

Teachings for Spiritual Development and Advancement

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In 1990 I was asked to give teachings about spiritual advancement by someone who recognized my unique perspective on the subject. I recorded six lessons on tapes for the classes. Going on seventeen years since then I am now typing up the lessons, so the following may differ slightly from the verbal teachings, as an update, and a few additions. In the future I will post new more advanced lessons that were part of the original teachings but were never taped.

Outline of the Teachings: The Basics.

- 1.) Lesson of the Patterns: Who we are, the design of man and soul.
- 2.) Putting the House in Order: Peace in order, our mind and surrounding environment.
- 3.) Seeing the Beauty: The Key is Awareness.
- 4.) Dissolving Psychological Attachment: There is nothing here to hold on to.
- 5.) Having a Relationship with Silence: Listening for the heartbeat of existence.
- 6.) Meditation: Beyond Intelligence. A love story.

Spiritual Advancement: Part I: Introduction to the Teachings

In this day and age when there are so many choices of spiritual, religious and hundreds of 'How to' books, one questions why a class on spiritual development is really needed. It is needed for two reasons. The first one is, other than offering an agenda of beliefs and doctrines; most religions don't offer any real substance on developing spiritually. With most religions one has to read and study a pile of books and hope over a period of years, one might achieve some glimpse of insight. The other reason is that most give you a limited view of real development, leaving one with an attitude of maybe it's right and maybe it isn't. And, in the end, giving you really only the earth bound moral teachings on this material plane and the hope for something better in the future.

With these teachings I will go directly to the essence of spiritual development as I have seen through over forty years of study of religions and meditation and my own spiritual experiences and visions.

With sincerity and earnest introspection on the student's part they will bring spiritual insight to life and the light of day.

Lesson I: Lesson of the Patterns

It is first and foremost in spiritual development to find out who we are. There are many lengthy explanations and psychological theories on personality, but we will concern ourselves for this study merely with the patterns of our basic make-up.

Just like the physical DNA gives us a recorded history of our physical past and make-up, the spiritual DNA, which many refer to as the soul or atman, carries the spiritual history of what we call 'individually.' What do these patterns tell us? They are the patterns formed by the energies of emotion and will on the different levels of existence of the soul. The stronger 'emotional' energy, backed by the powerful energy of will, creates the patterns of what was in the mind of the individual at the time of the occurrence. If these patterns are repeated in the same lifetime or similar patterns, then the patterns become even more defined and profound.

What do these patterns mean? They are the blue print for where we stand in the scheme of things. These patterns, thick and thin, well formed or barely there, can be changed or dissolved. These patterns are what we are or appear to be, and they are what some religions refer to as 'karma.' The patterns are the shell and matrix that 'karma' reacts in to create the mathematical equations on what will happen next.

It is important to understand these patterns for many reasons. The first is: understanding the nature of energy. Energy on whatever level or fineness it exists on, like water seeks its own level. The patterns become a matrix of keys that seek and interlock with the energies of different levels of existence. That is why a soul always fits the body it resides in, and the body the environment it is attuned to. Why certain environments attract certain individuals. If some patterns are very well defined, but the environment does not give an active roll to those patterns, they will lay dormant until there is an environment to reflect them. For example: someone born with a musical talent could not express that talent in an environment where music is considered unimportant or morally wrong. If that soul has an overwhelming energy for that talent, it will leave that environment and seek a more compatible one or do something, if possible, to change the environment. But, the most important thing here is to understand that there was some other patterns present which had a stronger energy that caused the soul to be born in that repressive environment. In other words with the complete matrix of patterns being considered that soul fits perfectly in that environment, at the time and until the patterns are changed. Then like a universal cosmic kaleidoscope when turned, the environment will adjust to the vibratory energy changes. The place one is in at the moment is that projected environment and the soul is the vehicle of those projecting energy patterns. That is why it is said that everything is perfect at all times, because everything is

'existing' or reflecting on its own vibratory level. Souls are where they should be in the scheme of things; people regardless of their situation are reflecting their own karma, as hard of a lesson as it may seem.

