

About Light Lessons

The following is a compilation of excerpts from meditations on the nature of light. I wrote them in the mid 1990's from the same inner source as my book *Tapping the Wisdom Within, A Guide to Joyous Living*. Therefore, the 'you' in the text is me.

I try not to judge or analyze this 'received information', either the subject matter or the manner in which it was transmitted. Even at the time I was a very imperfect vessel and there was some resistance. Over a decade later, I feel 'neutral' towards it, but I know for sure that it wasn't meant to be hidden, and that the internet is a perfect home for it to await whoever can benefit from it. It has always drawn the most hits on my site, so I know there are people for whom it resonates. – SN 2008

Light Lessons

from the meditations of Stephanie Noble

The lesson I want to give you today has several facets. The first facet is light's capacity to expand the human heart, that love and light can be synonyms in this context. Light is the radiant transmission of love. Love is the light matter that flows in waves, warm and munificent.

The second facet is light as a physical element. Photons fill you. There is a holographic system of light organization, full of reflection. Manifestation is the process of reflection and replication of those reflections. There is light in every cell. At a subatomic level there is no denseness. Or go the other way and see how that denseness is a loose and almost invisible speck in the scale of the universe. You have to go hundreds of thousands of miles in any direction to find dense objects. But light and darkness have their interplay throughout.

The third facet of light is its power for healing. This is the art of receiving, amplifying and transmitting the light energy for the benefit of all beings.

Now, I have 'divided' these up in facets, but I use the word facets because facets are not divided, just different faces or surfaces of the same jewel. Also 'facets' keeps us in the realm of the brilliant and reflective nature of light.

Of course, light is all one -- physical light is manifest light energy (as are all physical objects, just more densely packed) and healing light is defined by use, not different in its being or nature.

Light is created by a process of unification. It is the coming together, the oneness, the fusion of elements. For example, the combustion of fuel creates flame light -- a fusion of fuel energy. It is a transmutation. Likewise, the awareness of pure light energy is transmuted out of the unitive experience. One with all that is, light energy is experienced. Working with light requires knowledge of this reality. Until the oneness is experienced, the awareness of the light energy will remain dormant. These two awarenesses together are like fuel and flame.

The unitive experience is an awareness one relaxes into rather than something to strive to achieve. It is an awareness that comes not from persistence, but from ceasing resistance. Resistance to the oneness is a fear of losing individual identity, as an object to be admired and accepted, with the hope of feeling whole and part of the oneness.

Once we cease resisting, we can experience the light energy that is all that is. In fact it would be impossible not to. If you hear someone talking about a unitive experience, you will often hear reference to a quality of light or a sensation of being consumed in a wave of well-being. Both are the manifestations of pure light energy. Because, even though we talk about 'light,' this energy is unbounded by the limitations of our physical experience of visible light. It can be experienced also as sensation and as sound. Although it is not the sound itself but that which imbues the sound with its healing qualities. The energy is not just that which it manifests but the illuminating, energizing source. This energy is co-created by our awareness. The resonance transmutes the ordinary into the extraordinary -- thus the qualities of the unitive experience.

There is some question about how long you need to experience a unitive state in order to work with light. This is an issue beyond time. One moment of such an experience can impact a lifetime, if one chooses. The idea is not to strive to recreate the experience which was not initially created by striving, but to use that rich moment's resonant illumination to light one's way in life. An awareness of the unitive experience is enough — once experienced it is always present — so living in a unitive state at all times is not a useful goal. It cannot be 'achieved' though it can be received. A better choice in life would be to keep the awareness alive through meditation and the intention of staying tuned into the moment, whatever it is. The unitive experience is a jump-start on a person's ability to appreciate each moment. This appreciation and gratitude are fuel for the light energy to grow and glow and serve.

Light speaks in the languages of all the senses. It is a universal language permeating all manifest beings, all organic matter. It is the unifying force of all that is.

To act in concert with its flow is to experience that unity. To go against it is not possible, as it is all that is. But to shut one's eyes to it is to purposely limit one's experience to draw a tight noose of fear around one's light. But the flow still flows.

Light & Darkness

It is Light because it illuminates. It is Light because it nourishes, creating energy. It is Light because it adds color to every life. It is Light because it can power anything. The Dark is the unconscious, the unlit. Light illuminates and eliminates the Darkness. And what we do, as humans in a semi-conscious state, is try to become aware of the Light and let it illuminate our lives and fill our every cell with its energy. But often, as humans we are afraid of Light and what Darkness protects from view. So we create barriers and turn away from Light awareness. When we turn away we focus on the shadow we create with the Light behind us. We may even deny the existence of Light and see only the darkness of the shadow we ourselves are casting.

Let me just make an aside about dark and light skin color. Skin color has nothing to do with this kind of Light or Darkness. But even on a manifest level, logically it is the dark skin that has fully opened to the light. It is the pale skin that has been hidden in the darkness. Think of the color of organic matter you find under a rock. It's white. So if there were any correlation, it would be quite the opposite of what some people choose to think. But there isn't any correlation, so they should simply let it go.

As humans working with Light it is important to understand that, while Light imbues all that is, awareness of that Light is rarely so all encompassing, nor need it be, because the earth

plane is a state to work with both light and darkness. There are timing issues around when we are ready to expose the inner darkness to the Light. This is a world of light and shadow. That is its purpose, and its beauty. As light works we receive, generate, amplify and transmit this Light -- that is the role we choose for ourselves. It feels natural and right. But understand that it is a balancing role. Do not confuse it with a war against darkness. It is not. And do not be surprised that darkness still dwells within you. Embrace that darkness and understand its role. Our goal is certainly not to force the world to live in the constant heat of the noonday sun, the glare that eliminates all shadow and much of the beauty of the manifest world. Our role is to attune ourselves to the Light and co-create a loving environment for the nourishment and growth of ourselves and others. We work with Light because it is the active energy. Darkness is the absence of Light. You can explore it, you can sense it, you can illuminate it using Light energy, but it cannot create energy of its own. The energy we perceive in darkness is not self-generated but passively received and densified. Darkness can give the illusion of great power within its mystery. To the degree we fear the darkness, we fuel that illusion of power and can, by lending our own light power to it, be overwhelmed by it. To dissolve the fear is not to turn away, ignore or deny the darkness or the fear, but to allow for its existence and illuminate and reveal that part of the darkness that is ready to be understood.

