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The Way of the Mystic

by Dr. John Walker

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The Awakening of Awareness

You can start experiencing complete peace and spiritual happiness right now. You have the means within you already of realizing the Presence of God without limitation. You can also increase your awareness of that Presence in everyone and everything around you, leading to a life of love, oneness, appreciation, calmness, exuberance, and fulfillment. And it will not cost you a thing, since real spirituality must be free and available to everyone.

This means, therefore, that you get to put away all your fears and limitations. You do not have to be afraid of a God that punishes, of not getting into heaven, of excommunication here on earth, or of any other scare tactic used as a control measure over you. You do not need secret rites, absolutions, special clothing, required meetings, self-denial, suffering, or all the other things that people have thought of to limit you in this life and to limit the influence of God. Those actions just reflect human thinking. To the contrary, you can become aware in yourself of the true love, joy, and peace of God, and begin to experience them starting today.

If you are ready for this awakening of spiritual enlightenment, read on, always feeling free to accept or reject any or all of what is here, knowing that you are on your own path that will ultimately lead to God anyway, regardless of whether you use these methods or others. What is here is merely a possible short-cut, a way of arranging a field of propensity for spiritual advancement now rather than later for those who are ready. If this seems right to you, relax and enjoy this exciting journey. If it does not, there may yet be experiences that you must have on your present path before you get to the point dealt with here, and we do not want to interfere with the process. Enjoy that journey instead.

What is the key point of this book?

What we say here is that you can be a certain type of person among us that is referred to as a "mystical person." This does not mean mysterious or magical. The word "mystical" is commonly accepted as having to do with two things: achieving a spiritual reality other than through the intelligence or the senses; and having direct communion with God. The mystical person we are defining just realizes God as being in, through, and as everyone and everything in life; and receives truth through intuition directly from the Source once the ego and its limitations are put aside. That is pretty much it. Being a mystical person is an experiential thing, an opening of the awareness, not subject to explanation, logic, dogmas or any limitations. It is beyond them all. It cannot be adequately described or taught in these few pages, but an awareness of it can be presented so that the interested reader can see ways to go about getting the experience personally.

The result can be a life of pure joy, peace, love, and excitement, even to the point of feeling the Peace of God, which is so awesome that the person is never quite the same after sensing just a tiny bit of it. Again, if this would be an exciting thing in your life, and you feel that achieving this experience might be part of your present pathway, then read on. If it mightn't, just remember that your own pathway will eventually lead to an awareness of God after the various earthly experiences and feelings of separation (duality) have been experienced, and that you are just fine where you are. Your awareness will open into the same level eventually, regardless of the paths you take. What we have in these pages is a guide to rising in consciousness right now, instead of waiting for a later opportunity.

Aren't we God's highest creation already?

Well, we need to be blunt about this. We humans still like to think that we form the center of the universe and are the crowning achievement of God's creation. We now know that the earth is not flat with all the heavens rotating around it, as ancient people thought, but we still like to think that spiritually we are the center of everything. Actually, we live in the solar system of a middle-aged, unremarkable star off to the edge of the huge Milky Way Galaxy. We are certainly not the center of focus of the solar system nor of the galaxy, much less of the universe. In fact, there are some 200 billion stars in just our galaxy, and there seem to be some 125 billion galaxies in the known universe. So if our galaxy is an average size, then let's calculate that there might be 200 billion times 125 billion or some 25,000,000,000,000,000 stars out there. Now, if only one in a million has planets, that means that maybe 25,000,000,000,000 have planets. If each has an average of five planets, then there are 125,000,000,000,000 planets represented. If only one in a million of those planets has intelligent life, then there are still 125,000,000 (that's one hundred twenty-five million) planets with intelligent life. From where do so many of us get the idea that we are the only smart ones and are therefore the apple of God's eye? We have to see that there is a lot more out there than just us with our little problems, limited knowledge, and our destructive social relationships. The only answer is that All is God, and our real fulfillment comes from becoming aware of this great principle, thus uniting with God and with the whole universe in a total Oneness, finding the peace and happiness that the Presence of God brings to everything that exists.

Now, the numbers above are just a start. It should be added that some scientists are suspecting what many New Thought people have known for some time: that there are parallel universes, possibly existing right next to each other, so that the possibilities of other life grow even larger. Plus scientists estimate that a large amount of what is "out there" is so-called "dark matter," about which we know very little, so all we presently see or sense is just a tiny, tiny part of the physical manifestations of the universe. And, as one more point, we are only talking about tangible things that we can see or measure, energy that has taken the form of and to which we refer as "matter," although there is almost no actual matter in the universe, everything really being energy. Scientists are now estimating that 75% of what is out there in the universe is what they call "dark energy," about which we know next to nothing. So we really have no concept of how much energy is in existence, what forms it takes, and what intelligent life is out there. Of course, when we get into the subject of intelligence, we see that cells, bacteria, and even subatomic particles such as photons exhibit intelligence, as experiments in quantum physics have shown. Then, to carry things even further, we will see in the short discussion later of the string theory that we and everything else in form are all at least eleven-dimensional beings, rather than just the three dimensions plus time in which we are trying to make discoveries in the scientific world, a finding that vastly increases the complexity of Truth in the universe.

All this means that we have barely a glimmer about what Reality is. And yet churches and thinkers go merrily (or drearily) along creating glib explanations of life according to their particular narrow dogmas that members are required to believe and to practice or they will go to "Hell," a concept that keeps people in a state of perpetual fear instead of letting them enjoy the happiness and fullness of life that are available to everyone right now. So let's carry the bluntness farther: no one on earth has the knowledge to instruct, control, or threaten anyone else in matters of religion; the best guides (and these pages are only a guide) can only point the way and help us open up so we can become aware of who we really are and what Spirituality really is. It may be a little startling to realize, as we shall see suggested in these pages, that our unity with God is already within us; only our egos and feelings of separateness and superiority keep us from experiencing our true spiritual natures.

So what should we do?

This is the key question. To where can we go to find truth, the information we need to explain such things as why we are here on this planet, what we are to accomplish, to where do we go afterward, and what our relationships can be? The way has been known to a few people on the earth all along, and it is available to more of us now that the level of consciousness on the earth is rising out of the destructive zone into an accepting and even a seeking zone.

The best way is to turn directly to God.

When we are able to do that, the enlightenment that we need and are ready for will progressively open up to us as we become more and more aware that it already exists as part of us. In the following pages, we will see concepts that can help us become aware of the spiritual strength already within us as well as suggestions for raising our levels of consciousness, no matter where we are spiritually at this moment.

We will have a chapter each to look at the following aspects:

The Nature of God

Who we are not

Who we are

Healing

The Mystical Person



Aspects of God

To start off, let us look at some of the aspects of God.

God is All that Is, the Totality, the Completeness, the Ultimate Source of Power and Creativity and Energy throughout all the Universes and beyond. Nothing exists other than God, and everything we think we see or sense is only a manifestation of the One. The hugeness of all the galaxies and space, the operations of physics, chemistry, and math in our earthly realm, and the fantastically tiny and complex subatomic world with its microscopic particles, immense forces, and perfectly-balanced operations are still a part of this One. Even materialism, schools of philosophy, wealth, health, sickness, and thoughts themselves are part of God. There is nothing that God is not.

There are no errors, no negatives, no devils or opposing powers, no failures, no problems, no suffering, nothing outside of the All-encompassing Creativity, Love, and Peace that can be experienced when the obstacles to knowing them are overcome. This is good news indeed, for it means, among other things, that all people are good and are part of God, certain to experience the Peace of the Presence as part of the experience of their existence. Let us see how this can be by looking at the three main characteristics by which enlightened humans throughout the ages have understood God: Omniscient, Omnipotent, and Omnipresent.

Omniscient

Omniscient or "all-knowing," means that God knows everything. This not only means that God is aware of every bit of information, but also that God must be the Author of all information, knowing it first-hand before others can state or can change it with their thinking. Otherwise, there would be something that, for a fraction of a second, God did not know. Knowledge is infinite and God is infinite, so God is all the knowledge that exists.

What humans do in their search for knowledge is just uncover things that have always existed in the infinity of God. For example, scientists here on earth did not invent electricity; they just discovered a phenomenon that had been there all along. Even now as we keep developing more and more uses for electricity, we still do not fully understand it. Obviously, it has always been among us in its entirety, just as God has been, but past peoples were only dimly aware of it, and even today, few understand it to any measurable degree, and no one really knows it thoroughly. But God does and always has.

Omniscience is huge and complex. It includes knowing all facts relating to everything throughout the universe whether in form or not yet in form. It involves complete knowledge concerning the operations of the largest galaxies and of the smallest subatomic realms. It means keeping track of unimaginable quantities of matter in all their changeable states, and of all energy in all states, even ones that we humans do not know of yet. And it means being party to all thoughts, opinions, inspirations, and emotions that have ever existed.

In our discussion on thoughts, we saw that they are complex just by themselves. They are related to the incredible variety and detail of each life lived on the planet and the viewpoints or opinions concerning it and everything around it. All that we humans have been exposed to, every reaction we have had, every creative idea we have come up with, every viewpoint based on each person's complex past life, every relationship we have had, and every word that has ever been said to us or that we have said are all part of the complexity of our thoughts, even the ones we think we have forgotten. And everything we now think is instantly affected by such things in our background, past experiences, physical make-up, present surroundings, and the ego-views that we and others have of us, which means that every time we repeat what we assume to be the same thought, it is instantly changed by whatever circumstances we are presently experiencing and becomes a new thought. To be Omniscient, God must have all the original thoughts first-hand in their pure states as well as all the various developments and possibilities that unfold. Thus, God's knowledge is not only the facts, but also the changing impressions, opinions, and varying versions of every thought or action that anyone ever has. And then we have to add in the thoughts of all the animals and other creatures that have ever existed on this planet, from the state of very dim awareness of the worm to highly-developed cognitive processes. We will leave out, for the moment, the conscious levels of particles and other entities that seem to us to have awareness in their actions. Then we remember that this planet is just one of countless worlds that have thinking entities on them. To be Omniscient is almost beyond comprehension.

Omnipotent

Omnipotent means "all-powerful," so God has all the power. This means all the power. There is no power anywhere that the One does not have and, therefore, there is no power of which the One is not the Source and the Totality. All the power to create everything that is seen by us and everything that is as yet unseen; all the power to keep living things alive, functioning, thinking, and developing; all the power to keep the smallest atomic particles and the largest galaxies in order and to continually create more; all the power to supply functional energy to every aspect of creation; all the power to use the immense forces, the dark matter, the dark energy, and all the immaterial things of the universe of which we as yet have little knowledge, all of this power is in and is the Self-Existent One. And, again, since we share knowledge with God since that is where all knowledge is to be found, we also share in the power of the One since that is where all power is to be found.

What does all this mean to us? It means that everything that we do as well as think is with the power of God. We do not have separate thoughts nor, therefore, do we have separate actions. All is part of God's continuing creation, growth, advancement. We are constantly going forward and there are no obstacles as there is no opposition to God. Thus there is no Satan as a separate being when such a one is thought of as having power or strength in opposition to that of God or that God does not have, which is an impossibility. There may be contrast, but there is no opposition. This means that God is only positive, creative, constructive, and dealing in the best for everyone and everything. We can have no enemies for God has no enemies. We can have no damnation or blocking of our advancement since there are no blockages to God's Power. There is no evil or anything to fear, but only opportunity for growth. There can only be peace and tranquility in the Totality of God since there is no negative opposition. There may be great forces involved such as in the creation of a solar system or galaxy, but all is in the control of God and is only for the best. Everything is One, and what may seem to be different is still a part of the Totality.