Now, there are two more important things to learn here and to realize and to facilitate into one's life. The first is: no matter how distinct these patterns are, due to the nature of all energy, they can be changed, altered, or dissolved. The patterns have no more inherent existence than a movie film. As the film is projected on the screen of life and though these projections seem very real to us they are made of the same energy 'light' substance that all things are made from. From the same source, and therefore have no real inherent existence in themselves.

In order to progress to the next lessons and stages in spiritual development it is very important that the first lesson be understood and that the student be sincere in their quest. This is not something to be 'believed' in. It is simply requested that one have a full intellectual grasp on the concept.

Lesson II: Putting the House in Order

It is very important for every spiritual seeker to come to an assessment of themselves and where they are going. What is it that is truly important and what one really wants or expects out of life. Is there truly anything spiritual at all or is it all speculation and a waste of time? Unfortunately one cannot just call upon the god or a savior of one choice and get an answer. If this were the case the world would not have as many problems as it does and a simple request would suffice to solve the world's problems. Yet many religions tell us it should be this simple. That it is all in 'God's hands' and "God wills." Maybe they have it backwards? Some scientists how tell us that chaos after a period of time creates its own order and that the simple observation of an atom will alter its behavior. So the student must understand the nature and law of order. In the first lesson we talked about the patterns and how they projected the environment and so a matrix of patterns (many souls or intelligences) would create a more complex environment. So forth, until humanity (and other intelligent beings,) are projecting the world, as we know it. Each individual reacts to the projection on whatever level of awareness they are focussed on. Now if one is living in chaos or dis-order than that disorder becomes orderly and is accepted as the natural order of things by the individual and sometimes the society and the world for that matter. But if that dis-order is observed without judgement by an individual's awareness it reverts back into the un-ordered chaos, and is seen for what it is. Until one sees this disorder, there cannot be order. Order does not come out of disorder. Disorder has to be seen for what it is and then put into order. One cannot expect to be spiritually aware if one's life on earth, so to speak, is in disarray. If one's life is occupied with thoughts of bills, health, family, business, etc. If one thing

outweighs and tips the scale then it creates a dis-order in one's life. The house, the body, mind and soul must be put in order according to its vibratory level. One must be living in a psychologically comfortable environment, which has order as its base; not an outwardly organized disorder, but a true order. This means that one has to observe one's life for this quality of disorder and change it back to order. If one understands the projection of the patterns and nature of order than one is well on the way to understanding their true spiritual nature. If one is in a house which is in order and is comfortable in those vibrations then one can feel the peace of order, which is the tranquility inherent in the nature of things.

One must accept the ability to change things; one must accept the responsibility to change and the responsibility of one's own environment. The environment must be clean, healthy (that is, does not make one unhealthy,) and there must be order to the environment. If one's immediate surroundings are put in order than order in one's life will follow. One must accept change itself and change in oneself. One cannot be afraid of being different than what one has been in the past or is use to being.

The patterns give us a clear picture of where we stand, but we cannot see all the patterns or see them clearly if our minds or awareness is in disorder. The patterns cannot be fooled by what our minds are telling us because regardless of what fantasy we are living; reality is there, starring us in the face. Without order there is no clear perceptions of these patterns, we cannot see ourselves clearly, or the world for that matter.

It's really an amazing thing to watch, to observe, order taking place. On a psychological level it may happen all at once, as things are put in their place. On the material level, it may not be so fast, but the psychological implications create an order regardless of the time sequence it takes to accomplish on the material plane. Things fall into place. Events happen when they are needed, everything flows with unbelievable timeliness. Events or happening sometimes seem magical. However, as soon as there is conflict between 'what is,' that is the projection of the patterns, and the psychological state of the mind, then disorder arises and chaos resumes.

