

Mystical Chapters One

A Study of the Spiritual Life



“The quality of our life is in direct proportion
To the quality of the questions we ask.”

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In the beginning...

For me it all started when I was told that on the subatomic level, the universe comes out of and goes back into the quantum field (this vast void of infinite intelligence and potential) about 14 billion times a second. The first thing that came to mind is “how fast is that?” A quick calculation later struck me down in awe (not the first and not the last time I have been smitten on the mystical journey!). If you were to take a light switch at home on your wall and click it on and off continuously, it would take 433 years or 5 ½ lifetimes to replicate what happens in the universe in one second.

OK, now that I can't possibly get my mind around that scenario, I asked my next question, “where did the created universe go when it dissolved?” and “what is the intelligence that plays this game of ‘on and off’, ‘hide and seek’?” The answers to these questions are found mostly in the domain of physics and religion. I had my problems with some aspects of religion at the time but the idea of a Higher Intelligence seemed a fair bet. This reasoning was due to the statistics which tell us that the probability of the universe being the product of a random event is slightly *less* probable than the likelihood of a tornado landing in a junk yard and assembling a fully functional Boeing 747 complete with a crew, flight plan and airline meals!

But where the journey really started was when I asked the question of questions – “why?” And this “why” begat another round of questions which I had previously proudly thought I had answered for once and for all: “Who am I?” “Why am I here?” “Where am I going?” and, “How do I get there?”

Welcome to the Mystical Journey!



Mystical Chapters is a response to the need to bring the fullness, richness and joy of the mystical spiritual journey out of the monastic setting and into the realm of pure souls living as householders, raising families and making a living who have a deep internal sense that there is something more. And there is! In mystical spirituality that desire to become whole, to reach our full human and Divine potential can be realized naturally, spontaneously and without changing lifestyle or shunning social and familial responsibilities. Over the years StillPoint has uniquely distilled the teachings of the great God-Realized Masters and put it into modern language. We've used today's scientific and cultural concepts to reflect the essence of the original teachings as presented in different times, places and circumstances of understanding. We have also been able to make the journey from spirituality to mysticism, validating both and blending both into modern life.

Spirituality is where we start on this journey. Spirituality is about our relationship with God and creation. It implies "two" and it is often referred to as "dualistic." Mysticism is not about two but One. It is about our Divinity and identity. It is best summed up in the affirmation: **"I am Pure Spirit witnessing all of this as God."** It is the understanding that God "became" creation, and not God "created" creation. This is a subtle but very important discrimination.

Mysticism is also the path of the Divine Feminine: a path in which the act of loving God is not necessarily a set of prescriptions, but an inner openness to allow God to love us fully. The domain of Mystical Spirituality is simplicity, innocence and the experience of the God within – Silence. We see humanity not as "original sinners" but "original innocents." We agreed to come and play a role so that God can know Her own creation. We did nothing wrong. The set-up is that we "forget" our True Nature and then return to it.

Contemplation: Our Idea of God

We have grown up and formed our ideas about God, spirituality, religion and our selves based on a very masculine representation of the God, the Primary Source. How would your sense of self-worth have been different if you had your life based on the Feminine paradigm of self-acceptance? Imagine how differently you would experience your self if you really experienced that God loves you unconditionally, like a newborn held by a mother, rather than in order to be “good enough,” you had to change many things about your self, including your basic nature or individuality?



Perfect Love

Perfect love for God
presupposes perfect
confidence
in God's Will in
everything.

Focusing primarily on self help is often a subtle trap. Often we are focusing on the wrong “self.” And it’s not about perfecting the human personality, or learning cognitive lessons, it is about our relationship with God, which, as it blossoms, the personality transforms naturally and according to its highest potential.

