

the wisdom of illumination

*A brief look at the nature of the
spiritual/supernatural energy flowing
through our bodies as we walk the
spiritual path*

This whole business of finding the centre of the Universe within us is actually a very tricky thing. The reason for this is simple – *we*, ourselves, cannot find *it* by applying ourselves to the task, not as we would apply ourselves to other things. What I mean by this is the supernatural element that makes life sparkle, and that makes life magical, is found in Mother Nature through balancing the external with the internal. But this merging of the

externalised world (those people and things around us that are seen to be separate from us) with our internalised world (our feelings and our perceptions, whether they are right or wrong) is not accomplished by individual parts within the natural system asserting a degree of “*right*” to have these things – the simple truth is we already have *everything* or, rather, we have the *potential* to have everything (everything being the mystic star – the flow of the cosmos, the Universe surging through our veins). But because we have collectively and actively separated ourselves from the natural world, we obviously cannot use this same device of reckoning to actively get it back. The separation that I am talking about is that of identity (identity of ourselves; moreover, identity of ourselves separate from everything else) – and this separate identity that breaks away from the natural world (and the natural magic that is found there) can be called the “lower ego”. Because the lower ego is the whole problem here and wants things for the sake of itself and also for the sake of things, this same lower ego cannot claim back the prize that is rightfully yours. And when I refer to “you” in this instance I am referring to your higher self – the part of you that wishes to shine and connect with the greater

whole – the part of you that is not interested in parts and things and concepts and separation of one thing from another. This shining side of you desires nothing for it is everything, and therefore this part of you is completely at peace and always knows what to do. And so this pure light within you – this burning ember, which refuses to get involved in all your transgressions, does not “desire” and is not “curious”, it simply shines.

Connection with the higher self brings peace and this cannot be grabbed at with the lower self – *it has nothing to do with the lower self*. The fusing of consciousness (your conscious awareness) with the higher self is accomplished not by grabbing at things that one desires but simply by allowing the Divine element of nature “in” (or, into your heart), trusting, and eventually *letting go*.

*this shining side of you desires nothing for it is ‘everything’, and therefore this part of you is completely at peace and always **knows** what to do...*

*Points of **F**OCUS for Meditation*

*When we find centre, we are there,
in fact, we are here there and everywhere!*

When we find centre, 'true centre', the whole of the Universe revolves around us, and not in an egocentric or selfish sense but in all the ways that are lowly and humble. Like the rivers and the streams of the world all heading for the ocean. And this is because the ocean is lower than all other water systems on the planet.

We find the eternal sparkle of everlasting life by connecting with the magical element that is found in Mother Nature. And we do this through balancing the external with the internal.

The merging of the externalised world with the internalised world is not accomplished by individual parts within the natural system asserting rights or power – the simple truth is we already have everything.

When we know we have everything, I mean, really know it on a deep soul level, at this revelatory point, we feel the flow of the cosmos, the Universe, surging through our veins.

The higher self simply 'has' everything, the lower self 'wants' everything but can never have a single thing. This is not because there aren't things to be had in the World, it is far simpler than this. It is because the lower ego is a complete fabrication – a vapour – a ghost of the mind, and so, has no real presence in reality.

If something is an illusion – it matters not how many things you add to it, it will forever remain an illusion. There is a great spacious wisdom here – this is the wisdom of illumination.

Your higher self is the part of you that simply shines, and this shining occurs without any expectation of reward.

The part of you that is not interested in parts and things and concepts and separation of one thing from another – this is your higher self.

A Gentle Exercise to do Whilst We Continue Reading

A nice way to picture the above focus is to consider the tree swaying in the field. Really visualise this in your mind's eye, stop for a moment and experience the tree in the breeze, feel what it would be like if you were the tree. As the gentle breeze eases the tree from side to side, the tree does not accomplish equilibrium through its own volition, through trying, through desiring, through grabbing at objects in the natural world – instead, the tree is surrendered to the Divine and the energy of the Universe flows, balances, and rejuvenates the natural condition and energetic manifestation that “is” the tree, and this “is-ness” holds the seed of everlasting, universal life.

The tree is not separate from its environment just as we are not separate from ours. The tree just “is” – and you just “are”. The tree does not invent complex identities for itself and intellectually try to fit into its role – it just is.

“We” can be just like this – we make things way too complicated... Don’t we? When life seems completely messed up with confusion and difficulty, spare a moment and contemplate the tree. Maybe everything is far simpler than we think... Maybe it always was and always is?

*and so We Settle and Begin
to Simply Observe*

We stop suffering when we realise this one truth on a deep soul level, and then we become part of the whole rather than wanting one thing or another, including wanting to fit in, and driving ourselves crazy when we feel like a square peg in a round hole. It is the “*trying*” that causes all the problems and the notion that we need to “*understand*” that causes all the confusion. The Universe just “*is*” and you just “*are*”, and at the base level there is no difference between the two.

The energy in nature does not ring-fence and offer forward illogical prejudices towards one organism over another – one “*thing*” over another – the energy in nature

simply moves in harmony as though in a timeless dance – and this dance invites us to join in by letting go and not holding on too tightly. If we are to feel this dance, we must allow ourselves to settle into a natural existence rather than perpetuating an existence that is forced and made *unnatural* through over-thinking. This is what we tend to see around us in the western world.

So this is a bit of a conundrum – a conundrum of energy that we create when we try to separate ourselves from the natural world, and also when we try too hard to fit back into it. Both of these drives are drives of the lower ego and will cause a mess – and when we try to fix the problem (fix the mess) with the same broken part within us that caused it, we find that the mess simply gets bigger – *obviously* – how can it do anything else other than get bigger? If the mess is trying to sort out the mess there will always be a mess – plain and simple. The size of the mess will inevitably get bigger and smaller over time, but a mess will endure regardless. This is the raw deal – from a lower perspective, if we *don't* try, we become lazy and fall off centre and away from the Divine element – and if we *do* try we tend to try too hard and believe that 'we' ourselves can achieve balance through

our own efforts – and this also causes us to fall off centre and become cut away from the natural magic all around us. There *is* another option. We can determine to *try* and find a deeper connection to the Universe, but accept in our hearts that it is not through *our* efforts but through *Divine grace* that we begin to finally enjoy a deeper union with Mother Nature, and the balance found therein.

I*f* we can understand how we respond to the energy

around us and the energy moving through us, we begin to appreciate that we are part of a beautiful cosmic and universal dance. This appreciation in itself is a kind of respect that we can show to the immaculate ones above us – and through respect, we are gradually trusted and granted Divine work and given more energy in a balanced way in which to do some good. In other words, if we focus on *feeling* our place, rather than trying to understand everything, we also begin to show respect for the Divine balance found in the natural world and we become like the tree swaying in the field. We ourselves

will not achieve balance, instead, through *focusing* on balance, we begin to show respect for Divine things – *from our limited perspective*. At first this is all we have to work with. Through grace, we might just be allowed to have a sensory experience of Heaven and the energy that flows from Heaven through the natural world. If we feel a deep and respectful connection with the Universe, we can work with this deep connection, and if we work with this deep connection, we are granted this connection – the effect is cyclic and grows stronger with time and with right action. We do not acquire these things directly through our own efforts, we are granted these things through our “show of respect” [for *Divinity*] and this respect we show, over time, creates an unfolding of truly profound and Divine work...

and so this **pure light** within you – this burning ember, which refuses to get involved in all your transgressions, **does not desire** and is not curious, **it** simply shines

This article has been adapted from
the forthcoming publication “**Pure**”

by *John David*