So we work with light, but we honor the darkness as well.

This darkness of which I speak is not the Christian "evil". This Darkness is the womb of the unexpressed it has no intention, bad or good. It is, like Light, beyond human judgment.

Light is the pattern of the universe. Not just the small universe described by human science but the Universe, the oneness, the all that is. Light is the pattern and the pattern is waves. When we work with this Light, we call it Light. But for purposes of explanation and understanding, I will offer the word 'consciousness' as well.

So we have these waves of light energy, the patterns, the grand pattern, the process through which all is manifest in the earth plane. But the process is also the product. How does process become product? In the intersection of here and now consciousness. Awareness crystallizes a wave into a particle. In this crystallization is the manifest universe. It is a universe of separate particles forming into elements and resulting in organic matter. A natural question would be "Where are the waves when the particles are present?" The waves operate at a different frequency, and are beyond the limitations of time and space. Thus they cohabit without interference.

Another question might be, "What is the value of an awareness of the waves?" Light in its wave nature is unlimited and beyond our understanding. Because of this we cannot harness it, but we can access it. Its frequency is not beyond our reach, if we stop reaching. We are always both wave and particle. We are always, while manifest, both beings of flesh and beings of light. Our eternal nature is light. To have access to this light nature is rejuvenating for our physical being. It is hard work being manifest. Accessing the easy light nature gives us a rest that can energize us.

Any healing work done in that light nature is infinitely powerful. The awareness is all that is required to bring light energy into manifest worlds. And those who have learned how to access it offer gifts to themselves and the manifest world.

Light & Love

Light gives off love like heat. The love is part and parcel of the light energy. Light can be used as a protective buffer or an infusion that saturates and heals. Light has the pure intention that should not be modified but allowed to follow through. Sometimes in working with Light people willfully force their personal intention on the Light. This is an uninformed intention that may or may not be aligned with the pure intention of the Light. Because the Light has pure intention, it is better to allow its intention to lead. All that is required from us is attention, not intention. Some people need to clear the vibrations first because what rises from them or others may be impure distortions that will pollute the pure light intention. Getting the intention to clear the way for the Light to do its work is valid and useful. The Light then does whatever is best for the particular person or situation.

Even setting the intention of focusing on a certain area of the body is unnecessary and sometimes disruptive. The area of the body in pain is a symptom and the light may go to the root cause if undisturbed by a symptom focus. This is very important and is often overlooked in healing. It is tempting to visualize the area healing, but, while it may work, it will only be a temporary fix as the root cause or psychological underpinnings will not be addressed. At worst it will alleviate the symptoms, leaving the root cause without its voiced expression, that symptom, to go on to other forms of expression that could be more severe.

The Light of its own accord will attend to the problem in the proper order, peeling and revealing. Also the Light understands the timing involved, and will not peel away a layer that is still performing a service. Disease is like a scab on a wound. It is unattractive but necessary until the wound has sufficiently healed. The Light is concerned with the wound. So let go of the image of the scab. The illness is never the problem but part of the solution. Let the Light work on the problem. Lend your attention but not your intention.

Total relaxation into the unitive state of wave-light energy comes about through both awareness and contemplative focus. The broad awareness is an open merging with the light. The contemplation is a communion with a flame, mandala, mantra, etc. until one gets beyond duality and has union. This union expands to include all that is. Both methods are completely in the here and now -- the access point of the consciousness to transcend time and space. Relaxation is the third aspect: Here and Now and Totally Relaxed.

Let's talk about the importance of relaxation. Releasing tension and fear is a necessary first step toward the unitive experience. Anything you can do (without chemicals) to relax is good. Physical exercise is particularly good because it brings in oxygen to the system, flushing toxins. Massage, heat, steam, soaking, and lovemaking are all excellent ways to bring about relaxation. But it is especially beneficial to develop techniques for relaxing that do not require special activities or outside resources. Relaxation is possible in just a few seconds if you practice relaxation techniques, committing to memory how relaxation feels. Once this feeling is committed to memory, the body can duplicate it at any time, in any situation.

The Expansive Nature Of Light

There is no center to this Light energy, no place where it is more intense. But human focus - - aura, energy field -- can draw and amplify light. The light is no stronger there but the access is greater, the openness, the readiness to receive and be transformed by the Light energy is greater. Intention counts for a great deal, but it needs to be an open trusting intention, not a fear-based controlling, something to prove, intention. Human attention and intention create the attracting vortex to draw light energy in for purposes of healing and

transformation. The light is benign and unmanifest until this vortex appears. Then it becomes directed and manifest, focusing love, harmony, peace and healing.

When using light it is extremely important to be aware of whether you are operating out of love or fear. Only out of open loving, full of trust, can the Light resonate and create. Out of fear there is no sense of connection, the light is not accessed, the awareness is not there. But the fear energy amplifies and generates a greater intensity of negativity, empowering the fear thoughts to manifest.

Those who work with Light need to feel themselves Light Beings. This awareness keeps love and openness operative. But sensing your Light Being Nature is not something that happens overnight (though it can). Usually, it is an ongoing process of cleansing and processing and opening and revealing, making inner discoveries, embracing that which before was judged and criticized. This process is ongoing, but the bulk of it should be done before working with the Light for the benefit of others.

Fortunately, the desire to share the Light arises spontaneously out of an awareness of our Light Being Nature. Until that time, the Light is a tool for self-exploration only. And this is exactly as it should be. The timing is automatic and appropriate. However, there may be persons who, out of fear, want to use the Light for loved ones. It is recommended that they work with Light on themselves first. This is not selfish but common sense. And the only way to be effective.