However, there is individual development within each of the manifestations of this power, such as in people or animals, This development is within both omniscience and omnipotence and is part of the infinity of creation. We all share in the Power of God if we just become aware of it. It is part of us. Just the act of creativity of life itself shows us that. Each of us, then, is in a personal stage of development right now as a part of the Totality. It is a little like looking at a picture of, say, President Lincoln that seems to be made up of a vast number of light and dark dots, each of which is actually a complete picture in itself when seen under a magnifier. Part of the nature of God includes being the sum total of all the individual manifestations of the continual creation process, which leads us to the third characteristic.

Omnipresent

Omnipresent means "being everywhere present." It can be the biggest obstacle initially to a proper understanding of God since the principle of duality is firmly established in most of us. But when grasped, omnipresence can be the biggest doorway to our fullness of spiritual growth.

The meaning of the term is that God is everywhere. This has to refer to all places throughout the universe and within each being or entity in it. There can be no place where God is not. There can be no place to which God only sends a representative or to which God comes in only partial strength. Omnipresence means wholly present everywhere. It means that there is no duality, with us "down here" and God "up there." We share in all as a part of God. God is not "in" us, a word that still implies a duality. We and everything else are "of" God, a part of the Totality. Looking at Omniscience, we cannot be thinkers thinking thoughts since that would imply a duality of thinker and thought. All is part of God and the oneness of all creation. So we see again why people are not in a state of separation from God "down here" trying to find their way back "up there." God,

being omnipresent, must be in each person, each tree, each star, right now in complete fullness. We have already seen how God is present in every thought that man has and in every aspect of power that man exerts, God being the author of those. Now we see that God is the essence of humankind itself, and is in, through, and as all things through Omnipresence.

Let us carry that a step further with an example from physics. Physicists are looking into the atom, past the protons and electrons, past the quarks and other particles that are the building blocks of the protons and neutrons, and are theorizing what is at the basis of all that exists. The thinking now is that everything that is manifest is made up of tiny one-dimensional loops called "strings," and that everything is made of the very same strings. What, then, gives the different elements their individual characteristics? It is that these strings are vibrating, with different frequencies, patterns, and amplitudes giving elements their different qualities. Since these strings are the fundamental building blocks, there can be no more fundamental entity making them vibrate this way, so the spiritual person sees right off that it is God that keeps the incredible number of strings in the universe vibrating constantly in the correct way to be the appropriate manifestation. It is also obvious that there really is no "matter" in the universe, but rather everything is energy, and God is all the power and energy that exists. Therefore, God is the complete basis of everything that is. God is the power and energy of everything that is in form or not in form, and we remember that some 70% of the energy in the universe is the "dark energy" about which we know almost nothing. We are not aware of everything, but God is aware through being All.

Now, this gives a picture much different from the ordinary view of God as an old man with a long beard sitting on a throne just beyond the dome of the heavens, surrounded by angels and various beings in worshipful attitudes and having to fight Satan all the time. This view is that of the glorified tribal chieftain that we mentioned earlier, and comes from man's innate desire to personify things. In spite of what certain scripture writers said anciently, we have to guard against trying to personify God. This view is from people of limited knowledge. God is not a tribal chief, favoring some people, punishing others, going to war against enemies and needing assistance in battles, making mistakes, having human frailties, and the like. Ancient peoples who believed in a flat earth simply could not have the grasp of the scope of God that we have today, but could only write from their limited vision, even in their symbolic and allegorical allusions. Today, we have a greater awareness of the nature of God.

Just what is Awareness?

Well, let us say something about awareness. The mind of God is Consciousness since all awareness is in it. Let us look at one meaning of the word "consciousness." When we are conscious, we are aware of our surroundings. We may be keenly aware or we may be a bit foggy, depending on the exact circumstances of the moment. In addition, we may have an awareness of higher vibrations or of lower ones, and we may feel them strongly or weakly. As an example, suppose we are listening to Joseph Silverstein play a lovely violin solo with the Utah Symphony. As the orchestra fades out in one passage and the notes of the violin climb higher and higher, filling the hall with shimmering delicacy of sound, one could ponder on the reactions of various members of the audience. Some, disliking classical music anyway, would be asleep, meaning unconscious. Others would have wandering minds, or be only vaguely aware of the sounds. Others, possibly addicted to heavy rock music, might have suffered physical hearing loss for some tones and so, even if they were present and fully awake, they would still not be able to hear many of the notes and some of the softer volume levels. These concepts of awareness of vibrations in the first place; the ability to sense higher or lower ones in the second place; and the ability to hear them whether soft or loud in the third place are what we can mean when we refer to "consciousness," and the higher spiritual levels of these concepts of awareness we can refer to as "Consciousness," with a capital letter. This is for quick identification only since ultimately everything is spiritual since everything is God.

We are already aware that lower levels of consciousness, the lower vibrations of energy, can be destructive in this life. Guilt and deep despair, for example, are very low on the vibrational scale, and can therefore lead to misery and suicide. Other low vibration levels of the consciousness can lead to illness, anxiety, anger, jealousy, destructive behaviors, and the like.

Now, this brings up right away the question of how God can be part of such thoughts as those the sexual pervert stalking an innocent young victim, or the dictator ordering the imprisonment and torture of helpless people, How can such evil concepts exist in God's mind? If God is all-powerful, why is there such suffering in the world? If God is omnipresent, is God therefore in the people who perpetrate sickening crimes the same as in the victims? Why are such things allowed to exist?

There are three answers. One is to note the fatal question: Why? That question takes us immediately into the realm of human logic and reasoning, a lower level on the scale of consciousness than that of love and peace. We cannot answer the question of why things are so since our lack of knowledge, our personal biases, and our limited perspectives give us imperfect abilities to do so. We cannot deal in God's logic when any supposed logic of ours is affected by earthly egos and ignorance, and is therefore fallacious. Let us just note that violence (as we define it) exists throughout the universe. Stars are violent, with heavy nuclear reactions, huge storms, and ejections of vast quantities of matter into space, all at temperatures that are unimaginable to us. Yet they are the foundations of much of God's creativity. Most of the planets in our solar system are hostile to any life as we know it, with temperature extremes, poisonous atmospheres, and tumultuous weather. The animal kingdom here on earth is one of constant kill-and-be-killed, eat-and-be-eaten scenarios, with violent death the norm, even in the familiar meat on our own tables. In fact, the eating of plants by peaceful animals can even be a source of suffering on the part of the plants themselves, as we are learning by studying their behaviors and feelings. But just as a visit to the dentist can seem to be a source of trauma to us until we have the realization that the dentist is a nice person and the visit is ultimately for our own good, so we have to see that the purposes of God are always for the Good. We need have no fear, regardless of what happens. We just know that the purposes of God are right and proper. The person in prison can bewail his fate, but is just as free as everyone else to develop great spiritual awareness and peace. The sun that seems so turbulent on the surface gives, at our distance from it, the right amount of warmth and energy for physical life to have the opportunity to flourish on the earth. By the same token, we may not see the reasons for much of the apparently behaviors in this physical life. We trust God, forget our limited reasoning, and just look for the good in all.

The second answer concerns our regarding potentially destructive acts and thoughts as "evil." This is a real fallacy. To label something as evil is to judge it, and we are woefully lacking in the ability to do this. To do so can lead to having one person condemning as evil something that another person regards as holy. Both can cite logical reasons and can find scriptural sources supporting their position. We humans just do not have the knowledge and openness of perspective to judge anything morally. We have to yield everything to God and know that God is All there is.

The third part of the answer comes from the key concept that is discussed often in these pages: Nothing Causes Anything. Everything just arises as part of God's total creative Nature, and although we cannot necessarily see the purpose or reason, we yield all our doubts and concerns to God and maintain ourselves in trust, love and peace.

However, we do note that higher vibrations seem to be associated with good health, cheerfulness, enthusiasm (which comes from "en theos," or filled with God), and a positive outlook. One illustration of this is psychoneuroimmunology, a big term that reflects extensive research that shows how our thoughts and levels of consciousness affect the health of the body. Constant angers, frustrations, and a combative attitude lead to suppression of the immune system and resultant illnesses of all kinds. Constant warmth, loving feelings, and positive thoughts give rise to endorphins that increase the well-being and over-all health of the body. Since God represents the highest vibrations possible, it is clear that in the Presence there is indefinable joy, warmth, and well-being, and therefore the highest levels of consciousness. Since emotions are the action arms of our feelings, God represents the highest levels possible of such emotions as love and peace. Everything in God is positive, so there are no punishments, fears, or lacks, but only a blissful oneness in indescribable beauty and joy

So what are the highest levels of Consciousness that we can strive to attain in this life? Very simple. They are those that relate the most to God. They are what we experience when we see the presence of God everywhere, when we feel only love and unity concerning all that is around us, and when we are fully aware of everyone and everything in shining perfection as manifestations of God. These levels are the highest vibrations felt intuitively as awareness is opened more and more to the nature of God, to the spiritual natures of all things, and to the overwhelming joy experienced in the Presence. All this is beyond any human definition of God, and so we just end this chapter resolving to let go of our egoistic view of the world, and instead just yield everything to God as we feel ourselves lifted to the highest levels of peace and love for everyone and everything.

Achieving this state is the ultimate aim of mystical spirituality.



Who We Are Not

An early religious expression has been: "I am a human being having a spiritual experience." New Thought people change that to: "I am a spiritual being having a human experience." That is closer to it, but there is still a long way to go in our efforts to understand ourselves. So, who are we?

Am I my body?

We are not our bodies. Primitive thinking is that the body is all there is to a person and if you kill the body, you kill the complete person. That is why some religious thinking puts great stress on bodily resurrection, since they know that all bodies die and they need to think of some way to keep the body alive since that is supposed to be the essence of the person. Actually, the body is just a machine, a physical thing that we move around that lets us talk and relate and experience things in our journey through this part of life. It is really not even a "thing," but a collection of energy that other elements such as radiation can pass through easily. It is necessary right now to bring us certain levels of achievement, but that is about all. It is made up of cells that change and renew themselves constantly, bringing different aspects of growth throughout life, so that the body is not the same from minute to minute. It is made of the same atoms that can make up a tree or a star, and new parts can be put into it from outside sources, so there is no point at which we can say that our bodies are the real "us." Who we are is the entity that moves our body around and still exists when the body dies. We can get along very well without our bodies once their functions are completed.

Therefore, there will be no resurrection, this may not be the only body you will have, and you are not going to rise anywhere physically. These are merely stories ancient people used to try to picture life after death. The idea of "rising" to the heavens to be with God, for example, is a product of the flat earth concept of "heaven" being just beyond the curving "dome" of the sky, and of the idea that God and man are separate in the first place. This latter is "duality," a concept that is the biggest obstacle blocking our awareness of our divinity. More on that later. But aren't out bodies sinful, having to be perfected so we can go to heaven and be with God for the eternities instead of suffering in hell forever? More scare stories. There is no hell, there is no devil, and a god who would create man as sinful, give him vague and contradictory information of what to do about it, and then delight in punishing him throughout the eternities for the sinfulness that was not his fault in the first place isn't worth worshipping. That view comes from primitive peoples living in tribal societies who pictured God as the glorified tribal chieftain helping some subjects who carried his favor and punishing others whom he disliked, and is a backward view of the real God. Take a look at the chapter on the nature of God to get rid of these limiting views. The body is just a thing. It will age and have problems and finally die and decay while you continue on your pathway in God's Presence. You are much more than your body.

