

**Saturday, April 6, 2024 on InsightTimer.com**

*The Inner Path of Light that Begins and Ends in the Divine*

First Key Lesson: Anytime you feel the need to stand in the healing Light of the Divine - and then act to honor that wish - you will realize a miracle: you'll see that you are already in it.

Second Key Lesson: Real self-acceptance is a very dynamic spiritual state of conscious non-interference with whatever is revealed within us moment to moment, including whatever experience of self is created by that interaction...

...and then allowing that same sense of self to disappear as it will...the light of (self-acceptance) is to be a silent witness to every impression that comes and goes, without identification.

Raw Transcript:

It is kind of fun to see people log in and realize that we are in different places all over the world and actually in what we would call different time zones. And yet here we are joining together in a, if not just in the wish to understand ourselves and our lives better, but a willingness to put together and remember that we have a, another kind of body, not this lump of flesh soon to pass from this earth, but one that is, was often spoken about that has eyes to see and ears to hear. There isn't a scripture anywhere in the world that doesn't discuss or otherwise describe that within us dwells another order of being, another kind of mind, another order of mind, not apart from the body that we have, but that that body and our sensations, all of that is part of that other and higher body. And we're gonna look at that a little bit today. So another few seconds and we'll get going. I have a couple of stories and two essential key lessons. So if you've never joined me before, when we post these key lessons and I ask Kate to do it, it'll appear on the it chat board here. Please don't post during those moments. But other than that, if you, If an as you see or sense that you're in agreement with what we're talking about, it's always nice to go ahead and put a little check box in there just to let me know that I'm actually still connected to the web. Our subject today is about light. So let me get started. Here's the first story. Here's a, a young monk, a disciple of a master in whatever lineage you wish, who frankly speaking, not unlike ourselves, just doesn't get it. And by that I mean, and I hope that you'll follow and, and, and have the corresponding experience so that we're all in the same place. Here he is and he has this vast knowledge of the scriptures. Read them all. He can quote his teacher or teachings as, uh, at will anytime a moment comes up within a few, uh, heartbeats, he's able to recall from his memory all of the appropriate lessons that are connected to it. And yet, after years and years and years of first being proud of his possession of psychological spiritual knowledge, he begins to realize that in spite of all that he knows he's quite powerless in that moment where that pain appears. And in spite of him gradually recognizing that his knowledge is adding up to essentially nothing, if not a form of torment. Because what good is it for me to know everything in the world, but when suddenly I'm in the face of someone who's arguing with me or life is challenging, what I believe is true, all I know to do is to fall back into thought. I want that picture in your mind for just a second. It's not our topic today. It might be for next Saturday. When a moment comes and it challenges us, what do we do? We fall back into thought. We fall back into the past. That's what thought is. That's what ideas are. And in truth, that's even what imagination is. So that the only way we know to meet what is suddenly in front of us is to fall back. And what we're falling back into is the psychological organism, the construct of an unconscious nature that's actually responsible for what we're meeting in that moment and feeling challenged by what it had created to save itself the last time. It was in such a moment. So here's our, our, our young monk, our young disciple. So then one day, and he's dreaded it, sun rises, it's beautiful, cloudless sky, 75 degrees, everything in that valley where he and the school live is, is illuminated. He goes to the master and begs for a conversation with him. And the master knows way in advance of what the disciples are gonna ask. Because the truth is every, every disciple asks the same question. They just ask it in different ways. And the master says, come on, let's go for a walk, But let me know, let's go for a walk. Then you can pose your question. Let's just get out. So they go for a long walk, a really long walk. And at a certain point they come to a place in the valley where the disciple had never been before. And right there in front of them is this large long deep cave. So deep that when you look into it, a little light penetrates the surface, but you can't see beyond that. And the master says to the disciple, I want you to go in there and bring me back some light. And the disciple says, but I didn't ask. Well, what is it you wanna know? Well, I wanna know why it is that in the moment where I need understanding, I don't have it. And the understanding I do have is inappropriate. It doesn't deal with whatever the darkness is that I'm experiencing. I don't know what to do. Master said, that's why I'm asking you to do what I'm asking you to do. I want you to go into that cave and I want you to bring back from the very back of it, I want you to go find the light that's in there and bring it to me. Master, there's, please answer my question. I'll do anything, but don't send me in there Besides what, how am I gonna find the light in the back of a cave? Master says, do you want your question answered or not? Okay, so the disciple does is the master asks you go back to the back of the cave pitch black can barely find his way, finds his way back out, says master. There was no light in there for me to find. Go look again. Why do I have to go again? Boy, I'll tell you what, go look again if you want me to help you, go get some light outta that cave. Three times in and out master sends the disciple. Finally, the disciple walks out. He