

The background of the entire cover is a dark blue night sky filled with numerous stars of varying sizes and brightness. A faint, light blue grid is overlaid on the sky. In the top-left and bottom-right corners, there are stylized, swirling white clouds. The title 'The Mystic Path' is centered in a large, white, serif font.

The Mystic Path

DISCOVERING THE
INNER MYSTIC

Larry Laurence

The Mystic Path

DISCOVERING THE INNER MYSTIC

LARRY LAURENCE



MYSTIC LIVING PRESS

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Preface

“**T**he LSD phenomenon, on the other hand, is—to me at least—more interesting. It is an intentionally achieved schizophrenia, with the expectation of a spontaneous remission—which, however, does not always follow. Yoga, too, is intentional schizophrenia: one breaks away from the world, plunging inward, and the ranges of vision experienced are in fact the same as those of a psychosis. But what, then, is the difference? What is the difference between a psychotic or LSD experience and a yogic, or a mystical? The plunges are all into the same deep inward sea; of that there can be no doubt. The symbolic figures encountered are in many instances identical... But there is an important difference. The difference—to put it sharply—is equivalent simply to that between a diver who can swim and one who cannot. The mystic, endowed with

native talents for this sort of thing and following, stage by stage, the instruction of a master, enters the waters and finds he can swim; whereas the schizophrenic, unprepared, unguided, and ungifted, has fallen or has intentionally plunged, and is drowning.”

—— **Joseph Campbell**, *Myths to Live By*



Introduction

Beginners on the spiritual path, especially, should be very careful in the company they keep. They should mix with other devotees, and try not to mingle with ego-saturated, worldly people. They should especially avoid people who are negative, even if those people are devotees.

Whether one becomes a saint or a sinner is to a great extent determined by the company he keeps.

~ Paramahansa Yogananda

This book originated from the classes and workshops I have instructed over thirty years, and the discussions I've held with friends in my living room. Over time, these discussions evolved into more complex and intricate conversations as we added new topics to our initial notes. Eventually, it became a workbook and my friends convinced me that sharing these ideas with a wider audience would be beneficial. After some friendly persuasion, I finally decided to put these thoughts down on paper.

As I settled into my chair to begin writing, my thoughts swirled like leaves caught in a whirlwind. Was it truly the right time to put words to paper? The quest for knowledge is an unending journey, and determining when to start recording one's thoughts can be a daunting task.

With that being said, I must make it clear that the information presented here is not meant to be the ultimate truth. It is simply a starting point, a spark that will ignite further contemplation and exploration for those intrigued by this subject.

I must also emphasize that this book has been crafted with both newcomers to the subject and seasoned individuals in mind. My hope is that it will serve as a catalyst for those just beginning their journey, as well as a refresher for those who have already delved into these concepts before.

Throughout the ages, mystics have urged us to uncover the hidden depths within ourselves. So let us embark on a

voyage into through the human soul and traverse the paths of mysticism.

However, the current trends of yoga and mindfulness in America focus solely on technique, disregarding the vital teachings of wisdom and ethics that are crucial for true liberation. Mysticism, on the other hand, has devolved into an abyss of disinformation and weird practices to create better material life. For those searching for a path towards genuine personal growth and the rejection of nihilism, hedonism, and materialism that threaten our planet, the mystics offer a sustainable solution to awakening.

I want to get one thing straight: mysticism is not a mysterious quest reserved for a select few or a set of obscure practices. It has often been confused with the occult and other unusual subjects, but at its core, it is simply an honest and genuine journey within oneself to to unveil the Divine.

The beginning of the search begins and ends within ourself. Several thousand years ago Socrates said, an unexamined life is not worth living. Yet too often, this quote is interpreted as a call to explore our values and discover one's individual talents and purpose. However, what I propose here is a more profound introspection - a journey into the depths of one's soul in search for ultimate truth. A process of self-discovery that goes beyond surface-level examination and delves into the very core of our being. For

it is only through this deep exploration that we can truly understand and make sense of our existence in this world.

So, my ultimate aspiration for this book and accompanying workshop is to serve as a catalyst, igniting thought-provoking conversations and sparking deep, meaningful discussions that will open the door to new perspectives and open the door to higher consciousness or what is called bliss, peace and love.

For my blog, videos, and other information on the mystic path visit www.mysticlivingcenter.org and mysticlivingpress.com



Mysticism & Occult

“**Mysticism** is the greatest power in the world because it leads us to the source of all power.” ~ Meister Eckhart.

While metaphysics, quantum physics, and spirituality explore different aspects of reality and human experience, there are intriguing overlaps and interactions, particularly in areas where science, and spirituality intersect. Each domain contributes unique perspectives to our understanding of the nature of this reality. However, there is a mix up between mysticism and the occult which needs to be answered first.

While the terms “mysticism” and “occult” may sometimes be used interchangeably or have overlapping con-

cepts, I would like to clarify and distinguish between their general usage and specific definitions.

1. **Occult:**

- The term “occult” refers to hidden or secret knowledge, practices, or beliefs that are not typically part of mainstream religion or science.
- Occult practices often involve the study or manipulation of supernatural forces, energies, or phenomena.
- Historically, the occult has been associated with esoteric traditions, secret societies, and mystical teachings.
- Occult practices encompass a wide range of beliefs, rituals, and activities aimed at accessing hidden or supernatural forces. Here are some examples of occult practices:
 - **Divination:** Divination is the practice of seeking knowledge of the future or unknown by supernatural means. Common forms of divination include:
 - Tarot card reading: Using a deck of cards with symbolic imagery to gain insight into

a person's past, present, or future.

- Astrology: Studying the positions and movements of celestial bodies to interpret their influence on human affairs.
- Palmistry: Reading the lines, shapes, and markings on a person's hands to discern information about their character, personality, and future.
- Scrying: Gazing into reflective surfaces such as mirrors, crystals, or water to perceive visions or insights.
- Ritual Magic: Ritual magic involves the use of ceremonial practices, symbols, and incantations to manipulate spiritual forces or achieve specific outcomes. Examples include:
 - Ceremonial magic: Drawing on ancient rituals and symbolism to evoke supernatural entities, harness energy, or perform spells.
 - Sigil magic: Creating and charging sigils (symbolic representations of one's desires) to manifest specific intentions or goals.

- **Chaos magic:** A modern form of magic that emphasizes experimentation, creativity, and the use of belief as a tool for shaping reality.
- **Alchemy:** Alchemy is an ancient practice that combines philosophy and proto-science in the pursuit of transforming base metals into precious gold, finding eternal life, and achieving spiritual enlightenment. These alchemical methods often involve symbolic purification rituals, inner transformation, and the search for the elusive Philosopher's Stone.
- **Spiritualism:** Spiritualism is a belief system that originated in the 1800s, revolving around the concept of communication between living individuals and the spirits of the deceased through mediums or seances. Some common spiritualist practices include channeling, automatic writing, and spirit communication.
- **Occultism in Religion:** Some religious traditions incorporate occult practices into their rituals and beliefs, including:

- Esoteric Christianity: Interpretations of Christian doctrine that emphasize mystical experiences, symbolism, and hidden teachings.
- Kabbalah: Jewish mystical tradition that explores the nature of the divine, the universe, and the soul through symbolic interpretation of sacred texts and teachings.
- Tantra: Hindu and Buddhist traditions that use ritual, meditation, and visualization to achieve spiritual enlightenment and union with the divine.

Another view was shared by Sadhguru, “Occult is just technology. Today, you can pick up your cellphone in India and talk to someone in the United States. Occult is just like this – you can talk to someone in the United States without the cellphone. It is a slightly more advanced technology. This will happen with modern technology after some time as it evolves. I already have a Bluetooth mechanism where if I just say the person’s name, the phone dials for me. A day will come when even this is not needed. Just a small implant will do.”

Mysticism:

“Religion is nothing but institutionalized mysticism. The catch is, mysticism does not lend itself to institutionalization. The moment we attempt to organize mysticism, we destroy its essence. Religion, then, is mysticism in which the mystical has been killed. Or, at least diminished.” — **Tom Robbins**, *Skinny Legs and All*

Mysticism is a mystical and ethereal journey, one that delves deep into the spiritual and religious realm. It involves forging a direct and intimate connection with the divine, uncovering ultimate truths, or reaching a state of transcendence. This pursuit can take many forms, from various rituals and beliefs to profound experiences, all in the name of obtaining a greater understanding and oneness with the divine. Found in countless religious traditions across the globe, mysticism also has a presence in non-religious and non-theistic spheres. Here are some crucial components that make up this otherworldly concept:

1. **Direct Experience:** Mysticism emphasizes direct, experiential contact with the divine or transcendent reality, often described as mystical or transcendent states of consciousness. These experiences can involve feelings of unity, oneness, bliss, ecstasy, or profound insight.
2. **Inner Transformation:** Mystical practices aim to facilitate spiritual growth, inner transforma-

tion, and self-realization. Through contemplation, meditation, prayer, or other spiritual disciplines, mystics seek to transcend egoic limitations and awaken to higher levels of consciousness.

3. **Unity and Oneness:** Mysticism often emphasizes the interconnectedness and unity of all existence. Mystical experiences may involve a sense of merging with the divine, the universe, or all of creation, leading to a profound understanding of the underlying unity of reality.
4. **Symbolism and Allegory:** Mystical traditions frequently employ symbols, allegories, and metaphors to convey ineffable truths or spiritual insights that transcend rational understanding. These symbols serve as vehicles for spiritual awakening and deeper contemplation.
5. **Various Practices:** Mysticism encompasses various techniques, such as meditation, prayer, chanting, ritual, asceticism, and sacred dance. These techniques are designed to develop a heightened sense of awareness, spiritual discipline, and openness to mystical encounters.
6. **Ecstasy and Rapture:** Mystical experiences are often characterized by intense states of ecstasy,

rapture, or bliss, in which the mystic feels a profound sense of union with the divine or the universe. These ecstatic states can be spontaneous or induced through spiritual practices.

- 7. Integration with Religion:** Mysticism is frequently integrated into religious traditions, such as Christian mysticism, Sufism in Islam, Kabbalah in Judaism, and various forms of Hindu and Buddhist mysticism. In these contexts, mystics often interpret religious scriptures, rituals, and doctrines through a mystical lens, emphasizing the inner, experiential dimension of faith.

So, mysticism is a pursuit of spiritual truth, inner enlightenment, and connection with the divine that surpasses everyday perception and logical comprehension. It is an intimately individual and life-changing journey that has been embraced by people and societies of diverse backgrounds throughout time.



The Mystics

“If you cannot find the truth within yourself,
where else do you expect to find it?”

– Dogen, Zen Master

A mystic is a person who devotes themselves to seeking a personal and direct connection with the divine or ultimate reality through intense contemplation, meditation, and other inner experiences. They long for a deep and transformative understanding of the spiritual world, and are driven by an unyielding desire to connect with something beyond our earthly existence. Their pursuit of this higher truth is often all-consuming, as they strive to unlock the mysteries of the universe and their own place within it.

“A priest once quoted to me the Roman saying that a religion is dead when the priests laugh at each other across the altar. I always laugh at the altar, be it Christian, Hindu, or Buddhist, because real religion is the transformation of anxiety into laughter.”

—— Alan Wilson Watts

Examples of mystics

Mātā Amritānandamayī (born Sudhamani Idamannel; 27 September 1953), often known as Amma (“Mother”), is an Indian Hindu spiritual leader, guru, and humanitarian, who is revered as ‘the hugging saint’ by her followers. She is the chancellor of multi-campus research university Amrita Vishwa Vidyapeetham.

Anandamayī Ma (born Nirmala Sundari; 30 April 1896 – 27 August 1982) was an Indian saint and revered as incarnation of Hindu goddess Durga, described by Sivananda Saraswati (of the Divine Life Society) as “*la fleur la plus parfaite que le sol de l’Inde ait produite*” [the most perfect flower the Indian soil has produced]. Her life was suffused in Bhakti Yoga and herself was considered as the epitome of divine grace that inspired the societal cul-

tural milieu to lead the path of service, love and constant remembrance of the divine.