Am I my brain, then?

Again, no. The brain is just another thing (or collection of energy) that we use. Its electro-chemical workings allow thoughts to be sorted, classified, remembered and analyzed as they relate to us (note that the thoughts are outside and relate to us, not the other way around), but that is again about all. The brain does not create thoughts, but just uses thoughts that come to it. Unfortunately, many of us allow many of the thoughts to use us through making the mistake of thinking that these thoughts are "ours." They are not. They are impartial, introduced from our surroundings, and most are of little use to us in the long run. They do allow us to relate in physical ways to others and to accomplish some things in this physical realm, but that is about it.

But isn't Thought the highest aspect of relating to God? No. As we will see later, thoughts can be limiting; many are beyond our control; they reflect imperfect knowledge and vision; they do not access the most important aspects of God; and they represent attempts to dominate or control a situation instead of yielding everything back to the Source. Indeed, one prominent religious figure wrote an extensive work on the spiritual use of thought, but is said to have admitted later that he should have put more love into it. Actually, love and acceptance should have been stressed above thought, or even instead of thought.

Also, thoughts are usually expressed as language, and thus are limited in meaning and symbolism since such aspects depend on agreement among people so all think alike. And they suppose a duality, meaning that there is a thinker thinking the thoughts, which leads to the concept of thoughts being separate entities "about" things, not the actual "being" of the thing. Reality, of course, shows that there is no such aspect as "duality" since all is one in God, and any apparent duality is from our limited perspectives and thinking. In the Presence, there is actually no need for thoughts; all thoughts exist simultaneously in the One, in God. Duality also implies linearity (one separate thought following another in a limited line of succession) and details, as opposed to one overall view and a context of complete truth. As a hint of what we will see later, it is best not to try to think of God at all, which leads to attempts to define the name from a very limited perspective, and which also fosters the idea of duality, the idea that there is a "me" thinking about a separate entity called "God." It is best to have a transcendent experience (going beyond the physical or the thinking) and lose ourselves in contemplation of Truth, Peace, Mercy, Love, and all the attributes that such a Being Is, and therefore become part of the Oneness of the Presence rather than just think about it.

Remember that people who try to deal with rationality in spiritual matters, including the rationalities in these pages, always fall short. To deal with a Law of Supply, a Law of Retribution, or whatever just keeps the person in the world of materialism. Laws are for human living; realization of the fullness of God is completely spiritual and surpasses any "laws." Thoughts and opinions are therefore generally off the intended mark since things in this world are seen from very narrow human perspectives and lacks of information. One may say, therefore, that the thoughts and opinions in these pages fall short, and they certainly do. But when people make such suggestions as these a part of themselves, guided by inner intuition from God, the words can help them find truth. To know something well, we have to be it, so although these words may have little value in themselves, if they inspire people to open their awareness and actually be the spirituality they seek, the words do hit their mark and help them find their truth in God. Then the words can be left behind as being of no more usefulness.

Am I my personality?

Well, let us look at that. Our personalities are made up of many things. They are sets of ideas that we carry around with us that identify us to others, much as how people recognize "us" when they see our faces or hear our voices. The people don't really recognize the real us, but rather their concept of us, the view that they carry around, which actually is not true since we are neither our faces nor voices nor the actions that we seem to take. Obviously, the real person is the inner person. No one knows who we are; they just carry pictures of who they themselves think we are. So our personalities seem different to each person with whom we associate. There is no universal agreement of who we are, and we can be attacked or praised for things people assume that we think or stand for, depending on their own thoughts in the matter.

But even to ourselves, most of our observable personalities are not created by us, but are made up of the opinions of parents, siblings, teachers, spiritual leaders, friends, business acquaintances, and even enemies, with some input from us from the experiences we have had and the viewpoints we would like others to have about us. None of this is really us. It is just what others think. It started in our infancy when we thought that parents and others were always right and we accepted their observations without question. When we were older, we had trouble telling truth from error through our having limited perspectives. Actually, most of the things people have told us about ourselves are lies from limited viewpoints, but we have accepted those views anyway, often basing our personalities on them. We also have tried to create ourselves in images that would look good to the world, which is more lying, and so it is difficult to know where any truth is in relation to who we are.

When we really do get in touch with ourselves as mystics, we find that what others think of us is actually of no importance. If someone does not like us, it has nothing at all to do with us. It only has to do with them and their need to dislike or criticize or jump to conclusions from their limited point of view. And if we allow their bad opinions to make us unhappy or guilty, they are manipulating us and therefore we are not in control of ourselves. Even if they do like us, it is still of little effect since who we really are inside in our spiritual Selves is not seen or affected by outside opinion, good or bad. We rarely show our real Selves in order to protect them. We play roles in society and hide behind them as if we were wearing masks. But by blocking our inner Selves from others, we also tend to block ourselves from an awareness of who we really are.

What is the role of my ego in this?

Actually, our personalities, our egos, are what keep us from recognition of our true natures. In these pages, we refer to the ego as the "self," with a small "s." This self is what we need to mesh with the world. It has a primitive "kill or be killed" aspect, a "get" aspect, a separateness, a lot of individuality, varying levels of confidence, and different competitive natures that are all needed for us to survive in this physical world. But these egos then get the idea that they are the real us and therefore try to control us, cutting us off from our real Selves (note, with a capital "S") and pretending that when they die, we die since they are the real us. Nonsense. The best thing that can happen is for our egos to fall away and allow our real Selves to emerge. We will look at this more closely in a minute.

Remember that the ego is vitally important to our existence here on earth, and is not something "evil," to be hated. Physical life requires us to judge, to get, to win out, to take care of ourselves first as opposed to others, just to survive. The problem comes when, due to our limited perspective, we assume that the ego is the real self and that there is nothing else.

The ego seeks pleasure and fun in order to keep us interested in being the persons that these collections of characteristics say that we are so that the ego can stay in control. It even lets us gain pleasure from feeling slighted, dumped on, abused and the like, allowing us to be the long-suffering innocent victims as we tell our tales of woe to others, or as we mourn the loss of a love partner or job. It is a weird payoff, and shows just how low the ego is on the scale of consciousness. It is even worse when we are taught religion from this perspective, indicating that we are fallen beings, sinful, unworthy of being with God, and the like. It is easy to get so brain-washed, when we live surrounded by these opinions of society, that we lose perspective. All of these human viewpoints fade to nothingness when we pull back and see the bigger picture of the Nature of God, but for the majority of people on the earth right now, those are the types of paths that they are on, and so we have wars over imagined slights or jealousies or greed or racial superiority or power or one religion seeking to defeat another. None of this has to do with the higher levels of consciousness where peace, harmony, joy (not just superficial pleasure), and oneness are the truth for everyone.

We like to think that we are individuals, and have free agency to think whatever we want, being the superior beings on this planet. This is the ego speaking, of course. It sees itself as separate and distinct from all others, and insists that we can make our own choices through the freedom God has given us to choose, whereas the animal does not have the awareness to do so by being lower on the scale of God's creatures. Well, a painter may cherish the ability to paint in a wide variety of colors, whereas a child paints tree trunks brown and leaves green, which may make the artist feel superior to the child, since we all know that trunks and leaves are of much more complex shadings and hues than that. However, the painter, despite the wide variety of colors on the palette, does not see that he or she is still trapped into using just certain ones, not comprehending that these are all that can be seen in this life. Our color spectrum is rather narrow. The painter actually does not have complete freedom to choose any colors that exist since the eyes and brain can only see a limited number of them. Likewise, people do not have complete knowledge in this life, but rather are bound by the limitations of present-day physical aspects. They have no awareness of it built into the bodies and minds that they are presently using, much as how color-blind people don't have the awareness of shadings and hues in the first place. We are all of God, in various stages of awareness and development, and actually are all equal in this. The animal, (whose sense of smell may be hundreds of times better than that of the human, by the way) is just as important as the human in fulfilling the assigned roles of this physical manifestation. So much for human superiority.

From where can we get the awareness, then, to break free and soar to something higher? Directly from God as intuition when we turn to the spiritual Self. It is in constant contact with God despite being covered up temporarily by the ego in this physical life. Our egos can be likened to earplugs: though vital to us in preventing damage to our physical ears by separating us from loud noises and explosions, earplugs also muffle subtle, quieter sounds, so that when we move to a realm of peace and oneness away from one of wars and conflicts, they have to be removed if we are to hear the fullness of what is around us. In like manner, when we get to remove the ego, we will find an exquisite world where we blend with others in the pleasures and sensations of being part of the peace and oneness of God, and we will wonder why we insisted on huddling in our closed-off separateness, individuality, and self-imposed deafness for so long.

Now, a point has to be made right here right now as we put ourselves in motion to develop the mystical spirituality we seek: our bodily emotions and thinking will probably still exist, so that we will not always behave according to perfect calmness, happiness, and godliness. We will still have in us varying amounts of the ego with its pride, meanness, superficiality, materialism, and the like that we will probably still need to keep us functioning in this physical world for the time being. If we get too much of a glimpse of the divine beauties of the Presence of God, we might very well stop this bodily functioning. We might stop eating or working or relating to others or caring for our health or having any desire to keep getting up and going out into the world with its constant fights, limits, and problems, preferring instead to bask continually in the incredible release and bliss that the Presence opens in us. Now, if our path is taking us to this point, then all happiness and joy to us! But our path may also lead us to staying here and helping others for a while after we have achieved more enlightenment, which is just fine too, for we are then engaged in the noble cause of serving others. Just know that you probably will not walk around all the time with a beautiful smile on your face and perfect love and peace in your heart. Just feel free to withdraw into yourself at times and renew your oneness with God in ways such as those that will be shown you in these pages so that you can continue your spiritual growth without any feelings of guilt or fear of falling short.

Let us see from where this comes physically. The four key forces that operate in the subatomic world are electromagnetism, gravity, the strong force (that holds atoms together), and the weak force (that gives decay). We find on extension that the universe is made up of these same four. So these energy fields have great effects on how the subatomic particles relate to each other, and therefore great effects on how humans react to each other. We grow as we maximize the effects of strong forces in our lives, but we weaken when we focus on the weakening forces. We note that extensive testing has identified such aspects as love, compassion, positive thoughts, admiration, kindness, and forgiveness as being strong energy fields that, in turn, give us the possibility of strength. We see that anger, vengeance, sickness, despair and other such destructive concepts can give rise to weakness. The latter characteristics are very typical of the physical world of the ego, whereas the former are elements of higher consciousness and even divinity. The former, then, are the ones we need to cultivate in our journey of enlightenment, but the trick is that they are already within us just waiting to be recognized as who we really are in our spiritual Selves. We just need to become aware of them and keep them as us.

Well, am I my thoughts, then?

You may easily say: "Since Thought in abstract is a higher form of energy than egoistic actions, are my thoughts the real me?" Oh my, no. In the first place, they are not "your" thoughts. Thoughts are impersonal. You have some of them going through your mind according to the personality that you assume that you have, but they can go through the minds of other people too. And most of them are idle, useless chatter, made up of opinions, judgments, criticisms, guilt, suppositions, base desires, things to do today, things I should have done yesterday, what others think of me, what I have to do to look good in the world, what I have to do to earn a living to keep this body alive, and so forth. Now, it is granted that all thoughts are of God and are necessary at different times, but some, like these, are usually a far cry from thoughts relating to the highest levels of consciousness.

