

FALLING IN LOVE WITH YOURSELF: LOVE AND THE INNER BELOVED

by

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## DEDICATION

To Maria Francis, whose sweet and tender Love has enfolded and comforted me with selfless compassion, more times than I can count, and to Pat Fields, whose immense Love brought me back from the land of the dead, and gave me a second chance at life, making this book possible,

This book is dedicated, with infinite, illimitable Love.



## ACKNOWLEDGMENTS

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To you all, dearest friends, may Love find its nest in your heart, and may it grow there amidst the diamonds, emeralds, rubies, and sapphires of compassion.

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May whatever merit is produced by this book be shared with all sentient beings everywhere, throughout this and every other galaxy.

## TABLE OF CONTENTS

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Author's Preface: The Inner Outer Limits

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'The most important question that you can possibly ask about the universe is, "Is the universe friendly?"'--Albert Einstein

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It is the most thrilling, stimulating adventure imaginable. And you are doing it right now. The most exciting, amazing, mindblowing charge in the universe is the rollercoaster ride of being human. This "trip" will blast you into the depths, valleys, canyons, caves, and underground rivers of the unconscious psyche. This inner immensity is galactic in depth. The mysterious Mind manifests an incredible diversity. Through only a few basic levels, it can be subdivided into a dazzling array and spectrum of layers. Altogether, like a housesized onion, the Mind hides most of itself in billions of layers. (See "Chart of Mind.")

The trip can be freaky, or psychedelic-- "soulmanifesting." It can be terrifying, as it plunges you into unknown darkness that seems voraciously to swallow you. But it can also be the most fun possible. It is the inner Fountain of bliss, tranquillity, wisdom, and Love. It is the most important journey of your life.

Why bother? Because we are going culturally and personally mad-- dysfunctionally trying to ignore the inner path. If you are hungry, neglecting the fact will simply bring starvation. Ignoring our need for spiritual "food" has created "spiritual starvation." The **only** source of nourishment is within.

No religion, no guru, no priest or pastor, no elder, no organization can give you this indispensable sustenance. Just as you must eat your own food, and no one can do it for you, so you must also take in your own spiritual food.

This inner "bread" is made of the "grain" of Love, and all Love begins with Love for yourself. So, "falling in Love with

yourself" is not egocentric, selfish, or arrogant-- even though it might at first appear that it would be so. The person who truly loves herself is not going to be gazing lovingly into a mirror all day, or spending hours on make-up, or purchasing expensive clothes or jewelry. These are actions for one who hates herself, feels ugly, and is trying like mad to compensate.

For when you truly "fall" into Love, you lose your self-- at least, your social self, your egoself. For when you fall under the spell of Love, you become another, a new, Self. You are reborn. You are no longer just Mary Smith or John Jones.

Instead, your "self" is now seen as your soul. And your soul is a very deep level of the unconscious Mind (See "Chart of Mind."). It is birthless, deathless, and timeless. It is also nonphysical. In metaphysics, this soul has been called the "higher Self."

So, "You" are not a body. You are a Mind. Your true Self is a part of your unconscious Mind. Good news! Once you deidentify with your social egoself and start to realize that You are Your soul, the world can no longer control You.

Here is how it all works: The soul is deep within the mind. The Spirit is deep within the soul. The Spirit is that Absolute that lives relative to nothing else, and thus, its name. This Spirit is continually dreaming up the world, **your** world. It does this unconsciously, through your soul and your personal unconscious Mind. (See "Chart of Mind.") The part of the Mind that dreams up the world is the Core, or deepest level of the unconscious. This aspect of the Coremind that dreams the world into being, using your mind/brain/nervous system, is called the "Creator" or "dreamer." This worldview opens broad new horizons and vistas of possibility, for, in a dream, nothing is impossible.

The ultimate goal of human life is Mindmeld, fusion, or unity with the deepest Core of Mind, the Spirit. This is why you were created, and born. But before this can happen, you must go through several lifephases in which you identify with your soul.

This is lightyears beyond i.d. with ego, which is where the average person is, but it is not yet the highest. For the penultimate shift of identity blossoms only when your Self Mindmelds completely with the Spirit, or Coremind. This dawns only after centuries of learning and practice.

Your name is just the role you are playing. Please write your name here:

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Take a good, hard, long look at that name. Now, try to realize that it is just a role, a mask, a pretend-self. It is your

social self. It is the "looking-glass" self because you have defined it by looking into the mirrors of others' eyes. It is, then, only how they BLD see you, not how you know yourself. But you have absorbed this view, and it now artificially affects even how you see yourself. It is not intrinsic to you. It is not your truest self. It is not authentic. It is your "ego."

You're in the position of a man who plays the role of Hamlet so very well that he begins to believe that he actually **is** Hamlet. You are so familiar with, accustomed to, your ego, it does seem to be your real and only self.

But you will experience a mysterious passage, a change of life called the "mystical experience." After that, you will no longer feel that you are limited by the bodymind symbolized by your egoname. You will awaken to the fact that you are so very, very much more. You will come to recognize your Self as an illimitable, immeasurable Being of dazzling bliss, enormous compassion, and bottomless tranquillity. You will know your Self to be timeless-- birthless and deathless. This is identification with the soul. When you see this Self within your mind, you will fall in Love with your Self.

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Chapter 1/ Falling in Love Again, with Love

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Love is a megablast! Its energy cascades in powerful waves up the spine, tenderly, silently exploding in the head, with golden luminosity. It is the greatest. It's the most tender and subtle bliss. It is the intoxicating ecstasy for which you were created. You were formed from infinite Mind to house Love. Your heart is its warm home. It nests in the Mind, encircled by the gems and jewels of goodness, kindness, compassion, and joy. It excites and accelerates every nerve with electric brilliance, but softly.

Love pushes all your buttons at once. It is the most fun that you can tolerate. It pushes the envelope of joy, testing the limits to their utter extreme. Filled with Love, you feel that a single added micropsychon will burst you asunder.

Love flows, in currents of Mind and streams of feeling, moving and touching. It is a waterfall, a niagara mushrooming up from the Love-filled heart, baptizing the universe with its sweet waters. It is the highest high in the universe.

Anyone who has ever fallen in the "whitehole" of Love knows that Love is the soft, willowy flipside of the harsh, hard blackhole of fear. It is an inner "whitehole," because Love gives endlessly. It surrenders itself, loses itself in the seas and forests of your inner Mind. It weaves itself through the

threads of your mind, and, thus interwoven, becomes inseparable from your Self. So, there arrives a time when falling in Love with your Self means falling in Love with Love. For with the passage of millennia or eons, your Self is metamorphosed into the very substance of Supermind, and that is Superlove (Ultralove).

"Energenic," (energy-producing), Love spills and sprays from the full and enriched heart. Its glow warms the world. (A blackhole, fear, sucks and sucks, returning nothing, draining energy, leaving you exhausted and depleted.)

Love is healing, perhaps not to the body, or immediately. Like the growth of a rose or the evolution of stars, nature has its own time for all to heal. but Love is a fountain of inner Light that always brings wholeness as its golden gift of grace. So, every touch of Love is a blast of healing.

Loving is the supreme use of time, the only pursuit worth chasing. Money, sports, politics, religion-- none can hold a sputtering, damp candle to Its deep sheer satisfaction. All other occupations are merely artificial Love-substitutes. They can satisfy human need no more than a picture of water can satisfy thirst. A great "ahhhhh" escapes from the soul. This gigantic release is crafted by the liquid Mind of Love, as it showers upon, then penetrates, muscle and bone, heart and psyche.

Love is life's collective sigh of relief. It pours from the relaxed, uncluttered Mind in currents of cleansing psychic "water," flushing out all that is not itself, carrying all impurities into oblivion outside mind.

Love is the sweetest, most lightfilled, most sumptuous and scrumptious banquet of the soul. It ignites the heart, and sets every fiber of the nervousystem alive with blasting lightning and gentle, soft electricity. It blazes in the "flame of the heart," granting warmth and light.

In history, the "burning heart" has signified this passionate desire of Love. (The "flaming heart of Jesus" is exactly this type of mystical symbol.) This is a tsunami of Love, an overwhelming, sweeping Love so magnificent and transcendental that it sweeps the heartmind away in irresistible torrents of titanic force. The human mind diminishes to a pinpoint, then disappears into Love, leaving not a trace.

Historically, people were so attracted and compelled by Love that Loveworkers blossomed. Professional lovers appeared. They ate, drank, slept, and breathed Love. It was their bread, their water, their sunlight. They thrived on It like infants, and drew Power from its sustained inner glow.

No, these Lovepeople were not prostitutes. Moderation saw sexual love as a glorious and splendid Light of infinite Love, which was the endless Love that captivated and compelled them. Devoted and surrendered to Love, they became Love's servants.

Love was their beginning and their end. It was the fertile seed that sprouted in their prepared hearts, and also the great tree that grew from that seed, in which the birds of heaven lived. Love was also their endgoal. It was the Ultimate and Absolute. It was the destiny of the universe itself. To sink into this love, be immersed in and saturated by It, was the fondest hope of the mastersages of all cultures. To reflect It into the world, was their place in the garden of earthly delights. This was their supreme delight, making all others seem like hot, dry sand.

The only desire that ignited and excited them was to "shapeshift" into a stainless, clear, and dustfree "mirror" of Love.

This Love bubbled up from an inner spring deep within the heartmind, flowing from the deepest cavern of Mind. It was so hidden from the eyes of mind that many did not even suspect its existence. It was symbolized by an interior "ocean" of Love or Light. It was so vast as to be bottomless, illimitable and immeasurable. Fantastic Mind exists inside you and me.

Millennia in the past, knowledge of the "unconscious" Mind flourished. The "subconscious," filled with dirt, dragons, and demons, was also familiar territory amidst the Mindscapes. But a deeper part of the unconscious, filled with light, Love, joy, and peace illuminated the heartmind. This is the indispensable level of Mind neglected by psychology. This was the very deepest unconscious, the very Core. (See "Chart of Mind.") It was the "Spirit," the "Superconscious" Mind. (This is the "Absolute" of mysticism.)

Love was everything for these true "mystics." (Those two words-- Love and mystic-- have been radically, mercilessly abused and twisted in pop usage. But "Love" is spirituality. And "mystic" simply means an explorer of inner space, whose goal is to merge or Mindmeld with the Core (Lovemind, Supermind, or the inner Absolute). When this Mindmerge is complete, she is no longer her self (ego), but is transformed into a new identity. She becomes Love in incarnation, what in the West has been called "God."

Everything is "filled" with the Mind of Love, for it is this Mind that dreams up the entire cosmos. In Western theology, this idea has been called "immanence"-- the belief that God fills all creation. As Mind, He/She does really fill everything and everyone. For, without Mind, the dreamworld around us would disappear.

And exactly as the mind of a person dreaming at night fills every object of her dream with her own mind, so the Creator, the Lovegod, fills everything in the dream of creation with the "substance" of His/Her own Mind.

This world was not made at sometime in the past, the way a

carpenter makes a table, or a potter a vessel. These homely comparisons served the religious needs of ancient primitives, but even the most ancient mystics were much more sophisticated. They rejected this material view. They said that the world was never "created" in the "past" at all. And God did not form it from some primal "stuff." Instead, the mystics regarded the cosmos as fully psychogenic (Mind-caused). /The only "raw material" that the Mind needed to create (dream up) a world was its own thoughts. Human beings also participate in a similar dreamprocess. In the Book of Genesis, for example, God has a "deep sleep" fall over Adam (representing human nature), and he is never awakened. The history of the world simply begins in his sleep.

The cosmos, then, is being created continuously, and recreated, every second of time. The Mind dreams the world now, and redreams it now, and redreams it again now. And this world, they said, was made of "light"-- a word used for "energy." And guess what? Microparticle physics says that they are right. Then, the mystics took it all a disturbing step further: They defined this "energy" as Mindformed; it was, in fact, Mind itself. The cosmos was all Mind modified. It was all a dream.

So, it is "created" in exactly the way a dreamer dreams her dreams at night. This is a much more adult perspective than is found in common religion: The "Creator" is not some "big daddy in the sky," but is the deepest level of the unconscious Mind. This is the Source of the world, the dreamworld or Mindworld. Only one Creator, not two, exists in the psyche. This Creator is good and perfect. So, everything in the cosmos is also good and beautiful. Even the "bad" and "ugly" must be reinterpreted to be seen as truly positive and exquisite manifestations of Love. The entire cosmos is a work of art, and the artistic hand that guides it is Love.

There is no "external or material" world. There is only the "Mindworld" or dreamworld. For the deep inner Mind is continuously engaged in dreaming up the world. It does this through your nervous system and mind. Right now, It is dreaming up these very words.

This Mind is all good. Why, then, do little kids die? Why are they sexually abused? Why are there war, and torture, murder, rape, and other evils?

A complex, nightmarish Mindsystem called "karma" creates these monstrosities. Violently antiagapic (contrary to Love), ostensibly, it is actually another blossom of Love in the garden of the world. It is a subsystem of the great Love. Mistakes are made. People are abused. Conditions of "reflective" karma are Mindcreated: What they did to others must be done to them. What goes around, comes around. (Since this karma reflects back one's

own behaviors like an energy-mirror, it is called "reflective.")

The same Mind that dreams up your everyday world also dreams into being your karma. Every instant of your life is recorded in the unconscious Mind. The innermind sector called the "inner judge" weighs and measures all activities. When it is memoryrecording, it is like a tape-recorder on the "record" mode.

When your karma comes back to you, it is the same Mindsector, that same recorder, on "playback" mode. This Mindsector makes absolutely certain that you dream exactly the events needed to learn and polish the art of perfect Love. If you have wounded, you will dream that you are exposed to the same pain that you caused. This is the cosmic Way of education. The event is "rerun," as many times as necessary. Only this time, you will be the receiver of pain, not the giver. What you did to others must now be done to you. So, the universe is working, moving and progressing, towards perfect justice. (This is a subsystem of Love.)

After such a long and winding road of history, there are no "innocent victims." Each lives out the boomerang-effect of past abuses. Easier and tempting it is naively to dismiss the world.

The lazy, unthoughtful, and ignorant give up. They see life as an unceasing struggle, a monstrous Darwinian conflict, red in tooth and claw, where in only the tough survive. So, they rate this lovely planet as an irreparably "horrible" and unjust place.

This is seductive. It is mindless simply to shrug your shoulders and say that nothing means anything. But this is the easy way out, the copout. It flees from the difficult, challenging light of understanding. It leaves us adrift in a meaningless void, clawing and struggling through hollow lives. It also buries the head stubbornly, often irretrievably, in the sand.

The mystic is, by contrast, a being of heroic courage. She fearlessly insists, without vacillation, flatly contradicting all "obvious appearances," that the cosmos is beautiful, and has meaning. More bizarrely, it seems, she insists that the whole show is run by Love. Ballooning her keyhold view of the universe into a larger sphere and context, she says that pain is dreamed up to serve Love. It is dreamed by the Spirit, through the soul.

For everyone must learn the art of Loving. This includes the violent and stupid. This education is the greatest gift that Love is capable of granting. None greater can be imagined.

Pure Love motivates the Spirit to dream. Poverty, pain, loss, and every form of dissonance, disharmony, conflict, and suffering are in its arsenal. It will stop at nothing to trigger spiritual progress, its only agenda. But the ego is a tough nut to crack, and often requires the sledge-hammer approach. We must be shaken free of egocomplacency, egodullness, materialism,



ultrasensuality, and other distractions and obstacles. So, every argument, fight, conflict, and moment of suffering, loss, and pain is designed, and dreamed, by the Spiritlevel of Mind to teach Love. These serve to crack the armor and let the sun shine in.

All "nonlove" or "antilove" events are engineered by the unconscious Mind to teach us Love, so even they are actually Love-events. When the soul brings us, when the Spirit dreams up, pain, it is because It sincerely loves us.

This sounds like utter madness. Were the mystics really nothing but stark, raving lunatics? No, they were thoughtful, careful, reasonable and sensitive people. But they were passionate. Love was their magnificent obsession. They were driven to find meaning in a cosmos that seemed insane. Their faith that it all meant something drove them with enormous tenacity. As they voyaged deep into the psyche, they explored new and unmapped territory. They at last found even the area of Mind that created the world.

The answers that they discovered were not obvious. The solutions were deeply concealed in the most hidden and inaccessible recesses of the heartmind. The entire world, they learned, was so well constructed, was such a fascinating fabrication/falsehood, it took a massive effort to break its spell. The Mind, it seemed, created this very realistic illusion exactly so that it might fool the conscious mind through the senses. The dreamworld was designed to simulate Reality or truth, which was Mind. If the answers to the mysteries had been readily available, seekers would never have developed the treasures of tenacity and towering strength. Also, their powerful patience would have been palltry and pitiable. Without the implicit challenges of the Way, enlightenment would have been far too easy, and would have required no spiritual or psychological growth; everyone would figure out the great Mystery, and so, it would not be even a mystery at all. The cosmos yields no simplistic answers to childish inquiries. It will agree to yield its tightly-gripped and deeply-hidden secrets only to those who are obsessed with their discovery.

The soul is a deep level of the unconscious Mind. (See "Chart of Mind.") Because it is Mind, it is a nonphysical reality. This is not to say, in superficial literalism, that the "soul" is some misty foglike cloud, resembling the "ghostsheets" worn by kids at Halloween. No, the soul is in the Mind. It is a level, a part, of Mind. Being nonphysical, it is not your body. The body, in fact, is just a shorter term "suit" that the soul "puts on" for a certain time. It is a "costume" worn for the performance of the "play" of this world. As Shakespeare said, 'All the world's a stage, and we but actors.'

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Chapter 2/ Notes on Self, Ego, and Soul: Who Do You Think You Are?

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The soul is the "inner stranger." It can be your very best friend. But it can be a vicious enemy. It is, strangely, not "other" than your Self. Still, you might not even know it, for it is tucked beneath the thickest and deepest folds of Mind in the unconscious. Most are astonished by discovering what lies in the personal unconscious, and the soul is much deeper than this.

(See "Chart of Mind.") So, an amazing number of people know zero about their own souls. Some even doubt their very existence, and so, are lost in an even deeper than average mindfog.

Even mystics (psychonauts) require centuries clearly to know their own souls. The soul contains immense quantities of data, and megapsychons of feeling. It possesses, after all, the accumulated tears, laughter, and wisdom of many lifetimes.

For it is not your everyday "self." It is not your soul that argues with your kids, makes love with your wife or husband, plays tennis or baseball, goes to the office and makes phonecalls. It is not your greater or higher Self, the deep soul, that guzzles coffee and engorges itself on doughnuts and other culinary miscellania.

That everyday self, the "ego," has a name, such as Mary Smith. That self has an entire history. Mary Smith went to Jefferson elementary school, and graduated from Madison High, when she went to Brown, and earned a B.A. She then became a computer-programmer. Shortly after, she met and married Joe Smith, and together they had two kids, who grew into surly teenagers who despised both Joe and Mary. The ego was born at a certain time, lived and lives at a certain address, comes from a certain family. It is highly integrated with the body, and so has genetic factors that powerfully influence it.

Kids are often taught to say, "I hurt myself," when what they really mean is, "I hurt my arm, or finger." This confusion of "self" with "body" is built into the subtext of our very language.

"What you see is what you get. This is who I am." This common self, which you have always thought of as your true and only self, is called by mystics the "ego." But this is not who you really are. It's a part of a larger system, a truer, deeper, or "higher" Self, called the "soul." So, you are not a body, you are not a mind, you are not an ego. You are a soul.

So, when Mary Smith beams with pride at seeing her name in

print, it is the pride of illusion, the pride of a mask wellmade.

On stage, when Hamlet is guilty, or angry, or frightened, these pretend-feelings have no effect on the actor playing Hamlet. Your soul "plays" the "role" of your egoself. If your egoname is Mary Smith, the mystic would deny that You are BLD Mary Smith. Instead, you are the greater Self, the soul, "playing the role" of Mary Smith.

The "stage" of this "play" is also not real in any absolute sense. This is indicated by a principle called "impermanence," in which all things are seen as verbs, as fluidically changing-- from moment to moment, day to day, and year to year. The world is a very complex, ultrasophisticated "vr" system. Everyday reality, the mystic says, is "virtual." The soul is real, but neither the role that it plays, nor the stage upon which it is acted out, is real. This discovery makes the mystic enormously strong-- powerful enough not BLD to ever be controlled by the world. The mystic's total freedom comes through a state called "detachment." This is how mystics live in this world. For they live as souls having an earthly experience. At the risk of being hackneyed, the old cliché applies: Mystics are not earthers having a spiritual experience, but eternal souls having an earthly experience.

The soul does use the ego. But mistaking your whole self for the ego is like believing that you **are** your little finger. If you fell into this psychotic delusion, it would pose some fascinating conundrums: How would you eat? How would you communicate with others? How would you dress for parties? How would you relate to a date?

That belief would be a real breakaway from reality. Mystics say that when people think that they are their egos, they suffer from a serious spiritual psychosis. Who would want to be operated on by a surgeon who suffered under the delusion that she **was** her scalpel? It's a real identity crisis. For the ego is only a very complicated, involved role that You are playing. Who is playing this role? Your higher Self, your soul. So, your ego is a mask. It conceals rather than reveals. As at Mardi Gras or Halloween, your true Self smiles and peers out from behind the egomask, hidden in its darkness. So, the ego is a false identity.

It is useful, even necessary, to have an ego-identity. For this is the name on your driver's license and birth-certificate, as well as every other official i.d. that you have. But despite the fact that everyone else is playing this intricate "game," You do not have to go along. Just because everyone in the world calls you "Mary Smith" or "John Jones," You do not have to limit your infinitely great self to that little familiar mental cubbyhole.

For You are a soul-- deathless, birthless, timeless. You are a being of virtually illimitable creativity, joy, and beauty.

You have simply fallen asleep at the controls. this has produced karmic amnesia, and so, You have forgotten Who You are.

It helps always to keep near the front of your mind the fact that the ego is a game being used by your soul. This keeps you from being entirely sucked in, or taken in, by illusion, or from seeing it as master. Your soul is pretending to be your ego.

The ego sprouted into bumptious life at the time of your bodybirth. But the soul was already very old by then, already wise, already stunning in beauty and power, compassion and tranquillity. The ego will perish, evaporating and evanesing into nothingness, at the time of your bodydeath. But your deathless soul will continue on its everlasting journey through the stars. This shimmering reality is known by all the world's great spiritual traditions.

Amazingly subtle is this soul. So tenuous is it that most people don't even know that they have souls-- much less, that they are BLD souls! To discover something so intangible, so deeply ensconced within the Mind, requires effort. It implies serious and repeated introspection. It is the great inner voyage of mysticism, the journey to the center of the soul.\*

But the reward of this quest is fabulous riches beyond imagining. These include Love, joy (bliss), peace (tranquillity), and dozens of other Mindflowers in the inner

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\*See my Journey to the Center of the Soul: Mysticism Made Simple (Liberty Township, Ohio; Love Ministries, Inc., 2001)

garden. These begin to pour from your soul into your conscious (aware) mind, lighting your world with Love, joy, and peace. The mystic path is introversion. Its voyage-- promises, in the end, nothing less than total fulfillment and everlasting ecstasy, as the fruits of the inner tree of life, in the hearts' garden of pleasure.

When the inner "trip" has begun, you discover that the Mind is very friendly. All levels of the unconscious, even the difficult levels of the subconscious, contain bright Love, joy, and wisdom. The unconscious is supportive, communicative, tender, and compassionate. Indeed, its very identity is Love. Love is the very essence of Mind, at unconscious levels. It is because of the primacy, indeed, the supremacy, of Love that the Spirit-- the deepest Coremind-- is known in mystical tradition as the "inner Beloved." (Mystics also call It the "Absollute.")

You are an eternal soul. That changes everything. It means that the Mindworld that surrounds you is not your master. We are taught that the world controls us, that we are mere marionettes,

the playthings or pawns of events and environments. Even after a person sees through this fanciful and dark illusion, she falls back under its hypnotic spell again and again. What a meticulously detailed construct is the "virtual" reality of this dreamworld! Every particle of every tiniest object or event has been intricately designed by the Mind to obfuscate and obscure its dreamnature. Everything conspires against the hard won knowledge of nature's deepest mystery. Like any well constructed dream, the "real" world takes us in, fools and deludes us, over and over. In fact, the Mind wills for the conscious mind to be duped. For if your egoself did not believe that the world was real, during important phases of its growth, its education would never be complete.

The world is a complex Mindgame, a dream. So, it is we, not the world, who should be master. And we, as masters, must yield to our own inner Master, the Love-nature, the Spirit (Coremind).

Utter astonishment, relief, and joy flood the mystic as she discovers that the world is powerless to control her. She alone chooses how she wants to feel.

"That makes me see red" uses two symbolic phrases, for nothing in the world can "make" BLD the inner mind angry. Anger is its chosen volatile, often destructive, response. "She makes me blue" is equally symbolic. So is, "That terrifies me." All responses are dances between Mind and world. The complex choreography is between Mind and mind, as the unconscious Mind orchestrates harmony between the unconscious and the conscious .

No responseBLD bw can be "created" by the world. It is no Creator, no puppet-master, and you are no puppet. It simply is not within the jobdescription of the world to create responses. If, as usual, we grant it that power, it is only by an inner coup which robs it from its rightful sovereign. For that power is the right, privilege, honor, and glory of Mind.

The world has one purpose: To elicit from You the spiritual education of perfect Love. Notice here two things: 1) Education is "elicited," not implanted, because its wisdom already flowers in your higher Self. And 2) it is drawn from within that special "You," with a capital "Y," implying this true Self (soul). So, the soul is educated and enriched by "playing the role" of ego. Every game, every dream, every prop in the play grants wisdom, every interaction teaches, every person is the soul's teacher. The ego does not want to hear this. For we are often indebted, in fact, to those who teach us precisely what we do not want to know, what we often need most to learn.

When you get up in the morning, and the world starts to be spun from Mindstuff of the deep unconscious, again starts turning the wheel of cyclicity and karma. This could not happen without

your awareness. Similarly, if you play the part of Louis XIV or Marie Antoinette in a play, you can learn much about the agonies and ecstasies of the real people. In the same way, the soul learns its most vital lessons by playing different roles on the stage of the world. Right now, you are playing the role of your egoself; the goal is not to escape the role, but to play it with as much compassion and wisdom as possible.

But the soul is not here to study world-history, or to learn science, or to master art. It is here to study and learn all possible relevant facts about the Self. It is here to master the fine art of Love. Every thing, person, or situation that you encounter is a micromirror designed to reflect your own face. These make up a megaplex of mirrors surrounding you. By interacting with the world, you are actually peering into the nooks and crannies of your own unconscious Mind.

Some mystics teach that this is the only way truly to know the Creator/Dreamer, which they call the "knower." The ancients said, 'Fire burns all things, but does not burn fire; water makes everything wet, but not itself; the sword cuts everything else, but not itself. So the knower knows everything, but not itself directly.' The "knower" can be known, of course, by introspection. But the usual way in which it is understood is by gazing contemplatively into the multiple mirrors of the world. The inner Dreamer is known by His/Her dreamcontents.

Your ego is just one of many colorful, exciting roles played by the soul. Behind the curtain of the unconscious Mind, the soul buries in its deep caverns vivid memories of other parts, played on other stages. Through the centuries, in many lives, the soul has struggled to learn the arts of loving. This is a gargantuan, daunting, and complicated process. Each of us has made and then corrected, thousands of errors. To find the true path, we have walked down a thousand false paths. To learn to do it right, we must first do it wrong innumerable times. This takes lots of time-- more than could ever be squeezed into one tiny human lifetime. This is the vision of the cosmic soul in all its fullness and grandeur.

So, mystics embrace the "polybiographic" (reincarnational) worldview. So, life is not only more fascinating, but meaningful. This idea explains much; it also gives us a solid reason for our existence-- to cultivate and grow in the art of loving in living.

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Chapter 3/ Loving the Two Universes

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A love-affair with life. A love-affair with the universe.

A love-affair with your own deepest (cosmic) Mind. All life is a Love-affair. It is all about Love, and begins with falling in Love with the inner Beloved (the Ultimate, Absolute, Coremind, or Supermind). After centuries of applying your spiritual talents, this Mind becomes Your Self, so that the goal of life is to fall in Love with Your Self.

This vision synopsis the destiny of everyone. It is also the immediate aim of the mystic. This is union with the inner Beloved.. It is the "why" of your birth, your life. You are a Loveperfecting being.

As in the old song, everyone is a "Lovemachine." That is why the language of mysticism is the highly rich and ethereal, celestial expression of true poets and lovers.

Love is spirituality's essence and goal. You "fit" the cosmos, warm hand in enfolding glove, in the glow of welcoming embrace. This occurs when you learn to go with the Flow, and stop blocking/resisting the Mind of Love. This becomes natural when you decide to love everything and everyone.

This soft, warm cosmic vision loudly clashes with the frigid, hard, irresponsive cosmos of the materialistic scientist, which is all sharp angles and cold geometricsities. But in that gleaming, hard-surfaced world, there is not a microparticle of meaning anywhere. The world mindlessly ticks on, unguided, reasonless, going nowhere, for no particular reason. In fact, there is no "reason" for anything. Why a radical materialist even bothers to get up in the morning is a major mystery.

The cosmos of the average person might have a little of both worldviews-- spiritual and mechanistic-- blended uncomfortably together. This makes for strange, and mutually repellent, bedfellows-- no ideal recipe, to shift metaphors, for the most Mindnutritious of soulfoods. For this common view often leans heavily, tilting off-balance, towards hollow materialism-- having arisen from an education that "materializes" everything. Highschool science, and much in "commonsense" transforms the world into distinct and separate objects.

Those objects are "out there." When you leave your car parked in the garage, it continues to exist while you are away at the office or store. So, objects are there whether or not anyone knows it. They are independent of any mind. In this way, they differ dramatically from dreamobjects, which are totally dependent upon Mind in order to exist.

"Real world" objects are not like this, says the common view. They do not exist simply in your mind. They have an independent existence all their own. If every mind in the cosmos were suddenly snuffed out, all material things would continue brainlessly, mindlessly to tick-tock along like a giant Newtonian clock. (Newton was the older physicist who discovered

"commonsense" physics.) But how can it be proved that an object exists in itself? A commonsense answer is a tape or photo of the object when no one was around. But that record must have an observing mind in order for it to exist, which leaves us right back where we started: World cannot exist without a sensing/perceiving mind. Nothing can. BLD bw

The view that objects exist independently of minds I have called the "nbc universe." (It rested upon the "newtonian-Baconian-Cartesian view of the world, filled out by three philosophers, Newton, Bacon, and Descartes.) This nbc view is the one that we all learned, from kindergarten through high school, and later, in college. Unlike the latest physics, it supports "commonsense." When you leave your office building or work-site, and come home, the place where you worked continues to exist, even though no one is there. It doesn't disappear when you are no longer there, no longer thinking about or perceiving it. While we can all agree that it does vanish from your personal, sensory sphere, that is dismissed as "only subjective," unreflective of true reality.

Or is it? This speculation leads into one of the most dramatic and captivating of cosmoperspectives. It is mindboggling. For mystics say that a world unseen is a world that evaporates. This symbolizes that when you remove a perception/sensation from your mind, it is no longer a part of your experience. It vanishes from your experiential universe. Even materialists would agree. But they would say that this is a subjective and personal impression. The object or situation does not really disappear. It just disappears from your sight. BLD from "from..."

Hang the coat in the closet, close the closet door, and the coat is "gone." Put a spoon in a drawer, close the drawer, and the spoon "disappears" from your experiential reality.

This is the Way in which pure minds, those of infants, see the world. This is how the cosmos is known before "normal" egoformation. This is before their minds are forced into a commonsense mold called "object constancy." For the infant, objects are literally, "Out of sight, out of mind." But if the mind dreams reality, those objects are really "gone"-- again, from the person's "experiential" universe.

Still, it is argued, they are not gone from the "real" universe. But mystics say that the universe is a Mindconstruct, so that the "experiential" cannot dogmatically be divided from the "real." The experiential is the real. In order to be real, a situation, event, or object must be experienced by some mind. (The "common" world the mystic refers to as "consensual reality," because everyone agrees about its existence.)

When the Master Jesus was asked how best to live, he said,



"Lest ye become as little children, ye shall not inherit the kingdom." But, fascinatingly, the Greek word mistranslated as "little children" did not mean youngsters or toddlers. It meant "nursinginfants." This is the stage before egoformation, and before object constancy.