Ramana Maharshi (30 December 1879 – 14 April 1950) was an Indian Hindu sage and *jivanmukta* (liberated being). He was born Venkataraman Iyer, but is mostly known by the name Bhagavan Sri Ramana Maharshi. He was born in Tiruchuli, Tamil Nadu, India. In 1895, an attraction to the sacred hill Arunachala and in 1896, at the age of 16, he had a “death-experience” where he became aware of a “current” or “force” (*avesam*) which he recognized as his true “I” or “self”, and which he later identified with “the personal God, or Iswara”, that is, Shiva.

Joel Solomon Goldsmith (March 10, 1892 – June 17, 1964) was an American spiritual author, teacher, spiritual healer, and modern-day mystic. He founded The Infinite Way movement. He was a healer who spent many years in spiritual studies, reading original scriptures of Aramaic, Greek and Sanskrit origins. His first book, *The Infinite Way*, was published in 1948.^[4]

Eckhart von Hochheim (c. 1260 – c. 1328), commonly known as Meister Eckhart, Master Eckhart or Eckhart, claimed original name Johannes Eckhart, was a German Catholic theologian, philosopher and mystic, born near Gotha in the Landgraviate of Thuringia (now central Germany) in the Holy Roman Empire

Rumi (1207-1273): Jalal ad-Din Muhammad Rumi, commonly known as Rumi, was a Persian poet, Islamic

jurist, and theologian. He is regarded as one of the greatest mystic poets of all time and his works, including the *Mathnawi* and *Divan-e Shams-e Tabrizi*, have had a profound impact on Sufism and spiritual seekers worldwide.

Ibn Arabi (1165-1240): Abu Bakr Muhammad ibn Arabi, known as Ibn Arabi, was an influential Andalusian Sufi philosopher, poet, and mystic. He authored numerous works, including “The Meccan Revelations” (*Al-Futuhāt al-Makkiyya*) and “The Ringstones of Wisdom” (*Fusus al-Hikam*), which explore the nature of divine love and the unity of existence.

Hildegard of Bingen (German: Hildegard von Bingen, pronounced [ˈhɪldəɡaʁt fɔn ˈbɪŋən]; Latin: Hildegardis Bingensis; c.1098 – 17 September 1179), also known as Saint Hildegard and the Sibyl of the Rhine, was a German Benedictine abbess and polymath active as a writer, composer, philosopher, mystic, visionary, and as a medical writer and practitioner during the High Middle Ages.

Al-Hallaj (858-922): Mansur al-Hallaj was a Persian mystic and poet known for his controversial statements and unorthodox teachings. He famously declared, “*Ana al-Haqq*” (I am the Truth), emphasizing the mystical concept of annihilation of the self and union with the divine. Al-Hallaj was executed for heresy, but remains an important figure in Sufi history.

Siddhartha Gautama, most commonly referred to as the Buddha ('the awakened'), was a wandering ascetic and religious teacher who lived in South Asia during the 6th or 5th century BCE and founded Buddhism. **Confucius** (pinyin: *Kǒngzǐ*; lit. 'Master Kong'; c. 551 – c. 479 BCE), born Kong Qiu was a Chinese philosopher of the Spring and Autumn period who is traditionally considered the paragon of Chinese sages. Confucius's teachings and philosophy underpin East Asian culture and society, and remain influential across China and East Asia to this day.

Lao-Zu, Laozi (laudzə/ Chinese), also romanized as Lao Tzu and various other ways, was a semi-legendary ancient Chinese philosopher. Traditional accounts say he was born as Li Er in the state of Chu in the 6th century BC during China's Spring and Autumn Period, served as the royal archivist for the Zhou court at Wangcheng (in modern Luoyang), met and impressed Confucius on one occasion, and composed the *Tao Te Ching* in a single session before retiring into the western wilderness.



Current mystics who have captured the attention and curiosity of seekers worldwide are:

Rupert Spira (born 1960) is an English spiritual teacher, philosopher and proponent of the Direct Path, based in Oxford, UK. Just prior to beginning his formal spiritual exploration, Spira attended an exhibition by the studio potter Michael Cardew at Camberwell Arts Centre in London. Spira considers that his spiritual journey started on reading the poetry of Rumi at age fifteen. Following in his parents' footsteps, he studied at Colet House, London under Dr Francis Roles, himself a student of mystic-philosophers Ouspensky and Gurdjieff and the mantra meditation of Swami Shantananda Saraswati. This also led him to an interest in classical Advaita (non-duality) while he also continued to investigate Sufism through the art of Mevlevi Turning, a form of sacred movement combining prayer and meditation. He also read teachings of Sri Nisargadatta Maharaj and Ramana Maharshi and, in the late 1970s he attended Krishnamurti's last meetings at Brockwood Park.

In the mid-1990s meetings with Francis Lucille led Spira to the Direct Path teachings of Atmananda Krishna Menon which forms the basis of his own 'no-nonsense' Direct Path approach to spiritual awakening.

Eckhart Tolle is a notable modern-day mystic, renowned for the knowledge he shares on the power of presence and mindfulness. Through his bestselling books,

such as “The Power of Now” and “A New Earth,” Tolle eloquently guides readers on a transformative journey towards awakening. He emphasizes the significance of self-development and inner peace.

Deepak Chopra is another influential mystic, a global leader in mind-body medicine and holistic healing practices. Through his books, lectures, and workshops, Chopra combines timeless knowledge with scientific research to lay the groundwork for a more conscious and interconnected world. His guidance emphasizes the integration of body, mind, and spirit, allowing individuals to tap into their innate potential and achieve optimal well-being.

Marianne Williamson has been recognized as a modern mystic, blending spirituality with social and political activism. Drawing inspiration from *A Course in Miracles*, she encourages individuals to embrace love and forgiveness as transformative tools for individual and societal change. Williamson’s message emphasizes that true power and meaning lie in aligning our actions with higher principles and embracing love as a force for healing and restoration.

Adyashanti, a contemporary spiritual teacher, offers a unique approach to awakening through his teachings on non-duality. He guides students on a quest of self-discovery, challenging the notion of a separate self and inviting them to delve into the depths of pure consciousness. Adyashanti’s teachings emphasize the direct experience of

truth beyond concepts and beliefs, encouraging individuals to embark on a path of radical self-inquiry.

Ernest Shurtleff Holmes, (January 21, 1887 – April 7, 1960) was an American New Thought writer, teacher, and leader. He was the founder of a spiritual movement known as Religious Science, part of the greater New Thought movement, whose spiritual philosophy is known as “The Science of Mind. Holmes taught New Thought in a Christian context in his church. The primary teaching is that physical form is created by a Universal Mind, or God, which manifests—or literally reflects—the dominant belief system of all living persons. In his book, *The Science of Mind*, Holmes described this God-force as follows: “There is a Universal Mind, Spirit, Intelligence, that is the origin of everything: It is First Cause. It is God. This Universal Life and Energy finds an outlet in and through all that is energized, and through everything that lives.”

Robert Adams, (January 21, 1928 – March 2, 1997) was an American Advaita teacher. In later life Adams held satsang with a small group of devotees in California, US. He mainly advocated the path of jñāna yoga with an emphasis on the practice of self-enquiry. Adams’ teachings were not well known in his lifetime, but have since been widely circulated amongst those investigating the philosophy of Advaita and the Western devotees of Bhagavan Sri Ramana Maharshi. A book of his

teachings, *Silence of the Heart: Dialogues with Robert Adams*, was published in 1999.

One cannot overlook **Ram Dass**, a spiritual teacher and author known for his exploration of the human potential for spiritual growth. With his influential book “Be Here Now,” he encouraged individuals to embrace the present moment and cultivate mindful awareness. Ram Dass’ teachings revolve around the transformative power of love, compassion, and finding meaning amid life’s challenges.

These examples represent just a fraction of the many modern-day mystics who have emerged to offer guidance and wisdom in our turbulent times. Each of them offers a unique perspective on spirituality, personal growth, and a profound connection with oneself and the world. They inspire us to transcend limited belief systems, embrace a deeper truth, and embark on a journey of self-discovery and enlightenment.

***Most of the bios are from Wikipedia.**



Mystic Code

“The true essence of beauty is found in the
purity of the heart.”

~ Mata Amritanandamayi

In the luminous realm of mysticism, the journey is not only one of personal enlightenment, but also a sacred covenant with ethical considerations that guide the seeker's interactions with the world. This chapter delves into the principles of compassion, love, and service that form the bedrock of the mystic's code of ethics. As we explore these principles, we embark on a profound examination of how mystics navigate the intricate tapestry of human relationships and their interconnectedness with the wider world.

Compassion as a Guiding Light

Through acts of compassion, the mystic not only cultivates inner peace and harmony but also becomes an agent for positive change in the world, promoting interconnect- edness, healing, and reconciliation on a global scale. As you delve into yourself, you come to understand that compas- sion is more than just a feeling; it is a powerful force that awakens the heart with empathy, kindness, and profound understanding. The more you uncover, the more you real- ize the diverse nature of compassionate action, harnessing its ability to bring about transformation in both individual and collective realms. Let yourself embrace this journey with an open heart as you illuminate your path ahead with the unwavering light of compassion.

The "code of mystics" refers to a set of principles, values, or guidelines followed by individuals who are on a spiritual or mystical path. While there isn't a singular, universally defined code of mystics, there are certain common themes and practices that are often associated with mysticism across various traditions and cultures.

1. **Seeking Unity:** Mystics, with their eyes closed in deep contemplation, strive to transcend the lim- itations of their individual selves. They yearn to reach a higher plane of existence and experience a profound connection with the divine, the vast expanse of the cosmos, or the infinite essence of all existence. With every breath, they acknowledge

that all beings are intricately woven into the fabric of consciousness. This search for unity and oneness is a constant guiding force, propelling them towards a greater understanding of the universe and their place within it.

2. **Inner Transformation:** The path of mysticism is a journey dedicated practices like meditation, prayer, contemplation, and introspection, one delves deeper into the depths of the psyche and gains insight into the true nature of existence. The path winds through treacherous terrain, challenging the mind and soul to overcome obstacles. But as one forges ahead, the fog of ignorance begins to dissipate, revealing a clearer understanding of the self and the universe. This is a journey that requires courage, determination, and an unwavering commitment to personal growth. Only those who dare to walk this mystic path will discover its true treasures and emerge transformed on the other side.

3. **Love and Compassion:** The mystical path is a sacred journey, built upon the foundational principles of love and compassion. Its devoted followers strive to embody a heart-centered way of living, continuously embracing kindness, empathy, and

unconditional love for all living beings. This path is one of deep connection to the universe and all its creatures, guided by an unwavering belief in the power of love to heal and transform. Through the practice of loving kindness, these seekers cultivate a profound sense of inner peace and harmony with the world around them.

4. **Simplicity and Humility:** In essence, the embrace of simplicity and humility by mystics reflects their profound understanding of the essence of existence. It is a testament to their commitment to living authentically, in alignment with their deepest values and spiritual aspirations. Through simplicity and humility, mystics embody the timeless wisdom that true fulfillment arises not from external trappings, but from the richness of inner peace, harmony with nature, and a humble reverence for the interconnected web of life.
5. **Service and Action:** For many mystics, the journey of spiritual awakening is intricately intertwined with a profound sense of duty and compassion towards their fellow beings. Motivated by a deep recognition of the interconnectedness of all existence, they feel a calling to serve others and

contribute to the collective well-being of society. This calling manifests in various forms, ranging from acts of charity and humanitarian work to advocacy for social justice and equality.

Ultimately, the call to serve others and contribute to the well-being of society is a central tenet of the mystical path, reflecting the profound interconnectedness and interdependence of all existence. By embodying the principles of compassion, empathy, and justice in their actions and advocacy, mystics strive to create a world where love, understanding, and solidarity reign supreme, nurturing the seeds of peace and harmony for generations to come.