Light illuminates but it also resonates. Because it travels in waves, like sound, light has frequency — beyond measurement but there — and can be amplified. I know there is confusion in your mind about whether we are talking about physical manifest light or more cosmic light. The confusion lies in your belief that when I am talking about healing light energy I am talking in metaphor, that it's somehow an ethereal concept, not physical fact. But there is physical within the bounds of your everyday sensory perception and there is expanded sensory perceptible physical -- and that is where you can experience this light. It does indeed exist -- just as ultraviolet light exists beyond the range of your senses. Remember that your senses are deliberately selective, that as you adjusted to earth plane existence you began to edit out sensation in order to focus on the narrow but complex sensory band that is human earth plane. This was a choice. It can be a choice now to remember some of the senses you edited out. It can be a choice to bring this awareness into your life full-time or learn transition techniques to slip in and out. This additional sensory awareness can add a new dimension to your life -- illuminating, healing, creating gratitude and joy.

The world we see with our manifest eyes is defined by manifest light. The light we don't see permeates all objects no matter how dense, fills every cell of existence, activates every atom and illuminates and gives meaning to every event, now matter how small. This is the unifying light of all that is. Its wave length is such that it can penetrate all. This light penetrates and enlivens, as opposed to gamma rays which penetrate and destroy.

Without manifest light the world loses all visual distinction, objects disappear and so does color. Without the light energy we are discussing the world loses its sense of magic, potential and meaning. If one is blind, has lost visual perception, the world might as well be without light. The light is there but the individual is not aware of it except as a source of heat from the sun. Likewise if a person is not aware of this light that enlivens the all that is, it might as well not exist. The sensation is the same as if it did not. The world of this person is

devoid of magic and meaning. Fortunately, a blind person may not be able to perceive manifest light but most definitely can perceive this greater light energy, as can we all if we choose to do so.

Individuals have developed a varying number of filters to block out this light awareness, Thus an initial choice to become aware of it may need to start with becoming aware of the filters that limit that awareness. If the filters are few and easily removed, the process of becoming aware of the light will go quickly, if the focus is dedicated. But if there are multiple filters and/or if these filters are so deeply embedded in one's sense of self that they are difficult to identify and even more difficult to release, this process could take a while. But even so, please remember that time is a concept only. Don't get caught up in measuring progress. If you keep the intention and keep at it, your awareness will increase. It doesn't really matter what you become aware of -- becoming aware of your filter is as vital and valid as becoming aware of the light. It is all of a piece, all valuable process. The awareness is the muscle you are leaning to flex. Keep at it. Let go of goals but stay in the practice, for its own reward. The experience is its own goal.

So we have established that light permeates all -- that there is no surface it cannot pierce. That it fills every cell, every atom. It is immanent and inseparable from life. This light is life. It enlivens.

But you may wonder, what is its source? If it is everywhere and everything, where does it come from? This light, for our purposes, is ever-present, non-directional. There is no part of the planet going into darkness from being cut off from the source. The earth is no barrier to this light. Nothing can block it. Everything is it. It is the essence of the energy that manifests all you can see.

I know you noted my using 'for our purposes'. I do not mean that the light is sourceless, just that we are an integral part of the sourcing. Do not think there is some distant source a few galaxies away, beyond our vision. The source is invisible not because it is so far away but because it is so much present. The only way we could visibly see it in total would be to have a moment when it disappears. But that cannot happen, because consciousness is created by the light as well, so we could not be conscious of the absence of this light.

We can be totally unaware of the light, of course, just as we can be unaware of the air we breathe. But it still sustains us. And just as the air becomes inseparable from our body, as it fills our lungs and feeds our blood and cells -- so the light is inseparable from our being. We are beings of light.

Let's talk about the quality of that being. How does it differ from our physical body? What fixed ideas do we have to let go of in order to keep our consciousness aware of our light being?

First let me say that our physical bodies are manifest from this light energy, as are all earth plane beings and objects. As such they are gifts to be appreciated and celebrated. They are gifts, not burdens. They are to be loved and cared for. They are tools for our growth and exploration and pleasure. They are the sensate celebrations of being. So please do not discount your body or see it as a limitation. It is not. Your body is valuable. How else can you operate on the earth plane -- which is also a gift?

Your body is not a limitation. Your limited patterns of thinking can be. Your body does not stop you from having out of body experiences. Only your mind patterns do. Your body is not the barrier to expanded awareness of your light being nature. Your patterns are. Your patterns of thinking are calcified by fear and become rigid, making expanded creative experience impossible.

What is it that you fear? Losing control? You are always at the point of power if you stay in the moment. Only your fears and acting on your fears make you lose control. Think of any situation in your life and see if this isn't absolutely true. It is always true.

Fear manifests its 'other', its enemy. It brings division and distortion. The deeper the fear, the more frightening the manifestation. Thus monsters, devils, and all forms of evil are manifest by your fears. The only way to deal with evil is to deal with your fear. Not by making fear the enemy, but by acknowledging, honoring, understanding and thanking it for its intention of trying to protect you, even if its means are misguided. Only through this process will you eventually be able to let the fear go. Perhaps it will come back again and again in different forms. Each time you go through the same process. This is the way of release and the way of coming into wholeness, union with God, Goddess, All that is -- however you choose to label that ever-present life giving light energy.

Perhaps working with and through your fears will take your whole life. That is a well-spent life. Do not give up, do not abandon the effort. But make it joyful. Be in the moment; be in gratitude for the opportunity. Do not suffer for your fears. Let the pain be felt but not projected into the future or dredged up from the past.

Perhaps in this lifetime of working through your fears, you will never fully experience your light being nature. That is okay. It is your attention to the moment that matters. And if you can trust the light without experiencing it -- that old word 'faith' comes to mind -- then you can work with the light and benefit from the light and even share the light. You're just working blind. And isn't that even more impressive? How valiant and noble thou art!

What I am asking here is for you not to feel gypped if your life experience is not crystal clear transparent to you. I want you to be able to celebrate the gift of life as it is by staying ever in the moment. Trust that this experience is yours because it is the most valuable lesson you can have right now. See it as your gift. And find it in yourself to feel authentic gratitude for this amazing gift of life.