While still small infants, we learn "object constancy" or "object permanence." We are heavily programmed to "realize" that objects continue to exist even when removed from "sight" (sensory perception). This is only commonsense. It is common precisely because it is what we have all learned. But mystics dared to ask, "What if this were not literally true?"

This led to a dazzling new cosmic view: Mystics split the Mind. Each Mindsphere deals with its own cosmos. (This is symbolic, unrelated to the two brainhemispheres.) There exist, parallel to these mindspheres, two coterminous universes. One, they call "experiential." This is everything that you really know is "there," because you can see it, touch it, taste, smell, or hear it. This is your everyday world. It's what you actually see on tv or hear on radio, or read in the paper. It also includes everything that actually happens to you. It is your total sensory inventory. (However, your actual experience does not include those events described on radio/tv or in the paper. The realities in your actual experience are only that the tv, radio, and newspaper exist.) This "experiential" cosmos is the entire universe that contains all your senses, interpretations, perceptions, and experiences. When you open your eyes in the morning when you drink your first cup of coffee or tea, when you hear, or see images of, the news, watch tv, get in your car, see the streets, houses, buildings, and people, come into your workspace, do your job, return home, talk to spouse or friends, go to bed-- all this is your experiential universe.

If you dream, the contents of that nightvision are also part of your experiential universe. This universe contains everything that is real to you because you are experiencing it. If you are in a windowless room, that room is then your entire "experiential universe." In short, the experiential universe contains all the things and people of the "external and material" world, and also your thoughts and ideas about them.

The other universe is the "theoretical." This is the entire universe of everything that is outside your perception or sensation. This is the totality of the entire (but abstract) universe that supposedly exists even when you are not there to feel it or sense it. This is the place where you work, after you go home, leaving it behind. When anyone leaves your home and drives out of sight, she leaves your experiential universe, and enters your theoretical universe as soon as she disappears from sight. Place a coat in a closet, and close the door. The coat

has just moved from your experiential into your theoretical cosmos. Put a teabag into a canister and close it. The teabag has also just moved from your experiential universe into your theoretical cosmos. Everything in the world, with some pitifully tiny exceptions, exists in your theoretical universe. So do the six thousand million people in the world-- usually, again, with only very small exceptions.

This is relevant, because what is "real" to you includes only one universe-- your experiential universe. You can never do anything to prove to yourself that the theoretical universe really exists. For another example, until you open a mysterious drawer, when you do not know its contents, the objects inside are part of your theoretical universe. Only when you open the drawer and sense them do they become a part of your experiential universe.

What does any of this weird stuff have to do with anything? What does it have to do with real, everyday life? These apparently abstract and strange ideas have practical ramifications.

Mystics teach that we are all responsible for the "world." And we are. But in its larger sense, this world is a part of the theoretical universe. So, we cannot realistically be responsible for so gigantic a concept. It is simply too gargantuan, too colossal, too overwhelming. The world is Mount Everest, and we are ants, or bacteria, standing at its base. The most that we can do is to care for our little corner of reality, of the planet. Also, it is true that if everyone took care of her corner, the world itself would be transformed. When the little flowers are cared for, the vast garden is beautified.

So, the mystical view is that we simply cannot be responsible for the "world," as a massive whole, but only for our personal (experiential) "world." This view is solidly realistic. Whatever the universal Mind places directly in front of youBLD from "directly..." is your assignment, task, or mission. If you can do good for all, for the population of the planet, so much the better, and you should do that. But you are **responsible** only for what is in front of you. This is called "focus." It allows us to take life in small bites. The tallest mountain is climbed with small steps. You can't feed a baby with a steam-shovel, and the human conscious mind is designed to tackle the universe in tiny baby steps or bites only. This is the same principle as the famous "one day at a time," except it is even more manageable: One "now" at a time.

Does the mystic play the ostrich, burying her head in only personal pursuits, and ignoring the rest, dismissing the world as "theoretical reality"? No, for Love drives her incessantly forward to improve society, and even the larger world. But she

does not take personal responsibility for every person and event - a kind of mental illness related to megalomania or hyperegotism. Her Love impels her to discover new ways and forms of service. She actually seeks ways to aid, help, and serve people. But while so serving the "world," she focuses and concentrates her full attention on one person or task at a time.

For this, at this moment, is her entire cosmic mission. Her heartmind is as sharp and intense as a laser. This is a form of what Buddhists call "mindfulness."

So, when you are dealing with a mystic, you can rest assured of her fullest, completely undivided attention. For when she is interacting with you, you are her full assignment. You are her complete Lovetask, her mission in life. You embody her entire spirituality. At that moment, you are the very service of Love, Love's object.

Loving you **is** loving God or Spirit. The deepest inner Mind cannot be loved completely until or unless all Its dream is embraced in Love. So, it is impossible meaningfully to declare that one "loves God" if one is not actively loving people. This is why kindness and friendliness are an essential aspect of the mystical path. A person as "prickly as a porcupine" cannot possibly practice Lovemysticism. For it is Love which is the career of the mystic. This Love must include common courtesy, politeness, and friendliness.

Everyone and anyone can be a mystic. All she has to do is make the decision that she wants to pursue the inner and infinite Love-nature as a career. Mysticism makes a lousy hobby, however, and a worse pastime. You cannot breathe only periodically. ("Breath" and "spirit" were expressed by the same word in many ancient languages.) The Way of Love is inner breathing. Stop for too long, and you turn blue (and get the blues). Stop long enough, and you're dead. This path is so crucial that it is alldemanding, allconsuming. It demands every minute of your time, every psychon of your mind. It requires your entire world, and will never settle for the scraps of spare time. Whatever else you do in life, whatever career you pursue, if you are going to be a mystic, you must decide to be a mystic **first**. Mysticism will never take a back seat, or second place, to anything-- not even religion.

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Chapter 4/ Mysticism as "Ordinary" Love

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When the inner Mind swallows you, It leaves nothing left to devote to any "other god." When you eat an apple, that fruit becomes you. When God consumes you, you become God. You become

the Mind of Love.

But when Love demands **all** your quality time, remember all the many joyful activities included in Love. For Love's recipe has many ingredients. Everytime that you love your wife, husband, sweetheart, children, relatives, friends, strangers, pets, or any living creature, you are living out the excellent Way. In fact, everytime that you love yourself, without indulgence, you are expressing the Love of the inner Infinite.

Love is most glorious and satisfying. But some are terrified by it, having been burned by "love." Real Love never harms. (It is contrasted with that group of dysfunctions and egocentric pursuits which people usually call "love.") Love has nothing in it of greed, selfishness, grasping, clinging, or craving. This is how it is distinguished from so many convincing, appealing counterfeits. Contrasting with pseudoagapic (false "love") pursuits, it is free from all personal desire, except the desire to love the Beloved.

Mysticism's endgoal is to love the **inner** Beloved. All outer loves are expressions of that one supreme inner Love. This is a profound, healing, healthy Selflove. When we have attempted to "love" in the past, then, our "love" was often not real Love at all. And even if it was, it might have been contaminated with demands, expectations, selfishness, fear, insecurity, and other unconscious pollutants. Because these forces were unconscious, ITL "un" you were not BLD responsible for them. But now, it is your responsibility to learn consciously about the dynamics of true Love and try to express them. To help you do exactly this is the purpose of this book.

The volatile factors of Love can often burst into the flames of conflict, in which we attack and defend. Any "love" that includes repeated, deliberate attack cannot be balanced or real Love.

A person cannot be hurt by genuine Love because it demands and expects nothing. When we change the steps and sequences of the dance, it becomes a different dance. When we change ourselves, Love also changes within us. It is this transformation of our responses that makes real Love a safe proposition. But genuine Love is a soaring into the night sky, and an exploding into the flame and color of inner fireworks. It is not just "safe," as in "dull." It is a safety net which catches us when we fall, but it is soulstirring, mindelectrifying. It longs for the beloved with fiery passion. It engulfs body and mind in hot, bright fire. The most real Love of all is that for the inner Beloved. He/She is literally the man/woman of your dreams.

In loving a man, the mystic loves the god in him. And in loving a woman, the mystic loves the goddess in her. Mystic Love

is divine. It is magical, because it is the real thing. It is more rare than diamonds and rubies. There are, in fact, only a few specimens of this fine quality Love on our planet. It is heart-to-heart connection, soul-to-soul fusion, mind-to-mind Mindmeld. It is the interpenetration of two beings, and carries within it perfect loyalty and fidelity. It amplifies resonance and creates harmony. In it, each truly wants what the other wants, and there is no "gimme, gimme," or, for that matter, no "me, me." It is a warm fluidic flowing into the beloved.

The Hindu greeting "*namaste*" embodies this exquisite loss of self in other, or in higher Mind. This word means, roughly, "the divine in me honors the divine in you." This kind of "honor" is the basis for true Love.

This Love does not just drop into your lap from the sky. It does not just, one day, poof! appear out of nowhere. It is the endresult of struggle, agony, pain, and loss, created in a matrix of education.

Even ordinary people often taste of the torment-side of Love. But the mystic's inner furnace is stoked to a thousand times the natural heat. Just as a fine elixir requires fine crystal vessels into which it can be poured, so we must work to prepare our bodyminds to become the crystalclear vessels of true Love. This is done by most careful attention to, and cultivation of, our inner Love-nature. It is fed by every act of Love-- for ourselves, family, neighborhood, community, and world.

A kid who speeds down a dangerous hill on a bike should not blame the hill or the bike when she crashes. For she failed to prepare, with a helmet, padding, checking the brakes, making sure that the tires were in good shape, etc. So, in the same way, we cannot blame the principle of Love when we plunge into the deep waters of Mind, and are hurt by what we choose to call "love." It is so very rarely the real thing.

Mysticism, then, is not for everyone. Some will regard it as foolishness, others as madness and lunacy. Still others will dismiss it as just plain wierd. Of the mystic, these skeptics will say, "She's one bottle short of a six-pack," or, "The elevator doesn't go all the way to the top," or, "The light is on, but no one's home," or, "She doesn't have both oars in the water." And that, too, is okay.

For the cosmic Mind is greater than these responses. In fact, It has created them, to test the conviction-strength of the mystic. Even the rejection of Mind is Mind, since there is no other Source.

Besides, the deepest Mind is in no hurry. It has forever. It knows well that whenever any being is ready for this message, this Way, it will come to her. It has just this moment come to you. For some, it will come in this present life, but not to

everyone. And that, too, is just fine. No one is in a hurry except the egomind, which demands everything "yesterday, if not sooner."

This Love is strangely passionate, but not sexual. But it can be so powerful that it triggers even sexual urges and responses in some sensitive souls. That is okay too, but it is not the goal of mystical Love. For this Love has as its aim to elevate the aware mind. More and more, what is "unconscious" ITL "un" will be made conscious. By active Love, the mystic is brought closer and closer to the incredibly deep, bottomless, Mindlevel called the Love-nature.

The bird of soul flies through the blue skies of Mind towards the sun of Love. This is the Spirit (Absolute, Coremind) Itself.

The heart softens, the mind is tenderized and sensitized. A form of mysticism is Sufism, derived from a word meaning "wool."

The goal of this path is to make the heart "as soft and warm as wool" on a freezing winter day.

When your soul or higher Self is ignited with the warm flame of Love for the inner Beloved, you are filled with Light. You are transformed and renewed by this Light-- an ancient symbol for awareness. You are becoming increasingly aware of your own inner Mind, especially of areas which formerly were "unconscious." This is the deepsea expedition into the very deepest troughs in the floor of the ocean of Mind. With every scuba-dive, you learn just a little more.

The "journey" or trip back to the Source, the Beloved, does not occur instantly. No matter what you do, full enlightenment will not come to you overnight, or in the first week, or month, or probably, the first year. It requires timenergy, effort, concentration, and vigilance. In the personal and collective deep waters of the unconscious swim many friendly dolphins, but there are also a few sharks.

One hundred percent of these transformations and revelations do not occur to the ego. They do not come to your everyday self.

This growth all blossoms deeply within the unconscious layers and levels of the Mind. It is an 'inside job,' in which the Mind reveals Itself to Itself, but all activities are unconscious. Mystical opening occurs with deep-water flowers which blossom without the light of conscious awareness. Dreamstates serve as opportunities form much inner growth. In them, "you" are not even an active participant. Growth is natural and "automatic." As the roses in your yard bloom wwhen you are not watching, the mystic rose of the heart also unfolds without your conscious input. Most growth in the unconscious Mind occurs at the levels of soul and the personal unconscious. (See "Chart of Mind.")

No matter who you are, you are going to be "forced" by inner Mindpressure into enlightenment. Why, then, bother with the Way?

Because before enlightenment comes to most, much time, perhaps thousands of earth-years, will have to pass. During all that time, you can be either joyful or miserable. You can choose to spend all that time in either inner "heaven" or "hell." So, mystics do not embrace their Way only because they want enlightenment, although that is also a motive. They walk the Way of Love because they prefer joy and bliss to agony, misery, and torment. But it is also when you are consciously walking the way that the heartrose most fragrantly and beautifully blossoms in your heart of hearts.

The mystic's most stunning motive is that she is in Love. A lover needs no other reason than her Love to seek out her beloved, though the beloved be ten thousand miles away. So the mystic needs no other explanation for her long, arduous, often tortuous, journey inward, towards the Beloved..

Access to these fathomless depths is not "normal" or "natural." The Way is supernatural. "Psychonautics," the exploration of inner space, is a Mindspecialty. It requires as much study and training as do other specialties within psychology. And it definitely demands experience. There is no such thing as a mere "bookmystic." The truths of Mind must be learned from Mind, and cannot be found in mere books. Reading about deepsea diving bears no resemblance to taking the plunge. Still, especially for Western people, good reading, cognitive education, can be their very best primary step, or first few steps, to inner gnosis. That is why, in fact, even the most reticent and silent mystics often left written records, reflections, and instructions. A good example is the Taoist sage Lao Tzu, who left behind the classic text of mystical literature called the "Way of Virtue."\*

The Core is explored only when It decides to open Itself, and this unfolding cannot be controlled by the conscious mind. When It does open, It calls to the ego. It might audibly call the egoname. Or, It might reveal Itself in a dream, or another altered state. At any rate, the timing all belongs to the Spirit or nuclear unconscious. The effect of touching It is to be saturated with, and immersed in, sweet tranquil Love.

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Chapter 5/ Return to the Sweet "Sea" of Mindsource: Surrender Versus Overthink

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Look into the dazzling brilliance of stars peppered like talc across a black velvet sky. A strange passion stirs in the liquid bottom of your soul. It is a longing, but vague, indefinable. It is a thirst for eternity. It can become so

moving, touching, poignant, and even nostalgic as to bring tears to your eyes.

A Jewish proverb says of God, "He has placed eternity in the heart of man." Mystics say that this sense of *deja vu*, ITL a moving longing for the vastness and beauty of space, is really a disguised call to inner space, and its equal immensities. It is a call to return "Home," back to the inner Source or Beloved. It is not completely satisfied until we complete earth's journey, and leave this planet. It is, then, also a passion to plunge naked into the infinite "darkness" of inner Mind. It expresses a real need to Mindmeld with the inner Self or soul.

Like sex, it is an expression of a hunger for a lost wholeness, now little more than amorphous memories on the fringes and periphery of consciousness. All people want this unity with the deepest interior Self because they secretly, again unconsciously, recall a time when it was so. They bring to heartmind a "preseparative" memory of belonging, of infinite comfort, in the midst of immensities. The sweetness of this primal state was indescribably ecstatic. It was permeated with healing stillness, most profound, bottomless, boundless tranquillity and light. The soul was immersed in rapturous Love.

The ancient "gods," the "people of the stars," taught human beings the art of returning to that lost inner Home. They taught the Way of mysticism. They taught stillness, meditation, listening, silence. If you were silent long enough, patient long enough, your inner Mind would communicate Its great presence. The source of supergalactic forces, It is so tender and tiny that you must still the very whisperings of your own mind even to know that It exists.

This Mind is so subtle because it wills, under normal circumstances, to remain invisible or hidden. But, paradoxically, it also wishes to be known. By most people, however, It does not wish to be seen. Few indeed are aware of even its existence. Fewer still are wise enough, tender enough, loving enough, to bask in its luminous revelation. For those who are, they are allowed to bask in glory. The inner curtain of ShekinahITL (the feminine aspect of God in Jewish tradition) is torn asunder. Blazing luminescence is revealed.

The allegory of the Hebrew Scriptures says that when Moses saw his god, his face shone as brightly as the sun until the end of his days. When we are touched by the inner Mind of Love, we also glow. We become autonomous sources of symbolic Light, or Love, in a dark world. We radiate a new Love which is more luminous than galaxies.

This Love existed before time. So, older Sufi mystics called it "wine before the vine," and "honey before the bee." Its sweet nectar flowed before we existed as souls, when the one Mind was



"One without a second," as our Hindu brothers, the ancient mystics, wrote. Love preexists the cosmos, and spacetime itself.

When one encounters such a gigantic, immense, colossal Force, the only response conceivable becomes surrender. A human mind cannot cohesively exist in the presence of such a tsunamic wave of Love. All that it can do is yield to It. And that is exactly what mystics always do.

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\* See my Tao Now: A New Rendition of the "Way of Virtue," by the Master Lao Tzu (Liberty Township, Ohio; Love Ministries, Inc., 1996)

But you do not have to wait for the actual experience of touching inner Infinity to surrender. It is good practice, and sensible preparation, to surrender your mind to the higher Power, give It your life-direction, at any time.

Mystics anticipate this need by willingly surrendering, giving themselves completely over to "possession" by Love. This is no creepy, scary possession as in the movies, but a tranquil movement into invincible serenity and luminous Love.

This possession precipitates a war between the ego, which wants to survive, and the Superconscious. Supermind tells the conscious mind that it cannot serve both ego and Love-nature (the Absolute or Beloved). You cannot serve two masters. A crystalclear decision is demanded. The wise mystic always makes the same decision: She lays her ego upon the altar of Love, burns it in the fire of her Love, offering it as a "sacrifice" to Love. (The word "sacrifice" comes from two Latin words, meaning "to make" and "holy.")

The Way can be scary. It is not for the indecisive or undecided, or for the faint of heart. It is not for the radically mentally disturbed or the emotionally unbalanced. For the Way will call you to give up everything for It-- ultimately, sacrificing all personal desires, and, in the end, the very self whom you now believe yourself to be. Love demands every minute of every hour of every day. Love settles for nothing less than sheer worship, for It is God.

When you give everything to the inner Love-nature, you lose nothing. Indeed, you gain everything. While at one time, you considered the egosphere to be so valuable, you now come to see it all as so much garbage. This was the illustration used by the Christian mystic Paul. Giving up everything, including the self, is like trading dust for gold dust, or for emeralds, diamonds, rubies, and sapphires. The treasures of the heart which you receive are of enormous beauty and value. the self which you have exchanged is virtually worthless in comparison.

People often suffer from selfimage problems-- low

selfesteem. This might well be a reflection of the very real fact that the ego is indeed worthless compared to the Self which anyone can become, and which you know yourself to be. For the spiritual, or inner, Self is of great antiquity, pregnant with immense wisdom and terrific power. It is also an immense fountain of inner Love.

There is a simple explanation: the soul is the container of the Spirit, or infinite Mind. The soul has the Supermind or Superconscious locked deeply within it. As soul is in mind, so Spirit is in soul. (See "Chart of Mind.")

This means that the infinite Mind "speaks" through the soul. the conscious mind can often get in touch with this soulmind through intuition, but intellect will not take you there. So, there is a mystical saying, "The first thoughts (or, words) are from God." This is the state of selflove and selftrust which Taoist mystics call "reflection of Tao in instantaneous and spontaneous response." ("Tao" is the great unknown Power which runs the universe. It is the same Superconscious or the deepest unconscious Mind that we are discussing here.)

In the West, in education, we are taught repeatedly, *ad nauseum, ITLbw* to think things out. Also, we are taught to think about our thinking, and then, to think about our thinking about our thinking. We are educated into the harmful pattern of "overthink," in which logical, linear, conscious thought is said to be the only job of the heartmind. It is the single and final criterion by which the validity or truth of anything is measured.

This lopsided intellect has become a major false "god" in our culture. It is a god that has failed. For it has slaughtered poet and seer, dreamer and artist, sage and mystic.

We educate our children in this false "religion." Then, we are shocked and bewildered when they cannot, or will not, feel. They are all head and no heart. Poetry yields to cyberscience, tenderness to analysis, goodness to dissection. Spirituality, the only hope of our planet and its people, is demoted and relegated to the land of Oz, to be lost amidst a sea of superstition and ignorance. Even the very word "mysticism" has become so abused that it is, in practical talk, equivalent to "bull." It has been stripped of all credibility, all respect. But it still remains our only hope.

We have lost trust of the heart. So we do not love each other. The infant "Christ" in our hearts has been tossed out with the "bath-water." In seeking to understand the universe, we have been drained of all knowing of its Root and Origin.

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Chapter 6/ Born to Love: Your Guided, Designed LIfe and the Way of Simplicity

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The deepest Mind, ensconced way down, below the darkness, in the most profound cave of the unconscious Mind, is perfect Love.

We are born, and exist, to learn to leap, with closed eyes and thudding heart, into the black abyss of this Love-nature. (It is Coremind, the "nuclear" Unconscious, Spirit, Superconscious, the Ultimate, and the Absolute. It is also the inner Beloved. It envelops the Mindlevel called the Creator/Dreamer.)

We were born from and for, Love. To become Love is why you exist. It is out of loyal Love for you that the Spirit, from the Mindlevel called the "Creator/Dreamer," dreams up every microdetail in your life. Not the tiniest ameba, the smallest flea, comes into your life (Mindfield) by chance.

But if life is dreamed up by Love, why do we suffer so? Why is so much of life torment, even in small ways? For example, why do we suffer from generic aches and pains?

The mystic sees even these as serving a higher purpose. They might be signals to change something about your lifedesign.

They might call you to alter your attitudes. They might also occur to provide you with strength, patience, or compassion. Although we can't explain immediately why every pain, loss, tragedy, or disappointment occurs, we can, say mystics, rest solidly assured that **nothing in the dream is merely random**. The great Dreamer, Who dreams through my mind and yours, never dreams even a microparticle without purpose. In the golden tapestry of the great Plan, every thread, and every particle of color, has its purpose and place. Everything has meaning. BLD ws

So, every event, person, situation, and object exists in your life due to the will of this inner Mind. Why is your life such a hodge-podge of multiplicity? Why do so many things happen to you? Why is there so much diversity and variety in your life? Why so much stuff? Why does your life look like a garage-sale in a lunatic asylum? All your interactions BLD from "All..." are designed to teach you the fine art of loving in living. Your life is filled with such a complex megaplethora because a good lifetest must involve many variables. You can't "graduate" from the earthschool until you have familiarized yourself with a vast diversity of situations and human patterns of response. And this is so, even though, from a galactic view, earth is only a "kindergarten" planet.

Most Americans are being taught by Spirit, for example, that they simply do not need all the "stuff" that they collect. Most "stuff" is unnecessary. This is why mystics always lived at what might be called a "minimalist" level of economic and material sufficiency.

What is suggested for the modern mystic is nowhere nearly so

dreadfully radical. Suffering and deprivation do not BLD in themselves bring one any closer to the inner Beloved. So, we can afford to dismiss/neglect the eccentricities of extremists/fanatics who practiced any form of asceticism, or voluntary discomfort.

Instead, the Way of "simplicity"\* is recommended. You will not find the balanced mystic practicing self-abuse, cruel selfdenial, or selfcreated pain. She does not practice selfdeprivation, for she loves herself too much. But you also will not find the mystic in a palatial house, or a mansion. You will find her in a smaller home, a cabin, bungalow, or cottage. Inside that home, you might find many things of beauty. But nowhere will you find ten-thousand-dollar works of art or pieces of furniture. Nowhere will you discover things purchased out of a sense of inner emptiness, in attempts to impress others. The mystic is much too secure to play those hurtful games and indulge in such selfishness.

Simplicity is a few notches above minimalism, because it accepts the actual necessity of things of beauty and comfort. But it does draw the line at obsessive accumulating or collecting.

The entire goal of mysticism and simplicity is to shatter the shackles of relentless control by the material world. So the "grab it all" attitude so common in society is refused. So are the "more is better, bigger is better, and newer is better" assumptions of this culture. The mystic actively rejects the, "I've got mine; to hell with everyone else" attitude. These views only spread the lethal virus of greed.

Most people who are rich sense intuitively, for the inner Mind keeps telling them, that they are selfishly using up too many of earth's nonrenewable resources. That is why most wealthy people feel a profound guilt, often deliberately hidden from awareness. They know, deeply unconsciously, that all people in the world must draw from a common, and limited, pool of resources. So, everything that they appropriate for selfish use is torn away from the hand or home of another. For example, insensitive American carnivores are literally taking grain out of the mouths of babes so that they can have their burgers and bacon. (And even this is killing them, from inside.) This guilt keeps them in inner "hell."

The balanced and wise person never says that anything is "bad" or "evil" simply because it is material. Infinite Mind, as Love, fills the forests, butterflies, rainbows, waterfalls, crystals, and human bodies-- all material things. But no material thing can ever become the master of the free mystic. She will not, refuses to, sell her soul, or any part of it. She will not prostitute time spent in spirituality for money.

The "almighty dollar" will never be her god. So, there is a

freedom about the mystic not enjoyed by the average person. She soars without fears and material concerns into the vast blue skies of inner Mind. She can afford to live without worry, because she lives so simply. She does not allow herself to accumulate great and burdensome debts. She might purchase items of beauty, but refuses those that are too expensive. She does this out of compassion, for almost everyone on our planet is in need of money. And she would much rather give to charity, or to a poor or needy friend, than to spend the money on expensive and useless self-indulgences.

This is also why she insists, unbendingly and uncompromisingly, on a simple house and car, simple clothing, and simple jewelry. No mystic will ever indulge in complacent and insensitive self-indulgence, shamelessly and ostentatiously spending her money. Mystics are never "conspicuous consumers." BLD ws For every dollar is capable of being pressed into the service of Love.

She also uses credit moderately and carefully. She assiduously avoids all luxury, although she believes in comfort (a form of self-love). The mystic uses her conscious mind to dance in harmony with the Creatormind. She loves the smooth, soothing dance in which she flows with her inner Beloved.

Without exactly the kind of suffering, pain, or loss that you are now enduring, your Love-education would be filled with huge gaps. Even the major events of sorrow are "predestined," structured, or "programmed" into your life by the soul level of Mind, before birth. The soul has such enormous wisdom that it is capable of modifying the genome-- the source of all genetics. This influences the Creator level. (See "Chart of Mind.")

Historically, mystical realization that life is shifted and shuffled by a higher Power caused philosophers called "Stoics" to embrace an extremist view. Like the "Vulcans" of "star Trek," they were determined completely to destroy, or never to permit, any natural emotional responses.

Their only "appropriate" response was irresponsibility. They wanted to cooperate with the mysterious forces or "gods" that ruled life with an iron hand. Unconsciously seeking mystical freedom, they refused to respond to anything. While this made emotional zombies or "dead people" out of them, they were unconsciously seeking the more moderate Way of the mystic.

The mystic never goes this far. Still, her more violent and volatile responses to change are muted by her knowing of, and trusting, the inner Creatormind. She does not behave like a block of wood, without feeling-responses; but she seeks the kind of peace called "equanimity." As the word itself implies, this means an "equal" response, one of detached serenity-- to either "good" or "bad" events.

She struggles to grow to see them all as "absolutely" good. She knows that the Mind of soul/Spirit always has her best interests at heart, even when her ego wants only to scream, kick, or bitch. Every moment of every day is an opportunity to perfect the art of loving in living.

When the clerk or waitress is rude, there's your chance. When she is polite, another chance has come. Now, you can exercise a different type, or powerlevel, of Love. When your spouse is in a bad mood, that's your chance. When he/she is in a good mood, there's another chance! When you're feeling sick, it is a lesson. When you're feeling great, it's a new occasion to Love even more. When someone says, "I love you," your chosen response is that very education in action. So is your response when someone says, "I hate you."

Mystics turn their focused attention, like a bright spotlight, to this Love. They think about It all the time. With any other target, the term "healthy obsession" would be an oxymoron. But they are in love with Love. Life is a continual Lovedance between them and the environment.

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Chapter 7/ Moving Closer to Inner "Heaven": Increasing bliss by Decreasing Judgment

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Shoot the arrows of Love. Your own heart is the first target. This wound means ultimate "death," and so, terrifies the ego. For it is this ego that must die when the lightning-bolt of Love strikes. This blasts from infinite Mind or "heaven," at the Core of the unconscious Mind.

Arrows are directed energy. Love yokes to intent, and finds its target. It leaves its comfortable chamber in the heart, and ventures forth into the frightening and unknown world. This is the inner urge that always drives it. It flashes, lighting up the psyche and cosmos with service and friendship.

Life is tough. No big surprise there. But the life of Love can be even more mindstressing and heartwrenching. For, added to the plethora of daily hassles, headaches, and heartaches, is the Mind's dare and demand to learn to "embrace" everything. This radical, topsy-turvy transmutation does not dawn overnight. We must take one "baby step" at a time.

But how can anyone "love" such a world of "ugliness and evil"? Ahh, there's the rub. That's part of the secret. It's called "nonjudgment." A thing or person becomes ugly or evil only if and when you agree to label her/it so. Then, you take your label seriously, mistaking it for "truth," and, behold! The person or thing actually seems to mutate into a repellent factor

in your life.

This "duality," or splitting, chops up the smooth Flow, the seamless wholeness, of your Mind and life. So, here's the most immense and taxing dare/demand of mysticism: Stop judging. Stop insisting on fragmenting the inner self with easy but false inner labels. These create inner chaos through polarity and duality, opposites stressing and conflicting.

The Creatormind, which dreams up the world, is perfect. So, this world must also reflect that Mind-- must be stainless, flawless, pristine, without contamination, pollution, or impurity.

This is the total opposite of everything that commonsense tells us. So, the Way challenges you to redefine everything. Focus intense intent on any object, situation, event, or person that you have ever considered "bad" and/or "ugly." For you will come to see them as "good and beautiful."

The mystic is not transformed into a mindless zombie or hopelessly idealistic Pollyanna. She is sharply cognizant that certain behaviors, words, attitudes, and actions are harmful, and so "bad." She does not deny or abandon morality or ethics. Impeccable honor is her elevated, noble moral barometer, and there is none higher.

Does the desertion of "judgment" mean, then, that the mystic has no common sense? Anyone who labels war, torture, childabuse, spouse-abuse, murder, rape, etc., as "good" has to be a severe lunatic, out of her freaking mind. This is not only selfevident, but it is also quite true.

The Way of impeccable honor means not simply being good, but attempting always to imitate perfect Love, approximating the stainless inner Love. This is nothing less than a reaching for perfection. So, the mystic takes care always to go the extra mile. The mystic follows Lao Tzu: "I am good to those who are good. I am also good to those who are not good." She follows Jesus: "Return not evil for evil." "Resist not evil." "Love your enemies." "If someone strikes you on the right cheek, turn to him the left also." "Pray for those who hate you, and bitterly use you."

A mystic seeks to reflect perfect Love in every word and act. She knows better than to demand perfection, but it remains her standard and goal. Her criteria of goodness are, in morality and ethics, much higher than those of the average person. Finding "only" a quarter, she will seek its owner. Being undercharged at a store, she will tell the clerk. Finding a wallet with a thousand dollars in it, she will return it intact. She will not bring home every stray dog or cat that crosses her path, but never will she do anything to harm, and will always do as much as is feasible to aid every living creature.

She is not only **not** dishonest. She follows a Buddhist precept called *ahimsa*. This means "noninjury," and so, the mystic will honestly seek to live so as to harm no living creature. She harms no one physically, mentally, emotionally, or spiritually. She does not play dice with people's hearts, and this keeps her sexually faithful and monogamous. She also avoids any behavior which needlessly, deliberately brings harm to other lifeforms. She is ecologically conscious and conscientious.

Mystics are vegetarians, not only for health-reasons (which are many), but also as an act of compassion for starving human beings. A full ninety percent of all grain grown in this country goes to feed animals, so that we can have our burgers and bacon.

If that grain went instead to feeding human beings, there would be no hunger-crisis on our planet. As it is, forty thousand young kids drop dead every day from starvation. Since this is a totally preventable crisis, eating red meat can be viewed as immensely insensitive, and an anti-life behavior.

So, noninjury guides not only what you do, but also what you refuse to do.

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There is no "small" act of Love.