6. **Sacredness of Life:** Mystics see the inherent sacredness and divinity in all aspects of life, from the mundane to the extraordinary. They approach each moment with reverence and gratitude, recognizing it as an opportunity for spiritual growth and connection.
7. **Openness to Mystery:** Mystics embrace the mystery of existence and are open to experiencing the ineffable and transcendent aspects of reality. They are comfortable with uncertainty and paradox, recognizing that ultimate truths may tran-

scend human understanding.

Ethical conduct is another cornerstone of the code of mystics. Rooted in principles of love, compassion, and integrity, mystics strive to embody these virtues in their thoughts, words, and actions. They recognize that ethical conduct is not merely a set of rules to be followed but a way of being in the world – a reflection of one's deepest values and spiritual aspirations. By cultivating virtues such as honesty, kindness, and generosity, mystics seek to create harmonious relationships, foster a sense of community, and contribute to the greater good of humanity.

Furthermore, the code of mystics instills a deep reverence for the interconnectedness of all existence. Mystics perceive themselves as integral parts of the cosmic tapestry of life, intimately interconnected with all beings and the natural world. This recognition of interconnectedness inspires a profound sense of awe, wonder, and reverence for the beauty and complexity of creation. It fosters a sense of responsibility towards the well-being of the planet and all its inhabitants, motivating mystics to live in harmony with nature, advocate for environmental stewardship, and work towards creating a more just and equitable world for all.



The Call of the Mystic

There is a huge silence inside each of us that
beckons us into itself,
and the recovery of our own silence can begin
to teach us the language of heaven. ~ Meister
Eckhart

In the intervals of quiet between breath and the lingering stillness in our everyday lives, there is a soft yet distinct whisper - the call of the mystic. This call rises above the noise of ordinary life and gently guides us towards a path that surpasses the mundane. What is this mystical calling and what is the mysterious forces that entice us to delve into realms of self-discovery and spiritual awakening.

“There is a whisper in my soul, a longing for something greater than my mortal existence.” - Rumi.

Consciousness communicates with us in whispers, using the language of intuition and subtle nudges. These gentle prods from the universe are not coincidences but synchronicities. As Carl Jung has written “Synchronicity is an ever present reality for those who have eyes to see...In moments that seem unexplainable, I am reminded of the unseen forces at play.” Have you ever felt a subtle yearning, an unexplainable longing that seems to originate from a place beyond or from an intuition?

The beckoning of the mystic within is like a soft tune, made up of unseen forces and vibrations that intersect with our everyday existence. It whispers through the monotony of daily life, asking, Is this all there is? Or why is happening to me? It manifests in coincidences, serendipitous encounters, and inexplicable events that defy logic, prompting us to question the boundaries of what we consider real.

This calling often comes with a sense of transcendence, motivating the individual to seek out spiritual practices, experiences, or teachings that can help them form a stronger connection with the divine or a higher realm. The mystical call may manifest through intuitive feelings, dreams, synchronicities, or moments of clarity, compelling the person to embark on a journey of self-discovery and spiritual growth.

The Awakening Journey

“Awakening is not an extraordinary experience that happens to a few special people. It is not an experience at all; it is the recognition of the nature of our being. Once this recognition has taken place, it remains to align our thoughts and feelings on the inside, and our relationships, activities and perceptions on the outside with this understanding.” ~ Rupert Spira

What exactly is this transformative journey? What is this odyssey into the depths of one’s being or the vast expanse of the cosmos? Initially it might be a revelation, a realization that we are part of something greater, something mystical and interconnected. We know that everything in this manifest universe changes. Our body, mind and experiences are in constant flux. But deep within us something has remained since we were born and has never changed. It is that which calls us.

It can take various forms, each unique to the individual. For some, it comes as a deep spiritual experience—a moment of epiphany or revelation such as Adyashanti (an American mystic) or Eckart Tolle had. Others may feel a slow emergence, a gradual realization that there is more to

reality than meets the eye, such as Rupert Spira. Dreams, coincidences, and encounters with wise mentors or spiritual texts can also serve as vehicles for the mystic's call, guiding individuals toward a deeper understanding.

However, when the call comes, you are faced with a decision: accept or refuse. It's like the moment in every hero's journey where they must cross into the unknown. But for humans, the unknown can be daunting. We crave certainty, even though we know the world is always changing. Saying no to the call means you are determining the risks involved and considering the consequences of failure. And even if you do accept the call, your mentors, teachers, gurus, or friends will likely warn you of potential dangers. There is no right or wrong choice here. Even if you accept the call, mentors, teachers, gurus, or friends will bring these potential dangers to your attention.



Embracing the Unknown

“All you know
is the Knowing of your experience.”
~ Rupert Spira

Mysticism is founded on the understanding that the universe is a constant and ever-changing dance of unknowns. This idea suggests that at the core of mysticism is the acceptance or awareness that the world operates in a dynamic and unpredictable manner, often described symbolically as an “ever-unfolding dance of uncertainty.” Therefore, prepare yourself to face your mind’s objections to this unknown territory. Your thoughts may resist and

push back against the unfamiliarity, but stay strong and determined in your pursuit. Trust that the rewards of venturing into new experiences will outweigh any doubts or fears that arise.

The beginning is surrender.

Surrender is a complex and multifaceted concept, encompassing the act of yielding, relinquishing, or giving up control in all its forms. It is an acknowledgment and acceptance of reality as it presents itself, without any attempts to alter or influence it. This state of surrender often requires humility and trust, as well as a deep understanding of one's own limitations. It can manifest on different levels - physical, emotional, mental, and spiritual - each requiring its own unique form of release and acceptance. At its core, surrender is the ultimate display of vulnerability and strength, as it requires a willingness to let go and embrace the unknown with open arms.

Here we are talking about surrendering the ego mind. The ego's thoughts are generated spontaneously from the unconscious, and trying to suppress them only gives them more power. Have you ever experienced anxiety that causes your thoughts to race uncontrollably? Forcing them away is not effective. Instead, try paying close attention to when the thoughts arise but do not engage with them. Usually, we automatically identify ourselves with our thoughts, making no distinction between the thought and ourselves. This cycle continues with more thoughts

constantly popping up. To break this pattern, practice observing and noticing the space between each thought.

Ultimately, surrender can lead to inner peace as the ego is not in charge of your life, you the higher Self is.

So, when mysticism speaks of “beckoning the spirit to surrender,” it is describing a process in which the individual’s inner self is called to release its grip on the ego-driven desires and thoughts for absolute understanding. It suggests an openness to a greater, transcendent truth or reality, often through direct spiritual experience or communion with the divine.

Our minds are bound by limitations and unable to grasp the concept of infinity. We are confined beings with a limited understanding, incapable of comprehending everything. However, we originated from a deeper level than our superficial self or ego, making it impossible for our intellect or ego to attain complete knowledge about anything.

And so we surrender the small “self,” our ego-mind, to something more ultimate than ourselves, an Infinite, or Absolute, or higher Consciousness, from which all things are derived and in which all have their being. When we surrender we realize we are limited creatures embedded in a limitless reality.

The paradox is that when we finally give up our limited finite unknowing being, when we let go of the world, we come to realize and know the deeper One from which we

come and in which we are, sometimes called the true Self, the Christ Self, the Buddha-nature, the Atman, or simply God, or Ultimate Reality.

This does not mean that you surrender to a life of sedentary laziness. The body and ego mind carry their own individual karma, which must be fulfilled, but for you, the higher Self, there is no longer any reaction to the external world. Your consciousness has transcended beyond the physical realm, detached from the illusions of the ego and its desires. In this state, you are able to observe the unfolding of events without being swayed or affected by them. You have reached a higher knowing and acceptance of the natural cycles and consequences of life, and your reactions are now guided by wisdom rather than ego-driven impulses. It is a state of inner peace and detachment, where you can simply be and exist without being caught up in the drama of the external world.

Transcending Fear and Doubt

Along the path to your higher Self, the ego-mind's fear and doubt commonly function as sentinels guarding the threshold of the unknown. At the beginning of this mystic journey, we may need to master the art of navigating these with grace. Observing the ego-mind and its various need to be in charge. Here are four basic ways to transform or overcome the boundaries fear and doubt impose.

1. Self-Exploration and Awareness:

- **Fear Identification:** Understanding and identifying the specific fears and doubts that hinder your growth is a vital first step. This self-awareness allows you to address these issues directly.
- **Mindfulness Practices:** Techniques like meditation and mindfulness can help you observe your thoughts and emotions without judgment. This can create a space for understanding the roots of fear and doubt.

2. Cultivating Courage:

- **Facing Fears Gradually:** Confronting fears in a gradual and manageable way can build resilience and courage over time. It might involve taking small steps outside one's comfort zone.
- **Positive Affirmations:** Affirming positive beliefs and visualizing success can help counteract negative thought patterns and doubts.

3. Trust in the Process:

- **Faith and Trust:** Trusting in the journey, even when uncertainties arise, is a common theme in many mystical traditions. Developing faith

in oneself and the process of self-discovery can provide the strength needed to overcome fear.

4. Question Your Thoughts:

- As you deeply question your thoughts, without seeking to find answers, a peaceful stillness envelopes you. With each inquiry, the grip of the ego loosens its hold, allowing for greater release and surrender. The calm within grows stronger with each passing moment.
- Where did this thought come from? Who is thinking? Who is listen to the thought? Where did life come from? Where did God come from? These question when left unanswered leave a powerful space where peace and happiness come in.

Keep in mind, the essence of mysticism lies in a deep and profound connection to a higher power or transcendent truth. It is a beingness beyond our ordinary reality, one that can only be experienced by abandoning our limited, finite minds. It ushers in a cosmos so vastly different from our own that it defies comprehension.

“A priest once quoted to me the Roman saying that a religion is dead when the priests laugh at each other across the altar. I always laugh at the altar, be it Christian, Hindu,

or Buddhist, because real religion is the transformation of anxiety into laughter.”

—— **Alan Wilson Watts**

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The Mystical Pathways

“Do actions without caring for the result. Do not think that you are the doer. Dedicate the work to God.”

~ Sri Ramana Maharshi

The path of the masters is a sacred journey that transcends time and culture. It has been walked by seekers throughout history, drawn to the profound mystical experiences it promises. It calls out to those who are ready to dive into the depths of their consciousness and unravel the secrets of the universe.

In this chapter, however, we'll examine the diverse mystical traditions that have guided seekers throughout the ages. From timeless teachings to modern mysticism, discover the diverse pathways that lead to a deeper understanding of the self and the cosmos. Each of these wisdom traditions can move us to ask many more questions. So, I ask that you simply look at this chapter as background to the fact that humanity is still on the self-discovery path.

Ancient Wisdom: Foundations of Mysticism

The origins of esoteric practices run deep in the annals of history, tracing back to the ancient civilizations that sought to unravel the mysteries of existence. Let's briefly explore the mystical traditions of ancient cultures, from the wisdom of the Egyptian mysteries to the contemplative practices of the Eastern sages. These time-honored pathways provide a foundation for understanding the interconnectedness of all life and the timeless truths that transcend cultural boundaries.

Eastern Mysticism: The Inner Journey

Note: While each saint may have a unique teaching, they are all ultimately part of the same whole. Characterizations can be useful in understanding them, but it is important to remember their fundamental unity.

- Hinduism is one of the oldest and most diverse religious traditions in the world, primarily practiced in the Indian subcontinent. It is characterized by a vast body of religious texts, diverse be-

liefs, rituals, and practices.