There was an article in a church newspaper many years ago telling of an experiment in which tape recorders were hidden throughout the houses of some of the members, set to record all conversations between 4pm and 8pm, the times of greatest interaction among family members. Everyone knew they were there, and even answered a questionnaire beforehand in which they admitted that they expected 50% of their interactions to be negative. But as weeks went on, they forgot about the recorders and just behaved normally. Analyses of the conversations showed that a shocking 80% of the interactions were negative. Even among church people, the thoughts were rarely those of the highest levels of consciousness. We have a long way to go in raising our thinking levels.

Don't thoughts cause things to happen?

Nothing causes anything to happen, as we stress over and over in these pages. We will see how this is so later. Now, In some churches, we are told that our minds share in God's Mind, and that we can control that Mind to get the things we want, such as money or healings. We are also told that we can do that type of prayer for others to accomplish these things. Other people tout the Law of Attraction as a way to attract all the money or fame that is wanted. The idea is that both we and God have both a conscious mind that creates and an unconscious mind that carries out, and that as we plant ideas in our own minds, they are planted in the mind of God through oneness and therefore are automatically carried out. This would mean that all we have to do is think of more money and we will realize more money in our physical life because God supposedly wants us to have everything to make us happy.

This is a pleasant concept, but limited. In fact, anything belonging to the world of effect is limiting. We said earlier that laws are for human living, whereas realizing the Presence is spiritual. "Supply," for example, is generally thought of as money or a house or a good job. Oh, people try to say that it is much more than that, but basically the world means money when it talks of supply. Well, real supply has nothing at all to do with money, People are not necessarily better off with more money or fame or earthly power. These give a false, materialistic sense of "supply," and can actually harm us spiritually. The only way to realize true supply is to become aware of the fullness of God and let this fullness actually be ourselves right now. Then we find ourselves immersed in a supply that makes money pale by comparison. All this is beyond thought. It is spiritual awareness, the world of the mystic.

As we will see later, no one controls any part of God. We are parts of the Oneness that is called God, but we do not control It. (As we see elsewhere, our way instead is to yield to it, and then things happen for the best.) We also remember that nothing causes anything, still a difficult concept to grasp. So we don't actually attract anything since all things just arise naturally according to continuing creativity, although our intent can set a propensity and increase likelihood. However, this is not always for the best. If we are paid to pray for people, for example, how much

of our attention is on the prayer itself, and how much on the money we will receive? Does not that material thought lessen the spirituality of the prayer?

So, are the stories of material success gained through prayer really true?

What, then, does happen to create the success stories that people tell us? Do thoughts actually bring things into our lives? Well, what happens is that everything is always present in God as potential, and it is our awareness that allows us to focus on a particular outcome, which therefore seems to occur through our observing it. Nothing is made to happen; what is already there is uncovered, whereas other possible outcomes remain covered. They have all occurred, as quantum physics shows us; we just opened ourselves at this time to one such possibility, and our observation allowed it to manifest to us. We will see examples of this concept in the physical world of this later on.

People open their awareness to what seems to be so at this moment, and they choose what is proper for them as they see it. That may or may not be what is best for them right now, but it represents the choices they have on their present path. Each choice has its result. Just remember that money, cars, clothes, fame, and the like are just fleeting parts of the material world, and can actually block us from turning to the part of ourselves that relates to God. They may be aspects of our experience here, and we may indeed feel that we have attracted them to us through thinking that God would want us to be happy and have lots of material things, but their materialistic glitter may actually blind us to the spiritual inner Self and therefore sidetrack us to a path of lower consciousness for a while. Whenever we listen to people talk about how God will load us down with money and bounty if we just mentally accept it in our minds, we have to remember that such people are on that particular path, and it may not be the path for us or for others at this point in our development. It is like watching a limousine go by: we can either envy those inside and want enough supply to match them, or we can rejoice with them that they have what is important on their particular path while we are so content with who we are that we would not even want to trade places with them. It is our choice.

Also, what about the masses of people in the world who do not have lots of material things? We might think of those in the world who just try to eke out a living dry farming on land that is barren of nutrients, and who are therefore starving, suffering from serious maladies, and facing a bleak future with no concept of "unending supply." Does God love them the less? Doesn't God want them to be happy? Of course, and they are on paths that will eventually lead them through the development they need to realization of the Presence. So, real happiness does not come from having lots of "things." It does not come from "possessing" at all, but from "being," being one with God and with everything else. Existence itself is what gives worth to the entity, not how life is lived or how many "things" are accumulated. Happiness is all a part of our growth, and sooner or later we will outgrow the need for the momentary pleasures that come from wealth and will yearn for the true joy of Oneness with God that actually includes all the wealth that truly matters, such as complete peace and ineffable joy. The phrase "Change your thinking and change your life" acquires a new meaning with this concept.

And the idea that God, being perfect, has created all people and everything as perfect also gets a human application from a limited perspective. You hear the idea that everyone has a right to perfect health since God is perfect and only creates perfect things. Such reasoning adds that ill health is just an error that has to be corrected. This subject is discussed at length in the chapter entitled "Healing," but these are fallacies based on very limited human thinking. Perhaps a part of what we are to prove or learn in this physical sojourn requires us to have ill health or financial problems. After all, the desire for money is the root of all evil, Paul is supposed to have said, and if this is so, why should we be able to use spiritual paths to get it? And if everyone had all they wanted of it, it would be worthless. Check out the economic laws that function in this existence.

Likewise, the healing of ourselves or others may or may not be the most useful thing for proper advancement and might have unforeseen effects in the karma.

We grow to realize that God is much more than Thought or Mind and much more than our simple "logical" reasoning can conceive of. We tend to think that being rational is the highest goal, but rational thinking can go just so far. For example, we cannot prove the existence of God by our rational thinking. And it is "rational" thinking that says that a perfect creation has no illnesses or poverty, or that one thing causes another in a linear fashion. Such limited-perspective thoughts have to be overcome if a person is to know God at the highest levels of love and peace. Purely rational people can not get that far. Also, rational thinking varies from person to person, being involved with the limits of the egos that we all carry around. The ego can never be enlightened; rather, it has to be done away with so that Enlightenment can be revealed as the nature of the spiritual Self that is already present. It becomes clear that God as Energy, Creativity, Love, and Peace is much more than Mind. In fact, our thinkingness just gets in the way of a true relationship with God.

So we see that we are not our bodies, our personalities, our minds, or our wealth. This takes us back to the original question: Just who are we? Let's find out.



Who We Really Are

Well then, just who are we? We see that we are not our physical forms, nor our brains, nor our personalities, nor our electro-chemical thoughts, Remember that these physical things are just energy being allowed to vibrate in such a way that the form becomes visible to others. This energy is God, but we suspect that there are types energy that do not vibrate in ways that makes outward manifestations, and we need to understand that we are being shaped by elements that we cannot see, touch, or measure at this point in our awareness. We can safely say that we are manifestations of God: everything is a manifestation of God, but that is as far as we can go. We remember that we are using a body, a mind, and a personality at this particular point in the sequence of things, but the real "us" is what we have referred to as the "Self," and this Self is in constant knowing contact with God. It is aware of God, whereas the ego is not so aware, having been created by God for a different, limited purpose. As we saw, the ego therefore cannot be enlightened. The Self is already enlightened, but is allowed to be covered up by the ego temporarily until certain physical things are accomplished in this world. So the Self is God and thus there is no duality when we receive intuitions from God through the Self. That is why we can go no further in saying just who we are: when we fully comprehend the Self, we will know, and we will be aware of the Presence and will thus know everything, but the knowledge is ineffable and can only be understood experientially and not rationally.

Also, in this life we seem to see things happening to us in sequence, one after another and therefore one apparently causing another. We may have trouble grasping the idea that everything exists in a totality with God, and that in actuality nothing causes anything else since everything is present in God all at once and only needs to be uncovered as the Self is uncovered. The ego says that we are separate from others and better (or worse) than others, and that we progress through life one step at a time, whereas the Self knows that all are of equal value, are all one, and all really exist at once. The Self has no need of a body, a brain, or a personality that operate in linear fashion: it is in constant oneness with God, the Totality of all.

Nothing causes anything

Let us see an explanation of the idea mentioned before that nothing causes anything, since this is a very important concept to grasp if we are to participate in Enlightenment. Without it, we are stuck in the rational reasoning of these limited brains in these physical bodies.

All things exist simultaneously in God since God is all that is. Therefore all things exist in wave forms of potentiality, energy fields of positive possibility, Quantum mechanics shows that things existing (in the formed state) of these waves of possibility collapse differently when observed or measured by different observers. Thus, we are all co-creators with God concerning things of form in this world. As an illustration of wave forms, when an electron decides to jump orbit, it seems to spread itself out in a wave form over various orbits and try each at the same time before making the jump to one of them in a particle form. In the same way, we exist at each moment in wave forms of possibilities of what we will do next, and then at this particular point in life in this physical existence, we choose, thereby collapsing our wave of possibilities into one particle of a specific action. All the possibilities are present at once, as with the electron, and all these possibilities are still within God. There are neither choices nor existences outside of God. Does this mean that we have no real freedom to choose and are trapped by fate? No, we have infinite choices since God is infinite and we are one with God. God sees all the possibilities; an observer just sees the wave collapse on one of them. The observer also concludes that he or she must have caused that thing to happen. In truth, all of the possibilities "happen," and it is just our position as an observer when the wave form collapses into one of them that makes us think that we caused it.

As a follow-on to these concepts, when we see the big picture of God as the energy of all in form through the vibrating strings that are the base of all manifestations, and since these strings operate in eleven dimensions that we know of at the present, we can understand that we are at least eleven-dimensional beings in form, and who knows how many dimensions in the formless state. Since we can only see three of these dimensions in our present physical existence, we cannot really know who we really are through having so imperfect a view. In addition, there is also the principle of parallel universes that astronomers are beginning to sense and write about. In such parallel existences on this earth we may live one way and experience certain decisions in one existence, while in another one (possibly going on at the same time!), we and other people make different decisions (thereby gaining different experiences), and we could be living many, many existences in various lifetimes all at once, gaining different experiences in each. Knowing exactly who we are here and now is therefore well beyond us.

So behind every action that we see take place, there is an original field of propensity in the formless realm in a particular universe, and what we see is just one possible manifestation of that field in that universe. Everything that takes place in the world of form has its antecedent in the realm of everything that is possible. As we think we see one event happen after another in a way that makes each seem to have been caused by prior action, we are really only seeing manifestations in form that already have existed in their entirety in the field of creativity. They all existed at one time together, and only seem to happen in a linear fashion through what we call "cause."

Now, if we believe in the stop-by-step linear causality, we will be anxious about the outcome, thinking that each step is dependent on what happens in this outer world of form, whereas if we see that all is created as a totality in the world of non-form, we have confidence, knowing that true importance is internal, in the Self that is in contact with the Creativity of God functioning out of Its Totality.

As an example, we may watch a painter take hold of a brush and lift it, and we say that he caused the brush to go up into the air. Then we see him dip his brush into the blue paint, and we conclude that he caused the paint to get on the brush. Then we see him apply the blue paint to his painting and we conclude that he caused the paint to go onto the canvas. We may be anxious that he will put on too much blue through putting too much on the brush in the previous step. We confuse the concept of things happening in sequence and the concept of things causing each other, and sometimes even the idea of sequence without time doesn't give the correct picture. Let us see the painting first in its completed state, with the blue in place. We see all the colors and the scene in its entirety. We also see many views of hands holding brushes, each with a different color on it. All these hands holding colored brushes exist at once in our picture of them. Then we can see pictures of hands holding brushes which are immersed in different colors on the palette. We see all the brushes in all the colors at the same time. They all exist simultaneously. In these views, nothing causes anything. Some have more paint, some have less. We see pictures of hands and brushes and colors and brushes touching canvas, and they all exist jointly, so that nothing is causing anything; everything already exists together. This is the view of the creative field of propensity. Likewise, all characteristics, all actions, all shades of human endeavor exist in God at the same time and just appear to take place in linear sequence. Now, the Self, being in contact with God, sees all these things at the same time and knows that nothing is causing anything, but that certain of these completed pictures of hands, colors and a painting only seem cause one another in the limited perspective of the ego.