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So, the mystic is careful to love even in the details of her life. She is a friendly and courteous driver, says hi to her neighbors, and performs errands whenever possible. She calls people on the phone to ask after their health and happiness. She uses email and regular mail to bless and support people, sending Love to all. She visits those in need, and uses money to aid the poor, either personally or through formal charities.

Goodness, friendliness, kindness, morality, and ethics are of supreme importance to her because they all manifest Love. And she seeks to become a pure undefiled mirror of pristine Love. So, she is a being of sterling character and absolute honesty.

How can such a tender being, so filled with Love and care, deny the existence of evil?

She doesn't. She is not so blind as not to be able to see evil all around her. She is not in denial. Ugliness is, in the same way, everywhere. But she knows this great secret: Good, like beauty, is in the Mind of the beholder. When ever she labels anything as "good," it becomes good for her.

But how the hell could anyone with half a brain, or a drop of sanity, accept as "good" the hideous nightmares and ghastly horrors of earthly life? This is impossible unless you understand karma. For to see life accurately, you must find more than an egoperspective. You must struggle to know the cosmic view.

Karma is an expression of ghastly ignorance and stupidity.



It is a hideous nightmare. So, the mystic seeks to live in a Way that can stop the mad wheel of karma, a wheel, as the early Christian writer James says, that is set aflame by "hell." REF To do this, she must microscopically avoid ignorance, or "sin." But, despite its heinous and frightening visage, the law of karma does serve Love, for it manifests justice. There is, in fact, no other explanation of evil that even comes close. Karma is comprehensive and consistent.

According to karma, **every** event is designed to teach some soul something about Love. Also, **any** event that serves Love must, at its core, be good. So, even living in a cosmos filled with every form of horror, the mystic can see the goodness at the center of everything. She learns always to embrace the good at the center of "evil," that greater good of which "evil" is the servant. Even in great hurricanic storms of evil, then, she finds tranquillity.

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The mystic does not love the bad, but learns to love the good hidden within the bad.

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She lives in the same exact universe that you and I live in. She does not practice evasion, avoidance, or denial. But she has managed to come to see everything as **ultimately** good-- even though everything is clearly not immediately good. She realistically recognizes that some behaviors are truly "evil" in the shortterm and relative world, and meticulously avoids them, as they lead to inner "hell." She not only avoids all violence and bigotry herself, but tries to educate others, her friends, to leave those hellpaths. For

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Anyone practicing evil is headed for hell.

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Of course, she does not buy into the horrible psychotic superstition that "hell" is some lunatic barbecue-orgy where a god roasts and toasts his children, while laughing in schizophrenic delight. No, her God is too sane, and her universe too stable, to permit this kind of nonsense and horror. Her cosmos is ruled by Love. Instead, she realizes the very great truth that

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Heaven and hell exist within the Mind, and on earth.

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Not that she denies the afterlife, for she embraces it with Love. Some mystics even happily anticipated their physical deaths.\* "Heaven" and "hell" might well represent conditions that do **not** end at death.\* But she does know for certain that people will have to pay for deliberate evil by having the "fire"

of hell created in their minds. There are two reasons why this kind of hell would be the best for education: 1) There's nowhere to go to run from your own mind, for, wherever you go, there you are. 2) Internally generated pain is the most exquisite agony imaginable-- much more painful than pain from any outside source. Being inside, it also helps to teach people pain-neutralization.

This is **not** the mystic's reason for avoiding evil. She is haunted by no fear of everlasting life in a pressurecooker. She avoids it because she loves its opposite, the good. She knows that this helps her to create a state of inner "heaven," for  
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A practical definition of "inner heaven" is being surrounded by things that you like, or love.  
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Now, you can see how "heaven" ties in with embracing all the world as "good," without judgment. For it also is true that

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\* For a fictional representation of the new "universe" that one enters after death, see my Luminous Ecstasies and Passions: Journeys Into Afterlife (Liberty Township, Ohio; Love Ministries, Inc., 2000)  
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A practical definition of "inner hell" is being surrounded by things that you dislike, or hate.  
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So, whether you live in an inner "heaven" or "hell" depends entirely upon your choices. When you decide to like, love, or embrace anything or anyone, exactly as she/it is, you move your psyche closer to a state of inner delight, joy, celebration, or "heaven." Whenever you decide that anything or anyone is evil or ugly, you move yourself closer to a state of pain, misery, or frustration, an "inner hell."

So, the Way to heaven on earth is clear. It is not easy to apply or implement, but once you understand it, at least, you know where you want to go. And that is half the battle.  
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Chapter 8/ Spiritual Metamorphosis: Unconscious "Thoughtforms," the Monstergod, Pain, and Agony  
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Constantly bombarded by thoughts striking the heartmind like relentless hailstones, we endlessly hear the rounds of social and cultural programming: "Money is crucial." "Success is measured by money." "You are worth no more than your bankaccount." "People must be impressed, so you must play their games."

And while we knock ourselves out trying to fit in with these

crazy and dark criteria, our lives biodegrade, unravel, fall apart, disintegrate. Our families become strangers, and our friends mistrusted competitors. We grow to loathe ourselves as mere mechanical money-making machines.

We are left with fistfuls of dollars and hearts full of emptiness. While we were serving the neon god, we lost touch with our kids, our spouses, our friends, and our selves. So, we end up in a psychiatrist's office, or on a ledge.

We, as a culture, are rushing at warpspeed towards the annihilation in the center of the biggest blackhole in the galaxy. It is that greatest of illusions, the void of materialism/sensuality. These two false gods offer everything, but deliver absolutely zero. So, both are energy-sucking inner "blackholes." Serving them is the termination of tranquillity.

To regain inner peace, we must turn the spotlight of Mind inward, away from the glitz and glitter of glamour. We must transfer from Las Vegas to Assissi. We must learn to listen to our hearts again. We must, in short, find our way back to spirituality. We must trace the path back to the garden of pleasure in the heart.

Thoughts of exclusive materiality and sensuality, repeated incessantly, for centuries, have created what are called "thoughtforms" in the collective unconscious. These are autonomous constructs that have a life of their own. That is, they are very powerful, selfsustaining thoughts that can "float up" from the depths of deep Mind to influence your thoughts. Paradigms, as in science, are created by very strong, durable thoughtforms. They contain enormous energy, and are quite difficult to resist. The thoughtforms of the material/sensual paradigm are by now so powerful that they form automatic thoughts and responses in the average person. If we just let go and relax into its flow, we can be carried away by its strong currents. But blessedly, there exists an even more powerful thoughtform paradigm, even deeper in origin. This is the liberating, refreshing spiritual paradigm.

Still, a mystic must swim tirelessly against a mighty and vast current of thought in the unconscious Mind. But she can still win, as a "majority of one," for she has the infinite Mind on her side. This Superconscious has synergized Its awesome power with hers, due to her Love. Also, when she gives herself over to It, she becomes so transparent that Its power can "shine" through her unimpeded, like sunlight through a clear pane. So, through Love, in essence, Its infinite force becomes hers. That is the secret to mystical invincibility.

Mystics don't really live in this world. Actually, nobody else does either. We're all just visitors, just tourists, just passing through. The difference is that the mystic squarely

faces this fact, rather than denying or evading it, as so many do. She is fully aware that she is a stranger in a strange land. She is an alien.

In our society, we are taught not only the sick obsessions of materialism and sensuality, but are taught another lie: Suffering is somehow "wrong" or "unnatural," and it should be completely avoided **at all costs**. It should also be eliminated asap.

This latter is a good, stable guide, and amplifies compassion. The mystic does indeed seek to alleviate suffering asap in the lives of others. BBut in her own life, she tries to find its meaning, tries to welcome and embrace it. This is how she overcomes its draining power. Mystics, speaking of suffering as "good," are often crucified, or driven out of town. They seem to be really dangerous lunatics.

Western religion can imply that suffering is "punishment from a god." Recall that the god commonly worshipped in the average church **is** a schizophrenic. He (always male) is psychotic, dangerous, ferocious, unforgiving. This is a godimage inherited from very ancient tribal sources.

The primitive tribes needed a wargod. Oddly, due to their geography, their old wargod became enmeshed, conjoined, and hopelessly entangled and interwoven with the God of love, light, peace, and forgiveness. This confusion led to a kind of madness that produced a monstrous hybridgod that is still worshipped in the average church today. This is a contrived and artificial godimage, and the source of infinite uncertainty.\*

This god does not permit suffering so that his children can learn, progress, and grow. He uses pain to torture his children. This mad caricature-god is the manager of hell, although he "allows Satan" to do his actual dirty work. This god is a bizarre monster, and makes Hitler look friendly by comparison.

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\*See my Jehovah, Good-bye: The New Theism of Love )Liberty Township, Ohio; Love Ministries, Inc., 2000)

This god is at least as schizophrenic as any Jeffrey Daumer or Ted Bundy. But, unlike these severely disturbed criminals, this ultrapsychotic has all the power of the universe at his immediate disposal.

Worshipping a god this crazy tends to drive his followers crazy too. So, they can, at times, lose all reason. They cannot even see, or understand, just how stupid this kind of worship really is. With the tiniest touch of objectivity, or even sanity, the ridiculousness of this religion would be obvious to the average five-year-old. So, the worship of the monstergod creates a form of mental blindness. It also creates a "bizarro world."

Everything is upside-down and backwards. Nuclear war can be presented as "good," while ecology, brother/sisterhood, and interfaith are "evil" and "satanic."

So, if these fundamentalist jehovists see suffering as "bad," that in itself might be reason enough to consider seriously whether it might not be good. Or, at least, we can see whether it is ever productive of good, or has any good in it.

Amazingly, a close, objective analysis proves that it does indeed both contain and produce good. When seen as lesson, not cruel or psychotic punishment, it becomes clear that suffering can produce sympathy. In time, this can evolve into the deeper empathy. With more time, this can evolve into actual Love.

Now, nothing bad can produce the ultimate good. So, this is how suffering can be redeemed. When we understand that Mind can use even suffering in the service of Love, we can see the spark of light in the dark cave, the shine of diamond in the mud.

To uncover the deeper Self, suffering can be a valuable tool, indispensable for fullest compassion. Mystics don't see it as a nemesis. Instead, they regard it as a teacher, and so, as a potential friend. They don't selfabuse, or ascetically selfdeprive. "They love themselves, but they must also learn to live in a world full of pain and loss, and so, must make some sense of it all.

No, this does not imply mental illness, or masochism. Mystics don't demand that their lovers tie them down, and then scream, "Beat me!" They don't actively seek pain, feeling that it "hurts so good." People who get off on, or enjoy, pain are mentally unstable.

Mystics are realistic: They recognize that pain does exist, but insist that it must somehow serve the Creatormind that creates it. It must, then, serve Love. But mystics don't actively seek sources of voluntary pain. A mystic will never sleep on a bed of nails. Mystics don't freeze their bodies in snowbanks, or fry them under the desertsun. They don't starve themselves. "They don't add to the pain in the cosmos. But they do seek realistically to adapt to, and explain, all the pain that they find already in the world.

The mystic always follows the "centrist" path, that of moderation. So, she avoids all extremes. Mystics love also their own bodies, and to seek pain would be to betray and violate this principle. So, historical ascetics who selfabused were not true mystics. Balanced, moderate mystics are never "flagellates," people who strike themselves with whips to keep their "lower nature" in line.

The mystic is not inverted, believing that pain is pleasure, and pleasure pain. But she does not draw her highest pleasure, or bliss, from "material and external" situations, things, or

people. This is why she is the freest of all beings in the universe.

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Chapter 9/ Human Destiny: Mastership

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Suffering-- you must tolerate it, or, at least, make some sense of it. For we all will face this demondragon in the back alleys of the mind.

You don't get aboard the "innerspace shuttle" for selfish reasons, although they might impel you to the portals of inner Love. You begin this journey to the inner galaxy because something deep inside pushes and drives you.

Suffering triggers your active response to this call. But the world, despite its hideous moments, is too fascinating, too compelling, simply to ignore. It promises too much. It delivers momentary jolts of joy. It is hypnotically captivating.

It will capture the mind with all its kaleidoscopic beauty, wonder, and complexity. Beware: the danger is not "evil," but the distraction of distraction. The Mindworld (dreamworld) all around us is filled with thousands of entrancing toys and interpersonal "games." If these are allowed to burn up every minute of every day, you simply don't have time for the pursuit of Reality (truth). So, your life is spent chasing after hollow illusions.

The infinity of themes in the "external, material" world makes it a psychic smorgasbord. It holds the mind riveted to its complex plots and storylines. This can go on for centuries. As a dreamer, you can be so compelled by the hypnotic dream that you forget completely that you are dreaming. Then, you become lost in the images of this spellbinding dreamscape.

You are predestined to a spiritual life. At the soul level of Mind, you have a contract with the Spirit level (See "Chart of Mind."). The spiritual life was your destination when first you set foot on the "journey towards the outer world." When this voyage becomes an inner travel, your destination is your destiny.

Your goal is to Mindmeld, to fuse or merge with the Spirit level of Mind. (This is Coremind, Supermind, or Absolute.). You are fated to become Love incarnate. So the mystics say that

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Every human being is God loving Him/Herself.

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But people are much too busy to notice. Love is invisible.

It is so subtle that it seems weak or powerless. In the order of the business or busy world, it has a low priority. Yet it is the core and foundation of psychological wellness and wellbeing.

It is of crucial importance, and we ignore it at our own peril. It should be first, not last, on our prioritylist.

The ego, Mary Smith or John Jones, is a massive pool within the sea of the conscious mind. The conscious mind communicates with the preconscious, and that blends with the personal unconscious, which flows, very deeply, into the vaster sea of soul (See "Chart of Mind."). So, none of us is ever out of touch with the soul. In fact, communication is continuous, even when unconscious.

The soulagenda differs strikingly from the desires of the ego. Ego wants nothing but money, power, and sensual stimulation. In other words, it wants bucks, sex, and admiration. Its perfect fantasy is to win the lottery, be surrounded by adoring "beautiful people," live in a mansion, and drive a car the size of a battleship that gets four miles per gallon.

The soul wants spiritual growth and progress. In fact, it wants nothing else. And it will stop at nothing to get what it wants. If needed, it will expose you to illness, poverty, stress, and disappointment. But it does all this out of its profound, utter Love for you. It gives this suffering as a "gift." Your egomind, then, can choose to label this "gift" as it truly is, i.e., positive, constructive, life-affirming-- in a word, "good"-- or it can follow the common cultural pattern. If it follows this, it will be "eating of the tree of knowledge of good and evil," splitting the universe dualistically between an equal good and evil. So, you will spend part of your time in the heart's Garden of Pleasure, or "inner heaven," but the other time will be spent in hell.

In any battle between soul and ego, the puny little ego has not a snowball's chance. The soul, being a level of the powerful unconscious Mind, always gets what it wants. And it wants you to become a psychonaut, an explorer of inner space. It wants you to become Love. So, it's only a matter of time: You will be a **spiritual** being. It's just a question of **when**. The question of **whether** has already been answered affirmatively.

The answer is implicit in the question. For the answer to the inquiry, "Will I become a spiritual being?" is, "You are already a spiritual being. You have just forgotten." Now, this "forgetting" is massive, on a cosmic scale. It is not the same species of forgetting as when you forget to pick up milk or bread.

When the infinite inner Mind first began to "play," or pretend to be, "your" soul, It knew that it would "fall asleep," and It willed "cosmic amnesia" upon itself. Otherwise, the game of being "another" would never have worked. The Mind had to make sure that It thoroughly and completely fooled itself. The

amnesia had to be so profound and so complete that It would be completely swallowed by its dreamillusion. But the immeasurable Mind also knew that Its ultimate destiny would someday be to wake up and remember Its true identity. When this occurred, it could still "play the game" of earthly life and personhood, but it would do so with new awareness. This newly discovered state, enlightenment, would elevate It into invincible joy, peace, and Love. These qualities would be steadystates, which could not be changed, influenced, or affected by any dreamreality. So, transcending the world does not end the game, but you begin to play it with the consummate skill of a master. You are no longer "marionetted" by the environment, as you now realize that its true Source is within. The world belongs to Mind, not mind to the world. and Mind is master.

When an enlightened being discovers fully the inner state of awakening to this Reality, it is Mind remembering Mind, or God rediscovering God. But her life is not made "perfect" by human standards. For her soul has designed a life-agenda, in order to grow. So, she must play the game out, to the end. She must take all the courses which she has elected to take. These might include poverty, illness, loss, or other "negative" events or conditions. But now that she has undergone the infilling of Light and Love, these conditions are no longer seen as irredeemably negative. Only a master can embrace pain with joy, but any mystic can come to see the good within the bad.

Speaking of "masters," when that term was used by Eastern mystics, it did not imply that the enlightened became the master **of others**. Nor did it imply that she controlled the forces of nature. No, instead, she had mastered herself. So, the true master is never interested in controlling others, in egotrips, or in doing "tricks." In fact, the inner illumination is so bright and vivid, she tends to lose interest in all BLD phenomena. She rejects selfdisplay to impress others.

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Chapter 10/

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If you say yes, to the cosmos, brace yourself. Anything can happen. And it usually will. Mystics are quite often severely tested. The master has earned and paid for her mastership with anguishing blood, agonized sweat, and bitter tears. It has not come to her easily, or quickly. Her breaking of the steel chains of karma has been an uphill struggle all the way. But the pain has forced her into wonderful transcendence.

Love enters the heart through wounds. Mystics say that, at Judgment, God does not ask to see your degrees, but your scars. Love infuses itself through tears.



So, receiving a wound, as a peaceful warrior, is a badge of honor and courage, and an invitation from the cosmos to become, by participation, Supermind. So, when people moan and mourn, "Why me?" when something bad occurs, the answer is, "Because you are being called to infinity, to eternal nature." For it is beneath the anger, under the pain, that one discovers Superlove.

So, the suffering, far from being ignored by some indifferent and cruel "deistic" deity, is a sign that "God" is paying special attention to you. It's a signal of unconscious transformation. You are being approached by the higher inner Mind, awakened by its troublesome but inignorable signals. The Spirit of Ultralove is forcing you to examine life. If you respond, you will begin the long journey inwards, the adventure of discovering soul and Spirit. If you actively pursue illumination, you will discover that the soul is not some filmy or misty thing that leaves the physical body at death, but a deep inhabitant of your own unconscious Mind.

Dreams are a good launchpad to the inner stars. For nature is no waster. She does not invest timenergy in a project unless she expects to make a profit. And dreamtime takes about a third of our lives. Dreams are unconsciously designed to tell the conscious mind something that it needs to know. Unless it is clear from the "feeling tone" or "texture" of a dream that it is otherwise, every symbol in every dream represents a fragmented, projected, or "exteriorized" (into the dreamworld) aspect of the dreamer's own mind.

For example, birds represent thoughts that are capable of lifting the mind heavenward, i.e., spiritual thoughts. But, being "birds," these thoughts arise from the lower (animal) nature. Butterflies represent even lower, or smaller, thoughts transformed.

Mud, clay, the color brown represent thoughts and ideas arising from earthly sources, and water symbolizes unconscious thoughts of a fluid and life-sustaining nature. Fire represents volatile emotive responses, or passion. It can also symbolize Mindenergy or light. Stone represents thoughts and ideas of solidarity and dependability, and can symbolize the deeper Mindlevels.

Dreams can lift you above the egoself. Hindu mystics say, "Nothing stands between yourself and God but yourself." This is egoself, bypassed by dreams. The stubborn belief that you are only your ego ("I am Mary Smith," or, "I am John Jones") prevents the Spirit's full blossoming. It is a form of ignorance, and so eclipses the dazzling inner Light of Superlove.

Being lost in Love can carry you far beyond. In good sex, this can happen bodily, but in the mystic it occurs in the

heartmind. This sounds remarkably easy, even fun. It is anything but.

For it implies a struggle to the death to deidentify with your ego-- a move lethal to it. So, your egoself will resist tooth and nail, with every weapon at its disposal, your enlightenment. It will array against you every micropsychon available. Luckily, it is only a branch of the conscious mind, and so, is pitiably weak. Still, it does not go gently into that good night of oblivion. For ego exercises an enormous selfsurvival instinct. It knows that in transcendence it will be history, or "toast." its days are numbered.

So, it panics, trying a thousand strategies to sneak back into your mind, as false master. It triggers fear, pushing all fearbuttons. It exacerbates personal desires into lusts, amplifying craving to allconsuming thirst.. It will enter by back doors, side doors, basement, or attic. It will be seductive, attractive, and devious. It might conjure up the phantomfear of completely losing your Mind, your Self, in mystical Light.

It will make attempts to convince you that the inner Quest is nonsense. It will conspire with its faithful servant, the intellect, to talk you out of the mystical inner "journey," dismissing it as nonsense and imagination, selfconsciously mocking the part of your mind that knows better. It will try to convinnce you that the higher Self is illusion. So, you must prepare for this struggle to keep the faith.

For in mysticism, you have three "natures" (heartmind aspects): the higher and lower natures, and the human nature. The human nature (often, the conscious mind) can choose to serve either the higher nature of Spirit, or the lower nature of ego and animality. But, as the "moldy oldy" reminds us, "You've gotta serve somebody." The only balid use of the conscious mind is precisely to make such challenging decisions.)

Lovers enter the terror and darkness of the "fire" of Love.

It is scary; it is unexplored territory within the inner Mindscapes. It is "dark" or unconscious. So, the mystic must begin her journey blind, must toss herself into the black abyss of the Mind with the faith that something or someone will catch her. She must trust that a stronger part of her unconscious Mind, the deep Love-nature, exists and will serve as her safety-net. So, the first steps on the path can be unnerving.

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Chapter 11/ The Everyday Mystic: Allconsuming Mystical Love, Ordinary People, and Humility

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The moth's wings were ignited, and he was burnt to a crisp, going up in bright yellow flames. Previously, according to this myth-parable, he had said to the more timid moths, "The only way to know the nature of fire is to touch it, to be consumed in it."

The more timid ones had previously flown close, but would not approach the dangerous candleflame. At last, this brave moth knew with certainty the nature of fire. But it had cost him everything.

There's a kind of glory in this little story. It's a terrible parable for anyone who wants to know the inner Absolute.

For she will have to have her familiar self burned to a crisp, unrecognizable, in the flame of Love. Every mystic must nourish her mysticism with this great, allsurrendering, allgiving attitude. If not, it's not real mysticism. For when you give yourself entirely to Love, everything else-- race, religion, politics, economics, intellect, ego-- recedes further and further into the background. Then, by the time enlightenment is upon you, Love looms large enough to fill your entire Mindfield. It floods the heartmind, and washes out everything that is not Love, leaving only Love's luminous light, glowing in splendor.

Let's be crystalclear: At the highest peak of Love, you are in way over your "head." Lost in Love, you are not loving, but Love is loving Love. This is purest, most pristine Love, for it occurs **without the stain of an egoself.**

This sounds really wierd, so let's elaborate": In the fullness of mystical Love, it is revealed that the Object of all Love is the inner Absolute-- the deepest part, or Core, of your unconscious Mind. It works at a level so deep that it is below even the collective unconscious. (See "Chart of Mind.")

It is nuclear Mind, and is also Love. The egomind is its major obstacle or impediment. It blocks or dams the Flow. When you are metamorphosed into Love, your egoself vanishes. So, you are not a person loving. You are a mirror. That mirror, aimed at perfect Love, only reflects Love. The mystical experience is this direct knowing of Love loving Love. In the center of its ecstasy, ego leaves not a trace, not a whisper.

With this state, all pain vanishes. Past and future also evanesce. You really do not care for, or about, anything but this allconsuming Love. This state of total insouciance was called by the ancients being "intoxicated" with God. Today, we might speak of "being high" on Love. In the peak mystical state is revealed to you the greatest wonder: Almost nothing matters.

Some things do still matter. But all the material, emotional, and economic baggage, all the religious and political propoganda, all the excess "crap" vanishes like the starlight from last night's sky. This lifts you to a great new high, feeling light and lightfilled, like a bird soaring on high winds, lazily,

effortlessly, in a blue sky. Love, allabsorbing, has drunk you in, so that you don't care even about yourself, but only about Love. This selfforgetting is itself a very high state. Mystics call it "unselfing" or "selfabandonment."

After a being has touched this inner luminous state, she is absorbed in Love; so, she is not inclined selfishly to stay and soak up the "Love-vibes." She hurries back to the world of tumult and turmoil, to share her riches of transformation, to spread the force of Love. For Love is contagious, and it is her will to infect the entire world, asap.

So, mystics are not "freaks" who hole themselves up in caves, or sit on isolated mountain-tops, despising human beings and human company. They are not bizarre, skinny little old men with beards down to their navels, who dress in rags and bear a harsh, unearthly light in their fanatical eyes. Mystics are the most ordinary of people, from the outside.

Lao Tzu says of the mystic sage: "She wears rough clothing, but carries the great jewel inside." It is this great **inner** gem that she carries inside herself that makes the mystic superhumanly and supernaturally beautiful. For this "jewel" is the great "emerald" of Love.

And she knows, without any doubt, just how special she really is. That is why she does not have to play any games, to impress others. She does not have to "distinguish" (read "embarrass") herself by talking more loudly or obnoxiously than others. She also rejects artificial and contrived games, such as special clothing, special titles, jewelry, etc. In fact, she is so astoundingly secure that, when with a crowd, all that she desires is for them to love eachother. She does not want, under any conditions, to gain their admiration. She avoids the spotlight and the pedestal, both of which are deadly to her humility-- another great diamond in her hearttreasure. While the average person, trembling inside because she feels worthless and loathesome, will do anything to be noticed by a group, it is just the opposite with the mystic, who wants only to love people. She wants to serve, but not to be admired and noticed for her service. That is why her service is so wonderful and valuable. "She does her work, then forgets about it. That is why her work lasts forever.

So, what is special about her is that she has **no interest** in appearing to be "someone special." She knows that the approval, indeed, admiration of ten thousand people is nothing compared with her inner jewel and its satisfaction. She carries God in her heart, but does not announce the fact in the secret hope that she will be noticed or favored as an object of special attention.

People strut with pride because they consider themselves to be "channels" of various saints, seers, prophets, and

miscellaneous dead people and aliens. Most do this out of low self-esteem, reasoning unconsciously, "I myself could have nothing of any value to say." That is why the confused and confusing stuff that pours from their lips and pens is ascribed to "entities" of various ilks. And since they do not claim to be the sources of their material, such as it is, they take no responsibility for it.

The mystic is a channel far above all the rest, a conduit of the divine Itself. But she is swept bare and clean of all pride.

She simply smiles, quietly and secretly, in her full knowledge that the One who lives in her is greater than the one, whoever it is, being "channeled" by an often borderline personality.

Why is she so secure? Because she knows that her value does not lie in this world. Nothing in this entire world can make her more precious, can add to her infinite inner riches. And equally, nothing and no one can take away a single filament of gold from the heavy bars of her inner treasure. She is "in" this world. She lives with the rest of the people here. But she is not "of" this world. Her Origin or Source is within her own heartmind. She stands out from the crowd, luminous and silent, because of what Watts called "extraordinary ordinariness."

So, you will never find a true mystic or enlightened sage among the spotlights of the circus of glitz and glamor, the egoparade of the metaphysical community. Instead, you'll find the real thing only among the rare, selfless, egoless teachers who grasp for no greed, ego, or power.

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Chapter 12/ Mysticism as Passion and Compassion: Alive and Well on Planet Earth

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They pant greedily, thirstily, for a microdrop. The people are dying of thirst, unaware that they are floating in an ocean of sweet water. The famous mystical poet Rumii says that anyone who swims in the "sea" of God is bound to drown. But as the old song reminds us, this is where everyone would love to drown-- in a sea of Love. Excursion into the inner sea of eternity ends always in "death."

The mystic does not literally die upon enlightenment, but that part of herself known to others, the ego, does die. Mysticism can hit with a hard punch-- a stroke and strike that shatters the ego. So mysticism is not recommended for "blass" people, for it can pulverize those of weak and fragile constitution. Before embarking on the inner sea, a person ideally should be relatively strong, fairly healthy mentally, and, above all, committed completely to universal Love.

As noted, not everyone, not even every mystic wannabe, will find Truth or Reality in this life. This search, if it is going to yield results, must be a passion, all-consuming, all-surrendering, holding back nothing. It must be a "no holds barred, all the way" approach. The mystic cannot just dip a toe into the water; she must plunge into it, head-first-- and into the deep end, at that! Halfhearted measures will never do. The ancient Hindu texts, the upanishads, tell us that unless you want the Absolute as badly as a drowning man wants air, you will not find It in your psyche. But when that passion is ignited, you can know It in a splitsecond

Good news! When you do turn inward sincerely, the entire unconscious Mind, with all its many forces, begins to cooperate with, and to support, your dance with it. It gets behind your efforts to reach and know the inner Beloved. Love marshals all your forces and lines them up pointing in the same direction. It takes the incoherent light of the ordinary mind and transforms it into the laser focus of Love. And as the inner life begins to be rearranged, even the "outer" world is restructured, so that, as an ancient mystic said, "All things work together for good for them that love God..." In time, everything becomes a servant of the one who is seeking union with her inner Beloved.

Mystics are special people. Is mysticism, then, guilty of elitism? No, it cannot be, for that is anti-gnostic (against Love). And every mystic knows that everyone has always been a mystic, inside. It is only that outer mystics happen to remember the fact. This does not in any way make them "better" or "superior" people. They welcome everyone, no matter what her religion-- or even if she has none-- into the brother/sisterhood of light and Love. The mystical community is unbounded by any considerations of race, religion, intellectual or social status, or other roots of bigotry.

No one ever **"becomes"** a mystic. She only wakes up to the fact that she has **always been one**. Mystics are masters of the heart's Love, and anyone or everyone can learn to be this kind of master.

We spoke earlier about the word "master." Let's elaborate: When a person becomes a "mystic master," she does not have to embrace exotic practices or ancient and odd beliefs. She doesn't do strange ceremonies. She does not necessarily talk to the dead. She does not "channel" extraterrestrials. She does not control the wind, or the rain. She cannot walk through walls, or on water, or fly through the air.

These pseudo-mystical traits mark phonies, frauds, and charlatans, whose goal is magic, not mysticism. (In magic, the human will is considered to be all-important, but is completely neutralized and ignored in true mysticism. It is an obstacle, not the Way.) Also, magicians usually are out to impress others

with "tricks." The mystic does not "do tricks," for she is interested in impressing no one.

Let's look for a moment at a phrase that has been hideously twisted and distorted, almost as much as the word "mystic" itself: "kung fu master." A true *kung fu* master is one who has mastered the art of living well. It is not a person who can kick an opponent in the ear, leaving a bloody and violent mess. The Chinese phrase *kung fu* simply means something like "most excellent." So, an extraordinary carpenter could be said to be a "kung fu carpenter," while an inspired artist might well be a "kung fu artist." A good singer could be a "kung fu singer." They have all mastered excellence in their various arts, crafts, and professions. So, then, what is a "kung fu master"? It is a person who has mastered the art of excellent being, most excellent living. The genuine kung fu masters of ancient times were men and women of tender hearts, gentleness, wisdom, and deep understanding. They were Taoist mystics. ("Taoism" was the form of mysticism most indigenous to Chinese culture for centuries.)

In the true master, the flame of Love is allowed gradually to burn away everything that is not Love, leaving behind only the bright warm flame and bliss. This is the Way.

The "Way" is a synonym for mysticism because it is precisely that: It is the way that one tries to live every minute of every day. It is not a religion that you can join. It involves no formal affiliations with any organizations or organized religions. Beware especially of any "training" that makes the absurd claim that it can make you a "master." A true master will never identify herself in this crude egotistic way-- by using the word "master."

So, mysticism is not even an intellectual philosophy, in which simply believing makes you a "mystic." Instead, real mysticism has a **living** component. That is Love. A person who struts proudly her "mysticism," always talking about herself or her "enlightenment," is a fraud. Any person who does not manifest compassion, kindness, friendliness, humility, goodness, integrity, and harmlessness consistently cannot be a mystic.

If you believe all the "right" things, you can be an official "member" of any church or religion. In many, it does not even matter how you live. In philosophy, likewise, you can simply adopt a certain system of belief, and from then on, say that you are a "realist," "pessimist" "nihilist," "idealist," etc.

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You cannot validly claim to be a mystic unless you live the Way of compassion, to the best of your ability and capacity, every minute of every day.

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It's not enough to understand, in other words. Mysticism is not something that you **know**. It is something that you must grow into, become. It arises from a discovery, made in the great inward journey, when you have touched the heartessence of Love, and been filled by It, transformed by It.