- Within Hinduism, the philosophy of Advaita Vedanta states that reality is non-dual, indicating that there is no inherent separation between one's individual soul (Atman) and the collective consciousness (Brahman). This belief holds that the apparent diversity of the world is actually an illusion (maya), and true reality is singular and unified. Sri Ramana Maharishi, Robert Adams and Rupert Spira would fall in this category.
- **Bhakti:** Bhakti is the path of devotion, emphasizing a loving and devotional relationship with a personal deity. Devotees strive for oneness with the divine through prayer, rituals, and heartfelt surrender. Prominent figures like Mirabai, Tulsidas and Amma (the Hugging Saint) would characterize a mystic in this tradition.
- **Yoga:** The yogic tradition, as outlined in texts like the Yoga Sutras of Patanjali, provides a systematic approach to spiritual evolution. It includes ethical principles (yamas and niyamas), physical postures (asanas), breath control (pranayama), withdrawal of the senses (pratyahara), concentration (dharana), meditation (dhyana), and ultimate ab-

sorption (samadhi). Sadhguru's teaching would come under this category.

- **Zen Buddhism:** Zen emphasizes direct experience and meditation (zazen) as a means of realizing one's true nature. It often employs koans (paradoxical questions or statements) to transcend rational thinking and attain a direct, non-conceptual understanding. Zen holds a dominant position in Japan and has shaped various art forms, including tea ceremony and martial arts.
- **Mahayana Buddhism:** Mahayana Buddhism incorporates elements of Indian Buddhism, Bon (indigenous Tibetan religion), and shamanistic practices. The Tibetan Book of the Dead, or Bar-do Thodol, is a key text describing the stages of consciousness after death. Practices such as tantra and meditation on mandalas are integral to Tibetan Buddhist mysticism.
- **Theravada Buddhism:** The Theravada tradition, prevalent in Southeast Asia, focuses on the teachings found in the Pali Canon. Insight meditation (vipassana) is a central practice aimed at cultivating mindfulness and awareness to gain insights into the nature of suffering and imperma-

nence.

- **Tao Te Ching:** At the heart of Taoist mysticism is the Tao Te Ching, attributed to Lao Tzu. It explores the concept of the Tao (the Way), an ineffable and transcendent principle that underlies and unites the universe. Taoist practices include meditation, qigong, and an emphasis on naturalness and spontaneity.
- **Zhuangzi:** The Zhuangzi, another foundational Taoist text, presents philosophical insights through allegorical stories. It encourages a harmonious alignment with the natural course of events (ziran) and emphasizes the relativity of perspectives.
- **Islamic Mysticism:** Sufism is the mystical dimension of Islam, emphasizing the inward search for God and the cultivation of love and knowledge. Sufis often participate in practices such as dhikr (remembrance of God), whirling dervish dances, and spiritual poetry. Key figures include Rumi, Ibn Arabi, and Al-Ghazali.

Western spirituality

There are rich and diverse tradition that has evolved over centuries, drawing from various religious and philosophical sources. The enigmatic threads in Western mysticism are interwoven with the history of Christianity, Judaism, and, to a lesser extent, Islam. Here is a concise examination of the mysterious aspects in Western mysticism.

Early Christian Mysticism:

- **Desert Fathers and Mothers:** In the early centuries of Christianity, ascetics and monastics known as the Desert Fathers and Mothers withdrew to the deserts of Egypt, seeking solitude and contemplation. Their practices aimed to achieve a direct connection with God.
- **The Cloud of Unknowing:** This anonymous Christian mystical text from the 14th century encourages contemplative prayer and the pursuit of a direct, experiential knowledge of God. It promotes a type of prayer that goes beyond intellect and enters a “cloud of unknowing.”

Medieval Christian Mysticism:

- **Mysticism in the Rhineland:** Figures like Meister Eckhart, John Tauler, and Henry Suso were

key representatives of Rhineland mysticism in the 14th century. They emphasized the notion of the “Godhead,” the ineffable essence of God, and the soul’s journey towards union with this divine reality.

- **Julian of Norwich:** An English mystic from the 14th and 15th centuries, Julian of Norwich wrote “Revelations of Divine Love.” Her mystical experiences led her to a deep understanding of God’s love and compassion, and she was known for her optimistic view of the divine.

Renaissance and Christian Kabbalah:

- **Christian Kabbalah:** During the Renaissance, there was a revival of interest in Jewish Kabbalah among Christian scholars. They sought hidden, mysterious meanings in the Hebrew Scriptures and explored the secret teachings of Kabbalah to deepen their understanding of God and creation.
- **John Dee and Hermeticism:** A 16th-century English mathematician, occultist, and advisor to Queen Elizabeth I, was influenced by Hermeticism and sought to understand the divine through the study of esoteric knowledge, alche-

my, and angelic communication.

Spanish Mysticism:

- **Teresa of Ávila and John of the Cross:** In the 16th century, Spain was a hotbed of mystical activity. Teresa of Ávila and John of the Cross made significant contributions to the development of Christian mysticism. Teresa's "Interior Castle" and John's "Dark Night of the Soul" explore the soul's journey toward divine union.

The Western Esoteric Tradition:

- **Hermeticism and Alchemy:** During the Renaissance and later, hermeticism and alchemy played a role in Western mysticism. These traditions often combined spiritual, mystical, and alchemical practices, seeking spiritual transformation and the discovery of hidden truths.
- **Rosicrucianism:** Emerging in the 17th century, the Rosicrucian movement incorporated elements of mysticism, alchemy, and esotericism. Its adherents sought spiritual enlightenment and transformation through hidden wisdom and ini-

tiation.

Modern Mysticism:

Transcendentalism: In the 19th century, transcendentalist thinkers in America, such as Ralph Waldo Emerson and Henry David Thoreau, explored mystical themes through a lens of individualism, nature, and the spiritual presence within.

Theosophy and Mind Power: The late 19th and early 20th centuries saw the rise of movements like Theosophy, Science of Mind, Christian Science and Mind Power. These incorporated mystical ideas into a broader spiritual philosophy taught by Ernest Holmes, Mary Baker Eddy, Emma Curtis Hopkins, Neville Goddard, Joel Goldsmith, and James Pottenger all proponents of the new thought philosophy.



Walking the Path

"We are not trying to quiet the mind. We are
trying to reach an inner silence,
which is Brahman, the absolute reality. This
is true silence."

~ Robert Adams

On the spiritual quest, the inner realm of consciousness beckons like uncharted territories waiting to be explored. This chapter encourages you to investigate the vast and intricate landscape of your own psyche. By traversing the depths of your inner world, you will uncover hidden aspects of yourself and gain profound insights into the interconnectedness of all things.

The Inner Sanctuary: Creating Space for Exploration

To begin your journey, let us establish a sacred inner sanctuary: a peaceful corner of your mind where you can reflect and explore. This can be achieved by finding the silence from which you can observe your emotions, sensations, and thoughts with no criticism or bias. As it is often difficult for westerners to quiet their ego mind there are techniques that can help.

"When thoughts are reduced, the power of the mind and its subtlety increases, tunes with the universe. Then you can see the realms beyond common understanding. When the mind is pure and quiet, it becomes one with the universal mind. That mind is like a mirror. The secrets of the Universe will be revealed there." – Amma (The Hugging Saint)

Meditation as the Gateway

You may be familiar with different methods of meditation that promote focus and serenity. Let us take a quick look at the various techniques, including mindfulness and transcendental practices, and their related exercises.

1. Mindfulness Meditation:

- **Overview:** Mindfulness meditation is rooted in Buddhist traditions, but has become widely popular in secular contexts because of the Google Mindfulness program. It involves pay-

ing non-judgmental attention to the present moment, observing thoughts and sensations without attachment.

- **Technique:** Sit comfortably, focus on your breath, and bring your attention to the sensations, thoughts, and feelings as they arise. The goal is not to suppress thoughts, but to observe them without getting entangled.

2. **Loving-Kindness Meditation:**

- **Overview:** This practice emphasizes cultivating feelings of love and compassion towards oneself and others.
- **Technique:** Sit in a comfortable position, focus on your breath, and gradually extend feelings of love and kindness to yourself, loved ones, acquaintances, and even those with whom you may have difficulties.

3. **Body Scan Meditation:**

- **Overview:** This technique involves systematically scanning and bringing awareness to different parts of the body.
- **Technique:** Using your awareness, begin with

the toes and progressively move up or down the body, focusing on sensations, tensions, or areas of relaxation. This helps enhance bodily awareness and release tension.

4. **Transcendental Meditation (TM):**

- **Overview:** Transcendental Meditation is a mantra-based technique that aims to transcend ordinary thought and experience a state of deep restful awareness.
- **Technique:** Sit with your eyes closed and silently repeat a mantra. The idea is to effortlessly allow the mind to settle into quieter states of consciousness.

5. **Zen Meditation (Zazen):**

- **Overview:** Rooted in Zen Buddhism, Zazen is a form of seated meditation that focuses on mindfulness and breath awareness.
- **Technique:** Sit in a specific posture, usually on a cushion, and concentrate on your breath. The aim is to observe thoughts and sensations while maintaining an alert and upright posture.

6. Guided Meditation:

- **Overview:** In guided meditation, a teacher or recording leads participants through a series of visualizations or instructions to promote relaxation and inner exploration.
- **Technique:** Listen to a guided meditation recording or follow a live teacher's instructions, allowing them to guide your focus and attention.

7. Mantra Meditation:

- **Overview:** Similar to Transcendental Meditation, mantra meditation involves repeating a word or a phrase to focus the mind.
- **Technique:** Choose a mantra (a meaningful word or sound) and repeat it silently or audibly. This repetition helps calm the mind and foster concentration.

8. Breath Awareness Meditation:

- **Overview:** A simple yet powerful technique that involves observing the breath to anchor the mind in the present moment.

- **Technique:** Focus on the sensations of your breath—inhaling and exhaling—whether at the nostrils, chest, or abdomen. When the mind wanders, gently bring it back to breath.

These are just a few examples, and there are countless other meditation techniques and variations. The key is to find a method that resonates with you and fits into your lifestyle, allowing you to experience the benefits of regular meditation. Experiment with different practices to discover which one aligns best with your preferences and goals.

The Hidden Mind: Gateway to the Hidden

The concept of the unconscious mind having layers, including experiences from previous lives and collective thoughts of humanity, is a perspective that aligns more closely with certain spiritual and metaphysical beliefs rather than mainstream psychology or psychiatry. But let's break down these perspectives:

Self-Improvement Programs:

1. **Techniques and Practices:** Self-improvement programs often employ a variety of techniques and practices aimed at personal growth and development. These may include goal setting, visualization, positive affirmations, mindfulness exer-

cises, and various forms of therapy or coaching.

2. **Focus on Conscious Mind:** While self-improvement programs may acknowledge the existence of the unconscious mind, their primary focus is often on the conscious mind and empowering individuals to make positive changes in their thoughts, behaviors, and habits.

Psychoanalysis:

1. **Freudian Approach:** Psychoanalysis, as developed by Sigmund Freud, delves into the unconscious mind to uncover repressed thoughts, emotions, and memories that influence behavior. Techniques such as free association, dream analysis, and transference are used to explore the unconscious.
2. **Limited to Personal History:** Traditional psychoanalysis typically focuses on experiences from the current lifetime, particularly childhood experiences and early relationships, as the primary sources of unconscious conflict and dynamics.

Psychiatry:

1. **Medical Perspective:** Psychiatry is a branch of medicine focused on diagnosing and treating mental disorders. While psychiatrists may ex-

plore the unconscious mind through techniques such as psychotherapy, their approach is primarily based on medical and scientific principles.

2. **Evidence-Based Practices:** Psychiatry often relies on evidence-based treatments, such as medication management and cognitive-behavioral therapy, to address psychological symptoms and promote mental well-being.

Spiritual Perspectives:

1. **Reincarnation and Collective Consciousness:** Certain spiritual and metaphysical beliefs posit that the unconscious mind extends beyond the boundaries of individual experience to encompass memories from past lives and a collective consciousness shared by humanity.
2. **Integration of Eastern Philosophies:** Some self-improvement programs and therapeutic approaches integrate Eastern philosophies such as Buddhism and Hinduism, which emphasize concepts like karma, reincarnation, and interconnectedness.

