life, and we will be more and more able to walk those insights more and more freely as our life, and they become part of our life—the kind of new order that enters our river, becomes our river, and after some time it seems normal.

We also looked, in one of the last sessions, at the hierarchy—from it being a whisper until it's normal—at the different stages of innovation, how innovation comes in as subtle insights, until they manifest and they become a manifest reality that we walk in.

How We Lock Shadows in and Through Our Culture

So, culture, basically, is that fluid possibility that we crystalize moment to moment. And then, at the end of the session, and that's where I want to continue today, we talked about the 'barcode reader'. You remember that every time you resolve a situation with somebody that in a former time you had a conflict or a tension with, or you said, "Oh, it's, maybe, a difficult person" or "It's a difficult situation" or sometimes, in therapeutic environment, "It's a difficult client".

And then it's always interesting to look, "Okay, what did I say about myself when I said about the other person being a difficult person?" So, I didn't say anything about the other person, I said something about myself. So, what did I say about myself? What does it mean that I'm not fully able to relate to that situation, person, environment in a way that I can stay in a fluidity?

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And so that I really relate and respond to that situation, which doesn't leave a trace. Usually, difficult situations leave a trace. So, in the difficult situation, I see that I'm not able to really host that experience in me.

Now, I said this already more often, and I want to remind us that I think it's very interesting, that besides thinking about the higher stages of building culture, like Sangha 2.0 and 3.0, we also mean that we raise our awareness around the givens, or the frozen experience. So, if language is a way to kind of freeze the experience that we have, and transfer it through the code of language...So, the code of language enables us to have information being exchanged within the system, and, of course, language also helps us to freeze the shadow, freeze the aspects that are actually suffering. It means suffering.

And so, I'm sure that when some therapist A says, "Oh, today I had a difficult client or a difficult session", and the other therapist says, "Oh, yeah, I also had a difficult client." So, what happens is that we both fixate the nature of a difficult client between us. And we agree that that's a truth. And once we do that, we actually lock our inner shadow dynamic in the cultural environment.

And, I believe, as cultural yogis or practitioners or people that practice a spiritual or mystical practice in culture, one way is to open our ceiling and to receive more and more the blessing, and learn to work with the blessing in our life, to work with the download, update, the higher levels of light, the higher levels of presence and transpersonal insight, that that becomes a reality for us. On the other hand, we also become more and more aware of what kind of shadows and difficulties are already normal.

So when we agree upon it as a culture, through language, it means that one difficult client meets another difficult client, and then the nature of the difficult client is set. Once it's an agreement, it's not anymore just in me, I have also the confirmation of another person, or many other people in culture, that that's true. And once that's true, I take it as a given.

And for us, I think, as a community of practitioners that are awakening in the intersubjective field, so we practice our mystical practice, we practice the mountain in the valley. Because no matter how high I go up the mountain, the mountain always stands in the valley.

So, even if the temple is on top of the mountain, the mountain is also in the valley. Because the base of the mountain stands in the valley. And that means that our highest awakening becomes an illumination of our deepest humanity. Which also means that true mystical practitioners in culture are cultural designers and are also, in a way, responsible because we respond to—so we are responsible—to illuminate the givens, the normal things that we are living in at the frozen shadow dynamics.

Because frozen shadow dynamics lock the shadow in culture. Same as when, you remember, we have the first test—is a healing, an integration, an insight in a person. The second test is how do I bring this into my working environment? How do I bring this into my intimate relationship, how do I bring this into my friendships? How does my social network change when I change?

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And so, there is this expansion. The second test means that my social field needs to change, and, on the other hand, it's also true that many things that are my shadow dynamics might be already fixated in my environment.

That means my environment invests “energy dollars” into my shadow. So, shadow—or an unconscious dynamic in a person—can never exist on its own within the culture. Because if the culture doesn't support it—no funding, no money, end of that company.

But we happily fund each other's shadows, because one shadow makes shadow friends. And another shadow makes other shadow friends. So, the shadow society is amongst us all the time, just without us knowing. Therefore we call it unconscious.

So this means, when we download light, it's not our own shadow work only—it's our own shadow work, and the second test of our own shadow work is to unlock the crystalized or normalized shadows tendencies—like the contraction in my back, or a difficult client, or a difficult situation, or stress. Those are all words that usually cover a process.

And as long as we keep covering that process, we will invest money in the shadow land. And then we might ask ourselves questions about politics, about economy, about social dynamics, but actually we are literally asking about the shadow investments that are being made.

So the mountain, as we said last time, at the end—the highest download embodies itself through our deepest humanity. That means that the soul body descends, and the higher light descends through me and my human experience, and my deep humanness, and the structures, the deepest structures in me, in order to come back to the original vulnerability that is able to radiate light into my environment.

And today I also want to look at the barcode reader a bit more. So, whenever I, through my inner work, manage to resolve and not reproduce a situation in my life—so I have a difficulty with somebody or I have this kind of person that works in my company that I would rather not have there, I would like him to leave because without this person, or without her, it's much better, but now I need to live with that colleague or with that person in my environment, or with a participant in the group—and so, whenever I learn to see what this person shows me, my barcode reader can read a code.

And last time we said also that a soul actually has a personality. Not a person has a soul. Think that if we turn that around and we say, "Wow, a soul is a bigger state of consciousness, is a more profound state of consciousness, and that expresses itself also through a personality, my life."

And that soul grows wiser.

For example, in integral terms we call it multi-perspectivity. Because, as a person, it's hard for me to be multi-perspective—I can think about your perspective, but usually we are not really multi-perspective. We have a cognitive function that can embrace another cognitive function. We have an emotional function that can be empathic.

But on a soul level that means that I can literally learn to look through your eyes. And you can learn to look through my eyes. Which means that that perspective is embedded in another perspective.

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And after the meditation I will show and draw this a bit, so that it becomes more visible or tangible, what I mean. That when we literally...when we resolve situations, not only do the difficulties drop away—I literally grow wiser. Like it's part of my tikkun, like the opening of my life's question into an answer.

So when my life's question turns into a walking answer, many of the difficulties that I have in my life or the questions that come up in my life, or the things that I resolve through my life are actually part of that original life question, we said. We are a walking question, and eventually awakening is becoming a walking answer.