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Chapter 13/ Fools for Love: The Mystic's "Feminine Heart," Inner Knowing," and the Strangle-hold of Reason

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The price is right. It is also very high. Mysticism demands everything. What you get in return is also everything. In time, your entire self, the ego, will slip beneath the waves of the unconscious ocean, and you will sink, out of sight, into the cosmic Mind, the light of luminescent Love sparkling from the waves.

Mysticism is a Way of devotion, which far surpasses intellect. It is all about "knowing," but not the linear, logical, precision-based, databased "knowing" that we call "education. To the mystic, so much of this is artless and heartless foolishness, even as mysticism is dismissed by the average mind as of equal silliness. Plato and Francis both referred, each in his own way, to mystics as "fools for Love." Mysticism is not the knowing of datassimilation or datagathering or memorization. What is "known" is the deepest level of the unconscious Mind. What is known is Supermind, Superlove, cosmic Mind, the Superconscious state. This is the mystic's "Absolute," and It is Ultralove.

In ancient Greek, they had a special word for this immediate, direct, experiential "knowing" of the Coremind-- *gnosis*. *ITL* In Sanscrit, another ancient spiritual tongue, it was *jnana*. *ITL* (The words are "cognates," or related.)

Gnosis does not blossom from reason, nor is it circumscribed by it. But if not from the arrogant egomind, from where does gnosis come? It is an uprush of Mindenergies from the Core of Love, the deepest Mindlevel of the unconscious-- the Superconscious.

It floods into the mind as a whole, a complete entirety, an unbroken totality. It rushes in from the unconscious Mind, in an "invasion" of new thoughts and ideas. After gnosis, you will never see yourself, or the cosmos, the same.

And mystical knowledge is not just simple deductive logic. If it were, a computer could have a mystical experience. No, for the heartmind is also flooded with Love, the life-blood of gnosis.

It is Love that awakens an already preexistent gnosis in the heartmind.



Love is gentle, while knowledge is usually "harder." (So, scientists speak of "hard data.") Love is flowing, braindata gives structure. Love is passion, while cerebral approaches are notoriously nonpassionate. Love is fun and stimulating, contrasted with the infamous dullness of data. Love is considered, unfairly, "feminine," and data, with equal unfairness, "masculine."

So, mysticism has within it much of the softness, tenderness, nurturing, and gentleness often associated with the *yinITL* component of reality. This Chinese word implies the soft, receiving, dark, feminine side of reality. So, the symbol of the Goddess is as much at home in mysticism as is the symbol of "God"-- and even moreso.

Still, Goddess-recognition is scarce as diamonds among Western mystics because they are culturally socialized and educated. But not a one of them believes, for an instant, that God is somehow "male," or purely masculine. And they have all turned their backs, in choreographed unison, on the bloody, violent godimage of the all-male deity common to much of both ancient Judaism and modern forms of "Christianity." The brightness of their inner light has driven out the shadow of the Jehovah-myth forever. Their Absolute is pure, pristine, unstained Love.

Still, a mystic might even use, periodically, the masculine pronoun when referring to the divine, if that is culturally common. The mystic might avoid the more correct but terribly clumsy pronoun "Heshetheyit" when referring to the Absolute. But not a single mystic has ever accused the Absolute of being limited to the masculine. For it takes only a micropsychon of common sense to realize that, in even the most assertive and logical mystic, the deep Mindspirit is sexfree.

In fact, the great truths of mystical Love flow along a nonlinear, mythological pattern, and this is traditionally the language and domain of the female in culture and society. Many important and seminal works of mystical tradition have flowed from feminine hands, hearts, and pens. Although much that is logical/rational can be said about the topic-- as evidenced by this and a very few other books on the subject,\* its essential expression is poetic, and hence, "feminine." For it is the Fountain of all beauty in life. A million linear words can never capture its metaverbal presence or nature.

Although the male mystic is open to his feminine side, this by no means weakens him. Mystics have no personal will, it is true. But they have tied or plugged in to a will that is supreme and irresistible. So, at his weakest, the male mystic finds his greatest Power. An ancient mystic received this paradoxical message from the Absolute: "In thy weakness, My power will be

made perfect." And this is the kind of Power that can vanquish a thousand armies. It can move mountains. It is the invincible passion of Love that burns away every obstacle in the mystic's path. It makes of her a powerful, dynamic, often unmoving, personality. Though entire nations fall, the mystic will retain equanimity. Mountains might explode, and the earth shake and collapse, but she will not lose her mind, or her serenity. For she draws strength and Power from an inexhaustible inner Source.

In its ineffability, the mystical event of synergizing with Mind has something of the ultrasensual about it. It is the fragrance of flowers, the taste of honey, multiplied by a billion. It is the orchestration of stars exploding, galaxies colliding, crickets on a summer's eve, birds of a summer morn. But its "sound" is still more subtle than the breathing of an ameba. So, you must cultivate the "third ear," the inner "ear" of the heart, to listen to your soul's inner voice. (This is symmetric with the opening of the "inner eye" to "gaze" upon inner Mind or soul.)

This silent, tranquil view contrasts starkly with the mad and maddening hypnotic gazing at the "outer" world, filled with hyperkinesis and ceaseless movement, liquid change. The mystic sees this world as rushing fluid, always becoming, but never quite being. (In the heartmind alone is true stillness.)

The target of this inner journey into ultrastillness is the strange reality which we call the "inner Other." It glows with an aura of the unusual precisely because, while living inside the mystic, It lives there for years completely unconsciously. It is such a vast ocean of wisdom and Love that It seems to the egomind to be an "other." Mystics commonly, and practically, speak of It as if It really were another being, for It is stunningly greater than any ego. It is, in fact, the "other" being which has been exteriorized in history as "God," or "gods." Paradoxically, It is at once closer than your own heart, and as "distant" as stars in the galaxy. Why? Because it is your most intimate Mind, your deepest Self. But it lives in the entire "outer and material" world, because even the stars are Its dreamimages. So, it "dwells within" them too.

But this "distance" is nothing but illusion. It flows from personal and cultural amnesia. It is spiritual and literal "psychopathology." (The prefix "psycho-," in Greek, means, not "mind," but "soul.") More technically, it is "pneumoamnesia." (The prefix "pneumo" means "Spirit.") The distorted vision of the Absolute grows from pneumoamnesia. The idea that spirit is strange, distant, and alien is the flowering of a number of "weeds" in the garden of the psyche. It is a convergence of ponderous, powerful, and popular illusions. But the "mystery" in mysticism is exactly this: The inner Beloved is not different

from your Self. So, "falling in Love with your Self" is the Love of the inner Beloved.

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Chapter 14/ The Call to Egofree Fluidity: The painfilled, Lightfilled Heart and Forgiveness

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The One has always been there, outside the range of your biosensors. He/She has stood at the nucleus of your heartmind since the Beginning.

"Atman is Brahman" is the statement of Eastern mystics of this great truth. It means, "the soul is God." For as the soul exists deeply in the unconscious Mind, so the Spirit exists at a level even deeper, wrapped in the soul. (See "Chart of Mind.") At the nucleus of all Mind glows luminous Love, the Center of being. (One of the names of the Absolute is, in fact, the "Center.")

The mystic cannot voluntarily trigger the experience of this deepest Mind. She can take only the *yinITL* position-- waiting and watching. She is not the source of the great force that sucks her heartmind inward on a hurricanic torrent of Spirit. The whole show is initiated by the unconscious Mind, and ultimately, by the Core or Supermind. It occurs, says the Western mystic, because it is the "will of God." (It can also be initiated by the soulevel.)

For this labyrinthine inner path is not for children or newcomers. The journey is usually successful only after several lifetimes of focus, attention, concentration, and attempting to penetrate the inner clouds that eclipse the Light at the Core.

The very fact that the mystic wants God or Love, wants Supermind, is the symmetric assurance that Coremind, the Absolute, also "wants" the mystic. It wills for her to sink into the deep waters and discover It. Mystics call this "God longing for God," or simply, "Love loving Love."

For at the zenith of incandescent luminescence, the ego evaporates in the great "heat" and Light. So, there is literally no "mystic having a mystical experience." There is only the experience, completely scrubbed clean of any trace of ego. So, the mystic cannot technically say, "I had a mystical experience," but only that "a mystical experience occurred." For at its peak, the observer disappears completely into the object, the subject vanishes into the event. The mystic becomes liquid Love, fluid Light, and blends indiscernibly and inseparably with the great Mind. She disappears, and is indistinguishable from cosmic Mind (the Spirit, the One, the Absolute, Supermind, Coremind, Superconscious, Christ, Buddha, Lovemind, or Lovegod).

This vanishing into Mind guarantees that the experience will never be abused for ego-glorification. For if any ego tries to take any credit, or to gather approval or admiration for having had the experience, hers was no true mystical experience. For the ego cannot "have" a unitive experience. It is simply not present when the awesome, dramatic fusion occurs.

The subtle, tender voice of Goddess is continually calling us to this ultraenergetic experience. But, again, it is up to us to cultivate the subtlety of the "inner ear" so that we can hear, and respond to, the magnificent calling of Superlove. But although He/She calls continuously, we hear only sporadically. Love wants us to become Love, its gold-crystal vessel in this world.

In the deepest fathoms of your inner psyche, you already know this path. The inner map to Ultralove already exists within you. The Way of mysticism is simply a remembering and rediscovering. Superlove is that area of heartmind where you can never hit bottom. Bottomless Ultralove lives already within you.

Mystics have called this voyage to the Core of the psyche their "journey Home."

Indeed, there is much familiarity and comfort found in this trip. Landmarks are recognized along the way, and a great sense of *deja vu* sweeps over the active psychonaut. She knows that she has been here before. Indeed, she knows that she has never really been anywhere else. For the Mind is truest Home. There simply is no "elsewhere."

In a more detailed study of this voyage, it has been called "journey to the center of the soul."\*

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See my *Journey to the Center of the Soul: Mysticism Made Simple* (Liberty Township, Ohio; Love Ministries, Inc., 2001)

This trip is the most fun that you can ever have. But it is not all roses and butterflies. For the journey into the egoheart can be perilous, uncomfortable, and painful. It tears away the flesh of protective psychic armor, and leaves you naked and bleeding. But if you do not actively cultivate honest vulnerability, your heart will never be open enough to receive the grace, Light, peace, and Love proffered by the inner Beloved.

So, the journey begins with selfhonesty. You must put away all pretensions, all egotism, all attempts to prove yourself worthy or valuable. This means full rejection of arrogance-- a subtle spiritual disease.

Almost all of us have had our hearts hurt. This heart of Love is not always a playground or paradise. It can be a dark,

frightening, scary place in the psyche. We fear that, as it said on some old maps, "here there be dragons." /As we map our way back to the Center, we will have to cleanse our hearts through universal forgiveness, which begins with forgiving ourselves.

Remember, forgiving is **not** forgetting. You simply cannot forget by forcing yourself to do it, as an act of stubborn will.

But forgiveness has occurred when you can look at an event with supreme and healthy detachment. This means that **no emotional response at all** is aroused by memories of the event. Love does give the Power to move into this approach, even though it might seem impossible to the ego.

The mystic begins as an average person. Then, something strikes her. It feels like a vague, nebulous, indefinable restlessness. Something feels out of kilter, out of balance, wrong, although she cannot place her finger on it. If she simply neglects it, or dismisses it, popping another distracting movie into the vcr, she will not become a mystic at that time. But if she examines carefully, in detail, the cause of her "existential" anxiety, she will find an inner emptiness, a longing or yearning, that no amount of entertainment, sensuality, material things, or intellectual accomplishments can satisfy. Then, if she is wise, she will begin to walk the Way of Love. She will become a career-psychonaut, guaranteeing the inevitable result of supreme tranquillity.

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Chapter 15/ Phantoms in a Ghostworld: The First Steps in Awakening

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A new job, car, home, or lover: Is this what you really need? Or do you not truly need a new Self, a new Mind? Your entire world, after all, is in your most important sex-organ. It lies not between the legs, but the ears.

So when you have reached the profoundest level of "pneumogenic" (Spirit-caused) anxiety, none of these superficial "solutions" will have the least effect. They won't make a dent in your difficulty, for it is a Mindproblem, not a worldproblem.

All your material "solutions" will be like a flea on an elephant's back--ineffective and powerless. The world will have served its only and beautiful purpose: It will have driven you away from its own emptiness, directly into your inner Mind. The world does this great service by illuminating, in fifteen-foot neon lights, the message THE WORLD HAS NO ANSWERS.

The world does fill some needs, but is clearly not designed or engineered to fill the need for Love, that most basic and central driving force. And the entire multitude of

Lovesubstitutes-- sports, business, shopping, books, religion, politics, wealth, career, intellect-- become ineffective to satisfy. Instead, the Lovemotivation blossoms, and grows into such a huge flower that, in time, it covers our vision of the world, filling our Mindfield. Then, the world loses all intrinsic meaning.

Everything begins with this restless discontent, and the pain that piggy-backs on it. For when we first long for perfect Love, then we first become aware of our separation from It. This strikes us as wretched and miserable spiritual poverty, which is precisely what it is. This idea of separation grows, we realize, only because we are so firmly convinced that we are separate egos. The first step, then, in getting rid of this false selfimage is trust in the cosmos, with recognition that we are not egos. We must come to see the egoself as a "role" only, a mask, a part in a play. After that, we must redefine "Self," and begin the inner voyage to rediscover the truer Self.

But how does one eradicate such a stubborn inertial concept as ego? One method with which you can begin this serious task is a game. It is called "Ifree." In playing Ifree, you see how long you can continue to speak and communicate, leaving out entirely the words, "I," "me," "my," and "mine."

Changing thoughtpatterns alters speech. It is also symmetrically true that altering speechpatterns can, in time, change the ways in which you think. But for this to work, you must do it. So, give it a try. You will likely be astonished at how egocentric our usual language really is.

Some people laugh or smile when they first hear of Ifree, realizing what a gargantuan challenge this is to that little dictator, the ego, that believes that it rules your world without question.

What you are starting to realize, in premystic restlessness, is that the ego is not king at all. Instead, you gradually awaken to the fact that we all, as egos, grow out of, sprout from, a common pool of Mind, the collective unconscious. (See "Chart of Mind.") And at the core of that very deep Mindlevel is the Love-nature Itself.

We all have deeply entrenched, hidden, unconscious memories of having originally separated from universal Mind as isolated souls. That is why we know the Way back. And whether we realize it consciously or not, we are all on our way back to pristine, infinite Lovemind. We're taking the long way home, back to the Lovegod. This is, to use a Taoist phrase, "returning to the Source."

Unconsciously, we remember this perfect state of undisturbed tranquillity and bottomless serenity with nostalgia. Often, we recall it with pain, yearning, and longing to return there. This

is the anxious restlessness that is often our first call back to the Way. Stillmind, discovered through meditation ("interior prayer") is the Way back. From these deep memories, we are haunted by the possibility that life could be ever so much richer, easier, more enjoyable and pleasurable. We seek to fulfill this "perfect Mind" hunger by eating apples of wax. "Lovesubstitutes" are this false fruit. They can never satisfy this inner starvation. None of these works for more than a few days. This is because we are really famished for Love, glorious Love, infinite Love. We want to dive into this Love naked and immerse our souls in It, swim around in It, until It pervades our every cell and pore. We want to suck It up greedily, as if there is no tomorrow, as if nothing else matters. For nothing else really does.

So, the instant that we hear that it is possible, we want to rush back to that state of perfect serenity, placidity, fulfillment, satisfaction, and contentment asap. We want it all, and we want It yesterday, if not sooner.

We feel that we are phantoms inhabiting a plastic world. This is actually the beginning of enlightenment. At first, it might bring a sense that nothing is real, nothing worth doing at all. But if we stay with it, hanging onto Love as our lifepreserver, life's work, our meaning, our Source, we will graduate into full-blown mystics. We will have "earned our degrees" by our blood, sweat, and tears.

It is this unreal, plastic world that has given birth to an illusory self-- the ego. Gradually, we begin to awaken to the fact that, although labels are convenient, we are not just our egolabel. Now, our work is cut out for us: It is to discover who we really are. If you realize that you are not your ego, that is great! But it is only the beginning of the long journey inward. Now that you know who you aren't, its time to get down to brass tacks and find out who you are.

You know now that all your loneliness was based on this illusion of a separate self, a tiny ego flailing in the midst of cold dark space, lost in immensities. But as you drift away from bleak materialism, this dismal portrait is replaced by a wisdom that tells you what the ancient Navajo shamans told their students: "You are the center of the universe," or at least, of "your BLD universe."

And this, once seen, is as obvious as an elephant sitting on a barstool. Your entire universe exists just because you are at its center, sensing and perceiving it. Were you not alive and conscious (aware), your entire universe would disappear. In time, you come to realize that you live in a Mindworld (dreamworld). There is really no "outside" to this Mindworld, so you need not concern yourself any longer with "fixing the world,"

or changing the entire cosmos. Now, your assignment, your cosmic mission, has crystalclear boundaries. All your work, you now realize, is interior. You have come to earth, not to correct others, but to work on your own psyche.

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Chapter 16/ The Way of Love: Unification, Separation, Heart, and Mind

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Working on yourself is not selfishness. It does not make you complacent. For while working on yourself, you repel selfishness, because the very work you are doing is the cultivation of universal Love. This is "counterselfish" work, a kind of spiritual "antiautism."

Still, mystics, historically, ahve been outstanding teachers, artists, poets, leaders, medical and social workers, scientists, writers, and trailblazers. Mystic realization does not kill, but resurrects both your talents and your interest in people. It is proproductivity and procreativity.

Why does it increase interpersonal interest and activity? Because its only goal is the cultivation of unconditional Love. And Love is all about people. This Love has two major practical expressions: service and friendship. So, the mystic finds solid meaning in losing herself in the service of at least one other person. She also delights in the cultivation of the widest and wisest circle of friends. Multiplying human interaction fills her days and nights with joy.

The loneliness that characterized the selfish ego has begun to erode and evaporate. In time, we cannot even remember exactly what we felt separated from. But it doesn't matter anyway. The entire idea of separation is a mist burned away by, and vanishing in, the light of the sun of Love.

Service develops Love, and Love creates a resonance between your conscious mind and the Superconscious Mind. Love is the Way back to original Mind.

Love is the reason why we do not have completely to make "transparent" all the layers of Mind that separate the ego from Spirit. Love is the "wormhole" that unites these distant Mindspheres. It is a shortcut to divine expression. this is the magic of Love: It sweeps us directly into the presence of the deepest Lovemind. And every act of Love reflects that Mind and moves us closer to unification with It. Love magnetically attracts our personal mind to the Supermind of the inner Lovegod.

So, mystical illumination is no matter of grunting, groaning, and struggling. You do not have to slave, century after endless century to clear out all the "garbage." You have managed, true,



to pollute your personal unconscious, and even your soul level, with stains, impurities, and contaminants that have attached themselves to your Mind. The magic of Love is that it makes perfect Minds out of ordinary ones. The most polluted and foul waters are made sweet and sparklingly clear by the touch of Love.

This is the condition called "grace"-- a pure state of "sinfree" being. It is granted, not because we are actually sinless, but because all sins have been forgiven and released by the inner Supermind.

Every act of Love, even for ourselves, moves us a millimeter closer to fusion with perfect Mind. The goal is unitive Mindmeld between the mystic and her Beloved (the Lovegod, Lovemind, or Supermind).

By stark contrast, every act of ego fear is divisive. It is a chainsaw running amuck amidst the segments and areas of Mind, tearing, cutting, roaring through the pacific tranquillity that supports unity. Because it has this interior effect, it also separates and isolates people from each other, creating conflicts, defensiveness, havoc, and war.

Superlove (that which originates with Supermind) is elicited by both our laughter and our tears. The Beloved has a pillowsoft heart, and is easily moved to Love. Love is, after all, exactly what He/She really wants to do. For the mystic says that God needs human beings to love, as much as they need Him/Her. The most nourishing milk of the great inner Mother, the Goddess, can be elicited by sincere tears, which is why the Way often begins with tears.

Deep down, everyone hungers for this natural supernatural unity with Goddessmind. Equally deeply, everyone realizes that she is already one, in perfect Mindmeld or fusion, with Lovemind. She simply needs to awaken to this fact, from a profound and heavy slumber. Awakening, and looking back on your life, you realize that any feeling of "separation" was just the dream all along. From the beginning, "separation" was always illusion. And since you were never really separate from the Creatormind, you were never separate from His/Her creation. But only Love awakens you to this reality.

When I was growing up, I felt a poignant, painful separation. I was reared in an extremist rightwing cult\* that prided itself on its "separation" from the "unclean world." This arrogant "superiorism" often translated to a deep sense of alienation, which easily slipped into isolation. There was a haunting sense of not belonging. Some of my earliest childhood memories were of feeling as if I were on the outside of a glass barrier, looking in at others having fun. I was taught, but in the most cynical, harmful, and cruel ways, that I did not belong to this world.

With mystical realization, I knew that I was inBLD the world, but not ofBLD the world. This was no pathetic sense of insulation and exclusion, based on fear. It was a healthy sense of not being dominated or controlled by the environment. As its essence was Love, it actually brought me closer to human beings, and to all other living creatures. Like you, I'm "jvtp"-- just visiting this planet. No one actually "lives" here. We're all extraterrestrials, in the laboratory of earth for only a few nanomoments, trying to polish our Loveskills. We're here, in short, to perfect the Way. We're all just visiting students.

As the illusions and hurtful doctrines of the cult\* separated me from the "bad world," so illusion separates the egomind from the deeper Love-nature.

When we first begin the Way, we feel a strong` sense of anxiety, emptiness, and restlessness. This surely doesn't feel good, but it is the best thing that has ever happened to us. For this is the alarmclock going off, to awaken us from deep cosmic sleep. In a short time, this gives birth to longing and yearning, even though we do not know what the target is. And it is this very hunger, this longing, that is our inner starship back to the Infinite.

That is why we must relearn the lesson of following our hearts, not just our minds. Although our culture teaches us to mistrust the heart, in African and native American cultures, as well as mystical traditions from all over the globe, it is overreliance on mind that is the real danger. We get our distrust of the heart from the overintellectual Greeks. We also inherit some from ancient Hebrew culture. Jeremiah, who was seen as a "prophet" by the Hebrew culture, wrote, "The heart is treacherous..." REF

These cultures dimly and dully managed to miss the point altogether. For the heart is the source of Love, and so, is the home of Supermind, Godmind or Goddessmind. If we cannot trust this Goddessfilled heart, we are left with only the confused, uncertain ramblings and meanderings of a conscious mind. (Here, the term "heart" means the poetic, feeling, tender, and lovebased aspects of Mind, but the literal heart might also play a role.)

The problem with the mind is that it has a tendency, builtin, to be led astray by the lightshow of phantoms in the dreamworld.

The mind, of course, was designed exactly this way, to yield to the illusion of the "virtual" world that we all mistake for the real thing. This is exactly why we find our hearts pumping so wildly at movies, tv shows, and even novels. We know that none of these things is real, but the mind is designed to "buy into" their pseudoreality. In fact, the mind seems eager to do so. Nature constructed the mind this way so that we would be completely deluded by the "outer, material" world of

"psychovirtual" reality. But since it is so readily, easily, and quickly fooled by illusion, the mind is an untrustworthy guide.

It's great, the tool of choice and preference, for such pursuits as science and engineering. But it is absolutely lost when it comes to poetry, creativity, joy, and Love. Here, the heart must do what it was designed to do, for it is a part of the Mind of Love.

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Chapter 18/

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The mind can be a wonderful and versatile instrument. It is great for a wide spectrum of varying tasks. It is applicable to the widest range of implementations.

But there is one job at which it fails utterly, and this is the most crucial accomplishment of all: Coming into harmony or synergy with Love. The mind alone cannot take us to the deepest areas of the heartmind, cannot keep us centered there. It pales into feeble insignificance when it comes to true spirituality, although it can at times produce remarkable counterfeits.

Instead of supporting Love, the mind fears. (Fear is the opposite of Love.) It is filled with doubts, uncertainty, and confusion. All this dilutes the Love of the Spirit. This Love is further modified in so many ways by mental analysis that, if it is expressed at all, its expression might bear little resemblance to actual Love. A person can far too easily fall into the fast current of mind, to be carried along by the waters of the personal unconscious. The problem here is that this Mindlevel can be really screwed up. It can block Love almost totally, and fill the heartmind and life with fears. Traumas, disappointments, and failures have all left their mark. And here also, the ego has its origin. The ego is played out by the conscious mind, but often rooted in the personal unconscious. (See "Chart of Mind.")

The fearfilled, remembering, logical mind can be so powerful that mystics have called it the "slayer of the Real." It "kills" the Absolute, relatively, in that it completely occludes and obscures, at times completely eclipsing, its genuine expression.

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Your own mind can be your worst enemy if you are trying for enlightenment.

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It is, to make matters worse, often completely deluded, in a hypnotic state, relative to the "material and external" world. For the mind continuously forgets that the world is its dream, and gets "sucked in," fooled, taken in, by the "show." When it is in its fullest and strongest belief in the reality of the world,

illumination is impossible.

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"Enlightenment is impossible as long as a single trace of ego remains."-- the mystic Shankara (ninth century).

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Regular, moderate use of the mind is recommended. But it is the overuse of this faculty that "kills" the Spirit. A dominant and overpowering mind is a source of inner darkness. It battles, attempts to expel and resist, the Light of Love. Conversely,

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Love, when complete, cleanses you of all thoughts of this world.

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This is why mystics, during their periods of fullest illumination, are not very "practical" people from the standpoint of the world. When a mystic gets "high," she discovers that she does not want just to visit, but to live at, that very high place. If she does, she can bring it to others as a teacher or world-healer. (This is not as grandiose as it sounds, since every act of Love is also an act of world-healing.)

When the "impurities," pollutants and contaminants, of everyday life are filtered out by the Mind, the inner "waters" run pure, bright, crystalline, and clear. Then the Mind of the mystic is pristine, bright, and Lightfilled. She remains in a very high state of joy, bordering upon true bliss. Naturally, she wants to remain in this inner space. She has, as a personal desire, no interest in "coming back down" to the normal world, to normal social and psychological relationships and interactions.

This awakens within her a series of powerful memories of the inner Beloved. She carries these in a very deep part of her soul level, and they also arise from the deeper levels of the collective. (See "Chart of Mind.") These give her an almost sad state of longing for a perfect Mind, a pristine state that she enjoyed long ago, before Separation. When the great Mind, the Creator, first decided to pretend that He/She was she, she was still in perfect seamless oneness with the great Mind. Only later did the accumulations of memories, thoughts, and desires create the ego, which believed itself separate. At this point, it became, for all practical purposes, actually separate, rather than simply conceptually separate. This produced ego-isolation, creating the long slippery slide away from infinite Mind. This is when true loneliness came into being.

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Chapter 18/ True Love, Phony Teachers, and Honorable Sex

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The mystic wants, at all costs, to keep the fires and embers

of Love burning brightly and warmly within her heart. She wants to flee when terrified by the spectacle and specter of suffering. But in time, she must learn to embrace even that. Someday, she hopes to grow into a Love that enfolds even suffering within its expansive wings.

We all eagerly embrace and celebrate the sparkling joys and wonders of Love, but flee from the pains of Love-. But any true Love is a tearing open of your inner heart in naked vulnerability. The heart must be wide open to permit the Flowexit of Love, but this same openness allows the darts and arrows of outrageous misfortune also to find their mark. Since this heartarea is so richly supplied with psychic "nervendings," the pain can be exquisite and enormous.

So, Love is always a gamble. The ego risks everything when Love enters, and so is antiagapic (against Love). It knows that every act of Love threatens its inner tyranny. Love shakes the ego to the core, challenging its domain. It is a new Ruler, whose new rules will change everything. The ego, adapted to stasis, fears change of this magnitude. So, it will snarl and growl, bite and claw, when you try gently to lay your life and selfimage upon the "altar" of Love, surrendering all to Love. And if it cannot directly resist you, it will indirectly, subtly place every kind of obstacle in your Way. This is serious, life and death stuff, and the ego knows it. It is fighting for its very survival.

So, if it sees You expanding and blossoming in Love, it will actively, violently resist. It has three megaton weapons in its arsenal: ego, greed, and careless sex. The lives of many so-called "spiritual leaders" are instructive here. For, often when they are at their peak of success, they will be taken down by: ego, greed, and/or sex.

A "teacher" promoting personal ego is useless as a guide, for inner "conquest" is incomplete. Beware of "spiritual teachers" who are in love with their own egofaces. They make sure that they are prominent on posters, and on the covers of their books. Some even go to the extreme of distributing photos of themselves! And it is not beyond some very, very sick types to make the claim, with a straight face, that simply by gazing at their egofaces, you will become enlightened!

This is hyperegotism, egotism gone mad. These people are spiritually sick. They feel worthless inside. They dance as fast as they can to compensate, but it can never be fast enough. Their selfloathing always catches up. For your own good, and for the benefit of the spiritual community, avoid them.

The "teacher" who talks about hersel fmore, or rather, than the teaching, is also still suffering from egosickness. She is simply not skilled enough to help you. Anyone who longs to see

her egoname in print, who overuses it is also a failed teacher. When someone talks about her "famous" clients or students she is also untrustworthy. Also, anyone who talks just a little too much about her personal experiences, how gifted she is, or implies that she has some kind of "special" communications with angels, extradimensionals, or God that make her teachings infallible is a fake. Do yourself a favor, and turn away from any teacher who is always trying to impress you with her knowledge, or her skill. Fraudulent teachers like to pretend to be psychics or sensitives. That can be only so much bull, designed to reel in the gullible.

Beware of anyone who uses any special titles. Exercise healthy skepticism whenever a name is followed by a string of odd and meaningless consonants. He/She is also having deep egoselfimage problems. Reject any "teacher" who calls him/herself a "master," of any kind, or an "enlightened being," or anyone who uses any similar hyperpompous selfdescription. No genuine master would ever dream of so identifying him/herself, and would certainly never do so even in private, much less publicly. The true master would regard this as an act of shame. This is a sure-fire sign of a real phony.

A real teacher will feature and magnify only the message, but never the self. She will always keep the self, as the messenger, in the background. Of course, you cannot function in this society without a name-tag, and it is not demanded that every true teacher do everything anonymously, although that can also be excellent and unusually rewarding. Egonames have their valid, practical places and uses. But the place of the ego of a genuinely spiritual person is **never** the spotlight. The truly spiritual do not only **not** seek it, but avoid it whenever possible. They want to give "publicity" only to their message.

Also, don't follow anyone who is actively allowing a cult to form around his/her egoself. Avoid people who present themselves as special "incarnations of God" or "gurus." Signs of this kind of blatant, massive, and overblown egotism should send alarm bells ringing in your psyche. When they do, do not hesitate to abandon the false teacher before she does you even greater harm.

Greed also marks the fraud. Teachers also must live in this world, and do need funds to do this. But those should always be moderate-- even minimal. Any true teacher will be willing, for example, to work for Love-donations, at least, sometimes. **He/She will never hesitate to open up a seminar freely to one who cannot afford to pay.** Also, avoid teachers who over-charge for their books and tapes, or lectures. Again, the real spiritual master will be willing to give freely of his/her books, tapes, and lecture-time. All need not be given away free, but exceptions will always be gladly made for those in need.

Reject teachers who overcharge for their work. Again, a genuine teacher will always be willing to work without charge for anyone having a true emergency. The truth is, an hour of a real teacher's time cannot be "purchased," for it is priceless. Spirituality itself must not be viewed as a "market commodity," to be given a dollar value. Beware of modern "money-changers in the temple," people who try to sell you spirituality in convenient packages. Here, beware especially of tricksters and hucksters. You don't need to be in the presence of a particular teacher to discover enlightenment. Even the wisest counselor is not worth what many selfproclaimed teachers charge for a session, and **no one** is worth what they charge for a lecture or workshop. The "deep pockets" approach to spirituality is just ego-lunacy. Greed also denies the patterns taught by our very best teachers of all history. Jesus and the Buddha never charged exorbitant rates-- indeed, never charged at all-- for the most treasured and powerful teachings. Greedy people will argue that we live in a different kind of world, but the world did have money, even in ancient times. The truth is, the great masters saw their work as more than a "business." They refused so to drag it through the mud. They also actively refused egotism, and that is why we remember them, why their names are illuminated in spiritual splendor.

The third mark of a fraud is that he/she will tend to be strongly sexually predatory, if not deviant. **No true spiritual teacher is ever a predator.** Spiritual teachers have immense respect for their students, seeing each one as sacred. They also have giant respect for sex and its powers. Only fakes and phonies see students as playthings, as pawns to be used, as sexual objects. The honorable and true spiritual teacher believes in the principle of sexual loyalty and fidelity. He or she, if in a relationship, will not be carelessly, stupidly bedhopping, but will have one solid, strongly committed, monogamous relationship. He/She will not seek egostroking in the form of sexual favors, and will never mistake sex for Love, or vice-versa.