Integration:

While perspectives on the unconscious mind vary among self-improvement programs, psychoanalysis, psychiatry, and spirituality, there may be opportunities for integration and synthesis. Some individuals may find value in drawing from multiple perspectives to gain the ability to watch the ego mind. However, it's essential to approach these concepts critically and discerningly, considering both empirical evidence and personal beliefs.



Obstacles on The Path

“What are you having a problem with? What you’re going to find out is you’re having a problem with your mind. Your mind has decided what you want to be happening and what you don’t want to be happening, and that’s what you’re having a problem with.” ~

Michael Singer

The obstacles encountered on the mystical path can vary widely depending on the your individual background, your belief system, and previous experiences. Let’s explore some common obstacles experienced by seekers on the mystical path include:

1. **Ego and Self-Identity:** The ego, a relentless

force within us all, resists the dissolution or transcendence necessary for mystical experiences. It clings to self-identity like a choking vine, making it difficult to surrender to the divine or experience union with the transcendent. The ego is a barrier that must be broken down in order to embrace the overwhelming power of the mystical and allow it to flow through our being. Only then can we truly reach a state of transcendence and connect with something far greater than ourselves. It is a struggle that requires immense strength and determination, but the rewards are immeasurable.

2. **Doubt and Skepticism:** Like a dense fog, doubt hangs heavy on the mystical path, obscuring the experiences that lie ahead. What may seem like mere imagination or delusion to others is a deep and profound truth for those brave enough to embark on this journey. But overcoming skepticism and cultivating faith or trust in the process is crucial in order to continue moving forward. It is a leap of faith, trusting in the unknown and embracing the mysteries that await. Only then can true progress be made on this winding and treacherous path.

3. **Attachment and Desire:** The temptation of worldly desires, material possessions, clinging to relationships, and craving certain outcomes can easily become distracting obstacles for those seeking spiritual growth. The struggle to release attachment and desire is a formidable challenge that must be faced on the journey towards enlightenment. Letting go of these earthly attachments requires immense strength and determination, as they have a powerful hold on our hearts and minds. Only by breaking free from these chains can one truly progress along the path towards inner peace and fulfillment.
4. **Fear and Resistance:** Trepidation grips the hearts of many, causing an instinctive recoil from the mysterious, a reluctance to surrender to the unknown. The fear of losing control and being consumed by overwhelming emotions can create a barrier, preventing one from truly experiencing the mystical. However, in order to achieve profound spiritual growth, it is imperative to conquer these fears and embrace the uncertainty that lies ahead. The journey towards liberation may be daunting, but only through bravery and letting go can one reach their ultimate destination.

5. Distraction and Mundane Concerns: Amid the chaos of mundane responsibilities, constant distractions, and never-ending worldly concerns, it can be easy to lose sight of the spiritual journey. The path ahead may become hazy and difficult to navigate as external forces pull at our attention and threaten to derail our commitment. Like a ship fighting against a raging storm, we must hold firm to our beliefs and focus our minds on the deeper purpose of our journey. Only then can we weather the tumultuous seas and emerge stronger on the other side, ready to continue on towards enlightenment.

6. Dark Night of the Soul: This term, popularized by mystics like St. John of the Cross, refers to a period of spiritual desolation, doubt, and inner turmoil. A hauntingly poetic term, whispered among mystics and seekers alike. It speaks of a time of profound spiritual desolation, where doubt creeps in and inner turmoil takes hold. This period is often likened to a deep, dark abyss that one must traverse on the path to spiritual enlightenment. It is a crisis of faith and meaning, where the very foundations of one's beliefs are shaken to their core. Some may see it as a test, while others view it as a necessary step towards

true understanding. But no matter how it is perceived, the Dark Night of the Soul is an experience that leaves a lasting impact on those who endure it.

7. **Lack of Guidance:** The path of mysticism can be treacherous and overwhelming without proper guidance or mentorship. For seekers, the journey may feel daunting and uncertain, with twists and turns that are difficult to navigate alone. However, with access to ancient teachings, powerful spiritual practices, and wise mentors, the challenges become more manageable and the support feels like a compass guiding towards enlightenment. With these tools, seekers can find clarity and confidence on their mystical path towards ultimate understanding.
8. **Pride and Spiritual Arrogance:** The toxic emotion of pride has the power to create a false sense of spiritual superiority or arrogant self-importance, stunting growth and hindering one's ability to learn from others. Breaking through this barrier of pride is crucial for true spiritual development and building meaningful connections with others. It requires humbly acknowledging one's own limitations and opening oneself up to

new perspectives and teachings.

9. **Suffering and Pain:** Physical, emotional, or existential suffering can test one's faith and resilience on the mystical path. However, suffering can also be a catalyst for profound spiritual transformation and awakening.
10. **Illusion and Maya:** In various mystical traditions, the concept of Maya refers to the illusion of separateness and the veiling of ultimate reality. Seeing through the illusions of the material world and recognizing the underlying unity of all existence can be a significant obstacle on the path to enlightenment.

Conquering some of these challenges not only requires physical effort, but also demands a great deal of inner strength, reflection, and determination. It is a voyage through the depths of one's own being, a metamorphosis towards self-realization, and ultimately, a union with the divine or ethereal existence. Only through spiritual practices and heightened self-awareness can one conquer these obstacles and reach their ultimate destination.

Part II

PRACTICUM



MYSTIC LIVING PRESS

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Ways to Explore the Mystic Path

The pursuit of mysticism is a path that leads towards a deep connection with the divine, a higher reality that transcends our limited perceptions. It is a journey filled with wonder and mystery, guided by an inner yearning to touch the very essence that gives life to everything. Countless mystics from various traditions have embarked on this path, describing it as one of direct experience, profound understanding, and transformative growth.

As you explore this section of the book, you will encounter points to ponder and exercises designed to cultivate inner awareness, experience various states of consciousness, and foster a sense of harmony with the universe. Each chapter investigates different aspects of the

mystical journey, offering practical steps to help you explore and embrace its profound insights. Like a map leading to hidden treasure, this book will guide you on your personal spiritual quest.



The Mystic's Toolbox

"Only you give thoughts power by allowing
them to control you,
by looking at the thoughts and fearing or
reacting to them.

That's where all the trouble begins."

~ Robert Adams

In the pursuit of the divine, mystics have long understood that the journey requires a set of tools to navigate the inner landscapes of consciousness and establish a connection with the sacred. This chapter, although similar to the previous, is about what the mystic's toolbox is like. We'll explore age-old practices and transformative tools that mystics of history have used to deepen their spiritual

experience. From the quietude of meditation to prayer, these tools serve as gateways to the transcendent realms, offering you to directly experience their power.

Meditation: The Stillness Within

As we explored in the last chapter, the heart of the mystic's toolbox lies meditation—a practice that transcends cultural and religious boundaries. The mystic's journey often begins in the quiet recesses of the mind, where the seeker discovers the timeless presence that lives within. But, for advanced trekkers on this journey, those who have successfully removed the awareness from the manifest and ego world, to pure observing, meditations may no longer be needed.

What follows is a script for a meditation on stillness.

Begin by finding a comfortable position, whether seated or lying down, where your body feels supported yet relaxed. Close your eyes gently and take a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Let each breath serve as an invitation to release any tension or distractions from your body and mind.

Now, bring your awareness to the present moment. Feel the weight of your body grounding you to the earth beneath you. Notice any sensations in your body—the rise and fall of your chest with each breath, the subtle rhythms of your heartbeat.

As you continue to breathe, imagine a calming wave of energy washing over you, starting from the crown of your

head and flowing down to the tips of your toes. With each inhale, this wave fills you with a sense of relaxation and tranquility. With each exhale, you let go of any worries or stresses that may be weighing on your mind.

Allow your awareness to settle into the stillness that resides within you. Like a serene lake on a quiet day, let your thoughts gradually settle, allowing the waters of your mind to become clear and calm.

As you rest in this stillness, you may notice thoughts or emotions arise. Instead of resisting or engaging with them, simply acknowledge their presence and let them pass like clouds drifting across the sky. Return your focus to the gentle rhythm of your breath, anchoring yourself in the present moment.

With each breath, feel a sense of expansion within you—a widening of your awareness and a deepening of your connection to the essence of who you are beyond the fluctuations of the mind.

Take a moment to appreciate this inner sanctuary of stillness that you've cultivated. Know that you can return to this place whenever you need to find peace and clarity amidst the busyness of life.

When you're ready, slowly bring your awareness back to your surroundings. Gently wiggle your fingers and toes, allowing yourself to reawaken to the present moment. Take a few more deep breaths, and when you feel ready, gently open your eyes.

Carry this sense of stillness and tranquility with you as you continue with your day, knowing that it resides within you, always accessible whenever you need it.

Prayer: Conversations with the Divine

Prayer is a deeply personal spiritual practice, and there are various techniques and approaches that people use to connect with the divine or express their innermost thoughts and feelings. Many of these techniques you will find easier if you are in a place where you won't be disturbed and can use the power of sitting quietly, closing your eyes. Here are some common techniques for praying:

1. Adoration:

- Expressing love, reverence, and admiration for the divine. This involves praising and acknowledging the greatness, goodness, and majesty of the higher power.

2. Thanksgiving:

- Gratitude-focused prayer involves expressing thanks for blessings, opportunities, and the positive aspects of life. It is a way of acknowledging and appreciating the goodness in one's life.

3. Intercession:

- Praying on behalf of others. Intercessory prayer involves requesting divine intervention or blessings for friends, family, community members, or even broader global concerns.

4. Meditative or Contemplative Prayer:

- Engaging in silent or contemplative prayer involves quieting the mind, focusing on a specific aspect of spirituality, or simply being present in the moment to listen for divine guidance.

5. Centering Prayer:

- Similar to meditative prayer, centering prayer involves selecting a sacred word or phrase and repeating it quietly to help focus the mind and open oneself to the presence of the divine.

6. Walking or Movement Prayer:

- Engaging in prayer while walking, dancing, or engaging in gentle movements. This can be a way of expressing spirituality through the body and connecting with the divine in a dynamic way.

7. Spiritual Mind Treatment

- Rev. Dr. Ernest Holmes was a 20th century philosopher, teacher, and founder of the Religious Science movement, which later became known as the Centers for Spiritual Living. One of the key practices associated with Holmes' teachings is "Spiritual Mind Treatment," also commonly referred to as affirmative prayer or treatment. This practice is a central element in the philosophy of Science of Mind, a spiritual and metaphysical approach to religious and spiritual understanding.

1. Application in Daily Life:

- The practice of Spiritual Mind Treatment is not limited to formal prayer sessions. Holmes encouraged individuals to incorporate these principles into their daily lives, fostering a continuous awareness of their connection to the divine.

Spiritual Mind Treatment is designed to be a practical tool for personal transformation, healing, and the realization of one's full potential. By consciously aligning the mind with positive and affirmative thoughts, individuals can shift their consciousness and, according to Holmes' teachings, experience positive changes in their lives.

Rituals and Ceremonies: Sacraments of the Soul

You may want to explore the mystic's rituals and ceremonies—symbolic acts that transcend the mundane and unveil the sacred within the ordinary. From the intricate ceremonies of indigenous traditions to the structured rituals of organized religions, discover how these practices create a sacred container for the mystical experience. Learn how the intentional repetition of gestures, symbols, and words can elevate the ordinary into the extraordinary.

Sacred Sound: Vibrations of the Divine

Uncover the significance of sacred sound in the mystic's journey. From the chanting of mantras to the melodic hymns of devotional songs, explore how sound becomes a vehicle for transcendence. Witness the transformative power of sound vibrations as they resonate with the innermost chambers of the soul, awakening dormant aspects of consciousness and fostering a profound connection with the divine.