Everything is Part of Our Path

And then, as we turn that...illuminate our life's code—so we become more and more conscious of our life's path—on the way, we resolve certain things. Whenever we resolve one, not only did we resolve that experience, and that experience turns into something else—our soul's body literally grows wiser.

That's what people often call positive karma. It's like that qualities in us get strengthened. The vibration of our soul's body is going up, is rising. And a subjective effect of this, how I feel it is, that I'm more fluid, and I'm getting less stuck in life situations.

Now, we might say, "Oh, since I started the spiritual path, I actually get more stuck. It's like I'm in a washing machine. Once I resolve one thing, another thing comes." And, as we said already multiple times in these MP classes, for some time that is also pretty natural. Why? Because most of the time, before we start this strong inner journey, we are in a kind of a certain bubble within our experience.

In the moment we start a strong spiritual path or inner path, we actually infuse that bubble with awareness. And suddenly a lot of the unseen aspects of who I am—I'm becoming aware of. And this shows up as turmoil in myself, but this might also show up in challenging situations around me. Suddenly I have more challenges with my intimate partner, I have more challenges at work, maybe I change my work, and then another. There's a lot of movement in one's life.

And so that's, I think, definitely part of the path for some people. But when we continue our journey, in that challenging environment we literally also grow wiser. We are growing, it's like a wine that rests for many years and it becomes a real good, old wine.

So wisdom is like a tree that grows in us, and if we...when we nourish that tree, it literally grows through us and transcends us. And one way to see it is that the soul body...first of all, I operate more and more from that higher transpersonal space, which means I have more capacity to witness my personality, I have more capacity to witness my process, I have more capacity to witness my relational dynamics, I become more aware of collective dynamics, I'm literally more and more—or some people wake up in big chunks, other people wake up in steps—so we literally illuminate our life's composition more and more and more.

But it also means that at the beginning I'm still very identified with my body sensations, with my emotions, with my thought processes, with my imagination. And then, more and more—we will see also throughout this course—that more, maybe, more and more transpersonal awareness is part of our reality every day, that I have more moments in my life where I rest in a witnessing capacity. I have more and more moments in my life where I have inner space. I have more and more moments in my life where situations fluidly resolve themselves in the moment they are happening, so that there is more and more fluidity in the experience.

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I'm less fixed to one possibility, and I'm more and more open to dance with life. There's more aliveness, there's more life energy, we resolve more shadow aspects, and we become aware of them—once we see them in ourselves, we see them in other people, we get less entangled in them. And slowly, slowly—or quickly—we walk up the mountain.

Every time we resolve something, as I said, it's not only that some pieces of the past—the unresolved energy that overshadowed my life—drop away, it's also that it goes “beep”, and the barcode reader of wisdom read another code and that's now part of wisdom. That the light of my soul shine through that.

Healers, for example, every time we as therapists or healers or whatever practitioner we are, every time we really support a person in a healing process, we read a barcode. So, our energy field becomes fuller and fuller with information. The more we work, the stronger becomes the healing capacity. The higher we practice, and the more presence we practice, and the higher is the light that shines through those codes, it re-transmits that energy stronger and stronger and stronger.

So, literally, our energy field becomes more of a generator. It's kind of a, more and more of a perpetual motion machine. So, we bring in factor X, we bring in light, it shines through the codes that we already read, and it's an online healing capacity for everybody who has that code in their energy field. And so, more and more issues and difficulties and stuff can be resolved in a faster time.

So it doesn't matter if it comes through the archetype of a healer or through everyone that resolves situations—it's the same principle. Once it's resolved in me, I can see it in you without being entangled in it, and so clarity spreads. In another way we could say that our energy field is a holographic animation of life, and the more we integrate life, the more of life is represented in us, and that's called intimacy.

So, when your code is represented in me, and my code is represented in you, we can literally experience a transpersonal intimacy. Which, I believe, is the foundation of true collaboration. True collaboration—or intimacy—means that a higher light shines through the code that is embedded in both of us.

And that means that in life it looks like that we have a very good collaboration, we will be able to contribute something to life, we will be able to go beyond competition, envy, and all the human difficulties that we often find in collaboration, and we will literally go to another level of innovation capacity together. So, the true collaboration, I believe, is based on a transpersonal intimacy that is, again, based on wisdom.

And I will make some sketches, after the meditation, to visualize that. Sometimes it's easier and more graspable if we can see those things.

That means that, first of all, as a reassurance, that for everybody who starts to deepen a spiritual practice, if for some time it brings up a lot of stuff, that's actually a good thing, because if we become more aware, we become more aware of something, and that means that our past will show up faster. It doesn't mean that it wouldn't have come up without the path, but it takes longer.

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The spiritual path is a speeding up of our development. So we download more light—and light, a higher vibration, means more light, more information, in a shorter time. The higher is the speed of information, the smaller is the world. The higher is the speed of information, the smaller the world will become.

So now, if the universe now seems out there, maybe one day the universe will be in us. So when we talk about the universal consciousness, either the universe that I'm in, the universe—or the universe is in me. And we will talk, maybe, afterwards about the Sangha 4.0 that is another step to the we-evolution, I believe. But this we keep for after the meditation, so that it stays exciting.

Everything is Practice

But for now let's say that, when the difficulties come up and the washing machine runs us through, so that's like a speeding up of the evolution, that's also a lot of unconscious material being surfaced. If we have a good environment and a willingness to integrate it, and the responsibility to look for support if we need it, then this becomes a very functional system. And, after some time, we will see that more and more situations can be experienced with less and less friction.

And to remind us, again, that, of course, the course here is built on the information that we share, but also very strongly on the practices that we do and the intersubjective practices, because we are mystics in the marketplace. This means that our triad work, our intersubjective work is very important, because every time I talk to somebody, I have a chance to make it “beep”—my barcode reader can learn something.

So I learn online while I talk to you. I study the Book of Life. Every time I talk to a person, I contemplate the situation. As a mystic, every moment counts. There is no other moment that is more important than this one. So this means that whoever is with me right now, that's the most important moment, because that's the moment of awakening. And this is the moment of awakening. And this is the moment of awakening. And, as we said already once, that's the beginning of true love, I believe. That I'm not anymore running into an imaginary future but I allow the future to land through the presence that is love.