In meditation may be the first place we come into awareness of another conscious focus. We can trust our bodies to tend themselves while our consciousness expands beyond the imagined boundaries of skin.

I say imagined because if you look at skin closely you will see that it is porous and permeable. It protects the inner organs from exposure and keeps them from falling out, as do the muscles. But it is a transparent organ, skin and even if it weren't, this light energy permeates even rock, so it is no boundary or barrier. Still I think it helps the consciousness to remember the porous nature of skin -- easier than picturing a light that can permeate rock.

When we shut our eyes we have no visual sense that our physical body is any particular size or shape or that it even exists. For this we now must rely almost totally on our sense of touch. And when we do relaxation techniques, and if our body is not in any pain anywhere,

we can get to the point where our body is so relaxed it feels as if it has disappeared. It is relaxed to a harmonious vibration with its surroundings, and the differences which create sensations are gone.

So now what is to stop us from expanding our consciousness beyond the boundaries of our skin. Nothing but our habitual nature. But practice overcomes habit. If in meditation we regularly practice taking our consciousness beyond the edges of our physical body by allowing ourselves to imagine the pure light energy glowing and growing from within, radiating out of all our pores, and then keep glowing and growing to whatever and wherever we want, we can break through all barriers we thought existed.

We can imagine this light being as any size we want -- as tall as a tree, as big as the whole universe -- because in fact it is beyond the concept of size. And this may be the next stage in the practice -- to accept consciousness in a sizeless, massless state.

In this state also, you can be the tree, the wind, the dewdrop on the leaf. You have no barriers to your being. You are the light. You permeate all and experience all. The only difference is you also have choice -- your conscious choice to experience something or not. You are always in total control. Once you fully realize this, however, you may want to allow yourself to experience more, to go with the flow of the experience, knowing that at any time you can steer your experience in a different direction.

This beautiful experience is totally available to you through meditation. It is a simple choice you make. If it is a choice that puts you into fear, makes you feel uncomfortable, of course you must explore that first, as discussed earlier. But once you have cleared the runway of apprehension, there is absolutely nothing to stop you from taking off!

So what are the life situations that benefit from our light being awareness focus? First and foremost are all relationships. Whenever we are interacting with others, it is a great benefit to operate from our light being nature and relate to their light being nature. Unless this is something they are open to, we don't discuss this awareness necessarily. We just experience it. Try it and see how it totally transforms the quality of the experience. This pure light energy is also pure love. Love with no agenda, so it is not cloying, not possessive. Instead it is open and creative and inspiring. When we are with someone who is operating from their light being nature, we feel buoyed by their presence. There is nothing physically different about them, but we feel different when we are with them. And because they are attuned to the light, they lighten us. You've heard the greeting "Namasté" which means, in effect, "The God in me honors the God in you." This is light being greeting light being. No particular expression is required, just this change of focus and awareness.

The second obvious place to bring a light being awareness is in nature. Since all around you are beings of light in the form of trees, rocks, grasses, plants, sky, water, animals, etc., when you are in a light awareness, you feel unitive belonging and deep communion with your natural environment. Spending time in nature this way is a deeply cleansing experience. It purifies and amplifies your light energy — or more accurately it clarifies your lenses of perception of your light being nature. Deep virgin nature is the most transformative of physical manifestations. Seek it out as often as you can.

But, as rich as that experience is, it is not the only place to find light or to activate your awareness of your light being nature. You can do it almost anywhere and benefit. What I would suggest is to keep that awareness alive at all time, but keep it partial while driving,

balancing checkbooks, etc. It will help every situation, but a physical spatial awareness is necessary in many situations too. You can learn very easily to find the balance.

All creative experience is enriched by light awareness, accessing the unlimited nature of your being, releasing habitual patterns that have confined your expression, while bringing a love light celebration and appreciation of your very humanness. In light you can access other aspects of this world and even access other worlds. You can bring dream imagery into manifest reality, you can understand and portray other people, and you can bring illumination and meaning into ordinary experience. You can make people look afresh, anew. You can make them see and appreciate their surroundings, others and themselves. The creative gift is enlivened by light awareness and all who experience the creation feel that the God in them has been honored.

In light being awareness, the world of the senses takes on greater wonder and delight. You will find all your senses enriched, whether you are listening to a symphony, eating a meal, petting a kitten, smelling a flower, making love or seeing a view. All will be illuminated and amplified by your light focus.

The light being nature does not negate earthly experience, but celebrates it. It is what enlivens and gives meaning to earthly experience. It is the source of life and the celebration of life. Tap into this source and feel alive.

There are people who can't stand the light, just as there are people who find the overwhelming beauty of Hawaii unbearable. Light awareness is a sort of paradise, not one of clouds and harps and boredom. Quite the opposite: it is all possibilities superannuated. For some people it can be too stimulating, but stimulating in a way they are not used to. So it feels unnatural -- like Hawaii if you're comfortable and feel at home in a somber urban setting. There are habitual comfort levels for all of us. We do not go beyond them, at least not for long. We are self-limiting. There are no barriers but ourselves. Yet I don't want to give the feeling that these barriers we set up for ourselves are yokes of oppression that confine us. Instead they are molds that define us. For most of us and for much of our life, that mold, that self-definition is what we are about. It's what we have to deal with, to learn from, to explore. It is not necessarily the point of life to burst out of these molds as if they were only constraints. I feel like I cannot say this too many times: celebrate the self you are as you are. That is what is in this moment. And unless you attend this moment, you are out of focus and cannot access your awareness to all that is. Explore the mold, not to throw it of, but to know it and understand it. Find out its loving intention, your loving intention in having created this identity and this life for yourself. And find it in yourself to honor that intention, honor that selfness, and thank it -- yes thank it -- for its intention. Then if it no longer serves, you can let it go. But only if it naturally sheds itself. Life is more joyful, beautiful and meaningful when the process of letting go is natural -- like not picking at a scab but letting it heal, do its job, and eventually fall away.