And what about the development of the mind and the human race? Remember that the body–mind unit is a vehicle to know and become one with God. Using the analogy of an automobile, do you keep it in the garage perfecting the engine, transmission and whatever else? Or do you take what you have and actually make the journey? One pointed focus on “working on your self” is a serious imbalance on the spiritual journey. There are times when this is appropriate, but often it turns in to “religion of the ego.” The great work is to realize the perfection of the

Inner Self and as this Inner Self is revealed, the outer tendencies, habits and thoughts naturally mirror what is our true nature; change happens spontaneously and we become who we are truly intended to be.

Contemplation: Our Values

What are our values?

Our values determine our path in life. They arrange our reality and they dictate the greatest potential we allow ourselves to attain. Do we know what they are?

Ask a simple question. What are the most important things in your life? When you are not thinking of completing a task at hand, what does your mind revert back to? What is predominantly on your mind is a reflection of what is in your heart. And where your heart is, is the direction your life follows.

Now what is your core value?

What does your life truly revolve around? Does it take you closer to the goal of wholeness, or take you away?

All great spiritual traditions tell us that we should not worship (or put our attention) on false gods. “False gods” is best understood as values that take us away from knowing and expressing our True Self or reaching our full human and Divine potential. There is one sun around which all of the planets in our solar system revolve. Imagine the chaos of having a number of suns for the planets to try to serve as their central point of focus?

Mystics tell us that the single core value on the spiritual path is to be our selves – our Whole Selves. Everything else is technique, practice and understanding. Why the Whole Self? We all want more than happiness, which comes and goes. We are designed to seek bliss, which is

complete fulfillment that is never changing; happiness that needs no object and is ever renewed as joy, peace, wisdom and love.



Commitment

Commitment is a container
that you pour
yourself
into

Five Primary Values and Paradigms

Although all values are ultimately personal, values fall into five main categories:

1. I value my self and my comforts above all else – hedonism.
2. I value my power to create my life just the way I want it – metaphysics.
3. I value the experience of my fellow human beings – humanitarianism.
4. I value my relationship with my God, my Wholeness – religion and spirituality
5. I seek to merge back into the Source witnessing all of creation as a manifestation of God – mystic.

Let's expand on this by describing the five prime paradigms or five ways that people perceive the order of reality. So, imagine an automobile accident in which no harm is done, no one is hurt, but a man driving a truck runs over the bicycle of a little boy. There are five observers. See how they interpret this event according to their perspective (state of consciousness).

The first perspective is random. The observer says something to effect: "What a terrible thing to have happen!"

The second perspective reflects the New Age philosophy that everything that happens anywhere, anytime – you created it! The observer says: "They created this event."

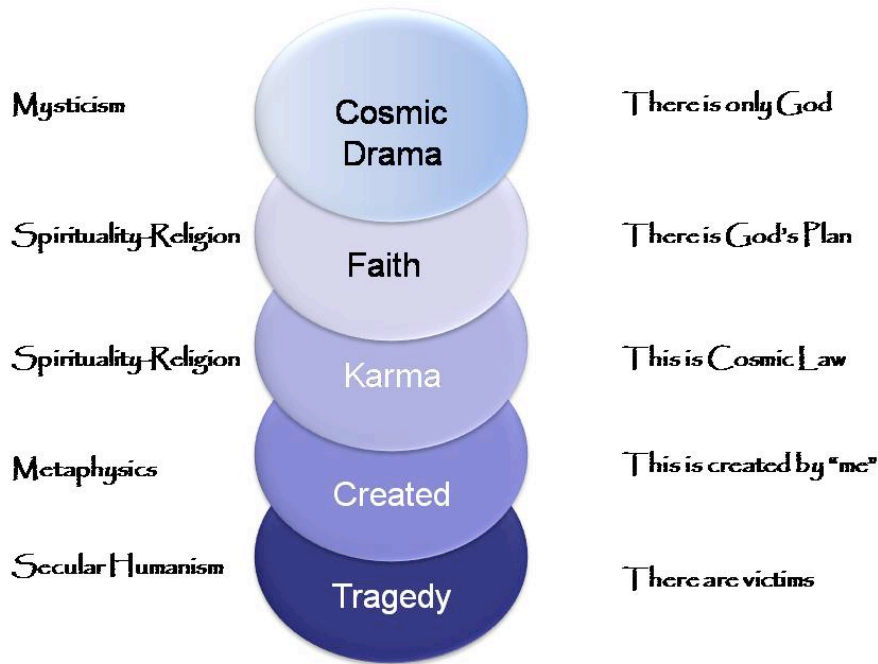
The third perspective implies that events are the result of cosmic law. The observer says: "Hmm, bad karma."