And this means that I'm not running, thinking already whom to talk to next, when I'm talking to you—so I'm talking to you, and in that moment I'm reading the Book of Life, same as in the next situation. So, all the information that I need is basically all the time available. And once this lands in me, really...Because my mind might say, "No, but there are situations that are more important and others that are less important. There are people that are more important to me and there are situations that are less important." Yes, that's true. On the one hand, some situations have more energy for us and others have less energy for us. And still, every moment is the moment of awakening. Doesn't matter if it has more information or less, every moment has all the information included.

And that's practicing presence, mindfulness, walking where we are, and that's also a deep embodiment practice. Why I'm saying that is that I remind us, also, that in some of the MP sessions we practiced traveling through our body and the illuminating of our body/mind, which means that my body is an amazing vessel or tool that holds a lot of information. And is an amazing antenna. So a lot of information in my daily life runs through my body.

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And my body is kind of a resonance field. And so to invest, again and again, time in the illumination and the fluidity of that interior body experience grounds my life, but also grounds my higher states in life.

And so let's, again and again, come back to that, even if it seems so simple and normal, as I'm living in this body—but we will always find more and more information, the more we increase the resolution within our body.

And so let's go, again, together onto a journey; we'll explore, again, aspects of our own meditation and contemplation capacity. And then we will continue with the theory.

Begin Meditation

So let's, again, take a few moments to drop into our body.

And let your breath take you into the simplicity of sitting. As you remember, mindfulness is synchronization of inner awareness and sense perception. What do my senses tell me about sitting here? And I just presence that sitting.

And also to see if my body more and more becomes an illuminated home or a resonance body for life—like, for a guitar string, the body of a guitar.

And that I'm able to walk as if my whole body has eyes all over.

And to also notice the finer and finer sensations, the beauty of sitting in an ocean of sensations—which includes the pleasant sensations, the streaming, the flow. That the inner communication is fluid.

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And it also includes the tensions, contractions, areas in my body that are harder to experience, or it seems that the sensitivity is reduced, presence is reduced.

And then let's include, again, emotional world, and also the mental world—step by step, as the richness of this moment.

And then, as we talked about it before, let's practice for a moment—in case you had a difficult interaction, difficult situation in the last days—for a moment, let's think of that situation.

And then you see how that situation lands in you. Like, you see, “Okay, what's the physical aspect of that situation that I call difficult or stressful, in my physical body?” So, if you imagine a situation like that, if you had some, or one, when you look at your body sensation—was your body open, contracted, full of aliveness, tense? Can you give a description of a clear feeling of your body in that moment?

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And then to do the same thing in your emotional world. How does the situation land in your emotional world? What was the emotional content? Did you feel the emotions or did you cut them off? What kind of flavor, intensity? Did you have the capacity to feel it and witness it? Or did the witness collapse into the experience? Did you feel dissociated?

And then to also see your mental activity or state at that moment, if it's possible. The memory—like, was my mind blank, was it full of activity, was it tight, was it open? Did I feel, still, creative in that moment—or disconnected from my creativity?

And did I feel connected to my higher self, to the light? Could I feel kind of an inner connection? Or did I lose that sense of inner connection?

And to see if you can witness those qualities with a kind of a friendliness, not immediately with a kind of negative eye. To see which layer is easily describable, which layer is harder to describe.

And then to use the contemplation to see: okay, is there any deeper aspect that I haven't been aware of, now that we practice together? What was that difficulty in me? How did I reduce my experience?

Is there anything deeper—now that I contemplate the situation again—that I can become aware of? Deeper emotion, deeper body sensation?

What if I relax into that difficulty more?

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I let the situation land in me a bit more. I can bring in witnessing capacity and inner awareness into that past, now.

And maybe also deeper, from a deeper inner knowing within this deeper spaciousness insights can emerge, especially around recurrent difficult situations.

There are whispers that can be heard. Let's give them a moment to appear.

And then let's bring our awareness, again, to the highest point—our head and above—and extend our awareness, if it's easy for you, to connect to illuminating or light sensations above your head. Just connect to it. If it's harder, then just open your crown in a space above your head. Feel into it, relax into it.

If you connect to the light, see what's the highest place—white light, or sense of golden light, and above a sense of space, deeper presence, and then above it, maybe, electric light, electric white light, kind of a sense of electricity—whatever is accessible for you to connect, so you can stay there, feel it, just relax into it, keep your concentration without getting tight.

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And also being open for light or energy—if you don't see it as light, maybe you hear it as sound or you feel it as a downward streaming of energy that flows through your third eye into your body—energy that kind of uses the channels, also your nervous system, your spine, to ground itself through you.

Even for the ones where it's hard to see light—maybe you get the sense of a streaming energy flow, even if it doesn't appear as a visual sensation.

And, from that place of higher connection, again, you can formulate a kind of an intention or an inner prayer, whatever you call it, to invite awakening, integration or insights into certain areas of your life, or innovation into certain areas of your life. Whatever feels appropriate for you, say this with your own words inside.

And then let those words either disappear above the level of light that you can connect to, or let it drop into the depth of your heart, and then repeat it two times.

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And, once you're ready, you can let go of the intention or prayer fully. And sit a few moments in this presence and listening—listening to subtleties, the whispers. If there's anything that wants to be heard or seen, that it can appear.

And to enjoy the generosity of presence, the beauty of the stillness, the depth that is underlying reality all the time.

And finally to connect once more to the field that we create. Everybody on the line right now. So many different places. And we fill the virtual space with intimacy, and we extend the human capacity, it grows, with the age of the internet, into an interior that is able to, more and more, host a global world space.