So yes there are people, perhaps even a majority of people, who will find wide-open access to light energy awareness very unsettling, perhaps even threatening. They can explore their fears. They can access whatever illumination helps to do that. But it is not their goal, job description or need to expose themselves to total awareness. This is why proselytizing is so ill advised. Not that you must keep the light to yourself (or hide your light under a bushel!) Share it generously but don't shove it down anyone's throat. Don't suggest that someone is not who or where they should be because they are not where you are. But likewise, do not succumb to anyone else's fear-based need to portray something they do not understand as

dangerous. Awareness of our connection to all that is is not dangerous. It is what all religions and spiritual traditions embrace: a relationship with God, Allah, whatever name we choose to give that which is all and everything, that which is immense beyond our imaginings, that which is both transcendent and immanent. Clearly it is the lack of awareness, a sense of disconnection, which is the root of all suffering in the manifest world. All acts of violence are done in a state of feeling disconnected. A person who is awareness of their connection with all that is cannot take another life. Another's harm is as painful as his own. What if he hates himself? A person who is aware of his connection with all that is cannot hate himself because he feels worthy as a necessary part of the whole, and he feels the loving energy of the universe supporting him in all he does. So he acts out of love, he is love.

But it is important to remember just a few years back how you balked at my words of love to you. The cynic in you could not hear without gagging. It was much too rich, much too sweet. Yet now you accept it and are nourished by it. Understand that others are at different places with all of this. Respect their places, their perspectives. All views are valid.

Dark Night of the Soul

Light is a quality of being. It is the fundamental spark of all creation, but it is also the ever-present ongoing luminosity of all that is. When a person has a dark night of the soul it is a total absence of awareness of this light quality, this luminosity. The light literally goes out of their awareness. There is absolutely nothing to hang on to, absolutely no meaning in their lives. It is as dark and colorless as a deep hole with no outlet. It is hell. Hell is the lack of awareness of the light. The total sense of disconnection from all that is. The light, or the awareness of light, makes all the difference in life. To be aware of it and grateful for it in every moment is to live in complete joy -- not free of pain necessarily, but certainly free of suffering. To be unaware of it is to live in a darkness -- not the rich fertile loam of soil, not the beautiful deep values of chocolate, ebony and mahogany, not the deep blue of a starry sky, but a vacuum of darkness -- the absence of all that is, a lifeless, meaningless vacuum.

Of course, most people are neither in total joy or total darkness. Most people find some mid range that is reasonably comfortable or at least survivable for them. But this is the range of awareness possible and the experience it brings.

The light is. Eternal and ever present. It fills everything and imbues everything. Whether we choose to recognize it or celebrate it. It still is there. Perhaps it is beyond imagining, this light that casts no shadow, that permeates all, that shines on and radiates from all that is. Because it is light beyond the nature of light as we understand physical manifest light. It shares certain qualities but is not limited. There is no way to approach the light from behind or any other way. You are the light. No direction takes you any closer. Only changing your rate of vibration increases your awareness and sense of connection and resonance. The total relaxation that is still completely alert -- that is the tuning fork.

Radiance

The radiant light body effervesces energy. This radiance has a magnetic quality. That which we put out, on an energy level, we also draw to us. People call someone who only experience delightful things a Pollyanna, and assume a certain blindness or failing. But in truth, people who are radiating pure light energy, experience only pure light energy. That's what they draw to them. When they meet other people, they attract that aspect and, by their

contact and resonance, enhance and expand that aspect in others. People find their own radiant nature, heretofore lost or unexplored, by being near a radiant light being (as opposed to a light being -- for we are all beings of light -- who is not radiating). All who live with or come in regular contact with radiant beings become increasingly aware of their own light nature. Barriers begin to dissolve, seemingly unconquerable problems appear in a new more solvable light. The presence of a radiant light being accelerates growth in all who come in contact. Therefore, simply focusing on keeping the awareness of one's light nature has incredible impact on the world. It is not a selfish act but a generous impulse. The more actively we focus on radiating, the more consciously we share this radiance -- as in leading guided meditations -- the most powerful is this light consciousness increased.

It is extremely important for the radiant light being to deflect dependent attachment by those who feel a need to be near them in order to feel their own light nature. People need to be ever reminded of their own inner luminescence, their own power to generate, access, and amplify. The contact with a radiant light being should only be a jump-start not a continuing umbilicus, to their awareness. A true radiant light being has no need of adoration or devotion and can easily and gently return awareness to the source. But being human, they may go in and out of that awareness and may still be struggling with issues of need for just such dependence to make them feel acceptable. Radiant light beings in general have processed many fears and barriers, but being human they too have life long challenges: recurring fears that must be faced. Unfortunately, if they allow themselves to be deified by others, they lose their fluid motion of their own inner growth and crystallize an image of perfection, which must by nature become a mask, sinking them into separation and ultimately disconnection from their own inner source of radiance. Then they must rely on charisma, a black hole that feeds on the energy of others. Charismatic personalities can be very addictive for others and, because they drain energy, those who are drawn to them lose the impetus to pull away. This is a cautionary warning to all who would follow a spiritual leader. Be aware, be alert and be clear on your own light nature, you are the center point of your own existence. Do not put yourself in orbit around another person. If your leader encourages dependence or suggests they are the only door to spiritual connection, abandon them immediately. They are enslaved to their own fears and needs for power. Truly it is better for you to wander in the seeming darkness than to seek the light through a black hole. Your own darkness is just a forgetting. Quiet down, listen in, allow the light to filter through the chaos as it settles down. Be patient with yourself and all your inner voices, all the criticism, all the name-calling. Let it course through you but do not feel you need to respond. Keep waiting. Be patient. Quietly be at rest and alert. Then ask a question, if one doesn't rise up, just ask, "What do I need to know?" and then be willing to listen. Wait for the calm, loving, non-judgmental answer. Then make friends with that voice, your high self, and let it guide you. Return to it again and again, strengthen the bond, keep the access point open, keep the way paved and clear. The first time you contact it, perhaps you must go through painful brambles like the prince who approaches the castle of Sleeping Beauty. So many years of inattention. But the next time you come it will be easier, and if you attend it daily, the path will stay clear.