The fourth perspective is a religious¹ and spiritual one.² This observer says: "I have no idea why this happened, but I have faith that somehow it is all part of a Divine Plan that is designing the circumstances of our lives to bring us back to our home in God Realization."

¹ In its purest sense religion means "the path leading back to God." Are religions always absolutely pure? No! However, we sometimes forget that established (organized) world religions have produced tens of thousands of God-Realized Beings who have done much to uplift and sanctify the world.

² Spirituality is inclusive of religion. It means knowing our Essence, our Source, and it refers to our relationship to God. It absolutely includes paths to God that have been established over millennia called "religions." Today people misuse the word spirituality--actually meaning "metaphysics" which includes "learning lessons," personality development, communication with astral worlds, channeling, the

The fifth perspective is the mystical perspective, and to articulate it always carries a bit of humor. The mystic would say: “That’s God playing the part of the man driving the truck that ran over the bicycle of God playing the part of the little boy.”



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The five perspectives also relate to the great wave and ocean analogy.

1. The wave on the ocean that is only concerned with itself – hedonist!
2. The wave on the ocean that uses the power of the ocean to create certain conditions for itself – metaphysician.
3. The wave on the ocean that cares for the welfare of the other waves as it cares for the welfare of itself – humanitarian.
4. The wave on the ocean that experiences the relationship with its source, the ocean – spiritually enlightened – the religious saint. (The saints of God are known by three signs: their thought is of God, their dwelling is in God, and their business is with God.)

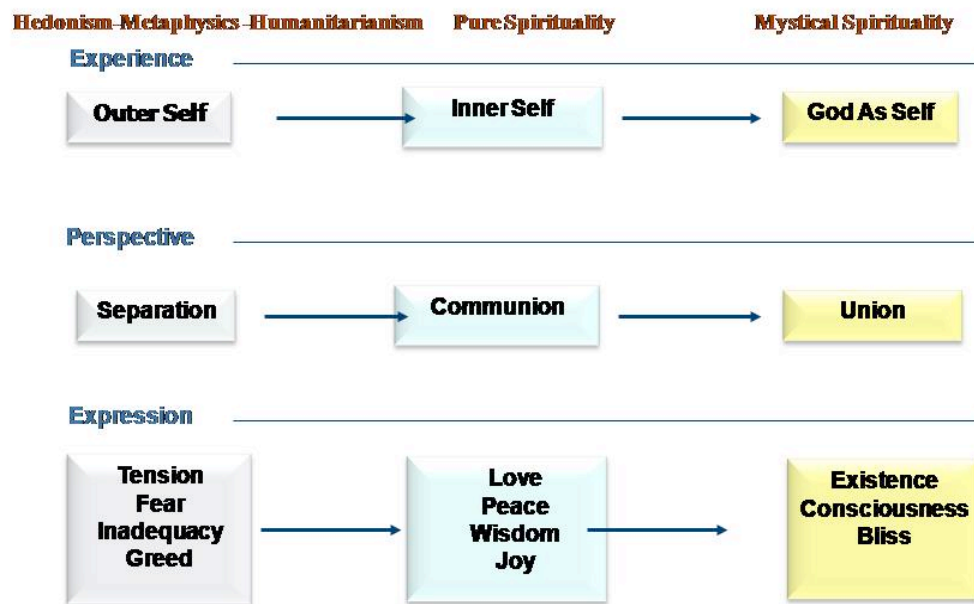
paranormal and anything that exists within the realm of creation. True spirituality is transcendental, beyond creation, and concerns itself with God (Thee) and not creation (me).