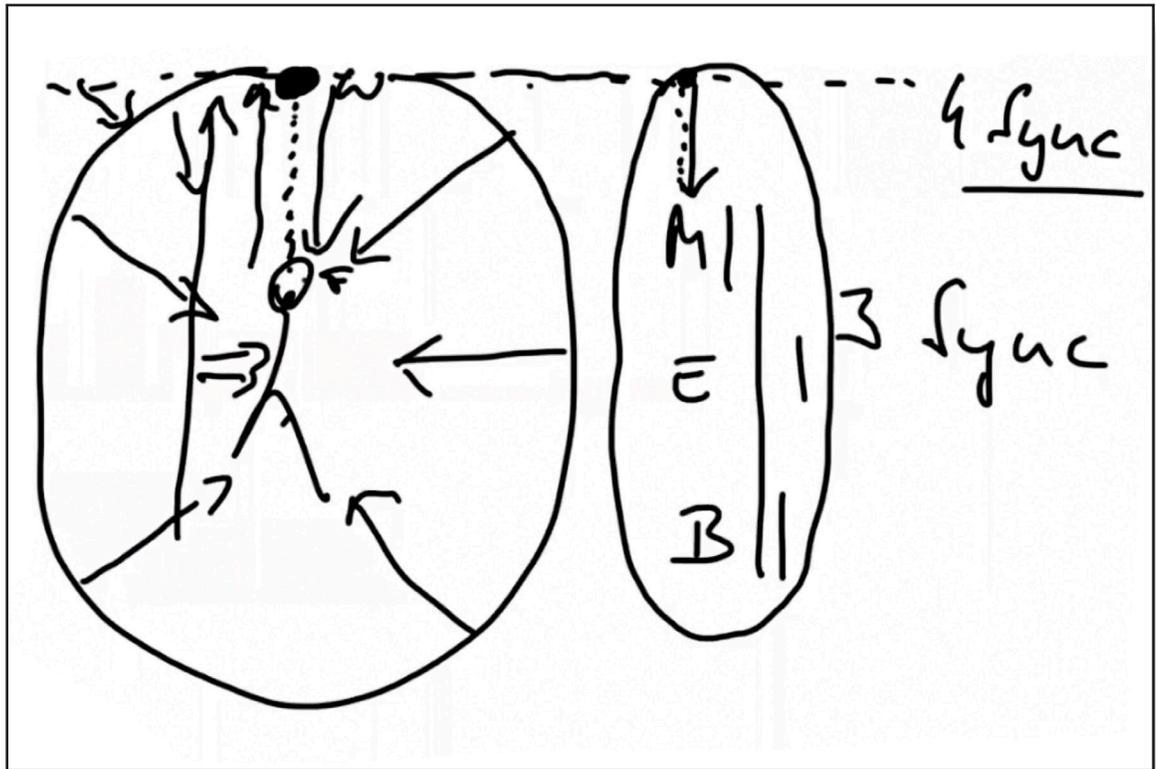
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Just to host our field, feel each other through the subtleties and feel the power of the diversity of intelligence, abilities, core energies, intentions, practices, insights.

Many people expanding presence and awareness, coherence. It becomes more and more of a tangible field. Also creates a stability and a probability. Allows in you capacity to grow.

And then, slowly, come back to your body, feel your physical body, feet on the ground, the way you sit, take a couple of deeper breaths, and slowly come back.

End of Meditation



Drawing 1

Well, so let's start with the drawings that I said. We come back to the capacity of the soul-body and—here is a person. At the beginning, we meditate and we connect, for example, to white light. White and golden light together create kind of a body that is our soul [*draws a circle around the person*].

So, now we could say “This is me” [*points at the person*]. At a certain stage of development, my ‘me’ expands. The subject of one level of development becomes the object—my capacity to witness [*points at the circle around the person*]. So I have the capacity to witness my body, I have the capacity to witness my emotions, I have the capacity to witness my mental state, because I rest more and more moments of my life in that higher consciousness or transpersonal consciousness.

Transpersonal consciousness has one layer that we feel as inner space, the capacity to witness, but it also has an energetic flow, which we experience as light, as stream of information or stream of energy. It's something that energizes us.

And even if I don't feel it in the meditation—but maybe I feel it in inspiring conversations, or when I have a creative moment. Suddenly, I feel energized. I feel energized, and before I might have been tired, but suddenly...I was tired and meet a good friend, we have an inspiring conversation, suddenly I go out—and I'm fully energized.

And I didn't drink coffee, I didn't have any substances that make me suddenly energized. Something happened. Hence, maybe, after light meditations I feel that there's kind of an electricity, I feel like a higher vibration in me, I feel elevated.

Synchronization in Every Situation

So, as you remember, we have the 3 sync, or the 4 sync—a synchronization of the mental, emotional, and body experience. Also, when I have a difficult moment, most probably I won't have a synchronized feeling—I will have a desynchronized feeling of these three. So, they are not synchronized.

[01:05:00]

So, in the moment I use the same practice that we practiced in the meditation, and I make this within the difficult situation—let's say, I have an argument with somebody. And, in the argument, I remember: Oh, okay, I can do it in a short check. What's happening in my body? My body feels a bit contracted, and I have a pressure, let's say, in my heart. What do I feel in my emotions? I can't even say right now what I feel, or I feel very angry, or I feel very afraid, or I feel—but I feel afraid, and I left my base. I don't feel grounded anymore. I feel fear, but I feel uplifted. What do I feel in my mind? Oh, I feel a lot of activity. I try to think and find arguments how to find another argument.