says, master, I don't understand. I've done, as you've asked three times and three times at the back of the cave. There is no light back There. What is it that you're asking of me? Master says, I'm asking you to see what you do not see. Yet I'm asking you to see that there is no light in knowledge, there is no light in beliefs, there is no light in opinions. And the part of you that believes they do have light in them does not understand how the divine works. I i kind of understand what you're asking, but, but you haven't asked, answered my question. Master, where am I to find this light? Master looks at him and says, in what? Are you standing? Even as we speak now, in case that isn't clear, were they not outside on a perfectly sunlit day light everywhere. So here's this disciple saying, where do I find light? And what he's looking for is what he's imagined will rescue him from his sense of being incomplete, lost, angry, frightened. And the master tells him, go get light out of the cave. There is no light. Steve Deco, Sorry guys. Shoulda Turned this off. There's No light in this sleeping mind with all of the things that it imagines will rescue it. In fact, it is because it imagines it needs rescue that it first creates the light that will save it from the darkness that it has imagined itself into and lives in. So the student, the disciple is out in the light. He can't see. First story comes to a close. Katie, let's bring up the first key lesson. Read along with me. Anytime you feel the need to stand in the healing light of the divine and then act to honor that wish you will realize a miracle. And the miracle is you'll see that you are already in it. Anytime you feel the need to stand in the light of the divine and then act to honor that wish, which is what this talk is going to be about. You will realize a miracle, you'll see that you're already in it. The disciple didn't understand that the master was trying to show him. Light is everywhere. You are standing in the light as you ask, where do I find it? You and I are here to discover that every time we go looking for the light, we fail to see that we are standing in it. That we're living from an unconscious part of ourselves that does not see it is already itself, not just part of the light, but that the light is its life. And I will show this to you if you'll be patient. Our subject today is light. Our subject today is light. Now don't get ahead of me. Let's start right at the beginning. There is a light, as the master was showing the student by which we see the world around us. I live up here on a small, on a little house on top of a and by the light that is breaking through the clouds right now, I can see the advent of spring. There's all this new green breaking out leaves aren't formed yet. They're, they're nascent. I can see the trees. And because of the leaves that are starting to move out, the light now creates a distinction in dimension. So that rather than just a bear tree, there's the awareness of that which is growing on the leaves. So that that light produces, if you will, by its frequency, a capacity for us to see forms that ordinarily we wouldn't see. That's what light does. Light enters into the darkness. Matter is darkness. And entering into that darkness, it activates what is in that darkness so that that leaf can begin to produce the food that feeds the tree. And at the same time that it, the leaf takes in the food, the light, the energy, which is a form of light, uh, That leaf, uh, uh, uh, ab absorb some and, uh, resists the rest. And it is because the leaf resists some of that light that suddenly we can see by that light, the color and the form of the leaf. Now we should be able to understand that and a little deeper just because I, I I need to. What is that light acting on when it strikes that leaf other than a form of itself? There is nothing in existence, no matter exists that isn't energy. Only when light becomes matter, that light is congealed. It becomes something solid in a manner of speaking. Although nothing is solid the way we see it so that the light of the sun acts on the light of the sun, the light of the stars acts on all of the things that have been made from stars. And when the light of the star or the sun enters into what has been made from the sun and the stars, that light actuates activates the latent light in that matter, stirring it. And in the stirring of that matter, by the light entering into itself in another form, suddenly that darkness is given something that actuates its possibilities. So there is that kind of light revealing color forms space between them. The light that nourishes the light that energizes, how about the light that reveals that dust in the, in the room at a certain angle or the, the spots on the windows. You don't see it until the light hits a certain angle and all of a sudden that which is concealed in the physical world is revealed by the light. Please, do you see this with me? Yes or no? So I know if I can go on. And then there is a light by which we see what seems to be in perpetual darkness. And then there is a light by which we see for now what seems to be in perpetual darkness. The darkness that knows not the light that dwells within it, even though that light reveals to the darkness what isn't in it. Now this is a key idea, releasing it from the captivity of being unknown. I know that's out of the clear blue, but try to get it Here. Here I am. I don't know that I'm walking around this conditioned man, this conditioned woman because in the darkness of this unconscious nature that isn't just mine or yours, but is a collection over, over millennia of every form that was ever brought into existence and identified with so that all of these, um, conditioned states of self live in this unconscious mind. And then the light comes into it. Now that, that, that anger that I don't know is there, it, it doesn't know it's there until suddenly something stirs the matter of itself. And then boom, what was unknown to itself becomes known to itself. It doesn't dawn on us that everything wants to be known. And not only does everything want to be known, but it is always being known. We're