5. The wave of the ocean that merges back into the ocean in such a way that the ocean never forgets the experience of being the wave – the true mystic. (Mysticism means that God causes you to die to yourself and gives you life in Him.)

So, who is a mystic?

“The perfect mystic is not an ecstatic devotee
lost in contemplation of Oneness,
nor a saintly recluse shunning all commerce with mankind,
but “the true saint” goes in and out amongst the people and eats and
sleeps with them and buys and sells in the market and marries and takes
part in social intercourse,
and never forgets God
for a single moment.”

The Spiritual Journey as a Progression



1

If knowing God is due to a mind that is relaxed and without tension, it is obvious that the understanding that (1) there is only God, and, (2) all of this is God's plan would be of most benefit on our spiritual journey. A mind that is relaxed is like a pond surface without waves. There is a perfect reflection of the Sun. With waves the inner and outer reflections become distorted. Ever try hard to relax?

Contemplation: Innocence

What if you could allow yourself to experience for certain that everything that ever happened in your life was designed just that way by a Loving God to bring you back to Her? Try it! Close

your eyes and know with innocence and confidence that you have lived perfectly the life that was scripted for you. Now, is God outside waiting for you to be “good enough” before She enters your heart? Or is She quietly and warmly pulsating as peace within?

We all journey through each of these paradigms. Each is equal in many ways to the mystical perspectives because God incarnates as us to experience Her creation in all its possibilities. If She started us as a mystic, She would never know the joys of Faith and of the great balancing conditions of Her Natural Laws – karma.

“Nothing short of the direct experience of God
Will ever complete our humanity
Or satisfy our needs for wholeness, fulfillment and joy.”

This quote is very similar to the great teaching of Jesus of Nazareth, the Christ, when He taught that *the Kingdom of Heaven is actually within our very selves*. Yet, in my years of practice, few, if any, seem to understand this great truth. All the great paths of spirituality teach this as their one core truth.



We Suffer until We Become Whole

Lord Buddha tells us that the nature of life in the world is suffering until we become “whole.” This means that we experience our selves as both the outer aspect of body, mind, and senses with a form and a temporal destiny that has a beginning,

middle and an end- and, as the Inner Self which is immortal pure consciousness and bliss.

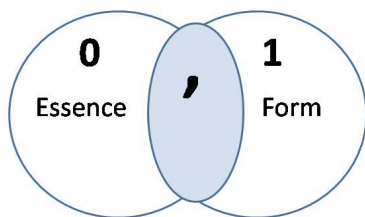
He teaches that our true nature is that part of us that has no beginning and no end, existing as an individualized aspect of Divinity – a soul! He says that once we know this Inner Divine Self then life continues, yet suffering ceases. And what is this primary suffering? It is a sense of separation from God – the Self, which drives us, literally mad and depressed trying to find permanent happiness in the things of an impermanent world.

Wholeness does not mean forsaking the world, our humanity, our families and communities, our wishes, hopes and dreams. None of that! It means that we live our lives fulfilling our individual nature with the full support of our Inner Divinity. That our basis is love, peace, wisdom and joy! That being in place – now we can live fully!

Although life itself may not be “suffering,” the experience of life from a position of incompleteness is quite difficult. We are like trees cut off from the roots and subjected to trauma from winds that literally “blow us over.” The Masters tell us that when we are firmly rooted in transcendence or Silence, we can live the full value of a life in the world without being overshadowed by life’s events. In fact, this is a core teaching. The techniques to reach this state of inner centeredness or Silence are different per teacher due to culture and thought. This

state of balance between the inner and the outer has been reached by saints or realized beings in each tradition.