Lesson III. Seeing the Beauty: Awareness is the Key

We have looked at the patterns some call 'karma' and what place those patterns have in the order of things. How through projection they create our existence, and ultimately our society and world. We have seen that the psychological mind can distort the order of things or accept dis-order as a reality. This is a lot to think about. If one were sincere at all one could spend years just thinking about the implications of these two observations. However, there are other things we need to explore.

Awareness is a difficult thing to talk about in this society. One would think that with all the 'modern' open mindedness in this society that would not be the case. But for

some reason it is. Maybe we, as a collective consciousness, are not quite ready to look at ourselves as we really are, speculatively, objectively. To see everything, even ourselves, without judgement, as it really is, in pure observation. To observe objects, events, people, animals, etc, with a still, clear mind, one that accepts reality for what it is, without distortion, without any kind of judgement. To observe every form of light and shadow is to realize that nothing is ever the same. That not one day goes by that the light of that day is the same. Every flower, leaf, dead or alive has its own beauty, every face changes from day to day. One has to make the effort to observe beauty; the effort is in being open, to oneself and to the world around us, which ultimately is a reflection of ourselves; our small mind and our universal mind.

It is an effort of relaxation, of letting go and feeling the beauty transform you. When this happens there is no emotion involved. It is pure non-emotional, non-speculative, objective observation of beauty. It is there every day yet we fail to see it. It's a beauty that is not of this world. It has its own colors and spectrum of light. It has its own shapes and space; its space is not our three-dimensional psychologically oriented space. It is a beauty and space beyond measurement and it is there in pure unadulterated objective observation, with no thought, no prejudices, no self-being (ego), only awareness.

In this observation the patterns are there in harmony with the projected world creating order and peace. With this order, harmony creates a space where we can begin to glimpse the edge of the source of all light.

Lesson IV: Dissolving Psychological Attachment

We have been introduced to the mind with no thought, observing the world without prejudices. If you study all the major religions carefully this state is mentioned frequently, but mostly in words of their time such as 'Be still and know that I am God.' Many philosophies also expound the virtues of the 'still' mind, that a pure observing awareness of mind is the natural state of the mind. Now to fully appreciate this statement we must now investigate psychological attachment and what it means.

It is, put simply, when an individual not seeing themselves strictly as patterns of karma (or within the matrix of karma,) identify themselves with the conditioning within the impermanent brain, the impermanent self or ego. Then declares that objects, events, people, places or abstract things belong to that ego, that conditioning, therefore, creating a psychological attachment to them.

Psychological attachment has been the most critical juncture in compromising the mind to a real understanding of spiritual awareness. Mostly either because it was not understood or simply because the ego did not want to let go of its illusory ownership

and convinced itself that there was something to lose. How can you lose something when you are it? How can you lose something which is just a reflection?

In order to experience through pure awareness, what if anything, exists other than our conditioning, then one has to drop attachment to that conditioning, and to all thought and to everything considered outside oneself. If these psychological attachments are dropped then all barriers of self are also dropped. Then awareness in communion with all things begins. To see yourself as pure awareness, is to see literally from the outside to the inside. The awareness is from outside one's body. You can see in all directions and hear from the mind, not the ears.

Questions arise. So what happens to love, to relationships, everyday life, etc? Since this state cannot exist without the prior states proceeding, that is, understanding the patterns, the law of order, and pure objective observation, then and only then can attachment be dropped and a glimpse of the universal mind seen. When these are realized and not merely an intellectual aberration, actually realized by the brain, a transformation takes place, which causes a physical mutation in the brain. Then life goes on as usual but there is a whole new perspective. Life becomes like a river flowing or a great flock of birds winging in the sky. The barriers between all states of the mind and consciousness are shattered and all worlds, spiritual and material (viewed as pure light only) merge. It may seem like one has reached enlightenment or Nirvana, but it is only the beginning. Only a view into the true reality of how things are.