The form of Love embraced by the enlightened mystic is only peripherally and secondarily related to sexual love. While it has sensory and sensual components, it is largely a Mindlove or soullove. It is experienced through cognition and heartfeeling. At its apex, it can evolve into sexual expression, but only for one's chosen "outer beloved." This is not the kind of "love" that people usually consider sexual. For sexual love is often impure precisely because it is so widely, carelessly, and promiscuously scattered. It is thus diluted, weakened, and compromised. The wide spreading of sexual energy also trivializes it, turning sex, and so, sexual love, into nothing

more than a game. This attitude creates the oxymoronish "casual sex" or "recreational sex."

While sex might be, at its zenith, a form of Loveworship for the mystic, it is **never** casual or recreational. That is a kind of sex, but it is merely biological, arising from the animal nature-- the lowest layer of the lower nature. It has nothing of love in it. It is stripped of all nobility and all spirituality.

The desires for sex can never be fulfilled with any number of sexual partners or experiences. This is because they are the flowers of the inner impulse for unity with the Beloved within the unconscious Mind. The agonies and ecstasies of human love are but pale reflections of the spectrum of Love possible with the inner Beloved. Either form of Love can be a real rollercoaster, with swings from the highest peaks of rapture to plummets to the depths of inner hell. (The latter, in mysticism, are called the "darknight" experience.)

The thirst for the Ultimate, the inner Absolute, the deepest Mind, results, if pursued, in an awakening to the true nature of the world as dreamworld or Mindworld. This radically transforms the mystic's relation to the events, objects, circumstances, and people of her personal world.

So mystics see "God" not as distant, cold, formal judge, lawgiver, or king. Instead, they embrace God as personal, intimate Friend. The God of mystics is happy, playful, and joyful. He/She embodies something of the clumsy little baby elephant, the tenderness of the tiny kitten, and the charm of the puppy.

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Chapter 19/ Love: Knowing, and Giving, the Real Thing

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Love is an "art." You are the cosmic masterpiece, dreamed by the penultimate Source of beauty, the unconscious Artist within. Daily, It struggles literally to re-form you in the perfect image of stainless Love. For this inner trek to the deep Love-nature you were born. Love is an extension of your flawless, brilliant inner Self. It flows forth as feelings of goodness, kindness, care, concern, and compassion. It can't be just a mindprocess. It can't be "studied" except by living.

You can't learn Love from books. You can't get it from teachers, except when and as they serve as role-modles. You can't get it from sociology or religion. It can bubble up only from a tender heartmind. Because it is not intellectual, it is often tough to understand it with the head only. For the "head" is only half of Mind, the other half being "heart." You've got to dive into heart if you're going to get "ahead" on this path!



Love is like breathing. There's a part of your Mind that already knows how to do it. In fact, the deepest inner Coremind wants nothing else. It wants incessantly, relentlessly, continuously, universally to Love. It is always signaling that nothing else matters.. Love beautifies and immensely enriches our Mindworld. A loveless world is frigid and empty. So, if you have Love, but nothing else, you are already abundantly wealthy and successful. But even if you have everything else, but no Love, you have nothing. The "winner" of the game of life is not BLD the "one who dies with the most toys," but the one who lives with the most Love.

But, instead of forcing and grunting, you need to step back, relax, and find some detachment. You must get yourself out of the way, and allow BLD Love to happen. You cannot make BLD Love happen. Despite the common parlance, you cannot "make Love." You can only "let BLD Love."

So, while your conscious mind cannot generate Love by an act of will, it can learn to cooperate. Imagine a hulking, dirty thief-rapist breaking into your home. He's a real neanderthal type. Like all ignorant, violent, stupid men, he also needs Love, deep down. He places a gun to your temple and roars, "Love me, right now, or you're dead!"

Now, At that moment, you really **would** want BLD to love him. After all, it means your life. But you find yourself repelled. No matter how much you try, you can't seem to generate even a micropsychon of Love for this bastard. In fact, naturally, you'd rather scratch his eyes out.

This miniparable shows how impossible it is to force Love, or to generate it just by wanting it: No matter how much you desperately, genuinely **want BLD** to "love" this guy, its' out of the question. This is why we "fall" in Love, as we "fall" asleep. Love is coalesced unconsciously. It can be elicited, but never forced.

It's a megamplification of deep inner attraction, and/or resonance. And we mean real "Love," not the kind of dilute that says, "My dog loves her new doghouse." Love is the greatest ecstasy, and it alone brings you back to the inner Garden of Pleasure in the heart.

How does Love blossom? Two ways: Others seem to elicit Love from you. This is due to their beauty, kindness, goodness, wisdom, etc. This is the type that is popular and common. It is the "love" that says, "I just can't help but love him/her. He/She is just so \_\_\_\_\_!" (Fill in your own adjective.)

But just a micropsychon of thought shows that this is not true Love. It is barter. It says, "I 'love' you because you please me. BLD" So, it's only a very thinly disguised egotism. A man, for example, who displays a "trophy" wife is abusing her

as an object, an extension of his allimportant ego. He does not give a care for her as a real person.. Instead, she is more like a car. This kind of "love" is all about him.BLD

Real Love is a stark polar opposite: It is not about you, but about the beloved. It says, "I do not love you just because of what **you** are. I do not love you just because you please me. I love you because of what **I** am." Ironically, this is the one that appears, at first glance, to be an egostatement. But a more careful analysis will show why it is the superior, and only, basis for true Love.

First, it does not, cannot, arise from the ego. Why not? By nature, the ego is grasping, clinging, attaching, judgmental, and demanding. Now, the only natural and true extension of "I love you because of what I am," is, "No matter how you change, no matter what you do, or say, that will not change Me." In turn, this leads to, "So, I'll still love you." This "I" is areference to the higher Self (soul). Thus, the cap "M" in "Me." For this higher Self is the source of all Love within the conscious mind.

In order to love people because of what You are, you must stop playing the game of ego, and become something else. You must be "reborn," discovering a completely new identity. You can no longer afford to be merely Mary Smith or John Jones. Instead, in time, you grow to see Your Self as a mirrormanifestation of deepest infinite Mind. This journey begins with the recognition that you are a soul, not a body. You are timeless, birthless, and deathless.

You must permit this Love until You are a virtual fountain of Love. This requires continuous practice. A person learning math must go over equations until their solution becomes unconscious, second nature. Love is like this, too.

But Love is easier, because You are plugged in to the inner Source of all Love, the Spirit, at the soulevel of Mind. So, to complete the circuit, you need to link up the conscious mind with that soulevel. For, at one "end of the Mindspectrum," this soul is one with your conscious mind; at the other, it is one with the Spirit. So, it is a bridge between you and infinite Mind.

Unlike math, this is not something that you "learn" with your intellect. It is something that happens automatically when you begin habitually loving. So, the cosmic Mind snares you in its subtle, delightful "trap": The only Way to learn the art of loving is to love. You simply can't think your way out of most human problems; you must love your Way through them. And this changes you. It forces you to see the unutterably beautiful within yourself, the Fountain of Love, the Love-nature. So, in true Love, you love from this Source, not because of what the beloved is or does, but because You have touched unity with this Supermind.

This unity with the inner Beloved marks all real Love, which **must** be unconditional. So, if you truly love, the source of that Love is not good looks, body, mind, talents, scintillating personality, sparkling sense of humor, or extraordinary skills. These attractions might well make Love easier and more fun. But if Love is genuine, it is given as a gift-- the greatest gift that any two beings can possibly ever share. And this gift actually comes not **from**BLD you, but **through** BLD you. All that the ego can do is choose to resist this Love, or to cooperate with it. So, when two people are in love, their egos are in full abeyance and retreat. At the peak, in fact, egos disappear, replaced by the sweetest and most delicious sense of union. The lovers are in fullest synergy and resonance, not only with each other, but with the inner Self shared by both. This is Loveecstasy.

This Love sounds so alien, even bizarre, to us, because we have forgotten how to love. Our unraveling society is proof, if it were needed, of this sad fact. We are fairly competent when it comes to "trade," and we insist on a "fair deal" even when Love is involved. We carefully measure the micropsychons, to make sure that we are getting exactly as much as we are giving.

Justice, fairness, and balance have their place in true Love. But Love should ideally be a joy, not a barter. When we really love, it is because Love fulfills and satisfies our entire inner nature, pushes all our buttons. It is a delight and pleasure to love, and this is not the appropriate place to keep tabs, a "Loveledger."

Of course, we do want to receive as much as we give. But if that is our major, or only, consideration, we have lost the true spirit of giving, and of Love. We give Love freely, as the cosmic Mind loves us. We love because it is the only activity in the universe worth pursuing. We love because it is the road to ecstasy. We love because it is the very best within us. We love because the inner Spirit is Love.

This is also a Way of taking responsibility. How we spend our timenergy results from deliberate choice. So, a personal accounting is demanded by the inner "judge." This is an unpopular concept in our "blaming" society. Even the behavior of the worst criminal is someone else's fault. We are so quick to blame-- and to sue-- each other.

This is because we are still in the "kindergarten" phase of social development. But individuals are not paralyzed at that level. No just, reasonable society can grow until its members grow first. This requires spirituality. It expresses as compassion, responsibility, honesty, and obedience to the inner law of impeccable honor.

So, let's grow up. This growth is partly cognitive.

Recognition of how Love operates alters Love. It is a simple concept: Love expresses inner goodness. Actions of others are irrelevant.

The "Life 101" course is provided by earthsituations. And you will take an "exam" shortly after you read this. That will be a chance to practice your new Loveskills-- loving with realization that it can be unconditional. For now you've learned the "secret." But the knowing is just the first step on a thousandmile highway. The sage Lao Tzu wrote, "Every journey of a thousand miles begins under one's feet." So, even before BLD we take this first step, the soul has planned this journey of Light and Love. Now, we must practice the doing.

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Chapter 20/ Crying, Laughter, the Mystic Teacher, and Purifying Mind: Creating an Inner Space for Love

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"Please don't cry." These tender words express a deep and gentle Love. But crying can be one of the most cleansing and healthy of natural responses, detoxing body and mind. It's the natural response of babies and toddlers. Elephants and other higher mammals also cry. Nature uses it to create or maintain bodymind balance. Crying all the time is unhealthy, but a moderate flow of tears can be remarkably healing. Once in a while everyone just needs a "good cry."

Paradoxically, nature's other great conscious cleansing method is laughter. So, mystics cry, and mystics laugh-- not just because these are therapies, but because mystics are the most human of human beings; some sobbed their way through life.

But this was the radical exception. For usually, the mystic Way created irrepressible joy, bubbling up irresistibly, and bursting into Light and lightheartedness in their happy lives. Francis is typical, as he ventured into his day with a song in his heart and on his lips. These mystics lived at the other end of the spectrum from those tender souls brought to tears by this sad world. Many, including the Zen masters, laughed almost all the time. Overall, mystics tend to be extraordinarily joyful.

But whatever sheBLD is, a mystic can do nothing to enlighten you.BLD She can only aid. A mystic teacher is a menu, but you cannot live well by eating the menu. She is a streetsign, but you cannot well drive on the streetsign. So, although you must go to the inner space that she describes, she cannot go there for you. Mysticism must be personal, never vicarious or second-hand. And it is never just a headtrip; it must also be a heartrip.

It is never the task of the mystic teacher to "make" you do

anything. She simply recommends. She does not BLD indoctrinate, for mystics are not defined by their holding in common teachings or doctrines. They are identified only by their sharing of common, active Love. So, Buddhist, Christian, Jewish, and Islamic mystics are sisters and brothers, and live out this Love by openarmed and openhearted embrace. So, a good mystic teacher will not reel you into a cult, but will emphasize universalism, the cult's healthy opposite.

The job of the mystic teacher is to fan the glowing embers of your heartlove into active flame. She wants to make the inner fire of Love so hot that it consumes you altogether, leaving not a trace of ego. Her work is incomplete until "you" have fully disappeared.

The relationship between the mystic student and her teacher always blossoms from Love. But a good guide will not seek to "rescue" you from reality. Indeed, she will teach you to welcome it-- with all its educational pain-- with open arms. Anything uncomfortable she will teach you to turn into the ladder to Infinity within.

While supremely compassionate, the mystic teacher knows that pain can be a part of your growthprocess. She cultivates boundless tender compassion, so this truth never makes her hard, apathetic, insensitive, or complacent. But she exists to be neither your "mommy" nor your "lioness" (protectress). At best, she can be a role-model. She wants to be a kind, listening, supportive friend, an advisor/consultant. But she cannot live your life for you, and doesn't really want to. Only the spiritual toddler buries her face in her mother's skirts. The good teacher wants you courageously to face the world, without blinking, without backing down. She will never ensconce you in an isolated and "safe" cult, but will help you become empowered by squarely staring down your challenges.

Sometimes suffering is the only path. The "head" of the ego is made of durable concrete, and it often takes a sledge-hammer blow to dislodge the ego from the mind. Only that will force, us to see what we really need to see. While, then, in the shortterm, the teacher might allow a limited pain to endure in your heartmind, you can rest assured that, in the longterm, she will aid you to move beyond your pain. She might not, then, just remove the pain directly. But, by definition, once you have risen above it, the pain is gone. And she will do everything possible to help you to transcend it. The teacher exists precisely to help you to climb to new inner mental heights. If you "rescue" a child from a scary, uncomfortable schooltest, rather than making her study and take the test, you do her no favor.

The teacher's job is to educate you. She will teach you,

for example, how much pain is in the event, and how much in your **chosen response** to that situation; the mind can make pain more, or less, acute. To embrace even pain as the Lovegift of cosmic Mind is your mystical aim. Even this "incredibility" will come to seem natural. Much pain disappears with the dawning of the heartlight of Love.

When it is ignited, it will become crystalclear that the world is overflowing with beauty and Love. Not a micrometer of space is void of this Love. All matter, in its abundance of forms, is saturated by, immersed within, the Lovemind of the Lovegod who dreams it all up.

The world of endless and shimmering beauty cannot eclipse the infinitely more magnificent splendor of the inner Self, and the Coremind. The world's beauty might obscure the Absolute, until it turns into the Absolute.

All "outer, material" glory is a symmetric mirroreflection of her deepest inner Mind and its own supernal splendor. She sees her Lord, and Lady, everywhere. The "material" world is jampacked with God and Goddess. But how does the mystic contact this Spirit?

An "inner space" must be "disinfected" of egothought. Here, the conscious mind can contact the deepest Mindlevel. The mind must be made "clean," just as you clean a room for guests. To prepare herself for this Spirit to "move in," the mystic practices impeccable honor, which goes so far beyond mere obedience to all good laws. She does everything that she should do, and then more. Being "good" is not her only goal. she wants to become stainless, pristine, flawless, and even relatively "perfect." Her final goal is transcendental excellence."

Because she knows that she has a lower nature, she is never a perfectionist. She does not make superhuman demands upon herself. She gives herself the widest latitude. She actually plans to fall many times every day. But as she draws closer to union with Spirit, selfforgivness approaches and approximates the infinite Love of the inner Absolute. Still, whenever possible, she feeds the heartmind a steady diet of happy, compassionate, selfaccepting, forgiving thoughts and feelings. She feeds and thrives on joy.

So, the Way takes time. Enlightenment might be instant, but time must be spent cleansing the inner space-- not only of negativity, but of all the desires, thoughts, and feelings of the ego. The mystic Shankara wrote, "Liberation is impossible as long as a trace of ego remains."

Selfish desires are pollutants of the "ocean" of Mind. They block, and conflict with, the desires of Love. Just as a computer keyboard that had a will of its own would be useless, a person who has a personal will (desire-program) is useless to the

great Mind. A computer that wanted to write its own manuscript would be worse than useless to a writer. The value of a good keyboard is in its obedience, without interference, to the will of its operator.

Most people are like keyboards that have their own ideas of what should be written. They go through life attempting to manipulate and control, turning their worlds into pressurecookers. Mystics say that the soulevel of Mind has already written the "script" for your life. So, your best response is not control, but cooperation.

But how does one know what the script is? It is unnecessary to know. This is where the mystery called "faith" enters. But this faith is trusting that your own soul knows exactly what it is doing-- that it is, in fact, eminently more qualified than you are to design your life. It has, after all, a vast repertoire of knowledge and wisdom, accumulated over centuries. Besides, its power is quite irresistible. Egoresistance would be like a snowflake in a supernova.

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Perfect faith is perfect relaxation.

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The Absolute cannot use people with strong egowills. They are impediments to Its writing of Its will into the scriptpattern of the dreamworld. Again, these are useless keyboards because they have their own agendas about what should be keyed in. Other people have less powerful personal wills, but are like keyboards whose keys do not all function. So, although their egowills are not powerful, neither do they understand pure mystical Flow. These also frustrate the will of Love.

Erasing personal will begins with the obliteration of personal desires. The "Way of purgation" (the mystic's name for this cleansing phase) explodes and mushrooms into total metamorphosis. But mystics realize that they are never perfect.

So, they cannot prepare a perfect inner space for the Lovemind or Lovegod of Ultralove. But they strive for some level of balance, harmony, and wellness. For if there is too much disturbance in the personal unconscious Mindlevel, one is blocked from the unitive fusion with Coremind. So, you cannot become a mystic until/unless you have ironed out the major kinks in the fabric of your mind.

The inner space prepared for Love must be bright, sweet, and clean-- empty, waiting, and ready for the entry of Love. A powerful "pocket" or Mindarea exists within both the collective and soulevel of Mind. It contains vast and intricate understandings of the ways in which the world and Mind work. This Mindarea can be called the "spiritual unconscious." It contains very many ideas, concepts, and inspirations of enormous

wealth and fantastic power.

But the spiritual unconscious, as bright and beautiful as it is, is not omniscient. This area is the source of "inspiration," and of the "eureka" experience. (It is an "area" of Mind, not a "level," because it contains parts of two levels.) This is the inner Fountain of true wisdom, and lives very much within the riches of true spirituality. So, the "spiritual unconscious" is a subsystem within the Love-nature. It is often tapped by artists, writers, mystics, and other creative types.

this Mindarea is designed and destined to be a conduit through which Love manifests. Like any good conduit, it must be empty inside. So many minds are so "clogged up" by incessant, continuous cognitive thinking that Love has no place to "flow through." (By way of analogy, persons with this disease are suffering from "psychosclerosis.")

But when Love flows through your heartmind, it is magnificent-- the highest euphoria, the highest high! This act of loving mystics call "rapture" and "ecstasy."

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Chapter 21/ Love: Monkeymind, Releasing the World, the Most Perfect Love, and Discovery of the Mindblowing Mind

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Love heals. Every nanosecond of Love creates wellbeing. It wholes you, everyone else, and the planet. The healing might not be physical, immediate, or major. But wellness coalesces from the convergence of "small" healing acts. In time, if you love enough, and well enough, your entire psyche becomes wholed, holy, and healed. (The words "whole," "holy," and "heal" share a common word-origin.) Also,

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Every act of Love is an act of worship.

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Every act of Love is an act of healing.

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Every act of Love is an act of spiritual growth.

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So, going to meetings, Bible-study, selling for an organization, singing with the congregation, and public prayer are **not** true worship. These mechanical activities can be done by any fool or hypocrite. Unless Love is their origin and underpinning, no activity BLD bw is "worship."

But there is one spectacular action of which any fool or hypocrite is incapable, and that is Love.

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Love is the **only** worship desired or willed by the great cosmic



Mind.

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There is no such thing as an "insignificant" act of Love.

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Every genuine act of Love is of infinite value, immeasurable and illimitable.

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Love is the fullest expression of the infinite inner Mind.

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There are no small acts of Love in the "play" of earthlife, only small actors.

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Every genuine Love is gigantic.

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Each microsecond of Love is indispensable and precious.

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Loving is the very most excellent investment that you can make in your soul and in the world.

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Each nanosecond of Love is irreplaceable, priceless.

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As you learn to love the Sacred within yourself, you also find It reflected in all, and then, you begin to love It in them.

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For the same Mind that dreams you into being is also dreaming up all others.

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When you love that Mind, you must come to love It in all creatures. Later, you will learn to love It in all objects.

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You'll also love all situations and events. At this point, your Love will have truly become universal.)

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To love the inner Dreamer/Creator completely, you must grow to love His/Her **entire** dream, omitting nothing and no one.

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Universal Love is the zenith and apex, the very highest Love.

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It is the maximum "godding of the Mind." It is also the fullest "godding of the world."

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This finest Love is also unconditional, arising because of what **you** are, not because of what the other is.

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You love perfectly only as a mirror of the Love of perfect Mind, Spirit, or Coremind.. A mirror works best when its surface is stainless, clean, dustfree-- clear or empty. This emptiness

is the state of perfect Mind, perfect because it is transparent to, and itself immersed in, perfect Supermind. This perfect Superlove is not "learned" by the mind alone. It does not result from "selfimprovement." Metaphysical study, the consumption of exotic books, does not produce Ultralove.

Superlove flows from selferasure, selfdenial, selfabandonment (mystical "unselfing"). It is the full eradication of personal mind. It is fullest erasure of ego.

Personal mind is the only mind, says popular culture. So, this inner "death" should leave a dead person, a vegetable, a couch-potato, a zombie. It should leave a vacuous, mindless void, without will, desire, joy, or anything else. This is a terror that attacks Western people when they tip-toe towards mysticism. This horror is multiplied by mysticism's promise of "inner crucifixion."

But this dismal view has been swept into nothingness thousands of times by psychonauts-- mystics who actually did the experiment. When you release egomind, and let it die, another Mind begins to flow through your life. It is kinder, gentler, more compassionate and loving, much wiser than the little egomind. Exchanging egomind for being filled with this Lovemind is like trading dust for diamonds. Paradoxically, on the path where you must lose everything, you actually gain everything.

There once was a monkey who wanted a banana in a thick rigid plastic see-through box. The box had a slot in the side, and the monkey put his hand in the hole, and grabbed the fruit. Now, the hole was just big enough to permit his hand to slide through when it was an open hand. But when the monkey made a fist, by hanging onto the banana, that fist was too big to fit through the hole. The monkey was trapped, paralyzed. He was easily captured by cruel hunters. But, as you can see, it was only his grasping that held him in this unfree state.

We are like that monkey. Until we "let go" of all the stuff that we consider desirable, until we stop grasping and clinging, we cannot know freedom. In order to know complete freedom, the monkey had to let go of the fruit. Yes, letting go of the fruit was a real loss, but only momentary. For its reward was so much greater-- freedom to return to the unfettered and unshackled wild life of the free jungle, where he could feel at home, and happy.

This world is that fruit-box. But now add to the parable that a wild tiger was rushing towards little Brother Monkey. For the world is also that tiger. It is hungry, and eager to consume us, without a moment's hesitation. But we are trapped only if we do not have the good sense to release our grip on the familiar things of the "material, external" world. If you are ever going to discover the interior treasures of compassion, euphoria, and tranquillity, you must let go. If you are going to fly, you must

drop your heavy extra baggage. Stop grasping, clinging, and craving. The world is fascinating, attractive, and seductive. But it is nothing but distraction. For you cannot have this cake and eat it too. You simply can't be free and hang on to the "fruit" of the world that enslaves you.

The deepest inner Mind, which you wish to contact, and someday embody, is tender, warm, and comfortable. It is kind and supportive. It is filled to the brim with Love, is in fact Love Itself. It is also awesome, as the Dreamer of the galaxies, subatomic physics, atoms, molecular and cellular structures, flowers, crystals, and rainbows. This Creator/Dreamer spills Him/Herself out into the world in infinite patterns, in thousands of varieties of crystals, flowers, butterflies, rainbows, and human beings. This unconscious Mind, the Superconscious ?Creatormind, proliferates wildly, unstoppably, immeasurably, illimitably. And this fantastically, incredibly complex Dreamermind fills all the quadrillions of planets in all the galaxies.

Pitiably weak and ludicrously feeble are the words to the Christian hymn, "How great Thou art," but they express the only possible reaction to this Mind-- reverential awe. (Primitives often mistook this awe for fear, calling it the "fear of God.") So there are two sides to mysticism: 1) intimate, tender, warm closeness, with infinite Mind as best Friend, and 2) reverential awe, which can be mindblowing. The first is as private and joyfully intimate as making Love, the other is transcendental.

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Chapter 22/ The "Absent" Beloved: Pain, and Ultimate and Final Satisfaction in the Lovemind

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Your heart explodes in agony. You die of thirst for your absent beloved. You suffer with yearning and longing. Passionately, insatiably, you thirst for his/her presence. When the beloved does appear, sunshine and rainbows fill the sky, and flowers the earth. Music and taste and sensation become sweeter, and your heart sprouts wings. You are walking on air. A chorus of angels breaks out in lovely harmony.

The same applies to the inner Beloved. Until you Mindmeld with the deepest inner Mind, you live a life that is troubled, restless, and anxious, although you do not know why. Something is just wrong. You can feel it. You are troubled by freefloating anxieties, tensions, and stresses. You cannot seem to find satisfaction, much less real peace, anywhere. This is embodied in the ungrammatical words of the old song, which bemoans the fact that the singer "can't get no satisfaction."

Total fulfillment is found only in knowing the deepest Lovemind (Supermind, Spirit, the Absolute, Lovegod), fusing with It, feeling the world from inside It. We were created for this purpose. "Why was I born?" This is it! This is the final destiny of every human being. In nothing else can we find any satisfaction or fulfillment. Everything else is just a poor and shabby substitute for the glory of absolute Love, known only in the Absolute within. Sex is a shoddy counterfeit. Money brings no satisfaction. Power fails to bring contentment. Possessions become boring. Fame means nothing. For fame is like drinking saltwater. If you do not believe that you are a good person, fame will do nothing to make you feel better about yourself. The more of it you drink, the thirstier you get, until you drop dead.

Life itself can grow into a hollow and dry husk of treadmill reruns, devoid of peace and joy, when we strip the tree of life bare of the leaves of Love. It is only in growing into this inner Mind that we know tranquillity and heartfilling, mindfilling satisfaction.

When you desperately long for the touch of your beloved, and when finally he/she does at last touch you, everything else fades away. The whole world holds only the two of you. Touching inner Love, the Beloved, also has this effect. At the moment of full enlightenment, money and power seem ludicrous. Fame looks empty.

Intellect and career, as gods, are absurdities. Sex as animal act becomes unsatisfying, even boring. Love is a mountain, and everything else just flecks of soil, grains of sand.

It is with unbelievable subtlety that the Spirit draws you into Itself. It is never invasive, but tender and warm. It approaches like a mother, or a lover, filled with the Light and warmth of Love.

Enlightenment might occur abruptly. But being ushered into the presence of bottomless Love is a journey and growth, requiring time. Still, it is always a comfortable, somehow familiar, inner voyage.

In time, your very identity is transformed dramatically. You awaken to the fact that you have a secret identity, this Supermind, deep within you. Not only that, but you find that you are BLD this very Lovemind or Lovegod in incarnation. You have always been a Being of immense Power and gargantuan wisdom, massive tranquillity, immeasurable Love, enormous joy.

When you remember this, your heart is flooded with Love, Light, and rapture. The result is utter satisfaction and complete fulfillment. It is every fantasy that you have ever had, rolled into one, and fulfilled a thousand times. This is probably, also, the first time in your entire life that you have ever felt true, absolute contentment. Cultivated, it can lead to invincible, bottomless serenity.

The inner Beloved is in your own heart. It is not a micron away. The world cannot touch Its tranquillity. It cannot disturb your rapture, cannot change your Love.

Still, even after you have touched Supermind, you can still have relatively "bad" days. They are not tragic, catastrophic, or disastrous. But some days, in the total cyclicities of energy and mind, you can be a little out-of-tune, like a radio that is slightly off-station. Your "reception" is not as clear.

This kind of day is normal, and no reason for disturbance. Just kick back, watch the show, and let the great Power carry you out of this phase or cycle. Lao Tzu writes, "Some days, breathing comes easy, some days it is hard." So, everything goes up and down according to its own rhythms. And as long as you are in a human body-- or, more correctly, using one-- you can be affected by normal biopsychological rhythms.

But even this is good. For the sense of absence of the Lovemind creates pain; pain creates longing; longing creates Love; and Love reunites you with the Lovemind. Sometimes, you just have to keep calling and calling and calling until the inner Lovegod responds, or until you can respond to Supermind.

Avoid panic. The inner Mind is never gone, and it is never gone permanently. It **will** inevitably respond. Just keep knock-knocking on heaven's door, and rest assured, it will swing open-- if you are sincere, and living out of the highest level of impeccable honor of which you are capable. For remember that your thirst for God is **always** God's wanting you. For this Love is a two-way street.

The time will arrive when Love will form a closed loop instead. Then, you and your Beloved will not be two, but literally, you will discover that your greatest Love has been for a hidden part of your own Self. This is the mysterious, incomprehensible "inner Other." It can never be understood or elucidated intellectually or verbally. It can be "known" through gnosis, that is, through falling in love with It-- or, with Him/Her. For the Way is nothing less than Love lovingt Love, Love seeking Love, Love becoming one Being, Mind, or Spirit through integration with Itself.

The Supermind is incredibly powerful. Recall that it is She, or He, who ignites the galaxies, the trillions of suns, Who also ignites the fire of Love in your own heart. You have no problem, challenge, or difficulty that the inner Beloved cannot solve. And, in His/Her Love for you, She/He does want to help you. The Supermind has arranged things so that It cannot force Itself upon you. It must wait until you have stilled and quieted your mind enough for its subtle entry. It is a "still, small voice."

This Mind, although it can be a supernova of passion, is also

a rose, of trustworthy, reliable, solid, and reasonable Love. At times, its logic is impeccable, even infallible. Still, it would be a terrible myopia to reduce It to **only** a logical Mind, for It is also a heartmind, capable of equal superfires of emotional fervor.

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Chapter 23/ The Mystic /Goddess, Sex, Doing Nothing Constructively, and Mystical Superultralove

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Perfect Mind is perfect balance. Here, the "masculine" operations of linearity and logic and the "feminine" qualities of nurture and compassion blend. But because the Mind's essential nature is Superlove or Ultralove, it often appears, unlike the traditional Western god, more feminine than masculine. Technically, then, the terms "God" and "Goddess" are equivalent and interchangeable. (Often, mystics use the masculine pronoun simply because of cultural usage, in deference to tradition, or because it is simply better received or understood. Mystics have no sexual bias or preference when it comes to their presentation of the One.)

In final analysis, the "God" of the mystic is really more "Goddess." For He/She is Love, tenderness, gentleness, nurturing, support, softness. He/She "gives birth" to the cosmos. As the Taoists said about Tao, or universal Mind, it "nourishes all things."

The mystic knows Goddess not just as Christ or Apollo, but as Aphrodite or Mary. ?God is both Shiva and Shakti, Krishna and Parvati, Francis and Clare. It is the perfect conjoining of the male and female energies within the person. The quest for this inner unity and mergence is often poorly expressed as a drive for physical sex. The ecstasy of the actual experience of Ultralove, the perfect merging of mindforces, is a billion times stronger. It electrifies not only every nerve of the body, all forty-seven miles, but every psychon of Mind, in an inner fireworks of supreme beauty and ultimate passion. Ultralove lights up the psyche with brilliant luminescence. Every cell of blood and bone is immersed in white-hot, cool incandescence. When you emerge from this inner supernova, this touch of Superlove, you are reborn.

Just as a kiss transfers vital force from lover to lover, the "kiss" of the inner Beloved springs and bursts forth like a fountain of light, filling you with the bright radiance of Superlove or Ultralove, allconsuming, alldemanding, allencompassing. While spectacularly dazzling, it is bottomlessly, invulnerably tranquil and placid. Astonishingly

energetic, Superultralove is sweet and serene. Perhaps for the first time in life, you are engulfed by total Love. You love without reservation, as a perfect mirror of unstained Superultralove. This most pristine and massive ocean of Love flows between you and your higher Self, the Beloved.

The higher Self, or soul, itself has a higher Self, the still deeper Spirit. (See "Chart of Mind.") The soul-Spirit Superlove is a billion times more powerful still. Being touched for only a nanosecond by the Superultralove of Spirit changes your life forever.

People everywhere are starving for Love, and frenetically, fanatically seek it everywhere but in their own hearts. Not loving themselves, they can ill afford to love others. They die of thirst floating in an ocean of sweet, pure water.