Spirituality is the balance of Inner and Outer



All of creation (1, forms) emerges from a vast Silence, like an ocean (0, formlessness)³. The forms of creation are as waves that come and go. We are like those waves. The suffering comes when we are separate from the ocean. We have

no foundation or basis. The ocean is the infinite power of intelligence, love and bliss. The

³ (0) can be likened to the Unmanifest Father principle. (1) The Manifest Principle of creating and all of creation itself. (,) represents the relationship between the two, which is the Son. The reflection of the Father (0) within the Mother (1) is the Son (,).

oneness with the ocean, this very source of fulfillment, is what we search for in the wave-like events and forms of creation. While we have these waves (objects, feelings, powers, ideas etc.), we feel a fullness, but it is the nature of creation to change, and when externals pass, we are left alone and empty--and always in the hunt to replace those objects with others. Our desire nature is never satisfied.

A spiritual way of life differs only in that fulfillment comes from within. It is permanent. It is intelligent. And, it directs our lives to maximize our full potential.



Living from the Core of Our Being

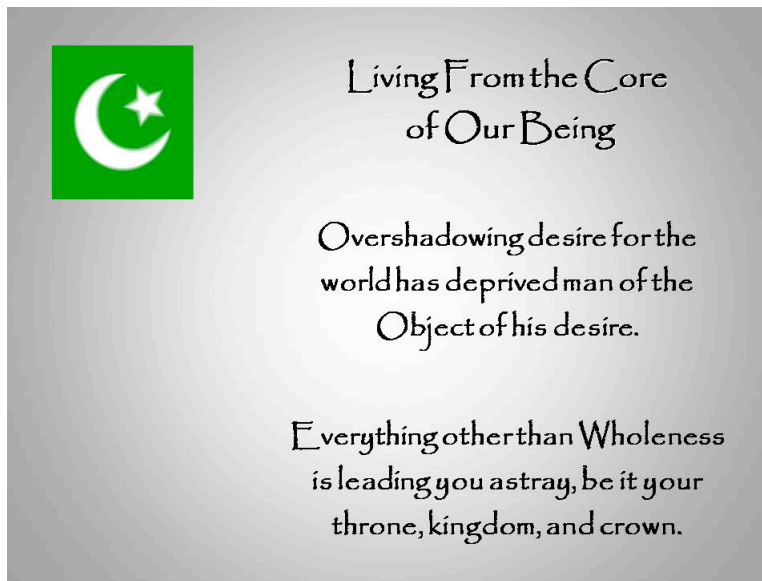
In the Taoist tradition “Yield and overcome” means to live a life from the core of our being – the Silence of the ocean of Being.⁴ It means that we overcome the sufferings of life by “yielding” or allowing our selves to experience Silence while existing in the world of continuous changes. It is being the wave on the ocean fully connected to the power and fullness

⁴ Some refer to the Silence as the quantum field.

of its source – the ocean. When this connection is stabilized we can truly enjoy life without always having to search to “get something” from it.

Really Enjoying the Experience of Life

When we get everything from within, then we can experience all of life from a fullness – an appreciation of what is. We no longer feel the need to be in control of everything and everyone around us. We go into relationships completely fulfilled, not expecting another human being to fill us. This is a primary cause of relationship failure. **“The quality of our life seems to be in direct proportion to the quality of our Silence.”**



I want. I want.

I need. I need.

Me. Me. Me.

Sometimes in my practice I ask people what they really want. A simple question, eh? Well, often they send me their five page “manifestation list.” These lists always contain happiness, prosperity, relationship, changing the world, being totally non-judgmental, unconditionally

loving, spiritual, and perfectly healthy all the way up to the point where they “chose” to leave their body consciously and with great gratitude. Whew! And I ask: “Are you going to get all this by using the mind to visualize with clear intention?”

Read above. “Overshadowing desire for the world has deprived man of the Object of his desire. Everything *other* than Wholeness is leading you astray, be it your happiness, health, relationship, prosperity, etc.