Lesson V: Having a Relationship with Silence

We have been on some rough terrain, with concepts that make the ego shutter and quake. If you have come this far than we are only at the beginning, standing at the gate.

Meditation before any of the previous lessons are fully integrated is merely practice, like learning how to drive a car, is a necessary step, but will not show results until the brain and mind has accepted the state of no thought, the state of pure observation. Until there is a true relationship with silence, neither meditation nor true spiritual transformation can take place.

How do we form this relationship with silence? By becoming its friend and by listening for it wherever one is at. In the busy city, a country walk, watching TV or sitting with a dying friend. The silence is there, beyond the angry selfish ego. Beyond the muttering sub-conscious, individual and collective, and beyond the humming of the atoms and energy of the brain.

This silence is profound, yet it is shy. Even though it is there at all times, it is not always felt. The mind has to be free of all concerns, unattached, open to everything, there can be no emotion, only observation, quietly watching, quietly waiting, and then the silence comes. The brain and ego remain still while a quiet breeze flows into the heart,

wave after wave it comes and envelopes your whole being and the landscape and every light particle around you. It touches everything and everyone that is near. There can be no attachment to this silence, this breeze alive with Spirit. It is there and filled with blessings. When it leaves, it fades as silently as it came, there can be no regrets, no longing for more. All that is left is love, peace, contentment and compassion. These are not your qualities but that of the silence and the Spirit within the silence, if it dares to show its qualities at all. It can be for a fleeting moment or days or weeks, depending how well you maintain the stillness and when it chooses to come to you. Many times we have to wait and wait for this silence. Then it appears when least expected and it becomes more profound at each appearance, sometimes, but it can't be categorized like this, as each time is unique and different. Each appearance is different than the last. When it becomes comfortable with you and feels your love then it will stay longer and will be in every pore and atom of your being. The silence is the bridge to the spiritual; the Spirit may or may not be present within it. Once this gate to the spiritual is open it can ever be shut. You may forget, but it never will. It will always be there, waiting for you to come back. That coming back, and even the beginning, is in the stillness when the mind shuts down and lets the natural state of being resume its course to put the universe back in order, where we all were meant to be.

Lesson VI: Meditation: Beyond intelligence

These lessons have been the essence of all true teachings throughout history. They have been condensed and hopefully put into words that most of us can understand. That someday an occurrence, an opening will take place within our consciousness. That opening will bring us to the gate, to the silence of Spirit and this will be a beginning on the road to enlightenment. That creation will manifest itself to us as it really is and we shall see the beauty of all this and the beauty of creation of all of this.

Now before we can understand what is beyond the one mind we have to understand the nature of the one mind. The original mind has no essence in the sense of creation. It is pure Intelligence without creation (no manifestation in the material.) Creation is manifest by and of this Intelligence. This creation is without beginning because it had no prior existence. It is simply manifest through the maintaining essence of mind, which in the origin of this creation is manifest as clear light. This clear light becomes real light, which is the projector of all creation. Creation is born out of nothingness and returns to nothingness. It is not manifest in the Source, but the Source is the energy that sustains the manifestation of this creation. In other words, essence is only a word, which can be related back to that which is deemed manifested. Other than this word being used as a source of reference, creation itself is void and resides in the original nothingness and leaves only that Intelligence, the original source, as having the only true existence. It is

not manifested, not created, beyond real light, beyond clear light and beyond the void of nothingness.

This Intelligence is present in all things. Nothing else exists except this Intelligence, which is also, pure energy, pure compassion, pure love, and ultimate bliss. These cannot be distinguished as separate qualities because in this Intelligence they are all one. It therefore follows that the millions of heavens and hells that are in creation and, therefore, just as reflected and manifested as this creation in which we now reside. They have no more reality than the level of consciousness we are presently in. The only difference is the vibrations of the matrixes of the patterns, which exist, of the beings projecting their creation of their environment. If beings create a heaven, that is where they will be and that will be their existence. Anything that one can imagine can be created. It therefore follows, that there are many heavens and many hells, and many levels and states of consciousness, to maintain these levels of existences.