This Superlove of Spirit is the trigger mindprocess that begins our journey inward. His/Her Ultralove for us pulls us inward, even though we often fool ourselves into thinking that we made the first move. We are so programmed to think that we have to do everything, we fall into this trap with even spirituality.

This hyperegocentricity reaches its arrogant peak in the sentiment, "If I don't do it, it'll never get done."

But one of the most amazing lessons of spirituality is to learn to "do nothing constructively." This is the lifeblood of Taoist mysticism, as of every other form of the Way. You can't **make** a mystical event, but must **let** or **permit** it. The mystic **PLAYS** at life, not taking it all with such deadly seriousness, and this word is an acronym of the Way, for the Way is to: Permit, Let, Allow, Yield, and Surrender. You cannot coerce or manipulate the powerful forces of the psyche involved in the mystical transmutation. You can only give in.

This is the deep meaning of meditation. Meditation is not something that you **do**. It is what occurs when you **stop** doing everything. It is constructive nondoing, or nonthinking. Taoists called this *wu-wei*.

This state makes the mind hollow and transparent. This inner emptiness of linear thought makes possible the undistorted transmission of higher Mind. When you reach the point of zero activity, not even thinking, then, and only then, have you touched the state of meditation.

So, meditation is **not** visualization. It is not affirmation.

It is crystal mind, clear and void of cognition. This is the state of much in nature, so radically simple that we miss it altogether. As in Asian painting, what is not there, the background or empty spaces, must be seen as equally crucial with the objects. The spaces between the notes are as vital to composition as are notes. As Lao Tzu says, a door or window has value only because there is nothing there, nothing to block

passage. A glass filled with hardened concrete is useless. It cannot hold the crystalclear water. Our roofbrain chatter, our nonstop selftalk, is like that concrete, while the Spirit is that water.

The ego is like flypaper covered with fresh superglue. It is "Velcro mind," and sticks to everything. This is because, often secretly, we want to control everything. So great is our fear and insecurity that we want to dominate even our spirituality. But this is like an ant trying to stop a freight train.

The need here is to learn to trust the inner Mind to know what it is doing, to trust it to love us, in the same way that we trust our hearts to beat, even when we are ignoring them.

Our conscious thoughtpatterns do not regulate heartbeat, the digestion of food, or any of a wide spectrum of bioprocesses. In the larger overview, our conscious thoughtcontents do not matter.

This can be a stunning letdown for those who have mistaken the microscopic ego for God.

This mistaken identity arises from egofear. The ego wants to rule the universe because it is terrified that there is no one else really doing that. But the ego is irrelevant, not only to most bioprocesses, such as the bionanotech of the body (turning food into skin, teeth, bone, hair, etc.) but for a vast range of other events. The ego has nothing to do with the sunrise, with the growth of plants in a field (another form of nanotech), the weather, or a host of other nature-functions. The ego just doesn't matter in the outworking of the world.

But the mystical revelation is still much grander than this: It shows us that, without doubt, all of the situations, things, and ideas about which we worry and fret, all the things that give us insomnia, that torment our minds, just really DO NOT MATTER. ALMOST NOTHING MATTERS. This frees the Mind to soar gracefully into the blue skies of inner Mind, free of shackles, weights, and entanglements.

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Chapter chapter 24/ The Ultrasimple Life of a Single Pursuit:  
Moving at Warpspeed Beyond the Phantomworld into Superultralove  
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A tiny handful of things matter very much. They are worth living, and even dying, for. But lifefactors of this colossal magnitude are as scarce as fine diamonds the size of softballs. For the only matters which really matter are Love and its varieties of expressions, types, and powerlevels.

The ten thousand things, by contrast, about which people fight and conflict, war, hate, fret, worry, feud, disagree, and abuse each other are immaterial and insubstantial. Most things



about which people care, the mystic comes to see as only mistphantoms. According to the latest ultramicroparticle physics, the mystic is right: The entire "material" world is precisely this kind of mistphantom.

Early Christian "heretics" (nontraditionalists) taught that Jesus was a "phantom." Jesus, they said, taught that the whole material world was ethereal and immaterial. He was a "phantom," but so were all human beings. And these apparitions inhabited a phantomworld. Everyone was a "ghost" in a dream.

This was only appearance. It applied only to the world of matter. The inner world was Source, and the dreamworld of matter only the result. Mind was the projector, world was the screen. Mind was real and substantial. Its reality was absolute. So, again, as so often happens, mystics turned the commonsense world topsy-turvy. For it is Mind that is usually presented as transitory and ephemeral, diaphanous and evanescent.

Mind is usually seen as caused or created by the matter within the physical brain. The mystics say no. And they say it firmly. The Mind, they say, does not exist within the body, but the body exists within the Mind. It is a Mindpicture, a "psychohologram" or dreamimage. Mind is axiomatic, an uncaused first Cause. The body, and the entire "material and external" universe are but its dream.

The world is a tornadic melange of countless thousands of interacting and interesting things. Yet the Master said in Jesus, "Only one thing is necessary." In one fell swoop, he swept our minds back to their natural center, simplicity. This singularity, this intense focus, this "one thing" is Love. When we are immersed in Superlove, we know immediately the Ultramind in our own hearts. This is saturation by the "spiritual unconscious"-- not the totality of God, but the sum of divine Love. It is the inner Love-nature that is the object of mystical concentration.

The more that you know a good and attractive person, the more that you grow to love him/her. This is even truer of the adorable inner Beloved. So, Superlove is not static, but always growing, becoming refined and more enriched by every act of Love.

Old traditions of Jewish mysticism said that the Absolute was surrounded by a "curtain." There are, in fact, layers of veils around It. These are opacities formed by the Mindlevels of the unconscious Mind. They include both personal and collective factors. The Absolute is like an almost-remembered memory. You know that it is in your mind somewhere, but must often diligently search to find it. Or else, you can go on "automatic searchandscan" mode, allow the mind to simply "incubate" until the memory rises to the "surface."

Similarly, the Supermind of Love is ensconced and obscured

by billions of "layers" of thoughtfeelings. These largely consist of memories, opinions, desires, and linear concepts. We can't do anything to tear away these inner curtains. But we can, by entering a simple, thoughtfree condition, make them more transparent, so that the inner Light of Ultralove shines ever more brightly. Mystics often recommend a "pervasive contemplation" during the day. In this mystical practice, a mindclearing mechanism, a *mantra*, replaces ordinary cognition. This aids in mystical transparency or "crystalmind."

But we must wait for Supermind, through Superlove, to initiate steps to enlightenment. For those curtains can be torn asunder only by a terrific blast of Mindpower from the other side. When this great Mind shines upon you, all you have to do is love the Light in response. Your mission is not to create, but to discover, enlightenment.

So, in her career, the mystic passes through four stages: separation, Love, intimacy, and final union or fusion (Mindmeld) with the deep inner Love-nature. This Mindmeld is the supreme act of Superlove (Ultralove). Love is fire, and you the wood, as Lovenergy fills and consumes your ego, turning your Mind into Light. You vanish into the Beloved, and He/She pours Him/Herself into you, filling you with Lovelight. Finally, when the ego is consumed by Love, only He/She exists. This is being "lost" in Love, and when it happens, not a trace of ego remains behind. The ego is dust and ashes.

The result is bliss or ecstasy. It is a relief of liberation, in which the inner Mind soars to new heights. After this immersion in Superlove, the mystic remains "human" in form only.

The most important aspects of her Self are now Lovefilled, and "superhuman." (This exquisite, pure, universal Ultralove is superhuman, for it does not coalesce from the human conscious mind or the egomind.) Within herself, she experiences an entire inner world, another dimension, in which she wants, and is, nothing but Ultralove.

In this new order of being, she is the temporary incarnation of this Superlove. It was precisely this exposure to, and reidentification with, Ultralove that formed the nucleus of the dogma called the "Incarnation." But it was assumed that Jesus was a freak, when in reality, he was a prototype or model for all. The mystic, then, is remade in the image of Superlove. She is refreshed by the "color" and "fragrance" of Ultralove, as she becomes a rose in the cosmic garden.

When you step away from the world of many things, and know the one Mind, there is really nothing but this one Supermind, filling all, living within all. Everything, you realize, exists **through** You, but **within** Him/Her, the Dreamer/Creator. This Beloved arrives to consciousness like a "thief in the night."

This means that it is subtle, even sneaky. You must keep your inner radar on maximum in order, at first, even to detect Its presence. Then, you must work to keep the attention on It, fixed and concentrated.

The rose of Superlove has at last blossomed in the sunlight of Ultralove. As this tender heartrose unfolds, its delicate and delicious "fragrances" are the acts of compassion that fill your life.

Of course, deepest inner Mind does not really "come" to you, and you don't literally "go" anywhere to find It. It has always existed deep inside you. The inward "journey" is a metaphor of "movement" among levels of consciousness and among those of the unconscious Mind. It's just that, at the Superlove moment, you at last come to recognize Ultralove Mind with lucidity.

The One you are seeking is always "right here." Indeed, there is nowhere, no "when" this Mind does not exist. You don't need literally to "find" the Absolute, for It was never really lost. You simply need to take away all the opacities that stand between yourself and pure Lovelight. You need to stop playing games, and believing in the illusion, truth's opposite. You need to awaken to the fact that the cosmos is a dream, and then to seek conscious Mindmeld with the Dreamer.

So, your highest Self fills all. Stated in the silly but memorable form of a "knock-knock" joke, it's something like:

"Knock-knock."

"Who's there?"

"You."

Separation from the Worldsource brings pain. It is the origin of much stress, tension, anxiety, and restless unhappiness in the world. Conversely, closeness brings joy. We were created to find intimacy and friendly Love with our deepest inner Mind.

First, then, you are filled with Love for the Beloved. Later, you are filled with the Beloved Him/Herself. Gradually, you are drawn away from your earthself, your ego, into an inner world of Mind, so that, in time, not a trace of that false self exists. You "don't play that game anymore." The Mastermind said, in Jesus, "Whoever loses the self will find it." This is the paradox of losing ego to discover the inner soul-- and later, the Spirit.

When you have integrated with Superlove, you live for only what He/She wants. For Ultralove is Mind, and it has a will. It has plans for you, and for the cosmos. So, at the Superlove moment, your egowill is sunk deeply into the greater will, and dissolves in it like sugar in tea.

You then become an instrument of the will of Love. You mirror the sunlight of Ultralove into a world of darkness. Your

only task is to keep the mirror as dustfree as possible so that it might be dazzling with the bright light of Superlove, the "inner Other." You are a grain of salt dissolved in the ocean of blisslove.

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Chapter 25/ Crystalmind, Ultralove, Heaven, and the Return to the Garden of Pleasure in the Heart

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Bliss/tranquillity catapults you into higher ecstasies of Superlove. You are a tiny feather in the hurricane of Ultralove, a grain of salt in the tsunami of Superlove. But this bliss bubbles up into only the empty mind. Only when the inner guestroom is emptied, the inner garden prepared, can the Beloved come (to awareness).

He/She comes only to transparent crystalmind. For if the window of mind is opaque, none of the Ultralove shines through. Like sunlight, It is always shining, but It never forces Itself.

It does not matter how bright the sunlight is if you have decided to live in a cave deep underground, with no apertures to the outside. If, then, the mind is opaque, no Lovelight passes through.

If the mind is only translucent, the Light is impeded and distorted, but still makes Love in the world. But only through crystalmind does It dazzle with brilliance. The Flow is perfect, unimpeded, with zero resistance. When Superlove flows through you, and out from your heart, you are a tributary of the great river of Ultralove, branching from the inner ocean of Superlove.

How is crystalmind discovered? By the total extinction of earthly, personal, grasping, selfish desire. Only when the fuss and frustration, the noise and clamor, of frenzied desire die down into stillness does the mind find clarity. Only in the eclips of sensual pleasure does the heart touch tranquillity.

But you lose nothing, for the inner pleasure of Selflove more than compensates for any egosense of loss-- a false perception anyway. Instead, you discover pleasure without measure, in the art of Ultralove. As the old song reminds us, you find yourself drowning in a "sea" of Love. Here, everyone would love to "drown."

You are sure-footed and confident at the art of Superlove, for you have been practicing it for centuries. Your inner Mind already knows where you are going in this inner journey. It has all the maps, and knows intimately the Beloved, your destination.

The inner Mind knows the Way, even if you do not, and will certainly guide you without a single wasted step.

Lovenergy burns away all that is "bad," "ugly," or "undesirable" within you, and within the world. This fire leaves behind a stainless core of pure beauty. It is a cosmic work of art, molded by Ultralove. It is your new Self.

Superlove demands the commitment of the last atom in your last neuron. In exchange for devotion, It makes you a Superbeing, a being of Superlove plus nothing. You become luminous beauty incarnate, a part of God on earth.

In the Eden allegory, the human nature breaks away from the state of innocent Mindmeld with Ultralove. This pristine state is called "eden," which means "pleasure." This fall from grace occurs when we decide that evil is equally valid and real as good. This is an invitation for "evil," or the shadow of Love's absence, to take up residence in Mind.

Every serious use of the label "evil" not only boots you out of the Garden of Pleasure in the heart, but moves you just a little closer to an inner hellstate. (Conversely, every use of the recognition of goodness brings you closer to an inner heavenstate.)

The mystic, wanting heaven or bliss, learns to define and embrace everything and everyone as "good" in an absolute sense. She does not exercise this discernment only in order to find personal pleasure, although that is its effect. She embraces all in an attempt to discover Love that is truly universal.

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If Love is not universal, it is not Superlove.

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She loves the one, single Creator/Dreamer within. It is perfect. So, the world must be "perfect," even though relatively, it seems anything but. The overriding twin visions of karma and immortality make it so. For death, in the mystic worldview, is not "bad." So those events which lead to death cannot be irredeemably bad either.

The closer that you can come to a state of "all-embracing Mind," the closer you come to Ultralove, universal Love, or fullest enlightenment, or inner heaven. This allows a mystical state (as contrasted with a mystical moment) to be one of uninterrupted joy.

Upon being submerged or immersed in Superlove, you once again enter the Garden of Pleasure in the heart. So, rain is good, sunlight is good. Cold is good, heat is good. Spiders are as "good" and beautiful as butterflies. Snakes are as "good" as puppies. The world is stripped of ugliness, when you refuse so to define it.

this attitude of cosmic embrace returns you to the state of pure, unsullied Mind, or "original" Mind. In this monopolar Mind, Superlove has no real opposite. There is no hell symmetric

with heaven. When everything and everyone is embraced as "good" and "beautiful," it is easier to love the whole world. Even, or especially, those things, situations, and persons that you have been conditioned and educated to label as "evil" or "ugly" are caught away in the embrace of Your cosmic Ultralove. These actually elicit **more** Love, for loving them takes twice as much Lovenergy.

Bills are good, traffic is good, taxes are good. These real-life factors all teach patience and tolerance, and provide inner strength. So, living in a "perfect world" does not mean changing the environment. And this is the great secret to inner heaven: It means altering and adapting your vision or lenses. It is a shift in interpretation.

So, the mystic finds continuous joy, not by world-manipulation, but by elastically adapting the self. She transforms inner vision, and changes her label-making habits. She simply stops "judging" the world. She tosses her labelmaker.

The mystic says, "It is good." The student asks, "Why is it good?" Her teacher replies, "Because it is." The very existence of any object or situation tacitly implies that it is a part of the will of the cosmic Mind. In the West, theologians distinguish between the "active" will of God and the "permissive" will of God, but they are both parts of that same will. If anything is willed by the perfect Mind, it must be perfect. This mirror-symmetry shows how "beauty is in the mind of the describer."

Anything that you decide is "good" actually becomes good for you. An ancient mystic wrote, "To those who are pure in heart, all things are pure." If you change the lenses through which you look at the world, it is the world that actually, really changes. For the world is all a Mindworld. So, to shift the Mind is to alter the world.

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Chapter 26/ Brother Serpent Gets Us Expelled from Eden, and Helps us Return

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A talking snake started the engines of time. The glories and tragedies exploding into the drama of human history begin with the allegory of Genesis, the Eden parable or myth.

Many of the wisest Jewish authorities, unlike Christian fundamentalists, recognize this tale as allegorical. In it, human nature (represented by Adam and Eve) lives in perfect harmony/bliss, in a perfect world. This is the state of primal innocence, or seamless union between the human nature and the divine inner Mind, now deep in the unconscious. In Eden, the Lovemind was conscious, and so was its subcomponent Creatormind.

Human will was divine will, and even nature obeyed. This explains all the stories from every tradition of the human being as the "master" of nature or the world.

When The infinite Mind first decided to play other roles, He/She jumped completely into the game. Fear (the "devil") did not yet exist, for the Mind knew that, always in control of everything, He/She had absolutely nothing to fear. So, diving deeply into the pseudoidentities, He/She began to pretend that He/She was "others." Those created souls were still in profound synergy with the one Mind. They had not yet drifted very far from It. This state is "Eden," a word meaning "pleasure."

As long as human nature rested quietly in this state, it knew grace, serenity, and perfect Love. The human mind was still perfect, mirroring perfection from the One. The "two minds," the human and divine, were not yet quite two, but still sliding along the track of time in perfect synergy. So, naturally, the world itself was peaceful and perfect.

What, then, screwed everything up? In this pre-Hebraic story, it was a "sin" called "eating of the tree of the knowledge of good and evil." In Genesis, this act is nowhere called the "original sin." That was a term made up much later, and retroimposed upon the parable. Confusion scrambles some here, who think that "knowledge" was the fly in the fruitjuice. This misinterpretation misses the target.

What would we be without knowledge? We need it; it can be a ladder to the divine. So, knowledge was NOT the problem. Instead, it was the **kindBLD** of knowledge that threw a monkeywrench into the works; it was "of good and evil."

In Genesis chapter one, when the Mind of the Creator/Dreamer creates the world, He/She says, "It is very good." Human nature and mind live in total tranquillity until human nature decides, egocentrically, that the infinite Mind was mistaken. For that Mind had dreamed up a world that was exclusively "very good." That implies that everything, not just some things, were "very good."

Human nature, thinking that it knows better, decides that some things are not good, but intrinsically "evil." This decision was the original Pandora's box. It triggered the proliferation of a thousand "demons" in the unconscious (subconscious). Human nature decided that evil was coterminous with good. It was equally real. And since good was absolute, being the quality of infinite Mind, then evil had to have an absolute existence too.

So, when it first embraces its belief that some things are "evil," human nature is immediately expelled from the Garden of Pleasure in the heartmind. ?Agony, frustration, and suffering proliferate immediately, until the mind becomes a kind of inner

"hellstate." Or, at the very best, it is heaven punctuated regularly by hell.

But there is another tree in that same Garden, called the "tree of life." If human nature can eat of this tree, "timeless" life can be discovered. Jehovah-- a false godimage embodying an entire list of negativities-- blocks the Way back to this tree. In fact, he is jealously worried lest the human nature "eat of it, and live." Jehovah here represents the belief in a universe ruled, not by Love, but by imperfections. These flaws collectively constitute the unstable Jehovah-myth.

Involved with this ancient godimage, one cannot discover the mystical truth that the world is entirely "very good." For the Jehovah-myth itself is a source of much "evil." If you believe that evil is in charge of the universe, there is not a snowball's chance that you are going to discover that the entire cosmos is good.

This "tree of life" is in the same Garden of Pleasure in the heart. It is the Way back to primal innocence and perfection. Eating of it is the neutralizing of the "original" sin of having eaten of the other tree. In short, the tree of life is the discovery and implementation of the "everything is good" worldview already discussed.

So, how do we make our Way back to live in the Garden of Pleasure? We redefine everything. The first step is to throw out the concept that anything is intrinsically evil. Jesus knew this. When he urged us to "Judge not," he did not limit this to judging people, as do most modern commentators. If taken at facevalue, it means that we are to refrain from judging events, situations, or objects. To "judge," in this context, is to label. Our labels exist on a wide spectrum. They range from the deliciously good to the hideously evil.

Recall that when the Creator creates the cosmos, He/She says that everything is "very good." What we must now do is seek to harmonize with the Creator. The Creatormind is a very profound level of the unconscious Mind, being a subsystem of the Core. (See "Chart of Mind.") It is the Source of such gigantic wisdom that the ego cannot hope to hold even a smoldering candle to its brightness. And so, if It says that the cosmos is "very good," who are we arrogantly to disagree?

In short, if we see "horrible" things in the universe, we need not arrogantly assume that there is something wrong with the universe. Instead, we can humbly contemplate the possibility that something is wrong with our view or interpretation of the cosmos. This is the humble, realistic attitude adopted by the mystic.

This humility leads her to realize that it is she, not the cosmos, that needs fine-tuning and adjustment. The ultimate



shift arises when finally she decides to use her free will for the **only** purpose for which it was designed: She uses her free will to turn over her will to the indwelling Spirit of Love.

And it was precisely this free will that was symbolized by the "serpent" in the Garden of Eden. People love to assume that the talking serpent was Satan, but the account nowhere says, or even implies, this. Because free will takes people into all sorts of karma and misery, it can be seen as negative, even antiagapic (against Love). But because it ultimately leads everyone back to the state of purest seamless unity with the Mind of Love, or Supermind, it is also a symbol of light. This explains the dual history of the serpent as a symbol of both good and evil, light and darkness.

It's the job of free will to plunge us into the darkness of ignorance. We screw up with free will for a long, long time, creating and reaping the seeds of negative karma. We create many inner hellstates in the process. Then, one fine day, we awaken to the fact that free will is getting us nowhere fast. Suddenly, we shift into mystic mode, and realize that there is another, higher way. Then, we surrender our minds and lives to an interior higher Power, the deepest Mind, the Lovemind. It is only when free will moves us to give up free will that we find enlightenment, leading to peace and bliss.

Unless we had gone through the tunnel of darkness, the lives spent in hypnotic fascination with the world of multiplicity, we would never have the wisdom of Love and Light. So, the "serpent" is, as many Christians said, a bringer of darkness. But, as the Gnostic Christians also said, it is a "bringer of Light." It is ignorance; it is wisdom derived from ignorance.

The use of free will to give up free will is the ancient gnostic symbol of the *auroboros*, the serpent swallowing its own tail. What an elegant symbol for free will "swallowing" itself in Love. But this symbol has other layers of meaning, so beautifully designed is it. For it also forms a perfect circle, like the ancient sundisc. This, like the wedding band, is meant to symbolize eternity. The circle has an infinite number of "sides," and so, is an infinitely complex "polygon." It also has no discernible beginning or end, and so is appropriate for representing infinite Mind. It is also reflected throughout nature: The eye that sees the round earth and the round sun is round, and processed by a head that is also fairly round. To be more precise, the three-dimensional circle is the sphere-- the truer symbol of infinity, because it is an infinite number of circles, of all sizes, united into a single whole.

Paradoxically, it is Love that draws us into the dense darkness of the deepest psyche, and Love that leads us so deeply that we find the Core of Light deep within all the obscuring

opacities. The inner Mind has many layers of darkness-- unexplored regions of ignorance that impede Light of Love or even understanding. But the Core of Mind is luminous splendor. This is the Love-nature. In various traditions, it has been called the "Christ-nature," or the "Buddha-nature," or simply, "Holy Spirit." It also has a dozen other common names, including the Father/Mother, the One, Spirit, Superconscious, Supermind, Coremind, the Ultimate, and the Absolute.

A good teacher might not be all "light and roses." For this unadulterated sweetness is not what you must face in your inner explorations. A good, effective teacher will try to be supremely realistic, while balancing everything with Love and compassion. She will nudge, not force, you to shine light into the darker and hidden areas of your own psyche. But in doing so, she will be tender and wise, never cruel, angry, or in foul temper. If you don't like what you see in your psyche, then you must realize that this is an invitation to transformation.

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Chapter 27/ Out of the Shadow into the Light

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Love is the only force in the cosmos that can ignite the unconscious Mind, blazing it into the light of awareness. Revelation occurs in sequence: The personal unconscious is first made conscious, then the soul level, then parts of the collective, followed at last by Supermind, the Core, or Superconscious Mind. (See "Chart of Mind.")

Each level has its own time to emerge into the "light" of the conscious mind. This sequencing allows us to prepare a place in the inner Garden of Pleasure for the emergence of Lovemind. To switch metaphors, we purify and filter the water in an area of the inner ocean to create an inner space where we can meet the Beloved.

The historic mystics called this preparation the "Way of purgation" (purification). This begins with confronting your "inner shadow," which is the totality of all those aspects of the ego-self, and even the soul level, that you really don't want to see. This little rhyme might help you identify and remember your shadow:

"I look carefully, and then I see  
What I thought was you was really me."

Before mysticism, the shadow was formed in the personal mind of this author. It is still being confronted and transformed. It must be admitted that the process is slow and difficult, and perfection not yet fully manifested. From the cult-days, what went into the personal shadow were tendencies towards dogmatism,

narrowmindedness, and arrogance. So now, very much emphasis is always placed on universalism, elasticity (even fluidity), and humility.

A clue about shadow-contents can be mined from the rich question, "What do you especially distrust and despise in others?" Chances are excellent that this is some component in yourself from which you are hiding. So, closely examine colleagues, friends, neighbors, and enemies. Where is your criticism most harsh? Define what you most despise about them, with clarity. If honest, you will certainly find these among your own unconscious nature and fears. To embrace them as educational tools, look on their flipsides, seeing the good in the bad, the useful in the harmful. Learn to love them, make them your friends, and they will become slaves of Love. (This will also aid in embracing and adopting a friendly, elastic attitude towards people whom you dislike. Remember, to say, "I dislike no one" tends to be simple denial, or egotism.)

Recall also that, by the time that you experience any human being, he/she has passed through the many thousands of filters or lenses of your own brainmind system. So, to you, she cannot be as she is, but only as you interpret her; and you are fully responsible for that, not she. Arguably, no one ever knows another, but only his/her interpretations. So, all day, every day, people must live in an inner world of modified people-- often changed by the nervous system until they are unrecognizable.

The "out there" person becomes an "in here" reality which is fully a reflection of you. You respond, then, not to people, but to your inner images of them. So, the cosmos is the self dancing with the Self. Its goal: To bring the self to fall in Love with the Self, and thus, to love all people.

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If any characteristic within another annoys or irritates you, it is proof that the same quality exists within you.

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If the irritant did not exist within you, you would simply ignore, or not even notice, it. But they must be a threat to you, in order to trigger emotional responses. And what is that threat? It is the fear that your own shadow might break through into the world.

It is this inner conflict, **not conflict with others**, that is the "sword" brought by Christ. This is by no means always pleasant. The shadow comes with a boxcar full of baggage-- anger, sadness, frustration, anxiety, tension, annoyance, impatience, and a plethora of others. If the shadow is kept in the unconscious Mind, it does not go away. Instead, feelings and expressions might erupt unpredictably, inappropriately, horribly, harming the self and others. The need is to make peace with even

these responses, seeing them as teachers, and even friends.

We are built so that we learn much more from the discomforts of life than from its smooth-sailing periods. So, a time of pain and/or loss can be, in time, embraced as spiritual accelerator, and thus, as "good," not "bad." We learn far more from pain than from pleasure.

The inner voyage, then, becomes a crucial game of "hideandseek." We must expose our inner "demons and dragons" to the bright, uncompromising, honest light of conscious recognition.

You can't, and won't, get better until you admit that you are sick. Pretensions to be already perfect block the Flow of the real thing. Perfection cannot bubble up from the unconscious in a selfrighteous mind.

These specks and dark shadows are not the rulers of the kingdom of the psyche. So, we must not be afraid to look them squarely in the eye, and banish them. Since they are not real, they cannot be everlasting. They have a short shelf-life, and can be washed away by the touch of Love. This occurs gradually through metamorphosis or transformation. Since change permeates the whole cosmos, we should try not to fear it.

For, sooner or later, life itself will force you to see your shadow. You simply cannot endlessly "project" it onto others, pretending that they have the problem, but not yourself. For the deep unconscious already sees through this transparent and naive lie. When you do meet it, don't see it as nemesis. Instead, regard it with a kindly eye, as teacher. Embrace it as brother/sister. Welcome it, and learn to love it, as inevitable companion on the inner journey. In time, it will turn all its energies over to Love. Then, all shadows will disappear as you are filled with the LIght of Love. This is the process described by both alchemy and Jungian psychology.

**Every** spiritual path must begin with work on this shadow. So, don't get caught in the lies of denial, saying, "There is no shadow in me."

How does this shadow begin? It starts, predictably, with the "eating of the tree of knowledge of good and evil." It begins unconsciously to form, in both the soulevel and personal unconscious, when we begin to see evil as real. Then, giving this "evil" power, and fearing it, we begin consciously to suppress, and unconsciously to repress it, storing it in the subconscious Mind. (The shadow is an area, not a level, of Mind called the "subconscious." With the Superconscious, the subconscious makes up the "unconscious.")

Infants, and enlightened people, do not believe in the essential or absolute existence of evil. Masters and sages believe in **only** the absolute reality of good. The allgood Mind

at the Center of creation has no opposite. Everything that It dreams into being is only good. (A belief in this essential monopolar Mind is called "monism." Mysticism is a variety of monism, or belief in the ultimate reality of one Mind.)

Like beautiful flowers, we all grow and blossom from that one Mind.

Schools and churches struggle to teach what is "bad," and this is good. For in the relative world, many activities and behaviors are harmful and "bad." But in the inner Garden of Pleasure, no bad can exist. It is pure Mind, original Mind, and filled with **only** Light, Love, and the good. It is perfect Mind, for it is unified through Mindmeld with the perfect One at the Core.

But when evil is taken too seriously, too often, it forms and evolves into a matrix of complex illusions. These exist not only in the personal unconscious, but also at the soulevel, and in the deepest collective.

This belief creates a part of the psyche (the notorious "subconscious" of traditional psychology) which is simply too "ugly," "bad," or scary to behold. So, it is stuffed way down into the personal unconscious, and there becomes the powerfully convincing illusion called the shadow.

Archetypally, this is the "evil twin." Using similar archetypal and symbolic reference, an ancient legend says that Jesus was a twin. Some accounts even name this twin, the disciple Thomas-- whose name means "twin," and who wrote a gnostic (mystic) Gospel. What does this legend mean?

It signifies that there were two very different aspects of Jesus Christ. One, called "Jesus," was a historical human being-- born, experiencing life, and dying, like the rest of us. But a second aspect, called "Christ," was his very special soul, Mindmelded with the Absolute or Core. This everlasting Spiritsoul fusion could say, "I and the Father are one." (Variations of this simple statement of union have been the bread and butter of mystics through the ages.) This is a clear statement of mystic Mindmeld with the Infinite within.

Did even Jesus have a shadow? In his human side, there can be no doubt. For nothing is more universally human.

Together with subconscious rubbish, we also tend to sweep into the trashbin of the shadow all our natural impulses and instincts. But nothing in the shadow is "bad," and once we outgrow this dualistic naivete, we see that the shadow contains precious energies, forces, memories, data, and even wisdom. We need not to wrestle, but dance, with it, not to dispose of, but to integrate, it. Only when we accomplish this friendly reunion can we become whole, healed, or "holy." In this unfragmented state, we find inner wellness. You simply can't get well by

will. But you can by selftransformation, which arises from egoselfabandonment, egoselfnegation, and egoselfforgetting.

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Chapter 28/ The Pearl of Great Price: The Hero's Journey through Hell to Heaven

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Deep, deep down in your most secret, hidden Mind, you are already perfect. But slathered, layered over this perfect Coremind are accretions, or opacities, in both the soulevel and the personal unconscious, which block the bright Light of Love at the Center of Mind.

Buddhist mystical tradition says, "YOu are already the Buddha," and early Christian tradition had an exact equivalent: "You are already the Christ." Our lifejourney is triple: 1) learning to believe this, 2) bringing it to conscious awareness, and 3) manifesting this reality.

You are Love; YOu are Light; You are wisdom, peace, and joy. To return to this Center of the soul is wholeness; wholeness is singularity; singularity is simplicity. It was to this crystalclear and tight, laserlike focus of Mind that T.S. ElliotSP?? referred in his memorable phrase, "the simplicity that costs everything." For you will never discover this inner focus amidst the clutter, clamor, and "stuff" of everyday, material pursuits and distractions. You will never find it outside yourself.

So, the mystic, having found this pearl of great price, sells everything that she owns to buy it. This path disallows the wholehearted pursuit of any other; she cannot have two masters. She knows that it would be the greatest bargain in history at twice the price.

You must, in the end, include even your whole self in the bargain. You must spend or trade your egoself for the exquisite and bright perfection at the Core. So, instead of being apart **from** everything, you become a part **of** everything.