The only One who knows all of it is God, and mystical people know just to go to the Source. When we become aware of our Selves, we will see that we are all a part of God. In the Zero-Point Field, that huge creative medium existing everywhere, there is a frenzy of activity as particles from the "soup" seem to spring into existence, relate to other particles, achieve certain levels, and then fall back into the soup in their oneness with God. Will we not do the same? Will we not then lose these personalities and bodies and all in the process? We will all fall back into the Oneness that is God and will be the better for it, ceasing to be limited and controlled by these elements of form. Why keep ourselves in these weak, sickly bodies that belong to a fairly primitive order of existence, limited to a view of just three dimensions and one time period, and to these personalities full of lower-level thinking, destructive characteristics, and only vague awareness? They are useful now, but for the eternities we need more. When we realize the infinite knowledge, serenity, calmness, peace, and fulfillment that come from being in the Presence, we will wonder why we found these earthly, limited lives to be so attractive.

The principle of growth

Obviously there are principles to be learned through earth life. Remember that in the Presence, no thought is needed: all thoughts are there through God as Thought. In like manner all Love, Joy, Fulfillment, and the rest of the highest levels of consciousness are there in their Totality. Quite possibly our purpose here is to grow into these levels. In God, the principles of Change and Growth are complete in their fulfillment, but it is in earth life, with its stress on linear manifestation and the supposed element of Cause, that we can take them apart and see how they work. A good example is a man in Texas who was the manager of a radio station. He had started as an ad salesman, and learned his craft well, becoming so good that he was made sales manager. There, he honed his people skills along with his sales presentations (made in a rich, booming voice), and then was made a radio personality using that rich, booming voice and his ability to relate well with people, and he learned that side of the operations. Then his skills took him to station management where he dealt with FCC regulations, local politics, and the like, and when he had grown well into that level, he became manager of the station. He had gone through his several periods of change and growth until he was able to unite them into one and run the whole station well, knowing all the details of it and the needs of the people in various positions in the structure. He was at one with the whole the entire time, and his awareness just grew. This is one of the things that earth life offers.

Think of the principle of growth. Humans start life as helpless babies. Why not just spring into action as full-blown adults? Obviously, there are things to learn and ways to grow (including getting over the "personalities" that others inculcate in us when young). We need to learn the principles. Even growing old is part of it. Plants start as seeds and they grow. Then the plant dies and returns to the soil and new plants grow from the nourishment. Similarly, stars are formed from stellar dust and other matter that gradually forms and compresses until enough heat is generated and nuclear processes start and stars grow. They then mature, grow old, and collapse into a black holes or are broken up for other stars to grow. Galaxies collide with others and strip off stars unto themselves, thus growing even larger. Everywhere one looks there is change and growth, but God is the same yesterday, today and tomorrow. God is all there is.

This growth seems to take place over time, but although there is sequence, there is no time involved since God is timeless. However, even though we and the plants and the stars are part of God, it may be good for us to learn the principles of growth and change in an atmosphere in which we can see them operate using linearity and time. We may even be going through various lifetimes as we grow into higher levels of consciousness, and all this seems to be just the way God's creativity unfolds.

This earth grew, from its first formation, through assuming its shape and land masses among the waters, to the appearance of bacteria and single celled plants through formation of more and more-complex structures until the animals, plants and humans that are on the earth today resulted from that growth. There will be more growth and changes in the future. After all, we are told that over 99% of the species that have ever existed on this earth are gone. There are others now, and we do not know which will be in the future. Of course, The sun is growing older too, and will run out of its fusible hydrogen in a few billion years and will start to use its helium core, at which point it will start to grow physically again and will become a giant, swallowing up Mercury, Venus, and even Earth in the process The outer planets and their moons will warm up and have their ice melted and might develop life in their turn. All is growth, and it all springs from the constant creativity of God as in the Zero-Point Field, but it is all part of the Totality, and so the linearity and time lapses are but ways to see it during this earthly sojourn. Now, this is just the creation of the earth in this particular universe. Parallel universes would have other actions and outcomes, all of which happen simultaneously.

Let us look again at the ideas of time and sequence. Time is an illusion, a way to try to explain things that we see from our limited perspectives. We say that time elapses between the first thing that happens in a sequence and the second thing, but this is not necessarily so. God is timeless, and all things are present to God. There may be a sequence, but there is no time since it is all one in God. Therefore there is no problem with our living various existences at the same "time" since it is all one in God anyway. We are all of God, and our Selves know this. It is only the ego that tries to hold on to its present existence telling us that we are special and separate from everyone else. Our Selves know that we are one with everyone else since we are all of God. It may be that we are asked to go through change and growth on earth to be able to see that concept.

Is there opposition?

There can be apparent opposition here on earth. We must remember that "opposition" is still within God, not counter to God, such as the person in the British government with the title of: "Her Majesty's Loyal Opposition." His job is to take every piece of legislation proposed by the Crown and tear it apart, pointing out all its flaws so that when it can be rewritten to be the best legislation possible. He is loyal in his opposition. A famous drawing is of a perfectly white square and is entitled: "Polar Bear in a Snowstorm." Naturally, the joke comes from the fact that nothing can be seen due to the white nature of both. Since God is all there is, possibly we need to see some contrast or opposition in order to grow. A muscle grows by being broken down a little by opposing forces, and then building up again. Growth can be seen in comparison to non-growth. All this is within God.

However, some people have taken this concept of contrast too far and have conceived of a Devil who is almost as powerful as God and who can win over souls to a negative life, and there is resultant fear and all sorts of scary things. It may be our job to see past these illusions to the Oneness that is Reality. Physical survival depends on some elements of opposition, such as knowing that some substances can "kill" the body. In our cars, we need to be alert to see whether or not the other driver is going to stop at the light so we can avoid an accident, We have to be careful at the edge of a cliff, knowing what could happen to the body if we fell. Just in growing up, we have to go through many lower-consciousness aspects such as selfishness, bodily needs, fears, competition, dedication and hard work as part of our growth so that we understand what they are. That may be why we start life as infants. To gain higher consciousness, of course, we have to leave such things behind.

Even something as seemingly instantaneous as a thought goes through growth each time we have it. We may realize at some point in the day that work is over and we are far from home, needing transportation back. That is the first thought. We then think of the idea of a car to get back, then we think of our own car, then we remember that it is in the shop and we drove the truck today, then we remember where we parked the truck, and so forth. The one single idea just sprang out of the totality of the creation of God (meaning that it was not our personal idea) but it still went through an almost-instantaneous growth sequence. We note that the Higgs Field, the Non-Zero Field, which exists throughout space as does the Zero-Point Field, gives mass to particles moving through it but only if they are accelerating. Likewise, as we accelerate in our growth and learning, we have energy (mass is a way of speaking of energy, since everything is really energy) added to us, and we grow into higher vibrations of energy or higher levels of consciousness the more we accelerate our efforts. If we just float along through life, not much happens and apparently the rate of change in most people over their lifetimes is very small.

The levels of consciousness have different identities. In lower levels, we deal in animalistic acts to get what we want and just stay alive. In levels a step up, we take an interest in others and in the things around us and strive to understand more. In even higher ones, we go into reasoning and try to think our way through things, stressing that law and order lead to progress. But in the highest, we feel oneness with others instead of ego-level competition. We release all to God and are at peace in the warmth and Totality of the Presence. Then we finally gain the total awareness of who we are.

How about the Self in all this? Well, it is an observer, which is what the mystic is. The Self just watches everything going on but does not take part since it knows all the answers. Sooner or later, we will realize that our earthly, egoistic endeavors are not giving us the relationship with God and others that we need. At that point, we may well become aware of the Self and its calmness and peace. At that stage, we learn to let go, allowing our Self to return our awareness to the true values of our Oneness with God and with everything else, at which point the ego falls away and we merge again with God as our Self, our Reality, our true "personality."



Healing

Since the subject of healing has so much importance in so many religions today, it deserves a close look in these pages.

There is no such thing as "healing." The word "heal" implies that there is a condition that has to be cured, a patient who has to be restored to health, an error that has to be corrected. This viewpoint seems to be that God, being perfect, created everything else as perfect and therefore a body that is ill or not perfect is in error and outside of God, and has to be healed or restored to "health," as defined, of course, by the healer. This reasoning says that everyone is entitled to perfect health, and many thinkers extend that to perfect wealth, the perfect house, the perfect job, and so forth.

Is there such a thing as perfection?

The word "perfect," as used in the above sense, is a human judgment, a view from a limited personal bias. There is actually no such thing as a perfect body from a human viewpoint. Although a person may seem to be healthy on the outside, there could be plaque building in the arteries or arthritis building around the joints, or kidney stones growing, or invading cells that are trying to get a foothold on the inside, so that every body is a little bit off a human definition of perfection. Also, not every liver or kidney or heart cell always operates at its optimum level; the glands function in such a variety of ways that there is no one correct standard; there are more or fewer of the fifty-plus enzymes that are needed for the body to function at its best (whatever that is); there are genetic dispositions that may or may not be functioning; there are various muscular weaknesses and strengths or deformations of the skeleton; and the list goes on and on. Of course, these are only things that can be detected in our present day. There are variances that cannot be detected yet or that are at the subatomic level and not even known. In other words, humans are not able to make a definition of "perfect" without encroaching on the natural varieties that exist physically and are known only to God, the Omniscient. The idea of God's type of

perfection may actually entail a body formed differently from how we think it should be, or even carry an illness such as a cancer, or whatever. We may think that everyone should be at their highest strength all the time, but there may be more to it.

We know that everyone is a manifestation of God and is here for a purpose. Humans do not know what all those purposes are. Perhaps the role of one person in this particular era is to go through a sickness or deformation as part of their progress or as part of the overall creativity of God or for an experience that is needed by them and by others around them in this life. We are all on individual pathways but all is still God, so there can be no error. There can be nothing outside of God's plan. The mystical person sees God in everything and therefore sees no error, even in something that seems to cry out to be fixed such as a sickness. People might see a crooked tree and think that it represents something that has to be corrected, but the mystic sees it as a perfect crooked tree, and therefore beautiful in its own way.

Can there be, then, a standard of "health" or of "wealth" or of "beauty" outside of which is error that has to be healed or corrected? Or should we realize that God is all there is, and that perfection is in the creativity of God? If a perfect body has to be free of any illness, why are we just now getting around to curing or stabilizing serious diseases that have allowed the onset of death or change in physical form of millions of people in the past? God has known of both the diseases and the cures for all of the generations that humans have been around, but only lately are both being found. Didn't God care for the people of the past? Were they all in error for their illnesses? Or were there lessons some of them had to learn through this means? God is not so impersonal that changes in health or status do not come when the person is ready to seek them and accept them when that is where their path is taking them right now, but to say that we use a portion of God's Mind to accomplish whatever changes we think are right or to correct an error that we think God has made is to possibly misuse this power by interfering with a process that should not be changed at this time.

Can we cause healing?