Symbolism and Sacred Objects: Gateways to the Beyond

Step into the realm of symbolism and sacred objects—a language through which mystics communicate with the divine. Explore the significance of mandalas, sacred geometry, and ritualistic artifacts as conduits for spiritual insight. Understand how these symbolic representations serve as gateways, guiding the seeker through the threshold of the ordinary into the extraordinary.

Breathwork and Movement: Embodied Spirituality

Discover the mystic's engagement with the body through breathwork and movement. From yogic practices to ecstatic dance, explore how intentional breath and movement become pathways to altered states of consciousness. Learn how the integration of body and spirit fosters a holistic approach to mysticism, creating a harmonious balance between the earthly and the divine.

As we open the mystic's toolbox, let us recognize these practices are not isolated tools but interconnected facets of a holistic spiritual journey. By integrating these transformative tools into our daily lives, we unlock the potential for profound encounters with the divine, establishing a sacred space where the seeker and the sacred dance in harmonious union.

Our next chapter opens the door to the mystic's relationship with nature.



Spiritual Healing

God, the universal life-force, and energy running through everything, is an intelligent presence pervading all space, a beginningless and endless eternity of eternities, a self-existent cause, a perfect unit, and a complete wholeness.

~ **Rev. Dr. Ernest Holmes**

Think of spiritual leaders like Ernest Holmes, Joel Goldsmith, Mooji, Adashanty, Jean Klein, and the Dalai Lama. They radiate peace, love, and joy from their peaceful and deeply focused state of being. These individuals possess extraordinary abilities that go beyond what most people have developed - intuitive knowledge, instan-

taneous healing, and the ability to manifest tangible results.

The art of spiritual healing has been a part of human existence since ancient times. It takes on different forms - from priests and clergy to shamans and Sufi masters, Zen rishis, Hindu savants, Tibetan adepts, medicine men, healing practitioners, and ordinary individuals. The rituals and practices may vary, whether it is through chanting, singing, dancing, praying, or elaborate ceremonies. However, they all have one thing in common at the core - stillness and inner absorption.

According to masters of various traditions, the purpose of stillness is to redirect our attention from external stimuli and bodily sensations to the transcendent reality within us. We see this in religious figures like Jesus, who spent 40 days in silence and prayer, and Buddha, who meditated under a Bodhi tree for 49 days. There are also reports of Ramana Maharshi spending 7 years in silent absorption in a cave. By quieting the mind, we can expand our awareness beyond the material world and become absorbed in the inner reality. This is achieved when thought energy no longer overwhelms the mind, as sensory information does for the body.

James Pottenger, a minister and student of Ernest Holmes said, "Ernest would stand at the front of his classroom, projecting his voice as he taught his students how to heal all aspects of their lives. He referred to this tech-

nique as spiritual mind treatment or affirmative prayer, and would illustrate its effectiveness by sharing personal success stories from his life and those of his students. The room was always filled with attentive listeners eager to learn how to use this powerful tool to address challenging situations in both their own lives and the lives of others."

After a serious car accident and a near-death experience in the 1950s, James' mother sought out Holmes for assistance to heal her son. Despite consulting with numerous top doctors who believed he would be permanently incapacitated, she had heard of Ernest Holmes' successful healings through prayer. After spending more than a year under Holmes' care, James not only regained his ability to speak and move, but also went on to attend college and earn two doctorate degrees from Pepperdine University.

"As you begin to dive deep within yourself, without the help from books, from teachers, you make mistakes in the beginning.

As you learn to dive deeper within yourself, as you learn to go within, those mistakes are good, for they push you forward. Never judge yourself. Never put yourself down. Never believe that this is too hard for you, or you have too much bad

karma, or something is holding you back. Nothing can be further from the truth. The only thing that is holding you back are your thoughts.

Get rid of your thoughts and you'll be home free. Quiet your mind. Keep yourself still and leave the world alone. When I say leave the world alone it becomes confusing somewhat. I mean mentally. Keep your mind empty and your body will do things that it came to this earth to do. Your body will not sit still all the time and do nothing.

But you can be still in your mind and be thought free. No judgments, no fears, no bewilderment, no apprehensions. Not thinking about tomorrow, forgetting about yesterday, living in the now, being spontaneous and leaving the world alone.

~ Robert Adams

Developing this deep intuition involves tapping into the profound silence where no thought penetrates. Where the interconnectedness changes into a knowing oneness. Here

are some strategies to help you enhance and develop this your healing abilities:

1. Quiet Your Mind:

- Use the questions from the previous chapter 6 to help quiet your ego mind.
- Engage in practices such as meditation, mindfulness, or deep breathing to quiet the constant chatter of your mind. A calm mind is more receptive to intuitive insights.

2. Trust Your Intuition

- Pay attention to your "gut feelings." These initial, spontaneous responses often come from your intuition. Trusting and acting on these feelings can strengthen your intuitive abilities.

3. Reflect on Past Experiences:

- Look back on situations where your intuition guided you correctly. Reflecting on these experiences can build confidence in your intuitive abilities and help you recognize patterns.

4. Knowing:

- Knowing comes from a place within that gives

subtle signals in as you come out of the silence.
Pay attention!

5. Develop Self-Awareness:

- As I mentioned before, understanding your own emotions, motivations, and beliefs is also crucial for developing inner knowing. Self-awareness enables you to distinguish between personal biases and genuine intuitive perceptions.

6. Ask Open-Ended Questions:

- As in number one, when facing a decision or challenge, ask yourself open-ended questions. Allow your mind to explore different possibilities without immediately seeking a logical answer. Pay attention to the subtle responses that arise.

7. Connect with Nature:

- Spend time in nature, as it can help you reconnect with your inner senses. Nature has a way of grounding and aligning your energy, making it easier to access intuitive insights.

Remember that developing intuition is a personal journey, and everyone's experience is unique. It's essential to be open, patient, and willing to explore different practices to discover what resonates most with you. With consistent effort and a receptive mindset, you can strengthen your intuitive abilities over time.

Now let's explore the practice of the receptive mindset, one that is attuned to the whispers of the cosmos and capable of discerning the profound truths that emerge. Establishing a practice of a receptive mindset involves cultivating an open, curious, and non-judgmental approach to experiences and information. This mindset is conducive to personal growth, learning, and gaining insights into oneself and the world. Here are some suggestions on how to set a practice of a receptive mindset:

1. **Mindfulness Meditation:**

- **Purpose:** Mindfulness meditation encourages observing thoughts and emotions without attachment or judgment. It helps create a receptive space for self-awareness and understanding.
- **Practice:** Set aside time regularly for mindfulness meditation. Focus on your breath, sensations, or a specific point of awareness. When thoughts arise, acknowledge them without

judgment and gently return your focus.

2. Open-Minded Inquiry:

- **Purpose:** Foster a sense of curiosity and openness to new ideas and perspectives. This allows for continuous learning and prevents a fixed or rigid mindset.
- **Practice:** Engage in open-minded inquiry by exploring topics you may not be familiar with, reading diverse literature, or engaging in conversations with people who hold different viewpoints. Ask questions and be genuinely curious.

3. Reflective Journaling:

- **Purpose:** Journaling can be a powerful tool for self-reflection and gaining insights into your thoughts and emotions. It provides a written record of your experiences and observations.
- **Practice:** Set aside time regularly to journal your thoughts, experiences, and any insights gained. Focus on describing events without judgment and explore your emotional responses.

4. **Cultivate Empathy:**

- **Purpose:** Empathy is crucial for understanding others and expanding your perspective. It fosters a receptive mindset by acknowledging the diversity of human experiences.
- **Practice:** Actively listen to others, seek to understand their point of view, and put yourself in their shoes. Practice empathy in your daily interactions, both in personal and professional relationships.

5. **Embrace Uncertainty:**

- **Purpose:** A receptive mindset involves embracing uncertainty and being open to the unknown. This attitude allows for exploration and discovery.
- **Practice:** Engage in activities that push you out of your comfort zone. Embrace situations where outcomes are uncertain, and focus on the process of learning and adapting rather than fearing the unknown.

6. **Learn from Feedback:**

- **Purpose:** Receptive individuals are open to

feedback and see it as an opportunity for growth. Constructive feedback can provide valuable insights.

- **Practice:** Seek feedback from others, whether it's in your personal or professional life. Approach feedback with a mindset of learning and improvement rather than defensiveness.

7. **Gratitude Practice:**

- **Purpose:** Cultivating gratitude fosters a positive and receptive mindset by focusing on the positive aspects of life.
- **Practice:** Regularly express gratitude for the people, experiences, and opportunities in your life. This practice helps shift your focus toward appreciation and abundance.

8. **Presence in the Moment:**

- **Purpose:** Being fully present in the moment enhances receptivity by preventing distractions and preconceived notions from clouding your perception.
- **Practice:** Engage in activities mindfully, whether it's eating, walking, or conversing.

Practice being fully present without allowing past experiences or future concerns to dominate your thoughts.

Here's an overview of the key aspects of Spiritual Mind Treatment:

1. Preparation:

2. Recognition of One Universal Power:

- Holmes emphasized the idea of a universal, creative intelligence or divine presence that is present in all of life. This universal power is often referred to as God, Spirit, or the Infinite.

3. Unity of All Life:

- Holmes taught the interconnectedness of all life and the unity of the individual with the greater whole. This recognition of oneness is a foundational principle in Spiritual Mind Treatment.

4. Affirmative Prayer:

- Spiritual Mind Treatment is a form of affirmative prayer that differs from traditional supplication. Instead of asking for divine intervention, it involves affirming and recognizing

the already-existing spiritual truths. It is a way of consciously aligning one's mind with the divine principles.

5. Five Steps of Spiritual Mind Treatment:

- **Recognition:** Acknowledge the presence of the divine, recognizing the unity of all life.
- **Unification:** Unite the individual's consciousness with the universal presence, affirming the interconnectedness of all things.
- **Realization:** Affirm the desired outcome, recognizing it as already existing in the spiritual realm.
- **Thanksgiving:** Express gratitude for the manifestation of the desired outcome, as if it has already occurred.
- **Release:** Let go of any doubts or concerns, trusting in the power of the divine to bring about the desired result.

Setting a practice of a receptive mindset requires consistency and a willingness to be open to the unfolding of experiences. By incorporating these practices into your daily life, you can create a mindset that is conducive to personal

growth, self-discovery, and a deeper understanding of the world around you.

Exposing the Meaningful Truths

As the you become adept at navigating unfamiliar grounds, the veils that shroud profound truths lift. An encounter unfolds in the spaces between certainty and doubt, fear and courage, knowing and not knowing. Through accepting the unknown, the seeker discovers that the mysteries of life are not obstacles to overcome but gateways to a deeper, more expansive understanding of existence.

In the alchemy of mysticism, all profound truths are distilled in the silence. We must venture into this silence, into the uncharted territories of the unknown, unravel the mysteries of life. Let go of the fear of silence, a distraction of the ego. Intuition abounds in the silence, a secret few understand.



The Mystic and Nature

"You can get involved in the world but not mentally. That is the secret. Physically you will do something, go out and vote if you like. Join the Peace Corp, protest, do whatever you like but mentally realize that it is all a bunch of hog wash. In your mind be completely free. This is the way to live in this world."

~ Robert Adams

As a mystic you'll find a profound connection with the natural world—a sanctuary of spiritual wisdom and inspiration. This chapter invites you to explore the symbiotic relationship between the mystic and nature, un-

veiling the ways in which the rhythms of the earth can guide and nurture the soul.

Wisdom in the Elements

Nature is often regarded as a profound and timeless teacher, offering wisdom through its various elements. Each element in nature, such as earth, water, air, fire, and space, carries unique lessons and insights that can inspire personal growth, mindfulness, and a deeper connection with the world. Here's how each element may be seen as a teacher:

1. Earth: Stability and Grounding

- **Lesson:** The earth element represents stability, grounding, and the foundation of life. It teaches us about resilience, patience, and the importance of staying rooted in the present moment. Observing the cycles of nature, like the changing seasons, can impart valuable lessons about impermanence and the interconnectedness of all living things.
- **Practice:** Walk in nature at least 30 minutes a day.