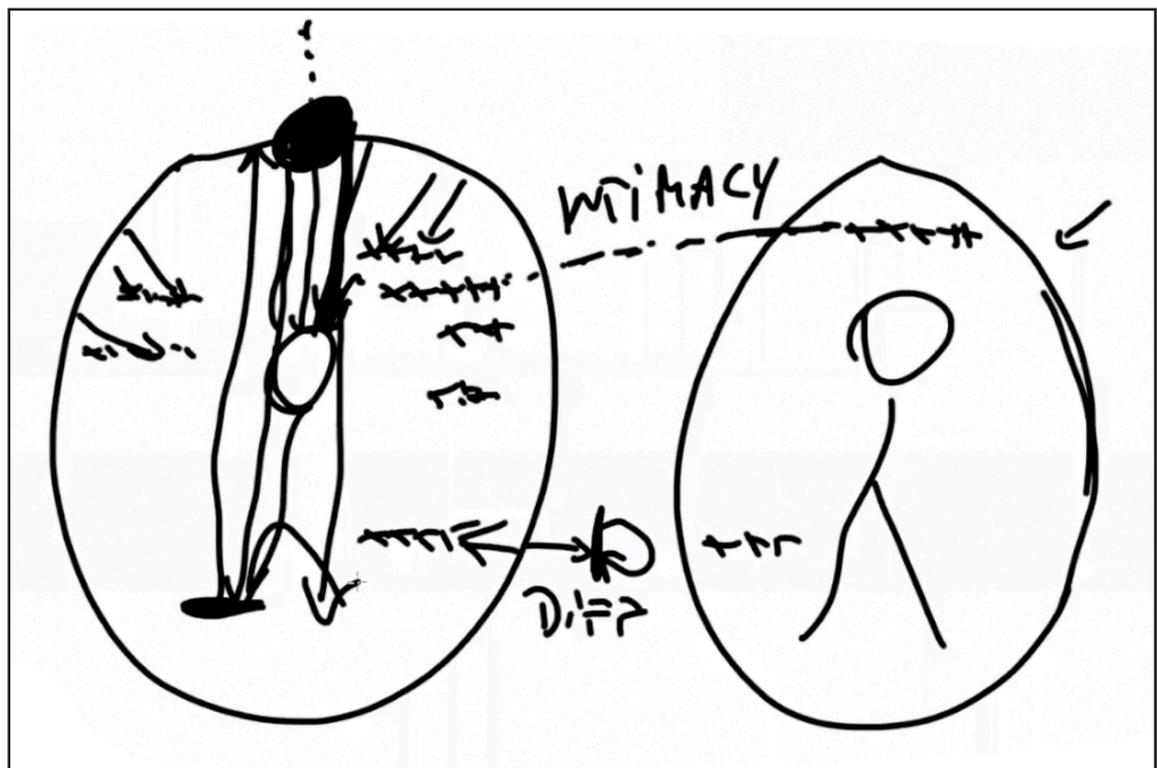
And then I see, “Oh, wow, what if I relax into that situation?” Then I see, “Yeah, actually, I'm in that argument, but actually I'm very scared right now.” And then I relax deeper into the fear. And if I practice that whenever I remember it—because if I'm fully identified with that situation, I won't remember that, most probably—but if there's a bit of a space, I might remember to practice it.

And if I don't remember it in the situation, I can do it afterwards and infuse the past that stayed in me—because it didn't resolve itself then—with awareness, and look at it again in my contemplation. So my contemplation is, actually, a hygiene process, to live a sustainable life.

Because, in the desynchronized experience, I will have a scattered energy flow in my body. So, the Shakti from the ground, the life energy that comes up—because there's one stream that goes up, we call it motivation, we can also call it aspiration, "I'm aspiring a higher consciousness".

So, as long as I aspire it, it's up there. The light is up, and I'm here. But eventually, the more I practice, this will flow downwards. And eventually the whole situation will change, and more and more of my awareness rests as my higher self. So, suddenly, in more and more moments I will actually feel as a synchronized unit. My higher self, my mental, emotional, and body activity will feel, in more and more moments, like a synchronized unit. Therefore, we called it '4 sync'.

And that means that my personality, my conditioning, my humanity will be embraced by a higher awareness. I will be able to witness: what was the former 'I' is now in me. And the more I grow, the more I will be able...more and more situations will be hosted in me. But why? Because, if we continue here and we say...



Drawing 2

If we say, here is this person. And here is another person.

And so, we said, when the barcode reader reads more and more codes, so there are more and more codes included here, in the energy field of that soul. What does it mean they are included? They are also filled with light. Light infuses those codes, and therefore I can have a fluid experience of that situation in that moment.

So, actually, wisdom grows here, the more codes are represented here. So, if I meet that person here—this person, person B—and the code of that person is already included in my energy field, I will be able to naturally create a higher level of intimacy.

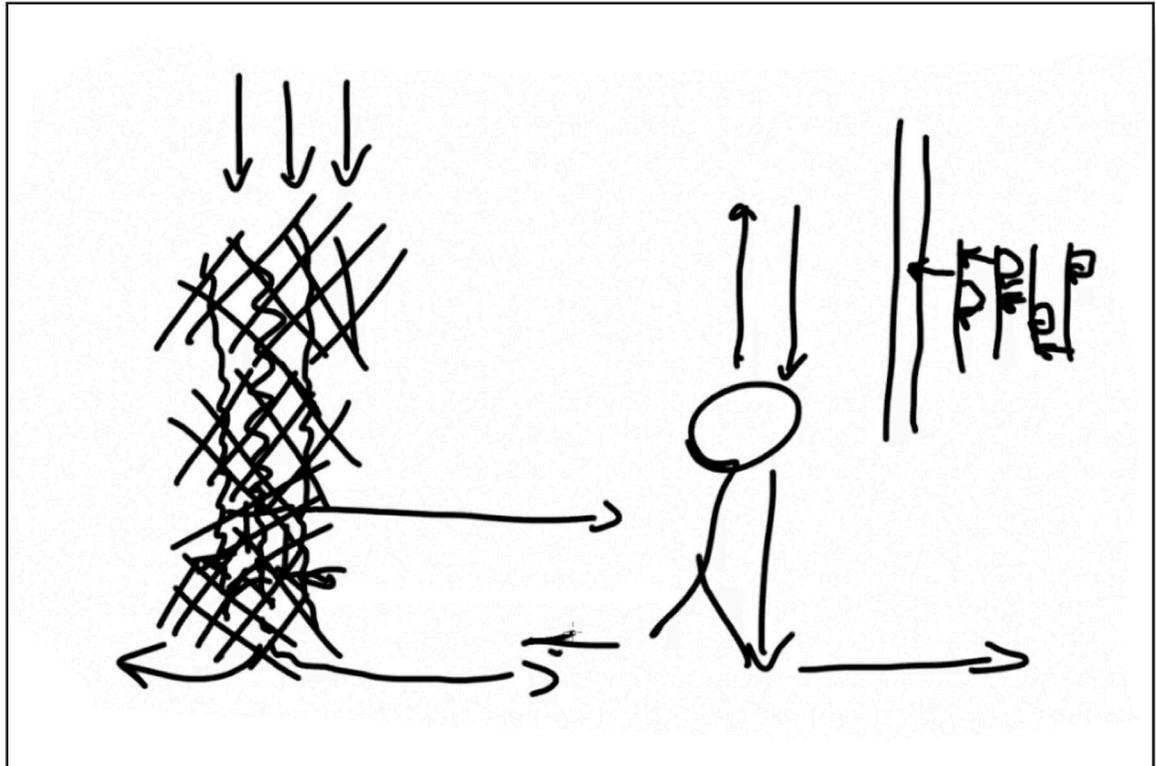
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If I have a difficulty to read this—because here is a code [*draws symbols inside the energy field of person B*], and here is a shadow [*draws a short vertical line between the figures, and an arrow being blocked by it*], my shadow, so I will experience this situation as difficult. Why? Because I don't see. I don't see fully, I cannot experience this person fully, I cannot embrace this experience fully, so I will feel it as a tension. Or I will experience it only partially, and therefore I need to go through a recurrent cycle of experiences.

