



# StillPoint Retreats



## Symposium

### HALLOWEEN

OK – where am I going with this?

Some years ago, at a retreat I needed a prop to explain the most basic concept in all of mystical spirituality and that is “There is only One Consciousness manifesting as all of our individual consciousnesses. The One seems to become the many!” This is not an easy idea to get across however it was close to Halloween, and an idea came to me.

**Imagine:** a table with a black curtain all around it, on the top of the table was chicken coop mesh wire and five carved jack o’ lanterns with a hole in the bottom. At the base of the table was a very powerful light that shone up through the jack o’ lanterns.

**Commentary:** We are told the Universal Consciousness contracts to become the individual mind. There is only One Consciousness illumining all of Life. So, in other words, the One Light at the base of the curtained table, lighted all of the jack o’ lanterns. It “appeared” that each of the jack o’ lanterns had their own light but...they all shared the exact same light! There is only One Awareness, and we all participate in it.

**Metaphysics:** Ok, so we have the Light as Consciousness. As Light slows down in vibratory rate it becomes denser and thicker until it becomes matter. The progression goes like this: Pure Light of the Soul, condenses to individual reincarnational body, the body of perspective (higher mind), the body of empirical and rational thought (sensual and thinking mind), the emotional body (matrix of energy that

accompanies thought and sensation), and the good old, needs no explanation – physical body.

One Light but it appears to be many because it slows down to create an individual. Now that is a summary of thousands of pages of sacred scripture trying to explain what our rational minds tell us is impossible. How can One simultaneously be many? Well, the human rational mind can never really get it because the human mind is designed to operate in the world of matter (slow Light).

**Comprehend:** “There is only One?” Maybe your mind cannot! (at this time!)

But the mind can see it and feel it and taste it a little.

Look at the jack o’ lanterns.

Only Love, Jerry

P.S. Attached to the email is a wonderful mini book written by Erin Williams that is very popular in the StillPoint community. It is called “Nobby.” It is both a fun read and a powerful teaching. Our “Trick or Treat” to all of you.