2. Water: Adaptability and Flow

- **Lesson:** Water symbolizes adaptability, flow, and the ability to overcome obstacles. It teach-

es us to navigate life with flexibility, to find alternative paths when needed, and to embrace the ebb and flow of experiences. Watching water flow can remind us to let go of resistance and allow life to unfold.

- Practice: Find a way to swim at least once a week, or take a soothing bath.

3. **Air: Freedom and Breath**

- **Lesson:** The air element represents freedom, breath, and the invisible forces that surround us. It teaches us about the importance of breath, both as a physical necessity and as a metaphor for life energy (prana or qi). Observing the wind can remind us of the ever-present energy that connects all living things.
- Practice: Take 5 minutes each hour and just consciously breath

4. **Fire: Transformation and Passion**

- **Lesson:** Fire is a symbol of transformation, passion, and the power to ignite change. It teaches us about the cycles of creation and destruction, urging us to embrace change and

use challenges as opportunities for growth. The warmth and light of fire symbolize the illumination of knowledge and the burning away of limitations.

- Practice: Sit by a campfire or fireplace, or imagine sitting by a fire and experience the power of it transforming fuel into flames and smoke.

5. Space (Ether): Connection and Expansion

- **Lesson:** Space, or ether, represents the infinite expanse that connects all elements. It teaches us about interconnectedness, expansiveness, and the boundless nature of consciousness. Contemplating space encourages us to recognize the vastness within ourselves and to embrace the interconnected web of existence.
- Practice: Take time to observe the night sky and imagine infinite space

Sacred Spaces: Nature as Temple

Discover the sacred spaces that nature provides—a temple without walls, where you as the mystic can commune with the divine. From the serenity of ancient forests to the vast expanses of deserts, explore how different landscapes act as portals to heightened states of awareness. Understand how the mystic's relationship with nature transcends mere appreciation, becoming a dialogue with the sacred essence that permeates the earth.

Rhythms of the Earth: Harmony with Cosmic Cycles

Immerse yourself in the rhythms of the earth, aligning with the cosmic cycles that govern existence. Explore the mystic's attunement to lunar phases, solar cycles, and the ebb and flow of tides. Recognize the parallels between the macrocosm of the cosmos and the microcosm of the individual, fostering a deep sense of harmony with the natural order.

Nature as Mirror: Reflections of the Soul

Contemplate the mirror that nature holds to the soul—the reflection of the inner landscape in the external world. Witness how the changing seasons mirror the cycles of life, death, and rebirth. Explore how the elements reflect the emotions and energies within, offering the mystic a profound opportunity for self-discovery and spiritual growth.

Eco-Spirituality: Nurturing the Planet and the Soul

Engage in eco-spirituality, recognizing the interconnectedness between the health of the planet and the well-being of the soul. Explore sustainable practices, environmental stewardship, and the mystic's role in nurturing both the earth and the spiritual landscape. Understand that the health of one is intimately tied to the health of the other.

The Language of Plants: Wisdom in Botanical Alchemy

Seek to know the language of plants—a form of botanical alchemy that has been embraced by mystics throughout history. Explore the use of herbs, flowers, and plant medicine as tools for spiritual exploration and healing. Understand how the mystic's relationship with the plant kingdom can open gateways to expanded states of consciousness.

Contemplative Nature Practices: Mindful Presence

Discover contemplative nature practices that foster mindful presence in the mystic's journey. From nature walks and forest bathing to mindful observation of the elements, explore how these practices deepen the connection with the natural world and cultivate a sense of reverence for the sacred in every leaf, stone, and breath of wind.

Ancestral Wisdom: Nature in Cultural Traditions

Uncover the ancestral wisdom embedded in cultural traditions that honor nature as a sacred force. Explore in-

indigenous practices, rituals, and ceremonies that celebrate the interconnectedness between humanity and the natural world. Learn from the wisdom of those who have lived in harmony with the earth for generations.

Conservation as a Spiritual Duty: Stewardship of the Earth

Recognize conservation as a spiritual duty—a call to be stewards of the earth. Explore the mystic's role in advocating for environmental justice, sustainability, and the preservation of biodiversity. Understand that the health of the planet is intricately linked to the well-being of the soul.

As the mystic deepens their relationship with nature, they uncover a timeless wisdom that transcends the material world. The natural world becomes not only a source of inspiration but a guide, a mirror, and a sacred partner in the mystic's journey toward greater understanding and harmony with the cosmos.

In the next chapter we'll walk through the concept of unity to the experience of oneness in diversity.



The Tapestry

"Reality is only one and that is the Self. All the rest are mere phenomena in it, of it, and by it. The seer, the objects and the sight all are the Self only."

~ Sri Ramana Maharshi

In the vast tapestry of mysticism, diverse traditions and teachings weave a rich mosaic of spiritual insights. This chapter invites you to examine the common threads that run through these varied mystical traditions, emphasizing the universal truths that unite all seekers on the path. As we celebrate the beauty of diversity, we embark on a journey to learn how to integrate various teachings into a personalized and authentic mystic practice.

The Tapestry of Mysticism: Threads that Connect

Embark on a journey through the global tapestry of mysticism, recognizing the interconnected threads that traverse cultures, religions, and epochs. Explore the archetypal symbols, universal themes, and timeless wisdom that form the common ground shared by diverse mystical traditions. Understand that, beneath the surface, the essence of mysticism transcends the boundaries that often separate us.

Universal Truths: Anchors in the Sea of Diversity

Find the universal truths that serve as anchors in the sea of diversity. Explore concepts such as oneness, love, compassion, and the pursuit of inner illumination that echo across mystical traditions. Recognize these universal truths as guideposts, offering seekers a shared foundation upon which to build their spiritual journeys.

Wisdom from East to West: Bridging Traditions

Bridge the wisdom from Eastern and Western mystical traditions, acknowledging the unique gifts each brings to the seeker. From the Zen koans of the East to the Christian

contemplative practices of the West, discover how seemingly disparate paths converge at the crossroads of spiritual realization. Celebrate the synergies that arise when the wisdom of East and West harmoniously coexists.

Interfaith Dialogue: Finding Unity in Differences

Engage in interfaith dialogue, fostering understanding and unity among diverse spiritual perspectives. Explore the intersections of mysticism within major world religions, acknowledging that the essence of the mystic's journey transcends religious dogma. Embrace the beauty of learning from different traditions while nurturing a sense of shared purpose on the path to spiritual awakening.

The Language of Symbolism: Universal Icons

Decipher the universal language of symbolism that spans mystical traditions. Investigate archetypal symbols such as the sacred geometry, the tree of life, and the lotus flower that serve as icons of spiritual significance across cultures. Understand how these symbols speak to the human psyche, transcending linguistic and cultural barriers.

Eclectic Mysticism: Crafting a Personalized Path

Celebrate the beauty of eclectic mysticism, where seekers draw inspiration from multiple traditions to create a personalized and authentic spiritual practice. Explore the freedom to select teachings that resonate deeply, recognizing that the mystic's journey is a fluid and dynamic process of self-discovery. Embrace the diversity of mystical teachings as tools to fashion a unique path that aligns with individual temperament and soul calling.

The Mystic's Heart: Compassion and Love

Discover the commonality of compassion and love as the beating heart of mysticism. Explore how the teachings of love and compassion permeate diverse traditions, fostering a deep sense of connection with all beings. Understand that the mystic's journey is, at its core, a journey into the heart—an exploration of the boundless love that unites all of creation.

Integration of Teachings: Harmony in Diversity

Learn the art of integrating various teachings into a harmonious and cohesive spiritual practice. Embrace the diversity of mystical insights as complementary facets of a multifaceted gem. Explore how integration allows the seeker to embody the wisdom gleaned from various traditions, creating a rich and nuanced spiritual tapestry.

The Mystic's Call to Unity: A Shared Vision

Answer the mystic's call to unity—a shared vision of interconnectedness, harmony, and love. Understand that, in celebrating the diversity of mystical traditions, we contribute to a global awakening that transcends divisions and fosters a collective realization of our shared spiritual essence. As we honor the unique paths of each seeker, we collectively step into a unified journey towards the mystical heart of existence.

In the tapestry of unity woven through diversity, the mystic discovers the beauty of interconnectedness. By embracing the common threads that run through all mystical traditions, seekers cultivate a sense of harmony that transcends the apparent differences, celebrating the shared pursuit of divine realization and the universal truths that unite us all.

Let's move on to understanding time and space from a spiritual perceptive.

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Time and Space

“Time is not at all what it seems. It does not
flow in only one direction,
and the future exists simultaneously with the
past.” ~ Albert Einstein

In the realm of mysticism, a seeker undertakes a journey that surpasses the boundaries of ordinary time and space. This chapter unveils the concept of timelessness and explores the mystic's extraordinary capability to exceed the limitations of temporal and spatial dimensions. As we go deeper into the enigmas of consciousness, we uncover how mystical encounters can unveil a gateway to heightened states of awareness, granting a profound grasp on the true essence of reality.

The Illusion of Time: Timelessness Unveiled

Sri Ramana Maharshi said, "There is no time for the Self. Time arises as an idea after the ego arises. But you are the Self beyond time and space; you exist even in the absence of time and space." Understand how the mystic perceives time not as a linear sequence of events but as a simultaneous and interconnected whole. Everything only can be found in the here and now. Whatever is happening is in the 'now.' Dimension where past, present, and future coalesce into a unified and eternal now. And wherever you are is 'here.'

Mystical States of Consciousness: Gateways to Timelessness

Delve into the various mystical states of consciousness that serve as gateways to timelessness. Explore meditation, contemplative practices, and altered states of consciousness induced through rituals or sacred substances. Understand how these states enable the mystic to transcend the constraints of ordinary perception, providing glimpses into the timeless nature of reality.

Navigating the Eternal Now: Presence as Liberation

Embark on a journey into the eternal now—a dimension where past regrets and future anxieties dissolve. Explore the mystic's commitment to being fully present in each moment as liberation. Understand how the practice of mindfulness and deep presence fosters a direct expe-

rience of timelessness, allowing the seeker to touch the eternal amid the ordinary.

The Quantum Nature of Reality: Mysticism Meets Physics

Here is where quantum physics and mysticism intersect: Non-linearity and interconnectedness, Unity and Oneness, Observer Effect and consciousness, uncertainty and paradox, beyond cause and effect, and Holistic Perspective.

1. Non-Linearity and Interconnectedness: Mystics often describe a state of consciousness where time appears to lose its linear nature. Instead of past, present, and future, there's a sense of eternal now, where all moments coexist simultaneously. This resonates with the quantum concept of non-locality, where particles can be interconnected across vast distances instantaneously. In both cases, there's a sense of interconnectedness beyond the constraints of linear time.

2. Unity and Oneness: Mystical experiences often involve a profound sense of unity and oneness with the universe, where distinctions between self and other, or between past, present, and future, dissolve. Similarly, quantum physics suggests that at the fundamental level, everything is interconnected and part of a unified field. This resonates with the mystical notion that timelessness is an

expression of this underlying unity.

3. **Observer Effect and Consciousness:** In quantum mechanics, the observer effect highlights the role of consciousness in shaping reality. Similarly, mystics emphasize the importance of consciousness in shaping perception and experience. Both perspectives suggest that reality is not entirely independent of the observer but is influenced by the act of observation or awareness.
4. **Uncertainty and Paradox:** Quantum mechanics, the mathematics of quantum theory, introduces the concept of uncertainty and paradoxical phenomena such as wave-particle duality and quantum entanglement. Mystical experiences often involve encountering paradoxes and transcending dualistic thinking. Both realms challenge conventional notions of reality and invite a deeper exploration of the nature of existence.
5. **Beyond Cause and Effect:** Mystical experiences often involve a sense of transcendence beyond conventional notions of cause and effect. Similarly, at the quantum level, phenomena such as quantum superposition and entanglement suggest a reality where traditional notions of causality break down. This resonates with the mystical

understanding of timelessness as a realm beyond linear causality.