just outside of this loop of relationship that awareness brings about awareness is a form of light. We get this light outside. We can almost understand to some extent that there is, uh, this, this relationship between light and matter. Nothing is, nothing can be created. Energy cannot be created or destroyed, only transformed. So there is a ceaseless circle of transformation, but we don't understand anything about transfiguration. We don't understand anything about what happens when this light that we see all around us, That we begin to realize that the light we see around us is itself a form of awareness. Making what is unknown outside known so that suddenly you, you know the experience, don't you? A light went off, boom. An addict lives in the darkness of his or her own, own addiction and then a light goes off and they see that what they look to make them powerful, renders them powerless. A light goes off, A person can't understand why people don't want to be around them. And one day a light goes off and they see how they're always begging for approval. And in that moment, it's not fun. It's not what the person wants, but they realize I have been complicit in the very conflict that I blame on others. A light goes off. And when that light goes off, the man or woman sees what they could not see before. And what they could not see before was this unconscious nature and the way in which it was directing and delivering them into the hands of something that could never free itself because it was capturing itself with every action of thought and imagination. So a light goes off suddenly I know a bigger picture. Certainly you understand that. And in that bigger picture, I see more of what was unknown. I don't see all of what is unknown, but I'm given a hint that there is something in the darkness of myself that I don't know, and that I need another kind of light to bring into myself in order to reveal what is concealed so that a healing can take place. And gradually this integration that we all long for, to complete us To. So the point being that there is in fact a light that lives within us and that is all around us, and that ready for the leap. And that just as light from the sun, the energy enters into the kernel of corn that lies in the, in the dark earth and resurrects that kernel and brings it out of it. The life light resurrects, light resurrects the sleeping soul, life resurrects, light resurrects that which lives as did lazareth. The story of Lazarus in the tomb. What do you think that's about? The soul is entombed in the past, in time in thought and time and thought and imagination creates the fear that in turn we look to the time to save us from it, believing that the time we see, we see in the light of a new life. When it isn't a new life, we see we're looking at an old life, recreate itself, reincarnate itself. And that's what the living light, that's what this awareness brings about a light that like the light from the sun has come to awaken itself in the seed of that corn so that the journey can be continuous. A light that stirs itself awake So hard to understand. This is why stories and parables throughout time have been so incredibly important because it's in the awakening. It is in the stirring that that which is latent and doesn't know that it's lying. There latent is moved from its passive state into a new activity that is the fulfillment of its purpose in that moment. So light awakens, light love, awakens love. How are we to understand this and what is, how do we apply this? So next story, the king goes to his daughter who will soon be the queen, knowing she has to go through certain preparation. And he says to his daughter, you're coming of age and you need to, there are certain things the kingdom needs. Your mother went through this. I went through this, your mother and father before us, the king and queen representing wisdom, strength, goodness, the divine. He says, I need you to do something. I need you to retrieve the diamond of everlasting light that was stolen from the kingdom and stashed away in this endless cave of darkness. I need you to go in there and I want you to get that diamond of everlasting light, and I want you to bring it back so we can set it here in the throne room that its light can radiate all through this kingdom and all the others that are willing to, um, see by its light. You want me to go into the endless cave of darkness? I mean, if the end endless, how am I supposed to go into the endless cave of darkness? And he, and he says, don't worry. Don't worry, sweetheart. And and he hands her a candle about that big. He says, take this with you and when you need it, just light it and it'll show you the way. Now, she's pretty full of doubt at this point because what has this little candle got to do with making it all the way through this endless cave of darkness? But she's also the, the daughter of the king. You are the children of the divine. We are the children. Don't, please don't God help you from sentimental, that God help you from finding consolation in that idea. You don't know what it means to be the children of God. You can't be the child of, of, of a king or a queen without the responsibilities of the kingdom themselves on your shoulders. We don't understand the responsibility of the true kingdom in which we live. You. And I believe the kingdom in which we live is the one we've imagined. And that the one in our mother and father imagined in spite of their grief and pain and that somehow we will have a different outcome from the kingdom we've imagined all kingdoms imagined end the same way. So she, she, she understands her father wouldn't ask. She takes the little candle. Off she goes. She enters into the cave of endless darkness. Now for the first couple hundred yards, you can understand the light penetrates just like it did in our first story, but at a certain point it does come to an end. And so she lights the little candle in the darkness there and she looks around and she can see somewhere in the distance left and right, little red eyes, all kinds of strange noises, which is terrifying. But she walks on with her little candle and she