There are some other factors involved. First, we do not ever heal anything. Not even doctors heal things. God is still the ultimate "healer" and humans just find ways to set up an intention to ease such a thing into possibly taking place. Second, nothing causes anything, as we have seen, so any healing arises spontaneously from the field of creation, although there can be a propensity set up by the person giving the treatment. Third, we do not trust God as being All there Is if we feel we have to correct "errors" that God has made. (This is the limited view of God that is seen in the Old Testament, where God is shown, for example, to make mistakes and repent of them.) Fourth, we pretend that we know the mind of God when we assign our definition of "perfection." If we assume that all illnesses are error or bad, we are concluding that God was in error for creating them. If we say that we are showing the glory of God by "curing" them, we ignore all the people who suffer from the same disease and do not have someone around to cure it, so where is the glory? God does not need glory anyway. God is All that Is, and does not need to create sick people just to look good when they are cured in His name.

And in all of this we are looking at negatives, whereas everything God does is positive. If we look at all the creations of God as positive, we see only Goodness, and we are at peace, whereas if we see error, we are uneasy and not at peace. The key point is that things such as illness that seem to be problems are often come from people's concept of being separate from God. The illness of the body is not so important as this belief in duality. If the duality is overcome, if people realize their oneness with God, the illness fades in importance and can even fade away, depending on its original basis. That is why prayers should not be offered for people without their knowledge or their having come to us. When they personally come to us, they have voluntarily entered our field of consciousness and our realization of the oneness of God for ourselves allows them to share in that realization.

Actually, there is a reason for sickness and disease to be in the world, and it has to do with the principle of growth, as we saw in the chapter on who we really are. If everyone were in perfect health and strength, there would be nowhere for growth to be experienced. In music, it is difficult to create a crescendo or increasing loudness when the music is loud already. There has to be a softening of the volume and then the crescendo can take place or grow from that point. We all start life as weak infants and grow into strong adults as a general application of the principle, but throughout life, there are enough weaknesses in even the strong among us that growth can be experienced continually. Our job is to foster that growth by concentrating on the strong forces in life. All is correct and there is no error. God is all there is.

But isn't illness an error?

Let us see some thoughts on the idea of illness as error. God has manifested everything that appears in form and is the energy source at the base of all that exists, whether in form or not. Everything is energy, and God is the ultimate source of this energy. God is Good and Perfect, and so everything that exists is Good and Perfect, being of God. Therefore, the bacteria and germs and viruses and other organisms that invade the body and seem to "cause" illnesses are also of God. God understands the human body and how each one will react to the various organisms that can enter it. How can we say that an illness is an error when God is the basis of everything connected with it? There are many kinds of bacteria, some of which we say are good, some of which we consider bad. Where is the line? Are we sure we have perfect judgment in calling bacteria "bad?" If we say that bacteria are bad, we ignore the fact that all were created by God and many ruled this earth for millions of years before other things came into creation. If there were no such thing as a fungus, for example, every tree that fell over in the forest would just lie there, and as enough fell over, they would block any other trees from growing and they would have used up the soil nutrients. God has created bacteria and fungi that are part of the decay of the tree trunks, thus clearing the way for new trees and returning valuable nutrients from the old trees to the ground to give food for new growth. So is decay good or bad? A bacterium gave us penicillin, so is the bacterium good or bad? Cholesterol is blamed for clogging arteries and facilitating heart attacks, but cholesterol vital for many bodily functions and organs, so is cholesterol good or bad? It is in the proper or improper use of it that we create conditions in the body that give a propensity for things like heart attacks, but the brain would cease to function without it.

Remember also that our bodies are not us. They are machines that "we" guide around in life, created to give "us" some physical experiences. Our brains likewise; they are useful tools for us to use, but we are certainly much more than our brains. We are not even our thoughts, most of which are impersonal, and we just satisfy our egos by insisting that they are ours. Our real Self is our inner spiritual nature that is actually in constant contact with God and will be shown to be our real Personality once the earthly ego and its limitations are done away with. Remember that our earthly ego is never enlightened: enlightenment comes when the ego falls away and our awareness as Self being part of God is allowed to function. This Self sees God in everyone and everything, and therefore sees nothing but Perfection shining on all sides.

Actually, there is nothing to be done.

This is how a mystical person will see things, and this is a key point. There is nothing to be done: there are no cures to effect, no problems to worry over, in part due to the earthly and transitory nature of illness. There is no illness in the Self. The mystical person relaxes and lets the Presence be the All. In such a state, if there are cures or improvements to be made as part of the logical order of things within God's creation (not necessarily in our judgment), they will take place facilitated by the spiritual aura that surrounds the mystical person, only perfection from God's perspective reigns, and all is Peace and Love. Could the ill person reject the subtle ambience of the mystical person and, instead, turn to another person who prays for them and "cures" the illness? Of course. Then, is the mystical person wrong? The mystical person never thinks in terms of "wrong." As part of the other person's progress on their own pathway at this time, they needed to have a cure effected in that way. At another point in their progress, they could enter the field of intent and propensity of the mystical person and receive the experience that is right for them at that time since there is now something different for them to learn. Remember that there are very few mystical persons on the earth at any one time. The others have gone on to other things. There is a path that they are on also. And other people are on different paths on which they are to have different experiences as part of their personal growth. A mystical person is no better or worse than anyone else; each path has its own values.

Let's face it: our hearts do go out to someone in pain or with a debilitating situation. We wish to rid them of the pain and we find it difficult to remain peaceful or detached about it. There is no problem with taking steps to alleviate the suffering, especially if we do so when requested, putting the decision on the other person, which keeps us from interfering. But the mystical person tends to have an automatic aura that can give a continuing propensity for a physical change to take place, being somewhat different from a "healer" who gives a specific prayer or treatment for a specific condition.

In many instances, of course, the pain is related to situations within the person. Natural childbirth still has its suffering, for example, but the prospective mother can be trained to know what to expect so she can stay calm, and can learn how to relax so that the pains are much less. The unprepared mother-to-be fears the pains, in part due to her not knowing what will happen, and so when the pains start, she tightens up with fear, and thus goes through much more severe pain than her informed friend does.

Why, then, do people who believe in illness as error effect cures? There is no problem in this. That is their role, and they can set up the alleviation of much pain and fear by setting the consciousness that way. One famous practitioner and author made a profession of doing this, and handled over a hundred cases a day, day after day for years. Now, although he did believe that illness was an error, in treating for it he would actually ignore the problem itself and would only concentrate on God as being All, going over various facets of that spiritual relationship until he received a feeling that the proper result had been obtained. His high level of consciousness in general and his feeling of oneness with God gave the propensity for whatever change to take place that would be the best. Changes do tend to happen in the creative field when intention and awareness are involved with setting the ambience for a change to take place. So all methods can have merit depending on the intention behind them.

In addition, it could even be that going to a healer such as this man, was just what that person should have done as part of their development at that time, and his being there at that stage of his life was the correct thing for him, and their belief in him as a healer was what they and he both needed. We do not know the Mind of God, so we accept all things as they are and feel at peace with them. We should just remember that when a person goes to another for healing prayer, they are depending on the spirituality of the other person. They would be far better off developing a deep awareness of God as All for themselves and then they would have a continuing source of well-being that goes beyond momentary sickness or financial stress. Going to a healer means that the person actually has a need beyond the specific one in the materialistic world: it usually involves a sense of separation from God. If this is removed, they have all that there is value and nothing else matters.

Basically, if God wanted things to be different than how they are right now, they would be. It is pure and simple when seen through our spiritual eyes. So the way things are is how they are supposed to be. There are many, many people around who practice healing arts of different kinds. The mystical person just has a different role in relation to others, one of setting an aura in which people make decisions. If they make a choice that is going to lead them on a longer and more difficult path back to a full awareness of God, that is the way it should be and there is a reason for it. The mystic just goes along with it, since there is nothing that needs to change. But the mystical person also realizes that when people really open their awareness to a higher level of consciousness, "miracles" happen all around them as spirit operates freely for the highest good of all once the ego has been overcome. One person regarded as a mystical person doesn't mention disease at all in his voluminous writings, even though he spent much of his life as a professional in the medical-psychological field, but rather concentrates solely on developing the mystical oneness with God. This is his pathway. Others may be on different pathways and this view is not for them at this point. Well and good. The mystical person thinks only of God and sees nothing but the Spiritual and that is his or her correct role for this place and time.

We note also that there is a psychological aspect to healing. A person receiving a blessing can believe so much that a healing will take place that it actually does, and the person gives credit to the healer, or possibly to God. Belief itself can reflect in the operations of the body, much as a placebo can often seem to effect a cure. And there is a wide variety of methods, from shamanism to mass prayers, and from pleading to God to just visualizing the person as cured, and all can seem to have an effect or, conversely, no effect at all. Remember that people tell stories of successful prayers and healing, not the failures. When we track these things carefully, we often find that there are many more failures than successes, even among people who profess to be great healers. And when we track the methods, we note that some people praying to effect a healing feel that they have to pray every day and at great length; others pray once and let it go. There is little uniformity of method or of words, and yet healings and failures both take place either way. Again, intention seems to have a strong association here by setting a propensity that can open the way to a change, but physical change still comes from the continual creation of God.

The working of a mystic

A mystical person can be a disappointment to others who expect healing treatments and instant results and all. One modern-day mystic spent many of his early years in a religion that believed in hands-on healing. He was called to a hospital at one point to give a blessing to a woman who was about to undergo routine heart surgery. The family just regarded this as one more thing to do to assure the woman's expected recovery. But when the man placed his hands on her head to pronounce the blessing, he felt nothing, and saw only blackness. He gave a perfunctory blessing that the woman would find peace and happiness, and was not at all surprised when the woman died during the operation. He was becoming a mystical person already. The family blamed her passing on him, of course, for his not having given a better blessing, but he had received the truth through intuition, and the family's reasoning of what he should have done was of no importance. They showed the problems of believing in cause and effect by blaming him for her death as though he had caused it. They actually missed the opportunity of learning something about a true relationship with God when they did not even want to listen to his explanation, and he learned to keep his own counsel after that. It is tempting to think that the woman was just not meant to be healed, and his acceptance and yielding to God gave the propensity for the correct action to take place.

But this same man was involved in another serious illness. A woman said goodbye to her old church friends since she was moving to another area and another church. But early in the week, as she was readying things around the house for the change, she suddenly felt weak, and she barely made it to her bed where she lay for three days, unable to move. Her former church people did not check on her as they thought she had already gone, and the new church people did not know her yet, so there she was. She dehydrated in a soaring fever from a violent attack of pneumonia, eating and drinking nothing, and when she was finally discovered later in the week by a concerned mailman, her body was past the point where the conditions could be reversed. Hospital people knew that she would pass away by morning, but this religious man was sent for anyway.

Unknown to the nurses, this mystic was receiving information from a Higher Source and gave the woman a strong blessing that she would recover. The nurses were therefore startled when her light button went off early the next morning. When they rushed in, they found her sitting up in bed looking dazed. When she saw them, she instantly asked for food. Surprised, they said that they would get tea and toast right away. She wanted none of that, and demanded eggs, bacon, pancakes, juice, and all the rest! She ate well and made a complete recovery. She said later that she thought she was dying when she saw the typical darkness and a tunnel of light spoken of in near-death stories, but then she realized that the man who appeared in the tunnel was her church friend entering the door from the lighted hall and that she would now be all right. How did the man know to facilitate such a reversal? He just allowed the natural order of things to flow as they were supposed to.