And last time we also saw, the higher—before we go there—the higher is the light that runs through this here [*draws a dotted arrow pointing down, at the crown of person A*], the stronger is the illumination of those codes. Every time I resolve a situation, this difficulty here [*points at the vertical line, the shadow between the figures*] will become a code in the field that is illuminated, and this erases this difficulty and turns it into a fluid experience. So I will be able to create, to let that situation land in me. And because it can land in me, I can respond to it. Which means that my response-ability, my ability to respond to a greater and greater radius of life, will grow. Which also means that my awareness of a greater and greater radius of life will grow.

And then we said, also, the more we practice, there is...Aspiration is that I aspire, that I practice and practice—but there is also a download. So there is a motivation that goes from bottom up—that's the motivation that comes from the past into the future. But, more and more, we will download the future, and the future—the whisper, the inner connection, the wisdom, the Divine FM—becomes more and more my center of gravity.

So, my center of gravity goes up until I experience more and more moments from a higher center. But this also means that the higher energy downloads itself through me. This brings up a lot of shadow material—usually, at the beginning—but the more the light is implemented, the electricity flows through the different networks.



Drawing 3

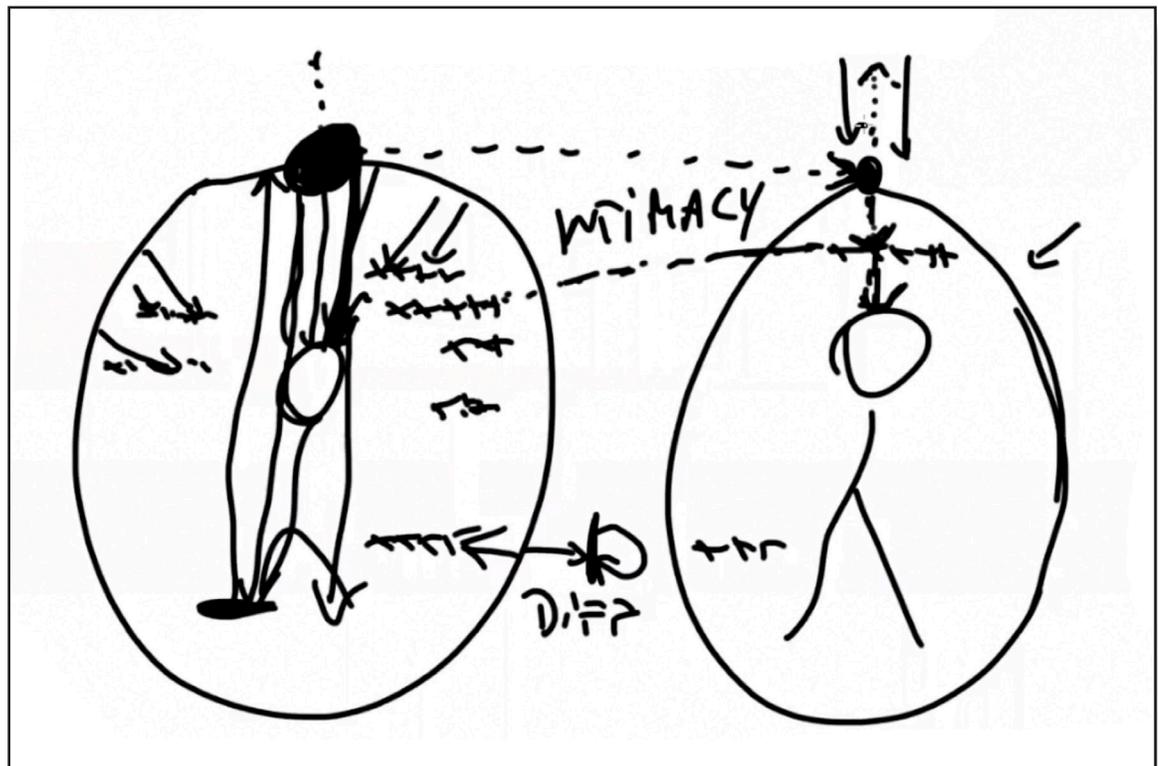
Because, on another level, we could say that a human being is a composition of different networks. So every developmental level creates, also, an electricity network in us. And the light goes down, it flows through these electricity networks. When there's a block, there's a difficulty. Usually, we project it outward and we see it in the other person or in a situation.

If we connect this—therefore, we said, mystics usually are plumbers and electricians, because either we open stuck pipes or we fix the electricity network so that the light can flow through the whole body/mind, and there is an integrated illumination.

The integrated illumination is a fluid experience, or, in other words, a coherence, or a synchronization. So, this means life can land in me, and I can respond. So, at the beginning of the practice, the more light comes in—all the networks, the traumas, all the places where the electricity cannot flow... And, we said last time, why it cannot flow— because here is the meridian [*draws vertical lines to represent the meridian*], here are the levels of karma that feel like separations [*draws short vertical lines to the right of the meridian lines*] and create recurrent experiences [*draws ensōed arrows on each short vertical line*]. And every layer of restoration gets us closer to our authentic core that participates—or is part of—the river of life, or is part of the meridian.

So, every restoration also restores the electricity network, so that the light gets downloaded. When the center of gravity of a person goes up, more energy goes down. More higher energy comes down and grounds itself into the environment. So, this we said already.

Now, when we come back to this drawing here...