As for teachers, find them in everyone you meet and in everything you see and experience. Be aware of the teacher nature of life itself. Be open to learn from every experience. Use your growing awareness of your own inner light to illuminate the meaning and value of all life.

The magnetic quality of radiant light being and the magnetic quality of a charismatic attract totally different aspects of people. The radiant light being attracts the light in others -- the god in me honors the god in you -- so that these people become aware of their own inner

light. The charismatic attracts the weak needy aspects. It feeds on longing, hunger, loneliness, and a sense of incompleteness. It brings these aspects into power, so that all other aspects are atrophied, and the high self is never acknowledged, since a charismatic leader is put in its place.

Therefore, the charismatic has followers who are addicted to his or her presence. The radiant light being has no followers, but all who come into contact with him or her feel better about themselves and their lives. The true inner source of their own strength, balance and joy becomes a little clearer through contact with this person. That which is illuminated is neither needy nor addictive. So no adoration or following happens. The radiant light being illuminates a person's own wholeness as well as their connection with all that is. The charismatic creates a spiritual addiction in those who come into contact with him or her.

Such distinctions are extremely important to understand for all who would follow a spiritual path. There are paths that have black holes -- they are not paths at all, but roadblocks set up by hucksters and charlatans. Using the above-mentioned distinctions as a guide, you can avoid the black holes that may appear before you in the guise of an enlightened leader.

Do not hand yourself over to any living person. The spiritual life does not require earth plane slavery or human deification. Your longing to involve yourself in such a relationship is an important aspect to explore. It is fear based. Explore down into the root of that fear, either on your own or with the help of a counselor. If you see yourself giving yourself over to the counselor, and the counselor does not deflect this action, find a new one. You may have such a strong need to give yourself over that you will only respect a counselor, therapist, teacher or guide who draws your devotion. Perhaps then it is better you first work alone to strengthen that inner awareness of a wisdom you have long ignored. Find that calm loving, non-judgmental voice and nurture that relationship. Let it guide you.

Light Meditation

"I am light, I am light, I am light, I am light, undifferentiated but conscious light." A swirl of light, an edgeless sphere of glowing light radiating.

Wave & Particle

The light is always both wave and particle. Only consciousness shifts. In one state of consciousness we experience it as particle -- that is our normal earth plane reality awareness. But we can shift to a wave awareness that is equally true and valid. Both/and. Transitioning from wave to particle is not creation, nor is it transitioning from particle to wave destruction. It is merely consciousness shifting from one lens to another -- one that is broad focused and omni conscious, one that is narrow focused, capturing snapshots of single moments. Both are true, valid and useful. There is no preference for one over the other. However one is more useful for some activities, the other for others. Learning to transition between the two as appropriate for activities is a wonderful skill.

Naturally because a human you are skilled in particle reality, I am teaching you how to shift to wave awareness. In the process, it may seem as if this awareness is being promoted over the other, just to help motivate you to experience it. But one is no better than the other. It is not a higher plane of awareness or any other such hierarchical stuff. It can be extremely pleasurable, and certainly it can change your life because it opens up windows that were closed before. You can close the windows, but not the recognition of what is beyond them.

Lighting Knowing

It is unfortunate that I am left with words to work with -- grateful though I am for them -- they are an archaic means of communication. Light-knowing is a far more effective, instantaneous form of communication. It's a communion rather than a communication. Light knowing is free of excessive thought patters -- those heavy clothes of the human condition, useful for the winter of human earth plane experience, but just extra weight in the buoyant balmy air of light radiance.

The language of light -- light knowing -- is extra sensory perception. You experienced the extra sensoryness of beyond language. Somehow everything you saw was imbued, wasn't it? Imbued with a quality of richness and meaning and magic: Light!

Expand beyond your constrictive patterns. Let light knowing be your true language.

Light is ephemeral, effervescent, dynamic, and eternal yet in constant flux, ebb and flow. The overall view is of eternal endless infinite wave. The close up experience of a wave is peaks and valleys. And so you can experience light as a peak or as a valley if you are myopic. It is all light, but the valley experienced alone can feel like the depth of despair. The peak experienced alone can be the height of euphoria, exhilaration, perhaps fear. The light is in perfect balance, eternal and constant -- but those who choose to attend only the peaks or the valley without the eternal awareness will feel their lives a roller coaster that never ends.

Developing eternal awareness comes through the here-now-relaxation access point. Though that point one's experience of light is unbound by limited myopic perception. The valley and peaks exist but only as a rhythm -- like a heart beat. We don't panic between each beat of our hearts. We understand the rhythm. We rejoice in the overall rhythmic functioning of our heart that means we are alive. So too can we celebrate the overall rhythmic functioning of the light that means we are eternal beings of light.

The creation of a manifest world in which day follows night and spring follows winter is to teach us to relax into the rhythm of the peaks and valleys of light wave. IT is surprising how many of us do not believe in morning, and do not believe in spring. And those who do often have a hard time translating it into their own lives, to draw the correlation that pain passes, that life is a rhythm.

Those who trust the rhythm, feel that light always. Just as those who trust in the rhythm of their own heartbeats feel alive, even in between the beats. The light is sustained by the rhythm. We are sustained by the light. Trust the rhythms and the awareness of your light nature will always be with you.

Light is called light because it radiates, clarifies, illuminates; yet it is not light in the singular sense of manifest light. It is pure energy that permeates all that is -- all matter, organic and inorganic, and beyond manifest matter. Some individuals can actually see the amplification of intense light energy. Since light is in all and everything, it would be too much to be totally aware of it at all times -- like constantly being aware of the air you breathe -- you could do little else. So it is with the light. But some can experience when the light energy is amplified - as in a group holding hands and being open and receptive to the flow of energy.