walks on and little by little, that little candle, you know what it's doing. It's getting smaller and smaller until there's barely a stub for her to hang onto that isn't burning her fingers. Now what's the parallel? We learn a certain idea. We have a certain principle we want, we, we, we feel with great depth the truth of something and we want to walk with it. I understand the idea that he prepares a feast and the presence of my enemies, that I'm able something is me, is able to use the very thing that seems set against me to prove that there is nothing outside of me to be against me. We get these ideas, but then the little candle goes out just like the first story had all the understanding in the world, but it was never of service in the moment when it was needed. Candle goes out, now she's deep in the cave, and this is a true story spiritually speaking, there's no way back how she can find her way back. She has no light to get back by all the twists and turns in that cave. And she has no light to go forward. She's filled with despair, as will every aspirant be when they realize that they don't have the light they need in the moment where the darkness has come and that what they've always called on that little light they had, it's not there with them. She slumps to the ground. And as she's slumped to the ground, she's, she's sitting there with despair. And you know how sometimes the hands move involuntarily as her hands are moving involuntarily. She stumbles on a rock now that everything in the cave is no rock, just a rock. And her other hand, right hand stumbles on a rock, left hand stumbles on a rock, And it attracts her attention for a second. And a thought comes to her. She didn't give herself the thought. It comes to her. And by the way, it comes to her from the king and queen, her center in the cave. And the thought that comes is, I wonder. And she takes these two rocks and she strikes them. And when she strikes them, what do you think happens? A spark? Not much, but a spark. And when the spark is there for a split second, everything around her is what to illuminated, strikes it again, a flash she can see. And then she thinks to herself, you know, he gave me this candle, it's gone, but I I have this. It's not the same, but I I can, I can do this. So now she has to be a little more active, doesn't she? She walks five feet, strikes the stones, illumination the creatures back off. And she does this for as long as it takes until little by little, by little, again, a necessary stage in the journey. What happens when you crash these two rocks together for a long time to produce this spark, this momentary illumination, this split second where I see where I am, what I am, I see what's around me. What happens? The the rock begins to crumble and, and soon she's left with no rock at all. And she's deeper in the cave than ever before. Call it the dark night in the cave again. She falls to the ground only this time in the, in the deeper despair because she, she thinks to herself, well, maybe I can find some more rocks and no rocks, nothing, no candle, nothing. And she was overwhelmed. Why would my father send me on this journey into this cave of endless darkness to find what he called the diamond of everlasting light? I'm never gonna find it. The wizard has won. She closes her eyes and almost passes out. That's how strong it is. And even though the strength of that anxiety and fear is that strong meeting it at the same moment is an understanding that again, she did not call on. It was there that her father had sent her to do this. Father. It sent her on a journey into a, a place of darkness. She closes her eyes, her head drops, she almost falls asleep. And she has no idea for how long that takes place. But then when she opens her eyes, At first she's kind of stunned because it seems to her as if the cave walls themselves have a glow. And as her eyes adjust further to the darkness, she realizes there is light in this cave. It seemed to be coming from the walls, but you, you can't say that altogether. Now parallel, if you ever get into bed at night and you lay there long enough, your eyes will begin to adjust to the darkness. You're in the parallel here is this, this, this princess begins to understand what her father had sent her to understand that in, in her willingness to walk on what she discovered, that the diamond of everlasting light wasn't something to be found inside of the cave. That the diamond of everlasting light dwells in the endless cave of darkness. The light dwelleth in the darkness, the darkness comprehend it not. And that only by entering into that condition and willingly understanding that I must do what I know is true instead of living from the fear that's telling me the truth is this is the end of the journey. She sat there and lo and behold was awakened within her what her father and mother had sent her there to discover that there's no diamond of everlasting light outside of you. What you look for has never been outside of you. In fact, looking outside of you is a form of darkness, believing that something's gonna come or you're gonna become X, Y, or Z as imagined. That is the darkness calling itself the light by shining some point in time that if you can just reach, there will be this, this, this brilliant moment in your spiritual life. No such moment exists that the mind imagines, she understood that her father wanted her to know that there is another kind of light. That's why for as long as enlightened human beings have been on this planet trying to speak of these things, it can't be spoken. It can only be pointed at, it can only be illustrated through ideas that are intended to reveal light. But no idea in and of itself can reveal the light. The idea defines the idea by definition is matter. All of the things that appear in the mind, that the mind grasps are forms. And we grasp at forms as if they are the light, they are not. And the task for us aspires is to realize that. And then to begin to understand as above, so below, here's all of this light. And the light comes down and the light enters into the forms and it resurrects the forms by actuating the seed inside