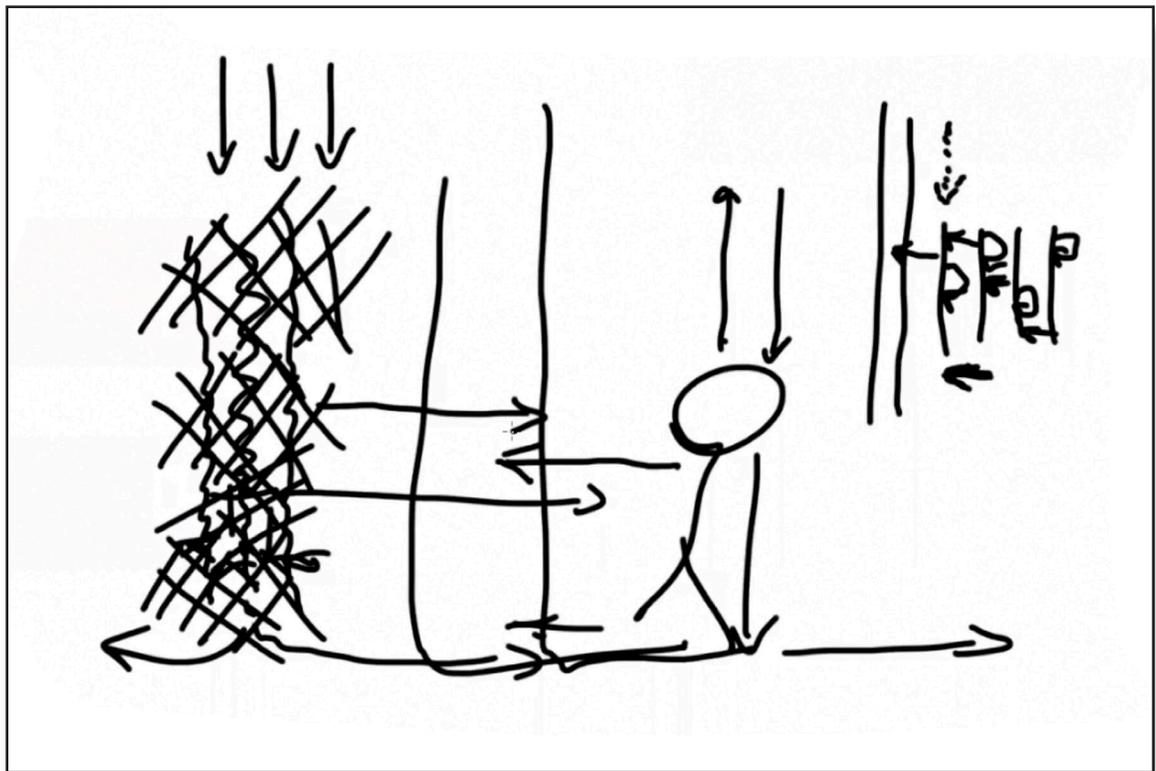


Drawing 2a

[01:15:00]

When we come back to this drawing, it also means—when we meet a teacher—our relation to a teacher. A teacher is an energy field that has many codes included. So, through the illumination of the light shining through the code, it helps us to illuminate our own code. I will show this here. Here is our soul's energy [*puts a dot above the head of the person B*]. This energy will help us to activate our own light, to illuminate our own coded information—to shine light through it and to illuminate our life.

We usually feel this, on the one hand, as a, maybe, healing or integration process, the inner growth; on the other hand, we feel it because we get invited, even introduced and invited into higher levels, until that inner connection is strong enough to keep the ball rolling. This means a self-activated field, so that there is a high level of inner activation that keeps the flame burning.



Drawing 3a

And sometimes, we said, in the levels of restoration here, for example [*opens drawing 3 and points at the short vertical lines to the right of the meridian*], that when we go from one layer of restoration to the next, usually we go through a discomfort [*draws an arrow pointing from one vertical line to another towards the meridian*]. Because why? Because that layer of distance—the distancing from the original meridian—is karma.

And, of course, everybody, every one of us knows: when we, let's say, when we are not fully honest with a person and finally we feel, or we want to be really honest. We need to go through a kind of a discomfort often, in order to restore what hasn't been restored from the beginning.

So, the untruthful energy needs to be restored into truth. So, in the moment of the confession or in the moment of the restoration usually we go through a bit of a discomfort—or a huge discomfort, depends on the situation.

So, when this happens in our life, we at least know why it's that way. But all of us have been born into layers of restoration that we are not even aware of. When people in Germany with the Holocaust, people in South Africa, people in South America, people all over the world are being born into individual and collective karmic fields—it didn't happen in our lifetime, so we don't even have a memory of the layers of restoration that we work through, we just experience the symptoms of that.

Our Community of Practitioners: Potential and Accountability

So, every time there is a deeper restoration, usually we go through a discomfort in order to burn that karma into light, to transform that question into an answer. And often, when we come very close, it becomes harder. It's like there is a chance that we want to turn around and say, "It's too hard. It's too much, too much of something. Too much intensity of something."

And usually that's where another person, a friend, that's where a community, a sangha, that's where a teacher, that's where an environment that supports us to make a step is very beneficial.

Because in a community of practitioners we, actually, can hold the light or conscious awareness or presence for each other. That's also what happens in every call when we are here together. That happens in every retreat, this happens in every spiritual practice in triads. And, I believe, it can—or should—be the base of a healthy society or culture: that we hold that light for each other, the generosity of the light for each other, and the generosity of presence, in order to go through those phases into a deeper authenticity or, we could say, potential-oriented life.

[01:20:00]

So that we support each other's potential more and more, so that all of us literally sing the song that we can sing. And so the restoration process is usually where it's very beneficial to have an environment that supports us.

Therefore, a spiritual practice is not just, "Yeah, I'm here, and that's what I'm doing, and if I like it, I do it, and if I don't like it—I don't do it." That's great, but that's, still, often like spiritual wellness. And then there's a deeper commitment, so the deeper I engage in my practice, there's also a deeper intensity.

And that deeper intensity is that, also, I engage, for example, in a field with my spiritual practice partners, that we can make an agreement that we hold each other accountable. And we say, "Okay, that counts for our practice, that counts for intentions that we set". So I can set the intention with my triad partners to say, "Listen, I'm going to look at that part in my life. I know it's a difficulty in my life, and I make the commitment that I take six months to really explore that—with my triad, in my contemplation, maybe with a therapist, maybe with whomever—I will find the right person to support me in that." And that the triad partners can hold and witness that process, and that's a kind of a commitment. That's the intimacy of spiritual friends with each other, to support each other's growth.

But then it's also my responsibility to ask you and to find out if there's a progress, if you do that practice, and how you're going on with your endeavors. And if you're still going on with them.

So that's like the accountability in a spiritual practice. And that also means that there is a certain amount of commitment. Commitment is—in the spiritual sense—I am plugging in my power plug into a power outlet.