The Supreme Goal of Human Life

Sankara, speaking of the supreme goal of human life, says, **“A man is not born to desire a life in the world of the senses, but to realize the bliss of freedom in God Communion.”** And the Upanishads over and over again emphasize this truth: **“Blessed is he who attains illumination in this very life; otherwise it is his greatest calamity.”**


Contemplation: The One Desire

New Age philosophies tell us that the purpose of life is to “co-create” and fulfill our desires.

What is the One Desire, which, if fulfilled, actually fulfills all the rest?

Why do we delay and still stay sidetracked attempting to manifest “x,” “y,” and “z” when, in fact, we “manifest the Creator” – then the fulfillment of all of Her creation comes with it!

Maybe, that’s really THE SECRET!



Living From the Core
of Our Being

So long as Self has not been
found, sorrow will not depart.

Having found one's Self all
questions and problems are
solved.

The True Sacred Contract

“The Eternal Spirit has resolved Himself into individual sentient beings, and every creature has to be reconverted again into Eternal Spirit. Just as water freezes into ice, and ice melts into water, so this play of transformation of Eternal Spirit into individual beings and individual beings into Eternal Spirit goes on and on through eternity.”⁵

So, want to “manifest” more ice cubes?

Or merge back into the vast ocean of Being where the fulfillment of every worldly need is completely satisfied?

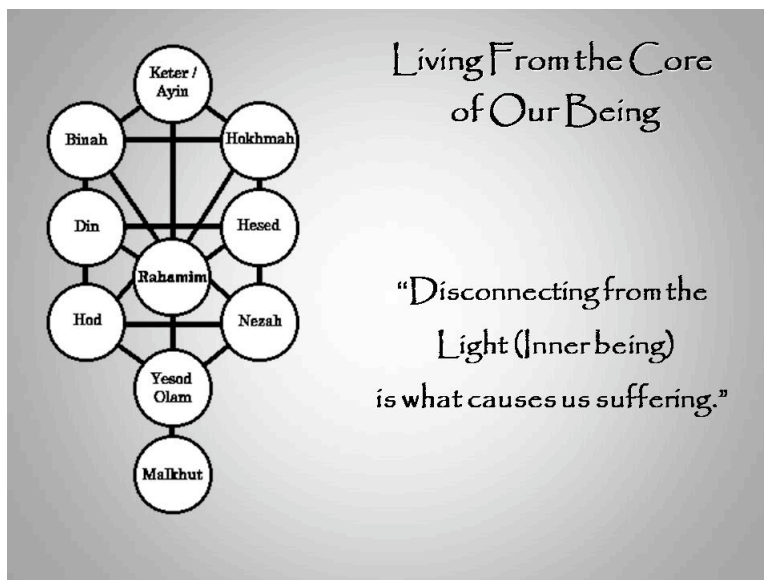
Where rather than looking for love, you *are* Love?

And your every thought, deed, and feeling, is in absolute harmony with the Will of Creative Intelligence?

⁵ Anandamayi Ma

Contemplation: What Have I Come to Be?

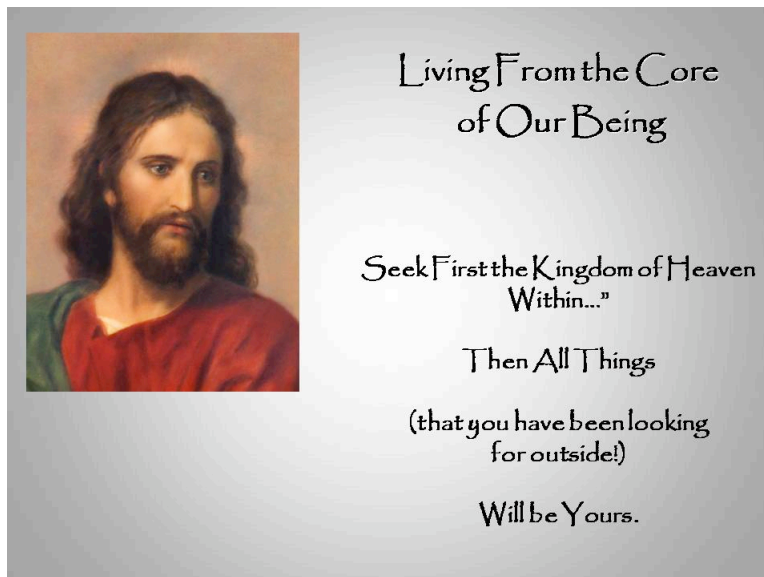
When you ask: “what should I be doing?” it is often a symptom of the disconnection between the Inner and the outer. When holding the Inner Silence in outer activity, we are in harmony with the Laws of Nature – God’s Will – everything we do is what we “should” be doing! So, what should you be doing? Before we get to that point – what should we REALLY be doing? (Cultivating the Silence and allow our destiny to unfold in complete harmony with Divine Will!)