You must often go through hell to get to heaven. Because the path can be so utterly mindblowing, exposing you to terrorand radical inner shifts, mystics call it the "hero's journey." This paincomponent is dramatically educational, as it slams the self against the cross and drives in the nails. So, before even thinking about this journey, you must work to cultivate an inner stability. You will need reference-points so as not to get lost during the inner hurricanes. For you'll be tossed like a leaf. The "waters" of Mind will be before you, under you, over you, and all around you. Visibility will be zero, and you will have to fly on faith, with blind instrumentation.

When this writer was called to this voyage, even before he had any clear idea exactly what he was doing, or where he was going, he went literally blind. This was a part of his destiny, planned by his soul in order to open the "inner eye," but of course, he had no way of knowing it then. So, he plunged up to his neck in the "darknight" experience. This occurs when the mystic enters a state of hopeless despair, and when the divine Presence seems gone, the cosmos void of all Mind and all Love.

Two paths are recommended to avoid serious disorientation during the inner journey to the Beloved: 1) wisdom, by assimilating in the heart (not just the mind) books such as the present one, and 2) inner practices (dream-logging, meditation, etc.) and detachment, or not allowing the factors of the world to influence or control you.

BEWARE: Much bull has been written and called "mysticism." Mysticism does not concern the paranormal or parapsychological. It has nothing to do with magic, or "miracles." These are interesting subjects, but don't mistake them for mysticism. When reading, make absolutely certain that you are plowing or diving into the real thing, not a cheap, phony counterfeit. Fakery and fraud are rampant in this field, and so is pseudoscholarship. Books on pseudomysticism can be found everywhere. Avoid cultish material, and anything that glorifies the human guru. Avoid dogmatic, inflexible, exclusivistic philosophies and groups. Avoid writers who hint at great or "secret" mysteries, but never tell you what they are; such people are usually in love with the word "occult," and their writings contain nothing of value. Also, avoid writers who manage to use many words without saying anything; this often marks "channeled" material, much of which is worthless from the spiritual view.

Instead, for your spiritual education, seek out humble, nonegotistic teachers who want nothing to do with riches or fame.

Seek material that is eclectic, drawing from all the great religious resources, including Hinduism, Taoism, Buddhism, Christianity, and other mystical traditions. (Islamic Sufism and Jewish Kabbalism are often worth studying.)

Why is this field so confused? Because everybody insists on sloppy, inaccurate definitions of the word "mysticism." Even to writers, who should know better, the word often conjures up little more than something bizarre, spooky, or wierd. Studies of Atlantis, psychism, and extraterrestrials have all been labelled as "mystical." So have a number of phony "channeled" works. **These topics have nothing to do with mysticism.**

Mysticism enjoys a crystalclear academic and historical definition. Stated simply, it is this: The Way of studying, in spiritual terms and contexts, the contents of the unconscious Mind, with the full awareness that the Absolute is the Center of

all Mind, and Its nature is Love.

Much that has been labelled carelessly and/or ignorantly as "mysticism" is ludicrous, amusing, or just plain silly. So, the word has endured a terrible reputation. Although true academicians understand its vitality and indispensability as a component of every religious tradition, less educated academics ignore, deny, or even mock what they perceive to be "mystical" matters. In fact, it is probably the most common usage in Western language to use the term dismissively, as a putdown, as in, "You're retreating into mysticism." It is often synonymous with "nonsense," as in, "Don't waste your time with all that. It's just mysticism." Or, it is misperceived to be antiacademic or antintellectual, as in, "Do you want to discuss this reasonably, or are you just going to resort to mysticism?" It is understood as a kind of flight from reason, or even sanity.

These corruptions and misunderstandings have not been corrected, but rather strengthened, by the very few fanatics in religious history who have hidden their asceticisms and extremisms behind the veil of "mysticism." But directly contrary to the popular dogmatic myth, most mystics were reasonable, wellbalanced, wise, moderate people. They all shared a passion for inner exploration, and for the Fountain of beauty and wisdom that they discovered in the unconscious Mind. In fact, as a whole, psychopathologies are remarkably scarce among the mystics.

Their names include some of the most wellknown names in history, including (possibly) Plato, Heraclitus, Plotinus, Patanjali, Shankara, Lao Tzu, the Buddha, Jesus, and dozens of others. The list is far too long to be comprehensively listed here.

Others whom you might want to read include the writers of the Upanishads, most Buddhist and Taoist writers, most yogis and yoginis, Dionysius, Solomon, the early gnostics, most early Hindu writers, most early Buddhist and Taoist writers, Rabiah, Al Hallaj, Abu Yazid, Al Khayr, Abraham Abhulafia, Isaac Luria, the Sufis generally, the Hasidim and the Kabbalists generally, Jakob Boehme, Richard Rolle, Richard of St. Victor, St. Hildegard, St. Theresa of Avila, St. John of the Cross, Meister Eckhart, and many others.\*

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\*For a representative intercultural sample of mystics, see my *Superlove: A Thousand Mystic Jewels from a Spiritual Megatrend* (Liberty Township, Ohio; Love Ministries, Inc., 1995), as reprinted in *Shining Jewels of Love and Light: a Spiritrilogy* (Liberty Township, Ohio; Love Ministries, Inc., 2001)



When designing your reading-list, it is crucial not only to avoid the time-wasters of the silly and empty, but you must also take care to avoid any materials that might be harmful in any way, to mind, soul, or emotions. **Avoid all extremism and fanaticism.**

Above all, learn everything that you can about Love-- its psychology and its spirituality. Read, and collect, everything that you can find, from all sources, about Love.

More importantly, **practice Love at every opportunity.** Go out of your way to be kind, just, tender, friendly, courteous, and fair. Do this in all "small" as well as "great" things. Recall that there is no small act of Love, for every act of Love is a great act.

This education, and these practices, will prepare you for the inner journey. Don't fall into the common snare of the delusion that reading about this journey can somehow replace the actual event. Reading brochures about the Greek islands is not at all like actually lying on one of the beaches.

Every hour of every day, life will provide you with an "exam" or two. You will have plenty of opportunities to practice kindness. Life will also give you plenty of chances to find detachment and nonjudgment, many opportunities to see the entire world, and everything and everyone in it, as "good."

In review, practice: 1) active compassion-- **both** a feeling in the heart, and resulting practical action. 2) detachment. A lady approached the other day complaining that her family yelled at her, and asking, "What should I do?" The answer is: Don't take any mood of any person, including yourself, too seriously; moods come and go with amazing rapidity, and are fluctuating, liquid situations. But also, try to find detachment. Remind yourself that you are controlled by nothing and no one in the world, but have already yielded mastership of your life to Love.

3) Take every situation and event as a chance to cultivate the "all-embracing Mind" which is free of all negative judgments, seeing everything as "good." Work **never** to define **anything** as "bad," "ugly," or "undesirable." 4) Work to rid yourself of the false, human, social identity called "ego-self." You might try a game called "Ifree." Go as long as possible without using the words "I," "me," "my," or "mine." Take this seriously, and ask your friends to help you master the fine art of Ifree speech. 5) Work to love everything. Don't love the evil, but try to see the good within the evil; loving that, you will soon arrive at a point where there is no evil. For every "evil" has a core of redeeming goodness.

To create a purely stainless approach, to discover inner pristinity, you will have to throw out some traditional

psychology, although you can still embrace most of it. The idea of the subconscious mind as a garbage heap of filth, ugliness, sordid and assorted evils, will have to be jettisoned. This can be replaced with the notion of the shadow, which is not "bad," but a natural selfdefensive mechanism of illusion developed by the ego.

To get well psychologically, you might have to focus only on the "subconscious." But to get whole spiritually, you will have to concentrate on the larger, more inclusive, *unconscious*.

"un..." This sphere of Mind includes both the shadow "subconscious" and the higher spiritual Superconscious or Core. (The unconscious also includes the personal layers of shadow the soulevel, the collective, and the Creator/Dreamer, as well as the Absolute. See "Chart of Mind.")

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Chapter 29/ The Immaniipulable Mystic: Psychology, Mysticism, Friendly Mind, and Radical Independence

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The dark subcontinent of the subconscious is explored by both psychologists and mystics. The scientists have created a monstrous catalog of mindbending demons and dragons, many of them pulled intact from nightmare.

But for the mystic, the "unconscious" (both subconscious and Superconscious) is a remarkably bright and friendly place. It is ultra-inviting and enormously comfortable and welcoming.

Exploring, and living with, the unconscious Mind is a pleasure, not a pain. For she continuously soothes her mind by:

1) embracing everything as good, and 2) by living in impeccable honor, creating a clean conscience.

Psychologist have mapped out the subconscious terrain in some detail. But they know almost nothing about the Superconscious. This Absolute they have arbitrarily decided to relegate to religion. So, they have abandoned and deleted much of the Mind, which should ideally be their object of study.

They have justified dropping the Superconscious like the proverbial hot potato because It is, at its Core or Absolute level, God. So, it is quite beyond the reach and scope, or even the speculations, of science. It took psychology a century to be admitted to the stature of a real "science," and it still suffers from serious "physics envy." It still goes out of its way, in short, to appear, or actually to be, more "scientific" than any other science. So it, like an insecure person whom it might seek to explain, overcompensates. It is often even still, after a century, quite selfconscious about this.

Even parapsychology, which, as the name indicates, is a bit

closer to psychology than is spirituality, has no official recognition. Good, scientific psychologists will have nothing to do with it. It is the abandoned black sheep of the family of psychology, or the crazy uncle kept hidden in the attic.

"Another reason for the exile of spirituality is that mysticism clashes disturbingly with psychology in its portrayal of the unconscious. As noted, it is a convenient garbage-bin for all the ugly, evil, "unconscious" loose ends of the psyche, according to some schools of tradition. That the unconscious contains a Core of immeasurable beauty, illimitable Love, and infinite joy is quite beyond even the most breathtaking dreams of the psychologist. But to the mystic, it is an everyday reality, an assumption that boosts her selfimage into orbit. It virtually guarantees her psychological wellbeing. For this Absolute in the unconscious, this "inner Other," this Superconscious, this Core of Mind, is not really an "other" person. It lives deeply within her own psyche. It is a collective phenomenon, meaning that What lives in her also lives in the minds of other people. This Absolute is stainless, flawless, and pristine. It is unaffected by the "outer material" world, and so is marked by detachment. This "detachment" does not imply the negative irresponsivity often implied by that word. It simply exists because the mystic is not controlled by the world. She has cut the strings, and is no longer the marionette of an apparently chaotic universe. Nor will she allow people to pick up those strings and control her.

A word of explanation: The mystic does not allow objects, situations, events, or other persons to control her. This grants an immense sense of independence, and erases excess clinging, grasping, attachment, and craving. It neutralizes the crazymaking, "What does she think of me?" It equally vaporizes the impossible dream of, "If I just do it right, I can please all the people all the time." This attempt to do the impossible loops people through the wild labyrinths of the mind, confusing and frustrating them.

But this enormous independence by no means indicates that the mystic does not care what anybody thinks. She will never be controlled, or manipulated, it is true. She is too free for that. Techniques of guilt, for example, do not work with her. For she realizes that each person is fully responsible for his/her own responses and behavior. So, you might as well give up any attempt to manipulate a mystic by trying to lay a guilttrip on her shoulders. She will simply refuse delivery, shrugging it off.

But do mystics care about what their friends think? Yes, they do, but moderately. They will not try to alter their authentic selves to please others, but neither are they ever insensitive to the feelings of others. Love is never callous,

and It guides their every response. Clearly, the principle of *Ahimsa* means that they truly do not want, under any circumstances, to harm anyone.

But neither will they march to anyone else's drummer. Also, they will never swing to the other extreme, trying to "mother" other adults. The free mystic will not try to form the reactions of others to conform to what the mystic thinks they should be. She never forgets that each person is responsible fully for his/her own entire range of responses. If people choose to have negative responses, the mystic does care. In fact, she wants everyone to enjoy the fabulous independence and immeasurable bliss that she herself has found. But she is no Bible-thumper, and never tries to push her beautiful truth down the throats of others.

Mystics are often called to teaching. But even when they are not, they wish for others only the very best. They long for all others to know the great truth of Love. Most will do anything-- provided that it is not immoral, illegal, or fattening-- to aid, help, and support others spiritually. But the bottom line always is that

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No adult is ever responsible for the actions or words of any other adult.

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So, while she does care what her friends think, and their opinions do matter, she is careful to pinpoint the threshold at which the other ends and she begins, as far as responsibility is concerned. She is her brother's/sister's keeper only insofar as she tries to support, assist, and heal him/her. But under no conditions will she 1) take responsibility for any other adult, or 2) allow herself to be controlled by anybody.

She is radically independent. While she might love to be around others, she tries to avoid overdependency on them. Interdependence is not a weakness, but a natural human condition.

We all depend on each other, all the time, for the giving and receiving of Love. But the mystic realizes that **too much** dependence is a dangerous weakening of her own boundaries, her own mind. So, although she loves people, loves to be with them, she does not strictly depend on them for her spiritual progress.

With or without others, she is a granitic Mind-- solid, reliable, powerful. This becomes truer every day as she progresses in her inward journey to the Center. Daily, her very identification of her "Self" begins gradually to shift. More and more, she recognizes her Self, not as her ego, but as the supreme Mind, filled to overflowing with the jewels of compassion, bliss, and tranquillity. This Absolute, this Core of Mind, this Supermind is her real Self. It is purest Love, rapture,

stillness, and order.

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Chapter 30/ Miraculous Mind, Everlasting Mind: Harmlessness,  
Exploring the Inner Caves, Dreaming, and Creative Anger

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You'd better doublecheck your scuba gear if you are going to be a mystic, for you will be called to the deepest, darkest "waters" of the "ocean" of Mind. Only at ten thousand fathoms do you even begin to detect the possible existence of the luminous Core or Absolute. Not everyone is prepared to dive this deeply-- for the waters are dark, and the unknown can be frightening.

To complete this journey to the center of the soul, you must begin realistically where you are. So, you must admit your imperfections. You must blast into the personal unconscious, galloping on your sure-footed white steed, lance at the ready, and kill your demons. Without avoidance or evasion, you must bravely look them in the eye while you slaughter these fears. However ferocious or monstrous their illusions, you must not flinch or flee.

For the hidden shadowself is like the egoself. It wants to survive. But light and darkness cannot coexist, and it must perish when the psyche is flooded with the intense, brilliant Light of Love.

The shadow uses great quanta of energy to maintain its fears, and to keep itself hidden. When you make it conscious, that gigantic energy is released, to be directed by your heartmind. All that massive force can now be invested in harmony, beauty, and Love. It can now be expressed as compassion, peace, joy, and creativity. As peace brings an economic windfall to a nation, in which money can be invested in positive, constructive programs, instead of weapons, so personal erasure of the fears of the shadowself brings a personal energetic windfall.

As its reward for cooperating with Love, the mind is promised everlasting and inexhaustible riches in the forms of compassion, bliss, and tranquillity. In other words, inner "heaven" is the reward of Lovebased behavior and speech.

So, while everything in the "material" world is rushing to become dust, the Mind is forever untouched. The Buddhists call this ever-changing state of the Mindworld "impermanence." There is a special state of euphoria, a taste of bliss, that occurs when a person finally realizes the impermanent nature of all material things, and the emotions that accompany them. This is called *aware* (pronounced "ah-wahr'-ay"). To think about the passing of the "material, external" world into mounds of dust seems at first discouraging, depressing, dismal. But when one

realizes the his/her Mind is everlasting, permanent, everything is improved. Then, the formerly crazy dance of the world is shifted to a celebration-movement of sheer joy. For the mystic, every moment is precious, to be embraced with the total being, and enjoyed to the fullest-- as long as one lives in *ahimsa*, or perfect noninjury. Try not to harm anyone emotionally, mentally, spiritually, or physically. The essence of this Way is the Hippocratic "Do no harm."

We might not all be heroes; we might not all make significant contributions to society. But the mystic says that what you do **not** do can be every bit as important as what you do. And to live without injury or harm is an accomplishment of significant and great merit. The very act of refusing to harm or injure anyone or any creature is precious. This is a life successfully lived. It is, in fact, an absolute criterion of real success.

So, on the mystical journey, we must enter every cave. There, we must flush out and release every "beast" that is in bondage, guiding our primal wildness to the sunlight of awareness. We must transform this animal-energy into the force that drives us into the arms of Love. We must love them into submission. We no longer repress or suppress, but simply harness, their enormous powers.

The inner world of the unconscious Mind is fluid, nebulous, formless. It is filled with archetypal powers; here live the gods and goddesses, heroes and wild beasts. Here, in "potential" form, lives all of nature, from beetles to dragons, from rivers to mountains. Demons and spirits haunt the inner groves, and wander the inner forests. A wide spectrum of Mindbeings lives here. But all this multiplicity returns, ultimately to one Mind. That is the dreaming Mind that brings it all into being.

This is the same Mind that dreams up the waking world. It is the level of the unconscious called the "Creator/Dreamer." (See "Chart of Mind.") The Creator dreams up the world continuously, through you and me. You are dreaming right now. In fact, you are dreaming up the words and worlds of this book. For you do not really see this book as it is, but only as it is interpreted by the several billions of filters and lenses of your nervousystem and brainmind system. So, you are, in a very real sense, "creating" or at least, cocreating (with the Creator) this book. It is, then, at least slightly different for you than for anyone else. A hundred people reading this book will read a hundred different books. It is a real manifestation of the Self's educating the self. Like the rest of the world, it springs into being the very moment that you sense/perceive it. It emerges out of theoretical reality (what can be) into experiential reality (what is).

When we continue to suppress or repress mental energy,

psychology tells us, it will erupt in unpredictable, often harmful, ways. And although repression is unconscious, and so uncontrollable, suppression, which often leads to it, should be kept to a bare minimum. This is enhanced by selfhonesty and the absence of selfjudgment. This arises from embracing all that is in the self as good.

Should we rationalize true evil? No, for evil is not simply to be ignored. It is there for a reason, to get our attention. It is a call to change. Nature, in other words, is joining forces with mind, in order to call attention to the evil, or lack of Love. The only solution is to root out evil and replace it with Love. But in the process, we need not mistake the label "evil" for an absolute reality with power of its own. Like the world, it is a mental construct. But it has the power to put us through inner hell, and so, is psychopathological. It is mental illness.

The opposite of suppression is honest, nonjudgmental expression. We need to relearn the art so well known to children, and that is selfmanifestation. Anger is a good example. **If we can express anger without harming anyone**, then it is better to express it in harmless ways than to suppress it, pretending that we are above anger, or do not really feel it. For anger is not as harmful as resentment can be. For resentment is an acid that corrodes relationship, while anger is an explosion. It is more intense, but is not pervasive or long-lasting. Expressed and clear anger can hurt, but sincere apology can undo some of the harm. Arguably, a human being has never existed who did not feel the bite of anger. Resentment, however, usually unexpressed, can act like a drop of water striking the "stone" of relationship. In time, it will dissolve that rock.

Let us, then, work to cultivate friendliness in the place of anger. This is an often-neglected aspect of real Love, but it is a vital one.

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Chapter 31/ Psychodetox: Throwing Out the Labelmaker, and Establishing Resonance with Perfect Mind

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Anger, and a wide spectrum of other psychotoxins, can be neutralized by the practice of Love. This implies forgiveness. This is, in turn, based upon the true premise that, when you do not forgive, you harm only yourself. The unforgiven person might not even know that you are holding energies against her, but **your** bodymind system certainly knows. And the absence of forgiveness is a selfcreated hell.

**Total** detox occurs only when we have learned to love,

release, and forgive everything and everyone. Only then do we breathe the refined and rarefied air of real freedom. And it is the very oxygen of life itself.

NOTE: This is **not** optional. If life is to continue, it is sustained by joy, peace, and Love. It thrives on these positivities. Hatred, judgment, harmful anger, and the absence of forgiveness are, conversely, antibiological; they drain the life-force. They deplete and exhaust us. They are psychic pollutants more dangerous than any environmental toxin.

Universal Love, our only path to psychodetox, must include every factor and component of our own selves. We must learn the art of embracing rather than simply follow the old, ingrained habit of judging.

The Absolute, or Love, creates the inner being in perfect goodness. So, at your Core, you are a stainless, flawless expression of unadulterated goodness. Now, it is a matter of remembering this, and learning to manifest it.

When we can walk that long and winding road back to unity with, and love for, the entire world, we will come into synergic resonance (harmony and agreement) with this inner and perfect Supermind. How do we begin this mysterious process? We start by throwing out our labelmaker. We stop judging. We accept, perhaps at first on faith alone, that the entire world is "good," and that "evil" is a radical and nightmarish illusion. So, we actively cast all "evil" from our lives, and consciously, cognitively replace it with Love.

This Love enhances and supports a quest for Mindmeld with the Core of Mind, the Superconscious, perfect Mind. This deeply unconscious level of Mind is not only perfect Love, but also perfect bliss and tranquillity.

The strings of a guitar often vibrate in harmony with each other. This is called "resonance." Love lifts us to a harmonious "vibrational resonance" with this inner Mind. (This is what is usually called "good vibes.") When we reach this high vibe-level, a process called "psidiffusion" occurs. (The prefix "psi" describes the energies of mind.) This means that mental energy, like chemical concentrates, tends to flow from an area of higher energy into an area of lower energy.

Nothing in the cosmos has higher energy than this Core. So, when you are depleted, and expose your mind to It, you are reenergized. Its energies of Love, bliss, and deep peace flow from It into your personal heartmind. So, when your psychic "gastank" is empty, you feel anxious, stressful, or depressed. It is when you are "on empty" that you need to come to the inner "service station" and "fill up." This is an especially appropriate analogy, for the major expression of Love that recharges or refills you is service.



Just as inner Miind can psidiffuse energy into our systems, so we all interact with each other continuously. If, for example, you "pick up bad vibes" from, or are weakened by, another person, your solution is to go within, contact inner Mind, and recharge. This is easier than you might at first think. It usually happens naturally and effortlessly, in fact, when we sleep at night. But various forms of meditation can also recharge us.

"Bad vibes," negative energies, or inner blackholes (which drain energy but give back nothing) can also exist in your own shadow. So, these too need to be detoxed from the system by the continuous practice of Love. For the practice of Love is the greatest recharging mechanism in the cosmos. Also, s it recharges, it also detoxes. Remember that the "powr" of the shadow arises **only** from its repression. So, you can nonjudgmentally acknowledge it, and, by loving it, can transfuse its energy to more productive and positive areas of Mind. This is why selfanalysis and introspection are so important. For when the shadow is made conscious, is brought into the light of awareness, it gives up its power. (This idea is basic to very much in psychotherapy.)

Conversely, fear feeds it. When it attacks, it uses fear as its tool. It is this same fear that prevents the total detox of forgiveness. Whenever we do not forgive, it is because we are locked into the grip of fear. We fear losing power. ?This fear of powerloss lies at the root of a number of mental imbalances and emotional illnesses.

But forgiveness actually gives and renews power. Like service and friendship, forgiveness is a mirror of Love. Fear is Love's opposite; even hatred is only a subspecies of fear. Fear drains, depletes, exhausts. Love energizes, stimulates, and refreshes.

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Chapter 32/ The Crash of Fear in the Clash with Love

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The battle rages ferociously inside your psyche. The combatants are fear and Love. They are irreconcilable opposites.

Together, they fill you up, but the presence of one weakens the activities of the other. Fear weakens and dilutes Love, and Love makes fear feeble and powerless.

Inside you and me, they struggle for dominance. And one must win. They do the dance of inverse proportions, so that if a personality is sixty percent fear, it can be only forty percent Love. If seventy percent is fear, that leaves only thirty percent for Love. The average personality probably has a score

of about "fear, seventy, Love thirty."

The goal of the enlightened being is to "score" a perfect "Love one hundred, fear zero." This state is almost never reached by human consciousness, but the operative word is "almost." A fearfree experience of inner Mind is possible. In time, it can lead even to a fearfree state. (A state is much longer-lasting than an experience.) If Love eradicates fear-- and we know that it does-- then, filling our lives and minds with only Love will decrease and dilute fear. As water dissolves salt, which then loses the integrity of its structure, so Love dissolves fear. It will deenergize it, and detox our systems.

Has anyone ever achieved a permanent fearfree state? Arguably, some remarkable sages and masters have. They have, first, recognized the nature of the dreamworld as a product of the Core of Mind. Their faith that this Core could and would produce nothing but good carried them beyond the snares of fear into the luminous inner blue skies of uninterrupted, seamless Love. The very best among them mastered universal Love, the capacity to embrace everything without judgment. This is the perennial goal of the pristine soul. For this is perfect enlightenment. This is the zenith of perfect Christianity, perfect Buddhism, perfect mysticism.

Let us try, then, consciously to rid our minds of fear. Let us strive cognitively to recognize and eliminate it wherever it has taken root, and rip it out, and shred it. Let us then burn it in the flames of Love. Lets' analyze and dismantle it, finding out what makes it tick, so that we can restructure our psyches without it.

Sometimes the ancients used the word "light" to mean consciousness or awareness. Thus, when something comes "into the light," it emerges from the unconscious levels of Mind into the conscious mind. By simple definition, in light, shadows disappear. And there is, can be, no light more luminous than Love.

Let us try, then, to become well in the only Way possible: By loving everything within us. Let us move into the lucid recognition that all is "very good," that all of it, in fact, is God or ultimate good.

Still, even within this interpretative and healthy understanding, Love moves us to change if aspects of Mind are in service to the "lower nature." So, changes are often appropriate, necessary, and desirable. While recognizing our minds as totally good, we know that they are not yet perfect, and can always stand improvement and adjustment, fine-tuning in Love.

This includes education in, and practices of, goodness, kindness, courtesy, friendliness, integrity, honesty, selfregulation, joy, peace, tenderness, and patience-- among

others.

Symmetrically, we turn away from lying, dishonesty, violence, conflict, disharmony, greed, ultrasensuality, egocentricity, insecurity, fears, and ignorance. Although these can be "very good" in the limited sense that they are tools for our education, they are by no means "good" in the relative world. They lead inevitably to inner hellstates of suffering, agony, and searing inner pain. That is why both nature and Love guide us away from these hurtful paths.

We need to begin asap, cognitively to work on these tendencies, to eradicate them from personality, for they create the complexities of harmful karma, and thus, life after life, hell. We need to live not only good lives, but to soar beyond the ordinary standards of good morality and ethics, into the extreme altitudes of impeccable honor. Under the influence of impeccable honor, the mystic not only does the good thing, but goes far beyond ordinary goodness. A mystic who finds a quarter will seek to find its owner and return it-- not because a great deal of money is involved, but because a principle is.

Enlightened people cannot live an "ordinary" mental, moral, or ethical life. Instead, they are called by the inner Spirit to a transcendental life. They do not just "play by the rules," but establish a set of higher rules within their own psyches. So, socially, morally, ethically, sexually, and spiritually they live according to "impeccable honor." As the deepest inner Mind is perfect, they are called to their ultimate goal of perfection. This was the real meaning of Jesus' words, "You must be perfect, as your Father is perfect." This was not just a command, but also a prophecy: We will someday be perfect, because, deep down, we already are. This ultra-ethical and ultra-honest life of ultra-integrity is the life of Ultralove. It is manifested in the everyday world as the Way of impeccable honor. This is not a religion, or even a religious precept; it is a Way in which one can choose to live.

Love **is** a "warm fuzzy" in the heart, but it must become much more than that, or it is not Love at all. It must blossom into real action, true aid, genuine activities of service. Love without action is not Love. On the other hand, action that is merely mechanical, even if it helps or serves others, is not Love either. For in order for Love truly to be present, both the inner warmth of tender feeling and the proof of action must be present.

Service and genuine aid represent practical Love. But there is yet another component that also manifests Love. That is friendship, which can be really hard work. For friendship requires regular maintenance, and that means emails, phone-calls, letters, visits, and shared events and/or social activities.

Without this work, a friendship can die on the vine. So, let us strive to make friends wisely and widely. Let us make friends whenever, however, wherever, and with whomever possible. This is a fine therapy for both loneliness and depression.

So, share your phone-number, address, or email address with hand-selected people whom you trust. CAUTION: It is not a good idea to let everyone or anyone know where you live, to give your phone-number to just anybody. Try to feel the person out. If you find the person reasonable, balanced, sane, friendly, intelligent, and/or interesting, you might decide that a friendship will enrich your life. Then, reach out and "touch" her by sharing your personal feelings and limited data about your personal life. No one wants, for example, to hear your entire sexual history upon first meeting. So, share moderately and selectively. But, with this caveat, which is only reasonable, try to interact with as wide a circle of people as possible. Remember that friendship is a two-way street: Friends will tend to enrich your life only as you enrich theirs. Don't just go into friendship with a view as to what others can give you, but see what you can give to them.

Reach out to others. Try to give people the benefit of the doubt. Trust others, not entirely, but to the extent possible and reasonable. Be courteous and friendly, for these too are often-neglected aspects of real Love.

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Chapter 33/ Loss of the Egoself in Love: Friendship, Humility, Ifree, the Blackhole of Ego and Real Mystical Security

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Most people are kind, decent, generous, fair-- in a word, good. Most people are worthy of your friendship. 'And most people are looking for friends of quality-- people who value intelligence, treasure compassion, touch joy, care for others, and like themselves without arrogance. Most welcome high-quality people into their lives. When you become friends with this kind of person, she treasures you. When you become friends, mutually welcoming each other into your lives, you can both be enormously enriched mentally, emotionally, and spiritually.

Great friendships often mushroom from tiny seeds. The simple exchange of email addresses can have the power to change your lives. Friendship is a practical expression of kindness, a form of Love. It does not mean that your life is interwoven with the other's. It does not imply that you must, or should, act as her "daddy" or "mommy." You don't have to control, or even influence, her life. It simply means that you genuinely care for her. You are concerned about what happens to her. You don't

want to see her harmed, and will do everything possible to increase the joy and satisfaction in her life-- as long as it does not traverse your own boundaries. You will do everything possible to support her. You really like her, feel attracted, heart-to-heart, in a bond of genuine affection.

Friendship is often a test of compassion. You never have to "impress" a friend. And you cannot "buy" real friendship, which is **not** supported only by giving money and/or gifts. If money **must** exchange hands to keep the "friendship" intact, it is no real friendship at all, but a mere economic transaction. The only gift that you must give true friends is out of the treasure of your heart. They want your Love. Friends request the topaz of time, the emeralds of energy, the sapphires of support, the rubies of reason, and the diamonds of dynamic Love. Friendship is caring and sharing. It is also listening, and talking. It includes various forms of appropriate touch. It is warm and comfortable for both, never judgmental or overly critical.

You can share your deepest fears, weaknesses, uncertainties, and flaws with a friend, and she will not judge you. Friendship, as a form of Love, takes humility. For it takes this realistic quality to say, "I am imperfect, and these are some of my weaknesses."

It also requires this same humility to admit that your life cannot be regulated perfectly by your own self, and its attempts to control and manipulate. In fact, the ultimate act of humility is "dying to the self," the indispensable prelude to enlightenment. Humility is the form of wellness that is the symmetric analog to the mental disease called "arrogance."

Humility also means that we must regulate the inner insecurities that cry out for attention. Many people, all during any kind of interaction with other people, are always saying, "Look at me, notice me, praise me," as a kind of subtext to their actual conversation. The mystic does not speak so. She is so secure that she does not find it necessary always to be drawing attention to herself, to be talking about herself, her knowledge, her accomplishments. Those who indulge in this kind of selfdisplay are pathetic. They are sad cases of an ego out of control. Deep down, they have crucial doubts about themselves, and perhaps, don't even like themselves.

So, the enlightened mystic does not waste timenergy trying to impress others. For even if you do manage to impress a few strangers, your life is really **no richer**. She takes that valuable timenergy and invests it in her inner Self, in her great Quest, her inner voyage of discovery.

The enlightened person does not have to be talking all the time, in order to be the "life of the party," or "center of attention." She will have more, and less, talkative days. But

she never talks to impress. She tends usually to be quite quiet, under most circumstances. Unless something is **worth saying**, she will prefer the path of silence. It reinforces her inner stillness. When she does speak, further, an enlightened being is often marked by the use of the speechpattern called "Ifree," or something similar. (This means that she will minimize, or avoid, the use of the words "I," "me," "my," and "mine.")

For her, life is **not** a competition. Like the mastersage of Lao Tzu, "She refuses to compete, so no one can compete with her." So, she does not see others as rivals. This rivalry reflects a very unhealthy state of mind, and her goal is wellness. "The only one with whom she competes, the only one with whom she will compare herself, is herself of yesterday.