The aura is involved, especially when one becomes more open to the Allness of the Presence rather than to patchy details of the ego. The aura embodies a higher radiation of energy at a different level of consciousness and can be felt by others, such as this woman on seeing him come down the tunnel of light. He didn't have to do anything but yield everything to God to proceed according to original Intention. This led him to set his own ambience and the woman to accept it, and so the propensity was in place that allowed the reversal. The woman learned, the man learned, and everyone acquainted with the situation learned, so apparently it was meant to take place just that way.

Specific steps that are useful in facilitating a change

How, then, do we know when the correct time comes for helping in a healing process? We don't, of course. We cannot say the time is right or not for anyone else. That is their choice. If we are asked, we respond since it is their request and our pleasure, and maybe to our benefit, to be of assistance. Even if they do not ask, we still keep our vibrations up for the good of all around us.

How do we do it?

First, we continually live lives of high spiritual levels so that the natural flow of life's greatest energies exists around us. Second, through meditation and contemplation, we focus continually on God and the God-like qualities of everyone, and allow intuitions to flow through us. Third, we remain detached from the specific problems in the world of the ego, and rather see everything in the overall context of oneness and interaction. Fourth, we enjoy the peace and love of God that accompany our state of awareness, and we let that radiate to others.

Then when a request comes for help, we take certain steps to codify the previous elements. First, we start a healing meditation immediately, even as soon as we hang up the phone or leave the presence of our requestor. We do not wait until hours later, or sit down every evening with a list and do prayer for each person in turn. That is too late. We need to focus and realize at the instant we hear of a problem that there is only God, that this one Power is in complete and positive control of any situation, that we are a part of that Power through our spiritual Self in its constant contact with God, and that whatever occurs is perfect and for the good of all. This must be our instant reaction. We do not think at all of the problem presented to us, nor of the person presenting it. Our whole awareness is on the total Power and Oneness of God. Then when we feel that our acceptance of these aspects of higher consciousness is complete, we give thanks for all the wonders of life and release ourselves from this particular meditation. We just let it be. We certainly do not repeat it since that would just indicate doubt that the first meditation was of any value. Once and once only. And then we relax in the warmth of Spirit. Then, and this is key, this realization can be part of the person who first came to us since they voluntarily entered our consciousness level.

Let us remember that the only thing to be treated is the other person's belief that something can be other than of God. Since God is all there is, there can be nothing amiss if we remember that, and much of our job in helping people is to concentrate so wholly on that concept that we are totally a part of it. Then, since the other person came into our consciousness to ask for our help, by that act they made a bond between us, so that as we have our realization of the Allness, they have it also if they choose to stay attuned to us. One thing does not cause another, but when two people bond, they move together. This is a thought to keep when some treatments seem to have an effect and others do not. And it is why we must start our belief reassurance to ourselves the instant we hear of a problem; it has to be an immediate reaction on our part to facilitate a positive effect in others.

By the same token, it is difficult to treat in prayer for a third person. They are not in the bonding. We can treat for the person who requests it and, through their bonding, the third person can share in the spirituality if the level is maintained. We can, though, treat for the world in general since all are functioning as one with God, and, as the level of world-wide spirituality rises as it has been doing the last few years, such treatment gets more and more effective.

Let's see how this could be so. Our spiritual Selves are always present, but let themselves be covered over by the ego to allow earthly experiences to take place and growth to be made in this sector at this time. However, the Self is still the basic entity and takes over when earthly lessons have been learned or proper growth experienced. Spirit is never sick, of course; only bodily things get sick. Thus the Self does not need healing. So when the situation is accomplished that the

bodily self needed to undergo, based on what the person is meant to accomplish at this point in life, there is no need for further illness and the body can restore itself to the desired condition. Our meditation at the spiritual level and the Allness of God allow things to exist in what is commonly called "health," a term of widely-varying interpretation, of course. The Self becomes dominant in this instance. There is no interference with what the person is supposed to experience, for we deal on a spiritual level, recognizing only God and the greatest good for all as our treatment. The person is more whole and complete when they have accomplished what is needed for their total fulfillment, and a spiritual treatment focused only on awareness of God and of the whole Plan is one way this can be carried out.

Now we see the great secret of this chapter. There is no such thing as healing. In God there can be nothing amiss. When we deal in high spiritual consciousness, in awareness of the Oneness of God with all creation through the spiritual Self, and in communion with God directly, we recognize and allow everything to be as it should be. We yield everything in ourselves to the One, letting the continuous development of the infinity of creation swirl around us in all the patterns that make up the Totality of God as we ourselves live in constant love and peace. This is the normal state of being of the mystic, and is only focused and emphasized in a meditation requested of us by someone else.

After all, God is all there is.



The Mystical Person

Let us now look at some more of the methods and trains of thought that a mystical person may have. Everyone's experience will be different, of course, but here are some starting points to ponder.

We recall the two-fold definition of a mystical person: one who experiences spirituality other than through the intelligence or the basic senses, therefore seeing God in everything and everyone; and one who receives intuition directly from God, or from the spiritual Self which actually is God. The mystical person is not necessarily a religious figure but a spiritual figure. Religion itself really has to do with organization, doctrines, memberships, rituals, controls, money, and limitations. Spirituality deals purely with things that relate to God with no limitations of any sort. Religion is a business; spirituality is the relationship with God. We remember the great answer Reverend Leroy of the Church of What's Happening Now (actually Fiip Wilson on his comedy show back in the 1950's) gave when he was about to take the offering. One of his parishioners objected saying: "Reverend Leroy, why do we have to put money into the plate? Didn't you just say that religion is free?" Reverend Leroy thought for a few seconds and then answered: "Yes, religion is free, just like water is free. But when we pipes the water to you, you has to pay for the piping!" Religion supplies the piping for those who are on that type of path; spirituality goes directly to the Source without the organization or cost.

What mystics know

Surprisingly enough, mystical persons throughout the ages have known some similar things, independent from whatever religions were operating at the time. A few of these are: God is all there is, and there is no other power or opposition in existence; God is omnipotent, omniscient, and omnipresent (not according to the limited definitions of many people, but totally); Truth is free from limitation and personal opinion, and can be ascertained by revelation directly from God. rather than from logic or group vote; the individual is one with God and thus there is no duality (with God "up there" and the individual "down here"); the Peace of God is past all understanding, but everyone will realize it when they open their awareness; and our greatest spiritual growth takes place when we emphasize the positive forces, as in our earlier discussion. There are others, but these should suffice to let the reader know the pathway that will be indicated here. Again, if this seems to be the correct pathway for you at this time, read on.

It should be noted that the way of the mystical person is not for everyone at any one point in time, as witnessed by the great variety of pathways people are on and the widely-varying levels of consciousness they have. Since God is All, if there were to be only one pathway, then everyone would be on it. They are not, so there a need for organized religions, various philosophies, and wide ranges of experience, and everyone is in the right place right now, God being in control. For some, the right place is the way of the mystical person; for others, another pathway is what they need at the moment, and that is where they should be. So this does not make the mystical person is better or worse than anyone else, but just on a particular pathway.

Let us look at some of the possible thoughts of a mystical person. The mystical person deals in the experiential, not the theoretical or even the worldly-rational. The emphasis is on inner realization, rather than on outward religious observance or even faith. The dependence is on the intuition that comes with complete surrender to God, yielding up all criticisms, judgments, and limited thinking from a narrow worldly viewpoint. When that happens, the ego, which maintains the levels of these things to give it something to accomplish in the pretense that it is the real personality, has to get out of the way since, in the mystical person, it actually has much less to do. At that point the Self, the spiritual center in touch with God, reveals Itself as the real personality. We are not losing anything by giving up the ego, for its stances are geared only to survival of our physical self and are not of any intrinsic value to the spiritual aspect except for the lessons we learn in the physical world. When we give up dependence on the self for our pleasures and rewards, we realize that our real joy comes from the spiritual Self, from the ecstasy of existence in the Presence of God, and we find that we don't miss the ego at all.

Now, as the mystical person pulls back from the ego-centered existence, the world is observed from an overall viewpoint, not in specifics. It becomes obvious that the self of the mystic will still have certain characteristics that are among those needed for the physical being to survive, such as competition, desire for gain, initiative, some materialism, and the like. These are values since they are of God, but they only represent a persona that is useful in the physical world to maintain life and effectiveness. They are not vital characteristics of the Self, which is in touch with higher spiritual values. Therefore, the mystical person pulls back to some extent from the characteristics of the self, becoming an observer, not getting involved with the physical world through seeing that it is a temporary illusion of perceived values and assumptions with nothing really needing to be done. Physical and social accomplishments at the earthly level can therefore be left to those who are at the point in their pathway of development where they need to be leaders or to cure the world's ills. The mystical person simply does not get involved in causes or movements, preferring instead to live continually in an atmosphere of the peace of God, allowing immersion in this atmosphere to create a positive ambience for whatever situations might come into its influence.

The mystical person also sees that other people have various levels of ego-centered awareness in their physical manifestation. Therefore, it is unnecessary to take issue with them over any points of view. Mystical people will get along with everybody, both through acceptance of everyone else's ego-based personalities by seeing through these to their spirit-based Selves, and by not needing to maintain ego-based stances of their own since they relate from their spiritual Selves. Other people's egos deal in separation and uniqueness, so the mystical person stays at peace through relating to the principles of unity and acceptance of others, characteristics of a Self that is based on love, oneness, positive thoughts, and constant communion with God.

However, since all of us have been given this physical existence for our growth, we still are all concerned with our bodies and minds, with an interest in their welfare that can lead to some concerns or even fears when there is danger of things happening to the body. Accidents and illnesses can happen even when the person believes that God will give complete protection. God will do nothing of the sort. God is impersonal, not a tribal chieftain helping favorite people and destroying others. Life is for experiences. If God were to keep each person from all experiences, nothing would be accomplished by this physical existence and the fulfillment of God's creativity would be by-passed, which cannot happen. Note how Siddhartha Gautama was protected in just this way during his early life, and only became the Buddha when he confronted suffering and learned for himself to yield everything to God in love. So sickness, poverty, personal harm, all will happen. These are not problems, but rather opportunities to overcome obstacles and increase our abilities to turn within. When the time comes to lay down the body, we do it and move on, secure in a spirituality that cannot be rationally explained but just is. This does not mean that we do not protect ourselves and our loved ones against physical attack or disease while we are in this physical realm; that is a part of life here. It is just that we feel no real fear or anxiety when in oneness with God at the highest levels of consciousness in the spiritual stage called "Enlightenment."

What is Enlightenment?

Such enlightenment consists of automatically seeing the beauty of God's Presence, Creativity, and Energy in everything and everyone, and of receiving meanings and truths directly through intuition. This is much the definition of a mystical person, as we have seen. The view is that of God's overall workings, the whole field of human relations, the level of consciousness of the earth's population, rather than specific news headlines or the operations of individuals. The mystical person does watch detailed events, but does not become involved, since that would mean dealing with specific circumstances or being led to take action thinking that God isn't doing things right. That is for others on different paths. In the world of the mystical person there are no errors since everything is God, and nothing has to be taken care of; rather, such a person maintains a high level of consciousness to help facilitate the overall advancement of human awareness. Therefore, the mystical person sees only perfection and beauty.

Now, this is not just a head-in-the-sand existence. As we saw earlier, quantum physics shows us that things in the subatomic level exist as waves of possibilities, and collapse into different particle forms depending on the individual seeing or measuring them. There is one truth overall, but many ways of seeing it or arriving at it. What the mystical person sees is just as real as what the pessimist or the agnostic sees, each one carving out a specific reality that is suitable for the individual pathway at this point in life. There are no mistakes and there are no errors, for all is God. "Twixt the optimist and pessimist/ the difference is droll./ The optimist sees the donut,/ while the pessimist sees the hole." But it is still a donut, and the hole is not a negative but a way of frying it completely. The mystical person sees no lacks left over from the past or hopes for better situations in the future. The only thing seen is the Present, the true Reality, with acceptance of what it has regardless of what that might be. Therefore, all that is seen is the spiritual aspect of anything, through awareness that the spiritual encompasses all there is. Achieving this

awareness requires dedication and commitment, but then the intuitions come, and the rewards of peace and beauty are worth the effort.