And, as you will feel here or as it is, I believe, in any spiritual field, that in a true spiritual practice there is, of course, a teacher, there is a sangha, and then there is a field. There's a transmission. And all of that, together, is a very powerful combination. And so the commitment is also to really utilize and use that intensity for our growth.

And we also see that, besides that what we hear also through many feedbacks that we get throughout the course, that many people feel a strong kind of inner process. Also in the mentoring calls many people report about many inner movements or changes that are happening. So, as we said, our community is not just in the course transmissions and the times when we meet, but it's actually a field that we commit to. And that field activates our inner field and capacities.

So, that's a beautiful cycle, and, as we said, the more we practice, the more we charge that field, because everybody in a sangha adds the practice and the presence and the insights into the field. And, like this, there's a growing container and intensity.

And we see this also in some of the retreats, for example. When somebody speaks up in front of the group, and the capacity of the field to hold a presence and a coherence for the person, the generosity of listening means that when we tune in—or here, in the Q&A portions, also what we will do in a few minutes—that, when we hold that presence together, it's an amazing power.

[01:25:00]

I think that one of the biggest powers that a collective can bring is holding a present container for another person or for a process and sitting in the generosity of active participation in the process, and receptive listening. That's an amazing vessel for healing, transformation, and insight.

Global Social Witnessing and Cultural Practice

And, I think, the more containers we can provide for individual processes, but also, as we saw in the last transmissions, for collective processes—global social witnessing, as we call it; that people come together and create that coherence for collective events, I believe, is the future—that we create containers of witnessing capacity for collective issues that seem to be current difficulties in the world.

And this can be the situation in the European Union, this can be any kind of other challenge—like global warming, or conflicts, or anything in the world—or even more local challenges that we face.

So, what's the ability to let those challenges land in us? And why do we at all call those 'challenges'? So, it's the same like why is a difficult situation or a person that I call difficult, difficult? So, why is a global challenge difficult? And, I think, that's a deep self-exploration, but that's also a deep cultural exploration process that we can make.

And then another thing that I want to also bring in here, that we talked about in the last "Timeless Wisdom Training", is that, I believe, presence and awareness in the cultural practice—so, when we decide to live in culture—awareness means literally being aware of, as we see it here, the whole process. Like, the whole process of being a human being in culture. And that also means, and that's a lovely exploration to do, that's something that's not new for psychologists, but I think that that's also something that can become more and more of a cultural ability: we can look at the fact that, when we have interpersonal relations—we have relations with different people in our life—that we become more aware how often we present our movie script to each other.

And what I'm saying by that is that, when we meet people, for example, in a certain context, there are certain people that recreate themselves—we all recreate ourselves—in a way, a certain place in society. Or in a group context. Or in a social context. And, until we really integrate those aspects into an emergent relation with the world, as long as it's fixed in me, I will need to play that role in the social context.

And that we see, when we meet people, that there's a lot of energy that's being transferred, all the time. And sometimes I'm aware of that, sometimes I might not be aware of that. I might, for example, say, "Oh, that's a person that I rather don't meet when I walk in my company or when I'm in a group setting, or when I see my neighbor. Maybe, that person—I rather take the other way, because when I meet that person, I don't like to have a contact with that person."

And to be more aware how that lands in me, how deep that lands in me, and what kind of movie script somebody hands over to me, that I start reading.

[01:30:00]

Because, I think, we shouldn't forget that we appear in each others' lives. So, I appear on your screen, and you appear on my screen. And that's what we call a relation.

But how clear that screen is where we arise on, is a very interesting question. So, the energy of one person transfers energy and the energy of that other person transfers energy, and we arise in each other's movie. And I think it's very important, whenever we meet people, when we already are able to walk around with a body with eyes all over, that I can see that my body actually receives a lot of information every moment.

And sometimes I'm aware of that, and sometimes I might be reactive because I'm not aware of that. And then I play a part in somebody else's movie, and then the person says, "You see? It's true." For example, somebody has this experience that people don't want to do exercises with that person in the group. And the person, also in life, feels more isolated. And then people, when we get up in the group and we look for a participant, we see that participant but somehow we decide to go somewhere else. And we tell each other, "Ah, it's more interesting over there. Oh, I want to do that exercise with a person where I feel there is more clarity."

But that we sometimes might not be aware that we actually already played a part in someone else's movie. And, I think, the more, as a culture, we not only unlock the givens but we also unlock how we present each other's movie script, and we, without awareness, we play a part in that.

With awareness, we actually have the capacity to re-write that movie script. And I have seen many situations where that movie script has been re-written, and somebody else's life has changed. Because the actor doesn't do where we can say, "You see? It's true." "You see? It's true. People don't see me."

And I'm very much interested in the cultural application. What does it mean if that becomes more and more of a cultural capacity, to illuminate a transference—the energy that we transfer between each other—and then we say, "Oh, I feel like this. I made the choice to go over there." Sometimes we are not so sure if this was really our choice, or if you are already playing a part in somebody else's movie.

And so a beautiful practice, I believe, is that whenever we meet people and we already practice an inner awareness, that we also are aware, especially in the first seconds of a meeting, what actually happens in me in this 3 sync. My mental, emotional, and physical experience is a resonance body for the world, and the more I practice it, which we do here a lot, that actually becomes a very sensitive, alive, and refined tool to express myself, but also to receive the world. So, it's the generosity of expression—that's my participation. The more I'm synchronized in myself, there is the generosity of participation, and that's one message. And not participate is one message.

But also, when I receive the world, all the millions of antennas of my body-mind, like the high refined sensitivity of the subtle field, shows me a lot of information about my environment. Of course, also about myself in the interior, but the same thing is also in the exterior. That there is a lot of information that every moment gets transacted, and it's really fun to play with this.

[01:35:00]

So when I play with my 'eyes all over the body', that's an interesting function. Because, if I'm not aware of this, I might call it, "Yeah, there I took on a lot of negative energy from my environment." And we hear this in spiritual fields very often: when people say, "I took on a lot of negative information or energy from my environment,"—and that usually means that I haven't been fully aware of the process of transference, and of my own resonance patterns that started to resonate, unconscious patterns that resonate with my environment.

So, I think, that's enough for today. Next time we will continue. And, yeah, practice—we said already.

Host: And that concludes Session 11 of The Course in Mystical Principles, Part 3.

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