The One Mind is the source of all this. It is the creator of its own creation. Since our minds are no difference from the One Mind, we and the rest of creation are self-created. Out of the pure essence of Intelligence. It is this Intelligence that throughout history we have tried to label and create in our own image. This Intelligence is in all things, because it is the only thing which exist. It is beyond our conceptions; it is beyond any description that any being on any level of consciousness could ever describe. It is all intelligence, it is all compassion and it is there inside every one of us. This Intelligence is the basis of all creation and all creation is reflected from the energy, which resides in this Intelligence.

Manifestation is self-created; all realms are also self-created. The only difference is the level of vibrations of the patterns in the matrix that the beings are manifesting. Anything that one can imagine, one can create from the energy of the Source. We are self-created out of the pure essence of this Intelligence. That Intelligence, which is in all things and is aware of all things, will not interfere in our world unless we give our world to it and say, "in our nothingness you are, and in our voidness, there is only you." That, which is, is manifested through you. There is only one thing that exists and this one thing is this Intelligence. Nothing else exists. When we are void of all of our selfness, this One thing manifests through us and through our environment, that is, if there are any patterns left at that point. Until we can resolve all self-ness, then these patterns will exist. This is something that cannot be accomplished right away. It is something that has to be created in our selves. An awareness that has to be created in ourselves will dissolve these psychological patterns of existence. This pattern can be useful if we carry them on through lifetimes in our search for enlightenment. If we use these patterns to create a love of that Intelligence. If we create a love of that Intelligence within us, it will create psychological patterns, which will be manifested in our field of energy. However, when all activity of the brain have stopped with death, then all things that were within that

brain no longer exist. All the conditioning is done. But the psychological patterns created through emotion will still exist as our essence. If we create a pattern of love for this Intelligence it will carry through this stream of consciousness. Then the new brain will re-establish the patterns in for the search for enlightenment. So all the religions that have taught, throughout history, that these must be a love of God, have taught correctly. Because it is this love of God, as we have labeled it, that will sustain us through all of creation. And, it is in our awareness of this Intelligence as the source of all this creation. Then we can establish an existence in our pure spiritual nature. Our essence as manifested Intelligence, which is oneness with God. In this Oneness nothing else exist. There can be nothing else. In the existence there is joy, happiness, peace, bliss, love and compassion for all things and in all things. This is truly our original existence. This is what we must bring ourselves back to, that we can be in this Oneness and drop this foolishness of self-delusion of ego and self-created individuality. That we may realize that we are One with all things. That all teachings which teach this Oneness, in the true sense of this Oneness, are a living truth, a truth which cannot be static. Once it become static, a written word, our conditioning will go back to interpreting those words and the true essence of those teachings will be lost once again. The true teachings must be maintained in the mind and in the energy of the mind and manifested through being. When true teachings are manifested through pure being then the truth is alive and living in this world. It brings liberation from all suffering, from all delusion, from all of these terrible things that man has created. We must bring ourselves to this enlightenment. No one can do it for us. Not the highest beings, not the most enlightened masters, no one, no teacher can bring you enlightenment. Enlightenment must come through your own mind, through your own self. You must open up your mind to the teachings, intellectually and psychological. The teachings cannot liberate through intellectual understanding or psychological realizations. But if they are understood on an intellectual and psychological level, this will balance the human mind so that this Intelligence, which is the source of the original mind, can manifest through you and bring you liberation... bringing you enlightenment and peace.

May you find this peace and this joy and this love. Not through any teacher, not through these teachings, but through your self. May you find it through your own essence, through your own mind. To the real light, to the clear light, to the void of nothingness. To that Intelligence which is. And, is the only thing that truly exists.