Her life is marked by discipline and structure. This is not rigid or inhuman. She is not into deprivation or deliberate discomfort. For her, though, "discipline" is not a harsh word. In fact, sharing a root with "disciple," it means simply "learning."

The conscious practice of "Ifree" is an example of this discipline-structure. It requires total concentration, careful monitoring, and special awareness of what you are saying, and how. This is the "mindfulness" of Buddhist mystical tradition. If you really want to change your thoughtpatterns for the better, here is a good place to begin. It is at once very simple and very challenging.

In time, this and other disciplines will lead to a changed state that the psychologist Carl Rogers called "othercenteredness." This, too, is necessary for the development of Love, and is a synonym for "compassion."

Breaking away from the massive egotism that many people regard as "normal" is a first step to illumination. Here, we cannot draw our standards from society and culture, which are themselves twisted and distorted. We must use as role-models the mastersages of the Way. Their guidance says to snuff out or extinguish the ego. (*Nirvana* means literally "to extinguish," and refers to egoextinction.)

For most people, ego is a "blackhole" in the psyche. A "blackhole" is defined as any factor that eats up mental energy, and gives nothing back, similar to the stellar phenomenon of the same name. The ego tends to be so strong as to dominate life, eclipsing all the great and beautiful truths that might be known in its absence. The thoughts of people orbit around the ego as the center of their lives, and, as the center, it is allimportant. It is also alldemanding, and allconsuming. This drains away all spiritual energy.

For to pursue the soul and Spirit requires two factors, time and thought. In most lives, most time and thought are already

consumed by egothinking, and not even crumbs are left for the spiritual journey inward. That is why people who talk too much about themselves are unusually limited in their knowledge, conceptual skills, and actual experience. The hyperegocentrist is devoid of all spiritual beauty and depth.

In these cases, egotism robs you of energy that could be used to love yourself and others. You just don't have the timenergy for compassion, service, or friendship, because ego demands every micropsychon of mental force.

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Chapter 34/ Egos and true teachers: Notes on the Jehovah-myth, a Cult of Universal Massacre Fatalism and Free Will

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Excellence in spiritual teaching is strongly marked by egolessness. The truly qualified and enlightened spiritual teacher will not struggle and strive for strokes. She will not seek admiration, and will often refuse it even when it is offered.

She wants her students to talk about concepts and ideas, about truth in its infinity of forms, **not** about her ego. To her, her egoface and egoname are supremely unimportant, irrelevant to her message. She would prefer to relax in the cool, calm waters of the shade than to dance in the spotlight.

In the modern metaphysical community, unfortunately, there are many self-styled "teachers" who are ego-obsessed. They love to hear their egonames praised, and often, their followers are gullible and/or ignorant enough to go along with this egogame. They make sure that their egofaces are placed prominently before their audiences, and some have not been beyond shamelessly distributing photos of their egofaces. Some have even made the absurd claim that simply looking at a picture of the "guru" will trigger instant enlightenment. Others display their egofaces prominently on the covers of their books. And their names are everywhere. When people worship them, they lap it up like a starving puppy.

These egotists are the greatest shame and embarrassment of the metaphysical community in America, in the twenty-first century.

Humility is not "advanced" spirituality. It is the "preschool" level, and anyone who is truly on a genuine spiritual path will demonstrate it.

Even in her use of Ifree, the masterteacher (she is master of only her self) will not simply avoid the use of selfwords mechanically. She will understand the spirit behind Ifree, which is to get the mind thinking about issues and philosophies, not

just about the great, all-encompassing ego-self. Her mind is unconcerned with the self, and it is this very propensity which makes a master teacher.

She realizes that egocentricity is a keyhole view of infinity. Egocentricity is the most crippling of spiritual diseases, as it ruins everything and everyone that it touches. Only greed is a worse disease. Until one is "unselfed" or "deselfed," the mind is stuck to what it can see through only this keyhole. But when this gigantic boulder of a burden is finally dropped, the clean, fresh air of freedom rushes in. Ego gives the visionary capacity of an amoeba, but this inner Mind explodes into gigantic expansion when we shatter the shackles of ego.

The author of this book became a minister at the age of eighteen. "This, once a source of pride, is now his greatest shame. For he was a minister in an extremist, right-wing fundamentalist group which, to put it politely, had a few screws loose. He, like his cult, thought that he had God in a thimble, the microspace of the cult-dogma.

The cult had a very strong image of God as the ancient Jehovah-myth. So, it taught, and believed in, a god of cruelty, injustice, and stupidity. If this god did not get his way, he would simply kill his "enemies." Adolf Hitler would have been proud!

This god was both emotionally and spiritually arrested. He threw temper-tantrums. He admitted that he was jealous. He spent half his time in a state of agitated, frustrated anger. He was obsessed with a tiny Middle Eastern state, to the point where, its generals taught, Jehovah actually went into war, on the battle-field, with the soldiers.

What was never realized, in this arrogance, was that knowing about Jehovah meant nothing about knowing God. Later, this author was stunned and shocked to discover that, for the first eighteen years of his life, he had been actively worshipping a "false" god. In the cult, we had "Jehovah" in our little matchbox, all contained and manipulable, and we grew complacent.

We also became hardened and insensitive, just like our god. For the basic, most fundamental teaching of the cult was that, any time now, Jehovah was going to practice mass-murder so widespread, gruesome, and atrocious that it would, by comparison, make Hitler look like a humanitarian saint. For Jehovah, and the cult, were not only clearly antisemitic; they were fully antihuman. This resulted in the most ghastly, nightmarish teaching imaginable. For their god was going to slaughter and massacre every person who did not belong to this shabby, fraudulent, pathetic little microminority cult. A more antihuman teaching would be difficult even to imagine.



This author, in short, had been totally blinded by a culturally-supported, religiously-supported egocentricity.

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In true wisdom, we must come to recognize spiritual egalitarianism-- that we are no better, and no worse, than anyone else.

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No matter what you've accomplished, no matter what you know, you are not really better intrinsically than any other member of your species. It is true that you are priceless, you are unique.

Sometimes, in half-joking, this bit of encouragement will be shared: "You are completely unique-- just like everybody else."

The mystic, seeking to cooperate with Tao, or the great Mind or Power running the cosmos, practices a mild resignation. But she is never a fatalist, going to the extreme of saying that no initiative is necessary. For she always responds readily and willingly to the direction of Love. And Love often moves her to initiate.

This "go with the Flow" attitude is not even similar to a paralyzing predestinarianism. For every moment and move of your life is not predestined. True, the soul has preselected and predesigned some conditions. It selected your genome (genetic structure), for example, so that certain genetic factors will unfold in your body. This cannot be changed by current knowledge or technology. The mystic gracefully accepts the limitations which nature has placed upon her, and seeks to find ways around genetic obstacles.

For example, the author of this book brought within himself a gene that made him go blind at the age of twenty-eight-- nearly twenty-five years ago. Yet the inner journey is completely open to him.

For the committed mystic, it is **only** this inner journey that counts, that has any final value at all.

Every moment of your life, you make free-will choices that can affect you the rest of your life. These work together with your basic karmic matrix to determine your destiny. Choosing to read this book, for example, is a free-will activity that can greatly enrich, and even help transform-- your entire life. It is a good investment of timenergy-- not only the author's, but the readers', as well.

Timenergy invested in this-- the study and discovery of the inner worlds of Mind-- is the wisest investment that you will ever make.

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Chapter 35/ Embracing the Self, "In Love" with the World of Dreamind

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The world is an interpretation, a Mindworld. It is a dreamworld. In reality, there is no "outside." The cosmos is an inside job. It's all in your head.

So, all the characteristics that you see everywhere are actually within you. Let's even suppose, for the sake of argument, that an "external" world really did exist. Even if it did, the fact of the intrinsicity of the world, its interior nature as part of Mind, still remains unchanged. For by the time that you "see" or know anything, that thing is already changed. You can't know, sense, or perceive anything without changing it.

When any stimulus passes through the billions of interpretative filters and lenses of your personal nervous system and brainmind system, it is altered according to your inner "specs."

So, the world that you experience is still a tailormade one.

It is **yours**, and no one else's. And your inner world is till quite unique. Ten people in the "same" room will actually be inhabiting ten different Mindrooms.

Either way that you cut it, you still live in a "world" that is not items, objects, and things, but thoughts, feelings, reactions, and interpretations. Even if an "objective" world were really to exist, no one could ever sense or perceive it purely, or accurately.

When, then, you hear of a rape, it is your own Mind warning you not to abuse anyone. When you hear of a death, it is your own Mind signalling that some part of your own being has perished. This is precisely the same symbolic language used to interpret nightdreams. In the dreamworld, every event is about **you**. It is, specifically, about your psychological, mental, emotional, or spiritual progress.

Also, out of the thousands of millions of events that occur everyday, only a nanoscopic quantity manages to move from theoretical reality (what might be) to actual, experiential reality (what is), in your personal sphere. So, even if you read twenty papers a day, it's still nothing more than a single grain on an infinite beach.

Everything and every event in your sphere of perception, your field of consciousness, is an exteriorized fragment of your Self or self. This Self is most often a mysterious labyrinth of dark caves, and the path to their exploration is dark and uncertain.

All spirituality begins with leaping into the deep inner caverns of Mind. All ascent to the sun of light begins with a plunge into the darkness. Deep within, you will find a guiding "star" in the skies of Mind, which will lead that magical part of yourself capable of knowing Love. This component is the "inner

"*magi*," and this star will lead to the "place" in Mind, the inner space, where the Love-nature or "Christ" is born.

This will occur not when you are fully enlightened, but while you are still toiling under the stress and strain of your animal-nature or biomind. For Christ is born in a "stable," among "animals."

The more that we let Love into our lives, the brighter is this inner star. This is precisely what mystics call the "inner Light"-- and it is a sure, certain, steady, and reliable guide. Alchemist called it the *lumen natura*-- a "natural light." So, we are all naturally luminous beings. Nothing could be more natural to human nature than openness to Love. We glow, we shine, with Love, illuminating ourselves completely, and the world partially.

So, be like the sun. When the sun shines on garbage, it is not made the least bit impure. The mystical quality called "equanimity" means that the mystic is not infected by the apparent "negativity" of the world. She remains pristine in her inner Self, which is plugged in, not to the world, but to the inner Fountain of Lovelight. Through our pains, losses, and agonies, the light burns pure and uncontaminated within. What might topple us are not inner hurricanes and tsunamis, but the steady drip, drip, drip of relentless illusions.

So, when we see something "negative," we must turn things inside-out. We must seek the Love within the hatred, the jewel within the petals of the flower. We must find the good, redeeming aspects of every "bad" person, thing, event, or situation. Like the sun, we must shine the light of consciousness upon the most beautiful and the "ugliest" objects, fusing them, interweaving them, into a "monospective" beauty. We must also shine on every sort of "evil," rescuing the Lovelight from its obscuring smoke and mud.

Sunlight, our model, is completely without discrimination. In a sense, using the analogy of Mind, you could say that it "knows" the entire world, and everything in it, as both worthy of its warmth, and as "beautiful." But the whole point is that the sun is *unconscious* "un." It has no idea to distinguish between beautiful and ugly, and will shine just as brightly and beautifully on a slimy mass of garbage as on a forty-carat emerald. The same is true of rain, which falls upon all, nondiscriminating, and cleanses all.

The sun is not made less bright when it shines on the garbage, and the enlightened Mind is not less lightfilled no matter what it beholds. It is already supreme beauty, and can be neither enriched nor impoverished, at its essential level, by anything that we do, or do not do.

So, the great Quest is the journey inward, towards "pure Mind." It is "pure" precisely because nothing that it beholds

can contaminate its pristine Love. This Quest is completely natural to the human mind; in fact, it is the unnatural mind that ignores it, to its peril.

This unnatural, even antinatural, life becomes lost in the plethora of distractions of materialism and hypersensuality. It so loses itself in the "outer" world that the inner seems not even to exist. It is in densest darkness or ignorance. It has lost its Center. This unawareness of Coremind is a kind of unconsciousness.

Lost in the deep, turbid, unclean waters of karmic amnesia, it is degraded to become the slave of its own dreampictures.

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A person is less than what she serves. If you serve material things, you make yourself less than things or objects.

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If you, like most people, find that you have so fallen from grace and peace that you have plummeted to this state, don't try to change things by force. Don't panic. Don't regret your life. Learn whatever you can from it, and move on. Turn your attention inward. Listen quietly to the Mind within.

Trying to live in this world without first balancing and knowing Mind is like trying to drive a car with no sparkplugs. For Mind is the spark that energizes life. Knowing It is the only activity that can give meaning and value to our lives. So, let it Flow and grow naturally, according to Its own time-table.

You can gently encourage, but not force, this growth through meditation, stillness. You can enhance it through good nutrition, for Mind must work through a bodybrain system. Deep breathing and yoga help many. But the most vital, indispensable factor is to return to inner silence on a regular basis. This is meditation.

This path to the inner Core has already been designed by the soulevel of your Mind. All you have to do is relax into it, stop interfering with it, and let the great river of Love carry you to Its/Your Center.

If you learn stillness, "doing nothing constructively," and cognitively cooperate, you will never be lost again.

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Chapter 36/ Perfection is Now: The Stainless Selfimage, the Hellagony of Guilt, the Gold of Love, Becoming Love

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Abandon the hopeless quest for quick fixes or instant solutions. It has taken Mind millenia, or eons, to sink to its present confusion. This labyrinthine puzzle will not be solved in a few years. Understanding and loving yourself and others is

a lifetime project.

Some have been on the path of spiritualearning for lifetimes. Others are newcomers, still consumed by illusions of materialism and hypersenssuality.

Instant gratification, a hallmark of our society, will never be a fact of spiritual life. You have probably been working on interior growth for some time. That is, in fact, why you picked up this book. For this book did not come to you by "random chance." No, you dreamed it up at precisely the moment that you needed it. Its words are clearly designed to find their targets-- hungry hearts, looking for spiritual sustenance. These words are directed by the same higher Power that is now dreaming them up within you.

The Way of Love is never mastered in a weekend seminar. It is a commitment, not a course. It often Flows into our lives by means of the valves of religion. Or not. Some come to the Way by means of science, art, poetry, literature, or just as a function of interior psychological pressure. What the inner psyche most needs, and wants, to do is to discover its Core or Center, Supermind, and integrate it with everyday Mind. Even if a person is not religious, her own Mind will inevitably, sooner or later, initiate the process of inner exploration. Religion alone does not always fulfill this most basic and gigantic need.

For religion is not enough; it is simply what you do on the **outside**. The Way is what you do on the **inside**. So, religion can become mechanical or legalistic-- in other words, mindless. It can degenerate into obedience to law, in which case, all spirituality evaporates. Love, by contrast, is all about inner exploration. So, It is spirituality. It is about exploring the secret chambers of your personal heartmind. It is the great Quest to find divine nature within.

Deep within, you possess a "divine nature." What does this mean? Simply that you have access to, and capacity for, Love, wisdom, compassion, goodness, reason, beauty, serenity, and bliss. To access this "higher nature," as mystics call it, you must begin by embracing the "lower nature," or your lower mind. This is those areas of the psyche which feel weak, worthless, helpless; this is the source of frustration, mental and emotional pain, destructive anger, hatred, violence, and general ignorance. The higher nature thrives on Love, the lower on fear.

Start where you are. Take a look at your lower nature, and Love it to death! In other words, don't judge yourself as "bad," or "unworthy." Embrace yourself as you are, but with a goal of improving-- day by day, one step at a time, incrementally. No one can be even spiritual, much less perfect, overnight. So, avoid damaging perfectionism.

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Perfectionism is the enemy of perfection.

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In the past, the world has given you "exams," some of which you have failed. But in the school of the cosmos, to fail an exam is also to pass. For it is yet another way of learning and growing. "So, this is a school in which even the failures are successes. Paradoxically, every "F" on your reportcard moves you, impels you, towards that final "A."

Besides, every time that you took an exam, you did so at the level where you were. If you failed, that is not "evil." (True "evil" activity requires deliberate and conscious action.) You probably did the best that you could at that level. We don't say that a little girl is "evil" because she is in kindergarten, and not college.

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Despite your many mistakes, there has never been even a particle of "true evil" within you.

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Selfimage reconstruction begins with this premise. You are good, through and through, in every nanopsychon of your interior being. There has never been, and is not now, a microparticle of "evil" within you. What has appeared to be "evil" in the past has been simply ignorance, and you are outgrowingthat! All that is real within you is good; all that is genuine within the world is also good. For everything that is absolutely real is the Love-nature, the Coremind, Absolute, or Superconscious, whose sole and only nature is goodness and Love.

Since this Lovemind or Lovegod is your ultimate Self, there is no point in spiritual evolution at which you do not fully love this Self, for It is Love. It has always loved itself through you. Only when you complete the process of Mindmeld, merging and fusing with this inner Mind, will fulfillment be total, complete, perfect.

In this Supermind, because it is Love, one hundred, and fear, zero, there is no room for guilt. Enlightened people do believe in remorse and recompense as aspects of good conscience and justice. But they reject guilt, for it is unproductive fear, which is Loveclipsing. They do feel regret for errors, and will assiduously apply themselves to undoing the mistakes they have made. What they refuse to accept is selftorment, the selfcreated hell of guilt.

Fear, the antiagapic principle, is the essence of guilt. Catholic and Jewish writers have felt it their religious obligation to try to change people through guilt. This has never worked, and it never will. For fear has no transformative value. People are changed only through Love.

The goal of the Way is to cultivate precisely this Love so that we learn to love everything within us, without labels. So, let's throw out those tags that say, "worthless," "evil," "ignorant," "not good enough," etc.

Since Love is the only metamorphic Power in the universe, the more that we can fill ourselves with it, falling in Love with ourselves, the more accelerated will be our progress. After all, Love is not only the Way, but the destination. It is to Love-consciousness that we are all ascending. To become pure, unmixed Love is the goal of wisdom and enlightenment.

In the words of old alchemy, we are all "part lead" and "part gold," that is, a blend of lower and higher nature, ego and Spirit. The goal is to transmute all the "lead" or lower inclinations, into "gold" or Love. If "lead" is fear, Love is the legendary "philosopher's stone." This stone could change any other thing that it touched into gold. So, Love transforms everything into its own image. When inner Love touches fear, fear vaporizes and its force is recycled into more Love.

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It is by loving that we are transformed into Love.

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You can neither learn Love by intellect, nor generate Love by will. Love is created only by loving. Each act of compassion or kindness multiplies Love exponentially. Love grows through loving.

In time, we become filled with Love to the extent that there is nothing in us but Love. It is our magnificent obsession, our passion. (It is the **only** obsession that is healthy and healing.)

Then, we have no choice but to say that we have **become** Love. For we have looked deeply inside, and have seen and found nothing but Love. Its conceptual opposite, fear, has no real existence; when we awaken to that fact, it is gone, vanished without a trace.

You can't fabricate or manufacture Love. You can only yield to it, encourage It, nurture It.

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Chapter 37/ Psychorestructuring: Shadow, Parents, and the Author's "Tale Told by an Idiot"

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The inner journey to the Lovecore was called the "Great Work" by alchemical mystics. It began with a state called the *prima materia*, or the shadow. In close relationships, this shadow can be ignited by the tiniest spark. When the other strikes a nerve, by saying something that we know, deep down to be true, but have denied, an explosion can rock our Mindworld.

When a mole-hill instantly becomes a mountain, the unconscious Mind is sending a powerful signal. It is saying, "Notice this, pay special attention. This might be something that you are hiding from yourself."

In fact, overreaction to **anything** implies that a nerve is being struck, and this is the time to concentrate on defining the shadow. So, the next time that you find something particularly annoying or irritating, don't waste energy on anger at the messenger. Instead, study the message, and ask your own mind about the shadow. You'll learn a lot!

Ask yourself, "What is this trying to show me about myself? Am I hiding anything from myself? What can I learn from this?" You can start the process of selfknowledge by going within, and honestly asking, "What was my most painful aspect of my relationship with my parents? What most irritates me about them? What do they do or say that makes me feel uncomfortable? Why, or how, does that threaten me?" Then look honestly, with objectivity, for that same quality or characteristic within your own personality. Remember, when this kind of inner examination leads to breakthroughs, you are not obligated to share these with your parents. Keep in mind that this work is **not** about **them**, but about **you**.

Working on yourself in this way is **not** egocentricity. It is simply an attempt to heal in the proper sequence. For you must be functionally well on psychological levels even to begin the inner Quest for the Beloved. This is just a matter of priority, for, if you are ever going to be good for anyone or anything, you must first work on yourself.

The goal is **not** perfection, but simple selfrepair, selfcorrection, selfimprovement. These begin, in turn, with selfunderstanding. This can, at best, lead to a total restructuring of the psyche, from the Core (Love) out.

When this author did this exercise, he discovered that it was massive but largely unconscious egocentricity, revealing insecurity, that he found most difficult. At times, it really seems that, in the maternal mind, the whole world was all about **her**. Other people often seem to exist, in her mind, as extensions or expressions of her. While this is true at unconscious levels, when one believes that the **conscious** mind is the Center, that can be tragic and perilous. Then, it becomes the disease of hyperegotism. This is just another variety of the basic disease of fear.

The author learned a great deal about egocentricity and its direct relationship to its own "mother"-- terrible insecurity. This chronic fear is insatiable. It will gobble up attention and praise, and immediately come back for more, still starving, still as hungry as ever, voracious for more. And there is never



enough.

As far as the sperm-donor (he was certainly no "father," by any stretch of imagination) was concerned, he was notable for his absence. The author was actually grateful that the sperm-donor had not been there during formative years, for he would have been a terrible and tragic role-model. Although she did not realize its depths, the mother did teach the author, from about the time that he was four, that "God is your father"-- words that were never forgotten, but burned indelibly and indestructibly on the heart. Now, nearly fifty years later, the prophetic words are literally coming true, to their fullest fruition.

Some transference occurred earlier. Because the sperm-donor was invisible, for quite some time, the author went through his own "atheist" phase, before his real darknight, when God also seemed to be absent. By the time the darknight actually arrived, it was known that God did exist, but He/She seemed again to be absent. During the more adolescent atheism, God simply did not seem to exist at all. This left an enormous gaping wound in the soul, with no God to fill or heal it. (Atheism is not "bad." Many honest seekers must pass through an atheistic phase in their personal growth.)

The later apparent "absence" of God, after the author had touched, glimpsed, or tasted briefly the inner Love-nature, was much more tragic and traumatic. For this brought up every insecurity imaginable. The author found that, during these "attacks" from various inner forces, the very best and most protective attitude is summed up by the mystical word "detachment." Seeing his life literally falling apart around him, he was finally driven, by desperation, agony, and bitter frustration, to say, "I don't care what happens." (His most important teacher during this time was "Brother Donkey," a petname of endearment for his physical body.) When he gave up completely, with an essentially "What the hell" attitude, he let go totally of any attempt whatsoever to control any outcomes. Although he did not consciously realize it, this was the key to his full liberation.

Even in interior prayer, he ceased completely to ask for anything, realizing that this futile "pleading" with a distant god was just a thin disguise for trying to control. His only "prayer" was just a *mantra*, designed not to please an outer god, but to boost his own inner growth.

It must be emphasized that the author did not reach this state of full detachment because he was unusually wise; he just gave up. He came to two realizations: 1) His lifexperience was not controlled by him (as ego), and 2) It was not his task, mission, or assignment to attempt to influence or control things, and it did **absolutely no good** even to try. In other words, he

had completely "hit bottom." He just gave up completely. In retrospect, this yielding was the same as putting the self in the hands of the cosmic Mind, saying, "Not my will, but thine," or, more simply, "Thy will be done."

This was the infamous "darknight of the soul" about which mystics speak. It was terrible. There was a pervasive sense that the God who had been touched was nowhere to be found. Even more profoundly, the author arrived at such a deep state of detachment that even that did not really matter. (He had already arrived at the state where his own biosurvival did not matter.) There was probably some childish transference going on here, too, for, as the sperm-donor had betrayed him by leaving and never coming back, now God seemed to be doing exactly the same thing. Retreating into detachment was an act, not of wisdom, but only of emotional survival, of desperation.

With the twenty-twenty of retrospect, the author was glad that the sperm-donor had not hung around, for he would have been a terrible influence, and would have probably royally screwed up the author's life. But a deep part of the author's inner child resented this betrayal, and even thought himself unworthy of Love for a time. But by the time that this "betrayal" from God came along, the author was too emotionally empty even to resent it. For by then, he simply did not care.

During those years of relentless, unceasing agony, the author did not really care about very much. Many days, his energy level was so low that he literally could not lift his head from the pillow. (If he had not been a psychonaut, an explorer of inner space, he would have lost it. Also, if he had cared, he would have gone nuts.) But all this time, he realized that only Love mattered. Only that counted.

His wife Maria became a kind of archetypal goddess in his life, as she stood valiantly and loyally by his bedside day after agonizing day, night after hopeless night. She was so filled with tender God, or Love. It was she who scribed the final words in the author's "book of the heart." She became Love to him-- a symbol of all that was sweet, beautiful, supportive, tender, and kind.

Later, his sister Pat also became a stainless mirror of pure Love, and intervened to save his life. When finally he began to emerge from a crisis that seemed endless, he did so with a new understanding of how Love was everything. Two people, both females, had literally acted as his "savioresses," had saved him with their powerful Love. He knew that he would forever be in their debt, and has, ever since, poured endless rivers of love from his own heart out towards them. Maria and Pat taught him more about Love than a thousand dusty books, or ten thousand boring sermons. They taught him that Love was spirituality, and

spirituality was Love.

In the perfect vision of hindsight, it is evident now that these two women more than made up for the apparent "absence" of the miracle-working god whom the author had previously expected to come along. God does not miraculously swoop down from the sky and rescue his children, but He/She is as close as the nearest Love. And while Love does not prevent suffering, it makes it tolerable; then the suffering makes one both strong and compassionate.

Even when the author went through the most dramatic of spiritual shifts-- from a closed-minded, closed-hearted, judgmental fundamentalist to a mystic, these two fine human beings, whose souls are pure gold and pure God, stood beside and behind him, in the face of tremendous opposition and violent hatred from the cult. So did the lady who used to be his mother, Ann Blufather.

Illness teaches the great, often painful, lessons of vulnerability. It also teaches the great truth of interdependence.

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Too much "independence" leads only to egostrengthening, and thus, away from Lovegrowth.

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Illness teaches that we all need others. Dependence is not bad. It is not illness, like overdependence is. As you begin Lovegrowth, as you begin to get well within, isolation is no longer protection, but simply insulation.

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Chapter 38/ Infinite Mindwealth: Shadow, Infinity, Ego-  
obsession, Inevitable Light, Galactic Citizenship, Soul, Growing  
int Lovelight, Mantra as Mindvessel, In the Arms of the Beloved

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New horizons and vistas appear before the mind's eye when you open to the worlds within. The darkness of the inner Mindcaves becomes pregnant with riches and Light. There exist the seeds of abundant wellness and Love.

It is among the caves of the personal unconscious that the area called the "shadow" exists. When it is encountered and defined, the goal becomes, not to kill it, but to make friends with it, and then, to use its energy to boost the inner "starship" to the Center.

The inner Mind is as infinite as outer space. In fact, outer space is derived from inner space. Any star, planet, or galaxy that exists in the outer world began as a Platonic ideal, or Mindimage, in the inner world.

As defenses of the shadow evaporate, abundant energy is released, which can now be used to support activities of compassion and feelings of Love.

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In doing necessary work on your psychology, beware of the trap of becoming obsessed with yourself or your ego.

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People who become interested in only selfimprovement tend to lose interest in other people. Ego drains all their vital life force, and they can very easily become ego-obsessed. Egorepair is desirable and necessary, but must be viewed in perspective and proportion as only a step in a much longer journey.

Some become so monochromatically invested in egowellness that they lose all interests in everything else. Even the Quest is forgotten, but is only one of many victims. Be sure, then, always to work on your ego in harness or yoke with spiritual work, and try never to lose sight of the larger goal-- unity with the Lovemind or Lovegod. Do your egowork, but do it enfolded within your Spiritwork.

Enlightenment is quite as natural as the opening of a rose in sunlight. It will come to everyone someday. But if you would enjoy its bliss and peace now, you have the option of doing so. This is done by committing your timenergy to the study of mysticism and the practice of meditation.

But there's no special "trick" to enlightenment. When all conditions are prepared and balanced, and when life and Mind are in order, it's about as easy as falling off the proverbial log.

Zen people have a phrase: "If you are not ready for enlightenment, ten thousand words will have no effect. But, if you are ready, the snap of a single twig will catapult you into highest Mind and Lovelight." For some, may this book be that "snapping twig."

Fortunately, the Power that creates Lovelight, and enlightenment, is autonomous of the conscious mind, and its picky manipulations. So, never forget that your unconscious Mind **wants** you to be enlightened, and Its will is irresistible. There's really, in fact, nothing that you can even do with your conscious mind that will screw this up-- unless you simply fail to invest the timenergy to permit it to occur.

**You will be enlightened.**

It's only a matter of time. To go for it now, to get the jump, on the process means that you will bring about inner heaven more rapidly, and so, enjoy it that much longer.

This expansion of consciousness means that you are no longer just a German, an American, a French person, or of any other national origin. You are not a black, brown, white, red, or

yellow person. **The transcendental soul has no color.** You must drop all egobigotries and biases, as you become a citizen of the galaxy. you belong to the cosmos, not to any particular parochial country. You are borderless and boundless.

The body, like the nationality, is secondary. It is no part of Your Selfdefinition. For You are a soul, a nonphysical Center of Mind.

So, **You are transcendental.** Your body is just your "mask" for a temporary role in this play.

Even your conscious mind is by no means Your whole Self. Your real Self is at the unconscious level called the "soul." In time, even this soul will die-- into the deeper Spiritlevel. This Coremind, Spirit, or Supermind is the identity-goal of the mystic. She seeks nothing less than to become the incarnation of God or Love.

So, you start out by believing that you are a body; once you learn that you are not a body, you believe that you are a conscious mind; when You find out that You are not a conscious mind, You then know Your Self to be a soul. It is ohnly when you make the final discovery that You are not a soul that You find out that You are Spirit.

Astonishingly, this implies that You are the only Mind that there is. But this same principle applies to everyone; it is just that different people learn this at varying times. The same Mind that's "playing" you is also playing everyone else.

Growing into the Lovelight fully can require centuries or even millennia. Even after fusion with the Lovemind or Lovegod, you must still play the same earthgame. For it's the only game there is. But you play it with an entirely different perspective, of total freedom and endless Love. Denials, negative judgments, and suppressions of the ego evaporate forever.

So, Your Self, the soul, is a nonphysical Mind outside of time; You were never born, and will never die. Only the props of the stage will change.

Darkness, when it touches the altar of Love, blazes up into radiant, bright, warm Lovelight. All darkness is brought into Lovelight by meditation.

An easy beginner's path to meditation, useful also for those mastersouls who have been on the Quest for centuries, is the repetition of a *mantra*. This can be a simple, four-syllable phrase, in English or any other language, repeated over and over.

Some, for example, have used, "I am at peace." Others prefer, "does not matter," and some have used "God is Love, and..." or, "I am Love, and..." Others have used "Jesus Christ and..." The Buddhist mantra "Amitabha" is very popular, and calls the "Lord of boundless light" from the unconscious. Mantras such as, "Holy

Mary" and "Gentle Kwan Yin" have served others well.

"Hare (pronounced "hah'-ray) Krishna" has been popular, but since it is used by a popular cult, it has lost some of its original spiritual power. "Brahman, Brahman" is designed to remind us that we are the Creator/Dreamer, as is, "I am Brahman."

Use of the *mantra* can, in time, awaken us to the realization that we live and move in a world of exteriorizations or dreamimages.

So, you are not a body. You are not a career. You are not a title. You are a force of nature, and He/She Who dwells within you is irresistible, unstoppable.

Even phenomena which are projected in your own mind, as spirit-guides, angels, etc., arise from the same deeply unconscious inner Creator/Dreamer. (Some originate in the collective, or even in the soulevel.)

In the same way, the infinite Mind can appear to you as god or goddess-- literally, the man or woman of your dreams. When you are most fully human, you are most fully divine. Go with ease and comfort onto the Way, knowing that your Beloved will guide your steps. When He/She guides you into gravity-free inner space, you drop into bottomless tranquillity and endless bright bliss. When you fall into the endless ocean of Love, you know the real meaning of "falling in Love." For you also fall into your Beloved.

As you sink into the embrace of your Beloved's arms, you awaken to the realization that you have returned Home.

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End of Falling In Love with Yourself: Love and the Inner Beloved.

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