There is no particular value in being able to see the light, except that it reinforces one's trust of its existence. Those who actually see it are able to act without reserve in focusing, generating and amplifying light. It makes them powerful healers. But it is the reserve that holds back others, not the absence of light. All beings have complete access to the light. Few use this access because few are aware of it. Yet it is becoming more commonly accepted and trusted. There is a part of each of us that knows fully our light being nature, that holds the deep memory of being non-incarnate light. So even though we can't see it, we resonate with the idea of it. It feels like home.

The light is all and everywhere, in the physical plane as well as beyond it. To fully incarnate does not mean to be in disconnection. You see people who do not seem to have any sense of being more than walking thinking bodies of flesh. You fear that absence of awareness of your connection with all that is. But you need not fear. Yes, you've wandered in the darkness from time to time, but you are above all a being of light -- that has never been lost, just ignored. You are fully incarnate in that you fully sense and appreciate your surroundings. That comes from the feeling of its temporal gift nature, which in turn comes from your light awareness. Live fully and fearlessly, oh winged one, oh angel, oh being of light. I love you oh winged one. Do not feel that your wings are clipped or that you are a stranger in a strange land. This is the land of your making. This is your dream: make it what you want.

We talked about the language of light. Light knowing. You can call it Lightling if you like. It has a certain charm, though Light Knowing is clearer. Name is unimportant. What is important is understanding the language.

(Are you speaking to me in this language?)

Yes. You hear words in your spoken tongue, but there is much that is not spoken that can be communicated. Language is not limited by words. There is all sensation, physical and otherwise. The body knows things that cannot be spoken and that knowing is communicated in sensation -- pain, pleasure, etc. We need to be sure we are always open to that language. It is easy to turn off the channel, block the pain, and numb the sensations. But that is just slowing down the necessary communication, inhibiting the process of growth and learning.

Dance is another aspect of this Lightling. It speaks through music and movement. It is a union in which loneliness is not a possibility. It is a harmonic convergence at a deeply personal and universal level. It is a celebration of oneness. Likewise the process of art making, an expression of Lightling itself, is deeply enriched by the addition of music. When two expressions of Lightling meet, the intensity is heady. Music is the natural expression that easily adds to other expressions: sharing pleasure with friends, lovemaking, art making, dancing, communing with nature. Music from a connected source, authentic in its expression, is a right Lightling expression.

There are so many ways in which we all use Lightling in our daily lives quite purposely. For example, the use of manifest light. For no nonsense business purposes we use fluorescent light. For social interchange, we dim the lights, and for making love, meditating or setting the stage for a spiritual experience we light a candle. Why?

The raw light provided by overhead fluorescence casts no shadow. It reduces visual stimulation, imagination and creativity. In this light one can focus on balancing a checkbook, for example, with better results than in dimmer or warmer light. But use the same light in an

office used for an artist, a writer or a personal exchange on any meaningful level and the resulting experience will feel less satisfying or productive than in a room with light that has warmth and shadow. There is an emotional content in such light. There is cold lighting that casts shadow that can have strong negative effect as well. This is a language of light we are all so familiar with; most of us use it all the time. We have dimmers to set mood in our homes, we light candles for making love, for special social and romantic meals, and for sacred rituals. Candles are living light casting a range of vibration, dancing shadow. The more we use candles, the more deeply personal and rich our lives feel. The predominance of fluorescence in lighting parallels our societal disconnection from our own emotional content. Indoor lighting is one of the most striking contrasts between life now in Western culture and life a century or more ago. It's the first thing you would notice if you time traveled.

Sunlight also has variations. The light of noonday is blatant and shadowless. While on a cold day, it brings welcome warmth, oftentimes that sunlight is so strong it can be harmful, and we tend to seek the safety of shade. For emotional content and a unitive experience, the low sun offers the richer experience -- and dawn and dusk, sunrise and sunset, are the richest of all. Most spiritual practitioners find these times most conducive. Photographers prefer the light of late afternoon or early morning when the shadows create texture and pattern in the manifest world. At dusk the light breaks up the sense of solid matter and one feels one molecular nature dissembling. When the sun's high, we enjoy it ever more when it dances with clouds, backlights brilliant white formation, streaks through atmosphere making rays. The other day you were walking in the fog and the sun behind it was creating a glow so intense, the illumination was 'unreal'. These are the kinds of light interplay that spark us into unitive and euphoric experience. This is the Lightling expression. But manifest light is just one of many expressions of Lightling.

Music is also its expression. And just like the candle flame compared to harsh artificial light, the live symphony concert with excellent acoustics compares to the same performance on tape in a small poorly amplified cassette player. The candle and the live symphony have a much wider range of vibration, create real light and shadow -- they dance! The other is a refined narrow band of vibration that can only resonate at a shallow pitch. The same is true for a live performance of a stage play compared to the film version presented on TV. The emotional capacity of the movie on a big screen is created through the enormous scale. It has to be that large to make up for the loss of range. On the small screen it loses that range and only gains the emotional potential of the personal environment of one's home.

The same is true for viewing art. The vibrational range and emotional pitch of the original work can cause a state of euphoria. The same work on slides, prints or in a book is only a mild reminder of the original experience. Art history class teaches recognition of style, analysis of content, trends, movements, etc. but until the students get out of their seats and go to a museum to see the works themselves, the experience is purely theoretical. The emotional content is gravely diminished.

You can see that we each have a great capacity for increasing the range of vibration in our lives, for deepening the emotional connection and for enriching our experience of the manifest world and by so doing raising our awareness of our unitive nature.

When we choose the greater vibrational range and the warmer glow of light and shadow, we are giving ourselves the greatest chance to be completely here and now. Under fluorescent lighting it is easy to be skimming the surface of our lives. Nothing holds us. But in the light of

a candle flame, we are caught and entranced and focused. We feel in love with the moment. That is the most important thing: to fall in love with the moment.