Experience of God is the source of harmony with the Laws of Nature (God’s Will)

Although Jesus of Nazareth, the Christ, taught that we need to connect to the Inner Being – the Kingdom of Heaven -- it is certainly not a new idea or a teaching that is unique to the Christian tradition. Mystical Judaism taught very specific teachings and techniques to access the realm of

the Inner Light. Many great souls had this experience and consequently they led lives of thought and behavior in perfect accord with the Laws of Nature (God). However, over time the “experience” was somewhat forgotten and the behaviors and beliefs were codified into laws. It was believed that if you follow the laws you get the experience. But it can never really happen that way. It is more accurate to understand that the experience of Inner Light creates the thought and behavior, and not the other way around. That is why Jesus of Nazareth came -- certainly not to start a new religion. He was a mystical Jew. He came to revitalize Judaism, teaching Love over law, and that the Messiah was the King of the inner world and not the outer. He taught that the highest purpose of life was not to perfect the personality but to become “One with the Father” – become Perfect – Whole – a state where the Inner Silence supports the outer activity. And then all things spontaneously come to us for our spiritual evolution – with a measure of love, peace, wisdom and joy along the way!



Happiness or Bliss?

Happiness is the result of having a desire satisfied. It requires an object – a thing, a sensation or a state of power and security. Happiness comes and goes. Pain and pleasure are natural opposites. It is impossible to have one without the other -- like keeping the high tide and not allowing for a low tide. Bliss is a permanent state of inner fulfillment. It needs no object. Once stabilized, it never leaves. States of happiness and sadness can come, but we are not affected by them. We witness them coming and going. Bliss is our inner nature and it gradually becomes apparent as we practice realizing the Silence.

Like all of the other World Teachers, Jesus points out that we have a choice. We can seek the things of the world or we can seek the Bliss of that which transcends the world – Heaven which is already within us. We need do nothing to attain it – merely realize what is there.

Contemplation: Spiritual Progress

The great measure of spiritual progress is not what happens to you in meditation and prayer but how you experience your life.

Are you making spiritual progress?

Ask yourself these questions:

Do things bother you as this year as you were last year?

Are you letting go of some control?

Even being upset on the outside, can you sense some peace and stability internally?

The Mystic is absent from himself
and present with God.



Summary and Questions

The quality of our life depends on the quality of questions we ask.

What will your life look like as you realize that God loves you unconditionally, and you need not change to experience self-worth and self-acceptance?

Perfect love presupposes perfect confidence in God's Will in everything.

If there were a false God in your life, what would it be?

Commitment is a container that you pour your life into.

What if every thing in your life had to happen just as it did for you to be where you are now?
Would you be tense and self-judgmental?

Nothing short of the direct experience of God will ever complete our humanity or satisfy our needs for wholeness, fulfillment and joy.

We suffer until we become Whole.

The supreme goal of human life is to attain
God-Realization.

That is our Sacred Contract.



The mystical path is the soul's journey from separation back to
union. On this homeward journey we are seeking our own
innermost essence, the pearl of great price that lies hidden
within the heart.

When truth has taken hold of a heart She empties it of all but
Herself.