of the form so that everything on this planet is constantly reborn, resurrected. You and I are intended to allow another kind of light that the exterior light simply represents in all of its relationships to bring us into a similar relationship. Understanding that within us there is this seed of the soul. There is something that has been put in us that is divine. But in order for the divine to awaken for the soul, the nascent soul, to begin to assume its true responsibility in relationship to the spirit that gave it birth, that light has to enter into it. And that's where we don't understand. And now I'm gonna talk about how we can understand that. I'm gonna ask Kate to put up a special key lesson. Please do not pose while it's being written. And then we will talk about it for a couple minutes and hopefully we'll have a moment or two for an interaction. Ready when you are Kate. Real self-acceptance is a very dynamic spiritual state of conscious non interference with whatever is revealed within us moment to moment, including whatever experience of self is created by that interaction. And then allowing that same sense of self to disappear as it will in this light of self-acceptance. To be a silent witness to every impression that comes and goes without identification. The light of real self-awareness is inseparable from real self-acceptance. The light of self-awareness is inseparable from real self-acceptance. And again, self-acceptance is a dynamic spiritual state of non interference, of not judging, of not resisting whatever is revealed in us moment to moment, including the experience of what it is like to be me, to be you. When suddenly here comes this experience of, oh God, what is gonna happen? I'm not prepared, I'm inadequate. Look at what a terrible person. I look at the anger, look at the fear. Wait, I'm not supposed to be angry or fear. And then the angry, fearful mind calls on what it calls the light to save itself. Who and what you are does not need to be saved by anything the mind will ever imagine in truth. Who and what you are was saved the moment that it came into existence because it's already a part of love. It's already a part of light to accept myself self weak, angry, nervous, uncertain. It isn't to believe there's some curse. And now I have to live in this state. It is to understand that the light of love, the light of God itself has come into this dark consciousness in which dwells these opposing forces. And it's moving them. It's stirring them so that not only do they become aware of themselves, but their awareness of themselves as inseparable from the light of my awareness of their existence. And then to allow them to do what they are meant to do when they have been actuated. Imagine a kernel of corn being stirred and then something seemingly apart from itself says, wait a minute, that's moving in the wrong direction. Hold on. That's painful. That's not supposed to be there. Oh God, I'm in the darkness. I, I'm being moved, moved to what I can't see. I better huddle up. Imagine that for a moment. And then you understand what it is that this mind of ours is always doing, every single second that something comes in to stir us. And rather than allowing the light to stir and resurrect, to bring out of the darkness that which is unknown to itself, to let it become known, but not by someone who says, I'm this or I'm that. To become known, meaning to be revealed and to accept that revelation without interfering with it. So that literally in that moment, as is the kernel of corn, I am defenseless. I am totally vulnerable. I have no future. I have no past. There's only this movement within myself revealing to myself the content and quality of this consciousness that's asleep to itself. And then allow all of that to take place, whatever the experience is of that self. Not to go, oh, I shouldn't be like this, or, oh, isn't that great. But to completely stay outside of it and allow that interaction to do what it will, which is to produce a certain sense of self, a certain experience. But to realize the experience of that interaction isn't who and what you are. It is a momentary expression of the totality of yourself and that allow it to appear in the disappear. Just as the kernel of corn appears and becomes something else. And the husk is cast off. So that in this form of self-acceptance, which is to not interfere, one becomes a silent witness to every impression that comes and goes without identifying with it. That's freedom. You're no longer a thorn in your own side. I like, I like that, Philip. That's exactly right. There is a teacher that dwelleth in the student and the student comprehend if it not, that's pretty precise that that's what we're talking about. Imagine the student presuming to be the master. We are. We are all at once brought into a world that has light, but that is shaded by darkness. And at the same time we are, we are a light that dwells in an unconscious nature that fears being revealed and yet seeks the constellation of being able to know itself. So it's a constant stirring self-awareness is self-acceptance. Self-acceptance is non interference with what is revealed in consciousness. What is revealed in consciousness has the sole purpose of bringing into the heart and mind willing to have that experience. This, this, this revelation of what is immortal, eternal, and divine. Learn to love the light in every one of its forms. Our hero, our heroin in the story Hitting the rocks. A moment I see then I'm in the dark again. I see, no, I'm in the dark again. I see no, I'm in the dark again. And all of these things described in time are a simultaneous experience, including what happens when the candle goes out and there's no more candle, when there's no more rocks to strike. Because you begin to understand the futility of trying to have some impression or think your way through the darkness. And when all of that comes to pass and you and you die to yourself, to the extent that's understood, lo and behold another set of eyes open and you realize the journey has always been back into yourself. To discover that yourself is what you've been looking for all along.