Being out in nature is to fully use all one's senses. The more senses that are used the more powerful the Lightling becomes. In nature you feel the temperature and the air or wind; you see the panorama as well as the detail all around you; you hear the birds; smell the scents of nature, etc. It is a very full experience and not surprisingly it is a place of communion and connection. Not surprisingly, the more free you feel to let go of intellectual analysis and succumb to what is, the more you feel this sense of communion. Therefore, because the nature of people in groups is to either discuss it in category terms or to ignore it and chat about all manner of other things, the experience is lessened by the presence of a group. This does not have to be so. A group that purposely goes into nature together to quietly experience it, amplifies that experience by being together.

When we talked about movies compared to TV, we mentioned size, but there is also a resonance of watching it together with many others. The emotional content can be much greater. And a live production where you have both live actors and an audience is the ultimate Lightling.

But Lightling thrives on shared passion and withers where there is compacted, withheld or fear-based emotions. So it is not just being together but being together and being moved, inspired. That is the magic. Being together and sharing awe. That is the highest expression of Lightling. That awe can be laughter, tears or just sharing joy and wonder.

LIGHT & INTIMACY

Love light fills the spaces between you and resonates the pure light energy within you, harmonizing the vibrations, so that even though you are two distinct and separate flames, you produce one light.

This is love. It fills you with gratitude and an appreciation for the beauty that abounds. The harmonized vibrations are in harmony with all of nature. "All is right with the world." A sense of well-being fills you; you have little need for manifest sustenance, so sustained do you feel by this love light. This is love and there is nothing finer in human experience. Thus humans seek it and crave it and cherish it and fear for the loss of it. And that is why they suffer for it. They throw themselves into deep chasms for it. They take love and crucify it. Fear driven, bent on possession, they kill the love to have the love they kill. But it is dead. The light is gone.

If they understood the nature of love, that it is indeed the harmonizing of vibrations, the awareness of love light energy, they would realize that love is not dependent on another but on ourselves. That love is whole and complete of itself. One can feel it for one person, for all of humanity, for all of nature, for all that is. The love is always present and available. The awareness, however, is not. Blocked by fear and the fear-based longings and distortions. Love does not cause suffering. Love causes joy, harmony, peace and more ever expanding love. Fear causes suffering. Only fear. If one would seek a lover, one should start by opening to the love light energy that radiates from within. Once attuned to that inner light, love is a natural state. And into the presence of that awareness comes others who resonate with it and are in harmony with those love vibrations. And if they don't, the love is still there, creating an awareness of wholeness and connection, a life of meaning and deep abiding joy.

Awareness of the Light

Becoming aware of the light in any given situation requires only that you relax your body, bring your focus into the here and the now. We are not adept at doing this unless we have been raised against a cultural bias towards distraction, goal setting, and tension-action, or unless we ourselves undertake a regime like meditation where we practice doing so on a regular basis.

Thus awareness of the light is rare. Yet even in a state of unawareness the light benefits us and we unconsciously follow it, using it whenever possible, and enjoying it as much as we are capable in our tense distracted state. So it is not alarming when we begin to discover it consciously. It is a clearing of a fog, a polishing of the lens of perception, but not something new to us. It is a welcome opening to the light we sensed was there all along.

That is why enlightenment is an "Aha!" "Aha!" is a clicking into place of a puzzle long unanswered but sensed at some level. The "Aha" is never surprised, only delighted. It is a resonant 'yes'. It's an 'I knew it all along but was ignoring it' feeling. Like a mountain through the mist, we knew it was there but it wasn't clear until now. "So there it is. Yes, I knew it all along."

The "Aha!" is how we can decipher for ourselves what is true and what is not. We have so many ways of gathering so much information that we can be overwhelmed by it. And we can be attracted to information we want to be true out of a longing that comes from fear of isolation. We join groups that believe certain things and feel relieved to let the group do our thinking while we wallow in the pleasure of being accepted and loved.

We can go on for years or a whole lifetime or more, wallowing in this quasi-connection. But we never truly feel that deep sense of connection that comes not through the good will of others but through our own inner attunement to all that is, God, the source, whatever name we give it. What we feel is a great release of fear, of total acceptance not based on our adherence to a group's rules or shared beliefs, but just because we are. We exist, we are expressions of God, light energy, all that is -- we are all the same stuff and as such are at once beloved, love and lover.

Only when the awareness comes, through relaxing into the here and now, can we feel this great "Aha!" Only when we sense our own connection, only when we experience it rather than theorize about it, does the "Aha!" come: Wordless and full of awe. It is freedom and comfort all together.

The words are only a security blanket. Shared, they assure us that we're not crazy, that this is a common experience, even if rare. So we read authors who speak of the light in whatever system of words they find most resonant for themselves. And we feel soothed and comforted and inspired to honor our own experience. Thus, these words are valuable.

But the words can also stand in the place of experience. We can linger around the edges of experience, reading description and theory, analyzing, labeling and dissecting on and on, until the experience itself is buried under a heap of now meaningless chatter. Thus the words can be a distraction in themselves and can suffocate the inspiration to experience.

Be always aware as you read the words and discuss the ideas with like-minded friends, that only the experience is the experience. The words are the diving board, the experience the water itself. You can stand on the board and deliberate about whether to do a jackknife or a back flip, but the important thing is to get into the water. Even a belly flop is better than staying forever on the board. You can stand there forever discussing the temperature or depth but it all has no meaning unless you get in it. Feel it, be it.

Close your eyes and remember swimming or some other sensory experience. Now imagine trying to explain it to someone else in such a way that there too will experience the visceral pleasure of it. You can't. The same is true with experiencing the light or the unitive state. It can't be described sufficiently to replace the experience.

So read, by all means read! And discuss and share thoughts. Inspire yourself anyway you can. But also get out of your own way and let yourself experience the light. Stop right now and do a meditation. Allow the light to enter your awareness. Feel the waves of pure loving light energy washing through you and around you. Feel every cell of your body being cleansed by this light. Feel the imagined barriers between you and your world dissolving. Feel your light being expanding, growing and glowing, radiant and loving, experiencing all that is.

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