One way to put ourselves into this frame of mind is to cease making comments or judgments about things we see happening or being talked about, even internally and mentally. We find that we can pull back out of any personal involvement or self-interest as a participant into the observer state, seeing the overall rather than the detail, feeling no need to jump in and arrange specific details. Instead, we just observe the complete view, which includes everyone's physical forms and egos acting out in their specific arenas. We just make a point of seeing the overall aspects due to the spiritual Selves within us and everyone and everything else. We see only the highest and best, not the lesser. And we can see the creativity of God in all of it.

This type of detachment helps us get away from the concept of "my thoughts" and "my opinions" as it keeps things in a dispassionate nature. It also helps us see the picture in context, rather than just specific and limited points. Thoughts and opinions are just spiritual vanities anyway. You cannot rationalize or think your way into higher levels of consciousness; rather, you have to let go, let God, and just experience things, "being" rather than "learning about." We actually need to empty out the mind, rather than put more thoughts into it. We deal in a non-linear, non-cause-and-effect state of oneness with God. We do not flounder about in the ego's world of separation and cluttered thoughts about specifics. Ideas tend to flow following the paths of propensity created by intention according to the level of consciousness, and we try to keep such high levels of consciousness that feelings of love and support exist instead of thoughts from the materialistic world of conflict. If we remove importance and attachment from worldly mental operations, they tend to stop and then we can meditate on the intuitions that come from God.

Note that the mystical person is indeed aware of receiving intuitions directly from God. Anyone can receive such intuitions, but often the noise of the world or of mind chatter covers up the necessary awareness, or it is just not the right path for people at that moment. Whatever the reason, many people seek religious teaching from other sources such as from groups or from a strong leader. Some such leaders and ministers are spiritually strong and guide their people well. Others put barriers between people and God, and generally, any element that separates man from God or puts any barriers between him and the sensing of the Presence is a man-made fallacy. Being a mystical person, therefore, requires no memberships (either in churches or in special groups), rituals, secret knowledge, special clothing, specific worship practices, classes, approvals, or codes of conduct, especially when there is the implied threat of punishment or suffering if these are not rigidly adhered to. And certainly there is no money involved at all. A true spiritual teacher already possessing everything of importance in life does not need to deal in money. Naturally, religious ministers and other such dedicated folks need to support themselves in the physical world as they deal in church affairs since religions are organized businesses, after all. But spirituality, someone dealing directly with God, is a different matter, and many ministers do give of themselves freely in purely spiritual affairs. But the mystical person, having no such responsibilities to others, is happy to share insights with everyone within the harmony and oneness of life in God with no thought of remuneration.

EMILY

What is needed is a firm desire to achieve this wonderful awareness, a commitment to carry through, and a guide. A living guide would be preferable, but it is difficult to tell true ones from imposters, so instead, one good guide is EMILY.

EMILY can be a constant companion, inspiration, and source of guidance, giving greater happiness, comfort, and peace than any other guide. EMILY is, of course, an acronym, a complete package, representing:

- Enlightenment - the goal
- Meditation - the medium of preparation
- Intention - the way we treat ourselves
- LOVE - the way we treat ourselves and others
- Yielding - the way we treat ourselves, others, and God.

EMILY is a compact but thorough way of organizing our efforts to follow our chosen path. Each step has a different function.

The first, Enlightenment, establishes the goal and keeps it steadily before us. It should be the first thing we think of in our spiritual activities each day. We all remember the story of the farmer teaching his son to plow, but the boy's rows wandered all over the place. His father explained that he had to keep his eye on a distant object and go toward the same object each row, and they would be straight. However, at the end of the day, the boy's rows were as crooked as ever. When his father was upset, the boy explained: "Well, I kept my eye on the same distant object like you suggested, but the cow kept moving." EMILY provides a firm, unmoving, yet flexible goal of Enlightenment for us to keep us straight. We remember that such Enlightenment is being aware of God in everyone and everything and receiving intuitions directly from God. So we fix ourselves on living lives of high spirituality, as we remember from the last chapter. We focus on God and on the God-like attributes of others. And we keep ourselves open to receiving intuitions through the inner Self that actually is one with God. There is a non-duality between the Self and God, and, therefore, the Self can be the source of bliss and peace, for when we realize that we are one with the Presence, nothing more can be needed or imagined as we lose ourselves in Its indefinable joy.

The second step, Meditation, is really two: Meditation and Contemplation. Meditation, the time we spend quietly and alone, is the best method for receiving inspiration and intuition directly from the Source. It involves becoming aware of the spirituality latent within us that presents itself when we turn inward in peacefulness, getting our worldly egos out of the way. In meditation, we replace the constant chatter of everyday thoughts running almost unchecked through our brains, with impressions from the Self about spiritual creation, positive relations with others, happiness, and peace, and allow Intuition to bring us inspiration directly from the Source in the silence. We let the Self be our teacher through its communion with God. Through it, we are all-inclusive, experiencing the overall picture of life and its spiritual side rather than everyday worldly details, and seeing everything in a oneness of love, therefore appreciating and enjoying all things due just to the fact that they are.

Contemplation is the way we live those realizations in daily life among others. It keeps us in a high level of consciousness as we leave our sanctuary and go out into the world in our daily activities so that we continue to see the spiritual side of everything and receive ongoing intuitions from the Source. It is our way of looking at and living life in our actions, thoughts, and relationships with others and with nature. Meditation helps us plan our way of life; contemplation is the actual living of it.

The third step, Intention, sets the way we deal with ourselves, enlisting the universe to be with us in our journey of self-discovery. It consists of a determination to act in a certain way. Through it, we make commitments to pursue our goals, knowing that a goal without a commitment is just a wish. We thereby allow spirit to be our companion in the process and also allow a field of propensity to exist as an opportunity for fulfillment. There is nothing magical about spirituality: it is there already, merely awaiting our becoming aware of it. When we set our intention to gain this awareness, we find that everything is right there to help us. Things just begin to happen in our favor, people appear in our lives saying and doing the right things, opportunities come, and the universe just works with the pattern we set. Of course, if we set our intention to materialism instead of spirituality, or to suffering and depravity instead of happiness and fulfillment, those things will tend to manifest in turn.

We have to set our intentions carefully, for intention allows the power of the universe to facilitate events through collapse of the wave form of possibilities into specific particle forms of actuality, as quantum theory shows us. We note the vast number of ways people around the world treat and pray for health, including using talismans and icons, rituals, pleading with God, lighting candles, making promises and sacrifices, imaging the good health as already taking place, and on and on. Manifestations seem to take place no matter what specific methods are used and for good reason: it is the intention behind the method that opens the field of propensity to make it easier for such a thing to take place. This means that our outward thoughts are not necessarily the prime movers, but rather the thoughts behind the thoughts, the real intentions of our inner selves. These are the ones we have to watch carefully. We can mouth nice platitudes, but it is the deep-seated essence of our real thoughts that sets our intentions for us. Superficial, goody-goody thoughts have little effect. Meditation through the Self, our spiritual center, is the best place to set our intentions.

The fourth step, LOVE, is how we treat everyone and everything in the world around us, including ourselves. This is not the romantic or gushy type of love that is so emotion-based that it can easily turn to hatred. A sign of this type of love is that it requires a duality, a "me" loving a "you." It is mainly a product of thoughts (physical attraction and intimate relations are always said to originate in the mind), has a specific object of its affections, and generally involves some form of possession. It is thus unable to cross the barrier to the overall aspect of what real love is: oneness with God and with everything in creation, an unchanging state of appreciation, gratitude, and support in a blissful state of total joy. Therefore, real love is a quality of the divine, an all-inclusive power.

The letters of our definition are in capitals, for they stand for another acronym: Level Of Veritable Enlightenment. The word "veritable" means real or genuine, so in LOVE, we behave as if we were enlightened already. Basically, in human terms, this LOVE consists of treating everything and everything, including ourselves, with constant kindness, forgiveness, compassion, acceptance, caring, appreciation, honesty, generosity, patience, tolerance, peacefulness, thoughtfulness, unselfishness, and all the other high-level attributes of the Consciousness that we can think of from the perspective of our spiritual Self. It is a steady, dependable, caring type of good will that is always present, accepting, encouraging, and seeking the best for everyone. As we said, it means seeing God in everything and everyone, and acting accordingly. And it means enjoying the peace and love of God and radiating this joy to others. Now, if these lists seem too long, let us reduce them to just three: kindness, appreciation, and forgiveness.

Kindness consists of enjoying and completely accepting others, treating them with warmth and compassion; thinking positively of them and passing these thoughts to them; encouraging and assisting them; being gentle and pleasant with them; rejoicing with them or consoling them as may befit the changes that life brings; constantly seeing their God-natures.

Appreciation means valuing and admiring all people and things for just what they are as manifestations of God. Every aspect of creation is of value just through its existence. We rejoice in our oneness with everything that is, whether in form or not. We enjoy our differences, knowing that God's Creativity takes an infinite number of aspects, all of equal worth.

Forgiveness means releasing whatever lesser feelings we may have if we still manage to feel offended or betrayed by other people or by life in general. It is constant and ongoing, with no thought of retribution or even any need to pardon since this would indicate that there was a breach in the first place. As we regard others from our spiritual centers, there can be no such thing as a breach; we are one with all that is. We just recognize that people are being themselves on their own paths, and there is no affront to pardon. Forgiveness cleanses us inside and frees us from any negativity so that we can continue to soar to higher levels of consciousness. It is done for our own benefit, and other person should not know anything about it since it is our obstacle from which to learn.

The fifth step, Yielding, is how we treat God as well as ourselves and others, and how we facilitate our rise in consciousness by ridding ourselves of all the baggage that is weighing us down. We just yield to God all worldly agitations, concerns, opinions, judgments, criticisms, jealousies, vengeance, irritations, prides, angers, miseries, the need to do something to right the wrongs of the world, and all the other anchors that keep us from feeling completely peaceful, happy, and one with everybody and everything. We realize that we alone are responsible for our own happiness, for example, and cannot say that some other person makes us unhappy or fearful; going into those states is our own decision. We take nothing personally, knowing that, if someone does not like us, such feelings of theirs have nothing to do with us, but only with them and their need to be angry or hateful, and that is just where they are on their paths. Likewise, if we harbor such feelings against others, it is entirely our own doing, and can only bring us down from high levels of consciousness.



So, now it is up to us to achieve these things. We were brought to the point of experiencing the words in these pages for a purpose. They can help us image the way we would like to be if we review them often. They can come to us when needed. We can adapt them to fit our own ways of thinking. They can help us open ourselves to reception of the intuitions that are in each spiritual Self already as part of everybody's oneness with God while on these human pathways. They can make us aware of levels of consciousness that offer continual happiness and peace. If those things are what we want at this point in life, it is up to us to commit ourselves to act to gain them. A beautiful life lies ahead.

We are in Gratitude, Love, Peace, and Oneness.

God is all there is.

Only by yielding completely to God with gratitude for everything can we feel the warmth, love, stillness, oneness, and awareness that come from being filled with the peace that is experienced in the Presence. And then our joy is full.



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