6. **Holistic Perspective:** Mystical traditions often emphasize a holistic perspective that transcends fragmented views of reality. Similarly, quantum physics suggests that reality is best understood as a unified whole rather than a collection of separate parts. This holistic perspective aligns with the mystical understanding of timelessness as a state where the boundaries between past, present, and future dissolve, revealing the interconnectedness of all existence.

Overall, while mystical experiences and quantum phenomena arise from different domains of human experience and scientific inquiry, they share intriguing parallels that invite deeper exploration into the nature of reality, consciousness, and the timeless essence of existence.

Time Travel in Consciousness: Exploring Other Realms

Venture into the mystic's exploration of other realms through consciousness. Explore the concept of time travel within the inner landscapes, where the seeker can access past lives, ancestral memories, and collective consciousness. Understand how these journeys provide insights into

the interwoven tapestry of existence beyond the limitations of conventional time.

Synchronicity: Signs from the Timeless Realm

Examine the phenomenon of synchronicity—a dance between the inner and outer realms that transcends chronological order. Explore how meaningful coincidences, and causal connections, and symbolic encounters serve as signposts from the timeless realm. Understand how the mystic interprets these synchronicities as invitations to deeper understanding and alignment with the cosmic flow.

Akashic Records: The Cosmic Library of Existence

Uncover the mystical concept of the Akashic Records—a cosmic library that stores the collective knowledge and experiences of all beings across time and space. Explore how the mystic taps into this reservoir of wisdom, gaining access to the timeless archives that contain the blueprints of individual and collective destinies.

Near-Death Experiences: Beyond the Veil of Time

Delve into the transformative experiences of those who have encountered the threshold of death. Explore how near-death experiences often reveal a profound sense of timelessness, where the boundaries between life and death, past and future, blur. Understand the mystic's perspective on these experiences as a glimpse into the eternal nature of consciousness.

Cosmic Consciousness: Unity Beyond Boundaries

Explore the mystic's expansion of consciousness into the cosmic realm. Understand how the seeker transcends individual identity, merging with the universal consciousness that exists beyond the constraints of time and space. Inquire into the mystical experience of unity, where the mystic becomes a timeless witness to the unfolding drama of existence.

Living in Harmony with Timelessness: Integration into Daily Life

Conclude the exploration by understanding how the mystic integrates the awareness of timelessness into daily life. Explore practical ways in which the mystic brings the timeless perspective into relationships, work, and creative expression. Understand how the recognition of the eternal now transforms the ordinary into the extraordinary.

In the mystical journey, the seeker becomes a traveler across the landscapes of timelessness, discovering the profound interconnectedness of all things. By transcending the limitations of time and space, the mystic unveils a reality that extends beyond the confines of the temporal, inviting the seeker to dance with the eternal rhythm of existence.



Living the Mystic Life

“The teacher is really yourself. You have created the teacher to wake you up. You have created a teacher out of your own mind in order to awaken, to see that there is no teacher, no world. Nothing. You have done it all by yourself.”

~ Robert Adams

As we stand at the threshold of the mystic's journey, this final chapter offers a roadmap for integrating the wisdom gained into the fabric of everyday life. The mystic life and how to live it is not merely a quest for extraordinary experiences; it is an invitation to bring the mystic's insight, compassion, and love into the ordinary

moments of our existence. Let us explore practical guidance on balancing the mystical and the mundane, creating a harmonious and fulfilling life that reflects the profound beauty discovered on this transformative journey.

Cultivating Daily Practices

Initiate your daily routine with purposeful practices that ground the mystic's journey in the mundane. Incorporate meditation, mindfulness, and moments of sacred stillness into your day. These practices become touchstones, reconnecting you with the timeless wisdom cultivated on the mystical path.

Rituals of Presence

Infuse your daily activities with the essence of ritual. Whether it's savoring a cup of tea, taking a mindful walk, or engaging in a simple act of kindness, transform routine actions into sacred rituals. By approaching each moment with intention and presence, you invite the mystic's perspective into the ordinary.

Living Mindfully

Embrace mindfulness as a way of life. Be fully present in each moment, recognizing that the ordinary is imbued

with the extraordinary. Practice awareness in your interactions, work, and daily tasks, allowing the mystic's consciousness to permeate the tapestry of your existence.

Harmonizing Work and Purpose

Navigate the realms of work and purpose with a mystic's heart. Infuse your professional endeavors with authenticity, compassion, and a sense of service. Recognize that your work can be a vehicle for expressing the wisdom gained on the mystical journey, contributing to the well-being of both yourself and others.

Relationships as Sacred Mirrors

Approach relationships as sacred mirrors reflecting the lessons learned on the mystic's path. Cultivate compassion, understanding, and a deep sense of connection with others. Recognize the divinity in those you encounter, fostering harmonious and meaningful connections in both personal and professional spheres.

Transcending Dualities

Navigate the dualities of life with grace and equanimity. Embrace joy and sorrow, success and failure, as intertwined threads in the rich tapestry of existence. Recognize

that the mystic's journey is a dance with the ever-changing rhythms of life, and through acceptance, find peace amid flux.

Creative Expression as Spiritual Artistry

Engage in creative expression as a form of spiritual artistry. Whether through art, music, writing, or any other form of creative endeavor, allow the mystic's inspiration to flow through you. Create from the heart, infusing your expressions with the timeless wisdom discovered on the mystical journey.

Nature as a Sacred Sanctuary

Continue to honor the mystic's relationship with nature. Allow the natural world to be a sanctuary where you find solace, inspiration, and a deep sense of interconnectedness. Through walks in the woods, moments by the ocean, or simply sitting in a garden, nurture the bond with the earth and the mystic's reverence for all life.

Acts of Service as Devotion

Engage in acts of service as a devotional practice. Whether through volunteering, helping others, or contributing to your community, embody the spirit of love in action. Rec-

ognize that service becomes a way of expressing the mystic's commitment to unity, compassion, and the well-being of the collective.

Embracing Impermanence

Finally, embrace the profound teaching of impermanence. Recognize that life is a flowing river, and every moment is a fleeting expression of the eternal now. By embracing impermanence, the mystic finds freedom from attachment and learns to dance with the ever-changing rhythm of existence.

The "The Mystic Path" is not a journey with a finite destination but an ongoing exploration of the mystic within the ordinary. As you integrate, the insights gained on this transformative path, may your life become a living testament to the profound beauty that lies beyond the veil of the ordinary—a mystic's tapestry woven with love, compassion, and timeless wisdom.

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Epilogue

"Instead of thinking to remedy this world, to make this world a better place in which to live, to straighten people out, to make things go the way you think they should go, rather than do all these things, turn within and take refuge in consciousness. If you can really do this, you become the witness consciousness you become the witness to what's going on without reacting to it, and you're at peace. And if you do not react to these things, they change. They disappear from your life. For they were never

real to begin with."

~ Robert Adams

As I approach the end of this book, I feel inclined to include a chapter that speaks directly to a select group of individuals. This group is made up of those who are ready to pursue a path of direct experience with the Divine. While their numbers may be few, there has been a recent surge in interest for this obscure teaching, especially in our modern digitally-driven age. It is like finding a precious gem buried in an endless sea of information, waiting to be discovered by those seeking its illuminating knowledge.

First we will need to understand that the brain plays an important part in what we see, hear, and believe. Chris Frith's book "Making Up the Mind" offers valuable insight into how thought can manipulate our perception. This following comes from one of his studies:

"This ... framework had a number of interesting implications, and I suspected that many people might be quite shocked by them."

- Our experience of having a direct perception of the world is an illusion. This illusion is created by our lack of awareness of the inferences being made by our brain.
- There is no qualitative difference between per-

ceptions and beliefs. A perception is a belief about the world that we hold to have extremely high probability.

- Perceptions are created by combining bottom-up, sensory signals with top-down, prior beliefs.

Our perceptions are an estimate of the state of the world and never the true state of the world. However, we can constantly improve our estimate by making and testing predictions. For survival it is more important to be able to predict the state of the world than to have a very good estimate of what it was in the past. Furthermore, for survival all that matters is that our model of the world makes useful predictions.

In this framework, hallucinations are no longer such strange phenomena. All our perceptions are hallucinations, in the sense that they are created by our brain. However, our perceptions are hallucinations that are strongly constrained by reality. These constraints derive from the evidence provided by our senses, but also from our prior beliefs. Furthermore, in this framework, there is no essential difference between hallucinations and delusions. Both result from the assessment of evidence constrained by prior expectations.

Now, I want to briefly explore what is called, The Direct Path. It is a profound understanding that Consciousness serves as both the observer and the essence of all experiences, the sole Reality that gives perceived existence to the mind, body, and world. This initial recognition is often referred to as Enlightenment or Awakening, but in most cases, the ingrained habits of the mind and body resurface and seem to obscure this realization once more.

Much of this overview is from the teacher Rupert Spira, a modern day mystic. His books, YouTube videos and on-line meditations, and retreats are the source material here.

The subsequent attainment of this understanding, also referred to as Self-realization, is not a gradual process towards an end goal. It is a reorganization of the body, mind, and perception of the world that arises from true understanding, rather than striving towards it. Enlightenment happens suddenly, while Self-realization takes time to fully manifest.

The realization of enlightenment can be described as the profound understanding that there is no separate being residing within the body experiencing the external world and other individuals as distinct from itself.

Self-realization can be seen as the merging of the mind, body, and world back into the Knowing Presence from which they originated. In reality, they were never separate entities to begin with. It is a restructuring of our thoughts, physical sensations, and perceptions in alignment with

our understanding that it is this Knowing Presence that manifests as our thinking, sensing, and perceiving. Thus, it may appear to become the mind, body, and world, but it remains eternally unchanged. Ultimately, there is only Presence shaping the totality of our experiences in each moment.

The 'Direct Path' uses self-inquiry, which involves questioning the "self" that one perceives themselves to be in any given moment. What is it that is aware of your thoughts, perceptions (sights and sounds), and bodily sensations?

It's not possible for thinking itself to investigate its own nature. In order to truly understand ourselves, we must go beyond our thoughts and start from direct experience - experiences that have not been altered or influenced by our thinking mind.

In the Direct Path, we begin by examining our own experience and recognizing that we are not merely our physical bodies. Then, we come to see that we are not our thoughts or emotions either - these things come and go, but what truly defines us must be something unchanging. For instance, there is a part of us that has been present since our earliest days as a baby and remains unchanged to this day. Ultimately, we realize that who we are is simply the observer of all our experiences - in System terms, the Observer of our body, mind, and the world around us. We understand that this Observer is nothing more than an immense, empty, transparent space of awareness. Instead

of feeling limited by time and space, we recognize that I am limitless awareness. We come to the realization that "I am nothing - not a thing." This is what is commonly referred to as enlightenment or awakening.

By practicing impartial self-observation - a fundamental element of both Mr. P. D. Ouspensky's system and the Shankaracharya's teachings - we can better prepare ourselves for the later stages of self-inquiry.

About the Author



*Larry
Laurence*

Larry Lawrence (pen name of Lawrence De Rusha) is an established author whose works focus on science and spirituality. *The Uninvited Life*, his new novel, is an imaginative extrapolation from present-day facts. Because sometimes it takes a brilliant work of fiction, to illuminate the most dire of warnings.

Larry spent time in fusion energy at General Atomic and consulting for various science and computer companies. He also served as COO for an Venture Capital company and CEO of Dr. Joyce Brothers Media. His spiritual life saw him become a minister with The Center for Spiritual Living, wherein he took a special interest in the intersection between science and spirituality. He has penned both fiction and non-fiction works. The analysis of climate change from a behavioral perspective in his 2008 book, 'The Future of the Future', ultimately inspired him to write his novel "The Uninvited Life".

Also by Larry Laurence

THE FUTURE OF THE FUTURE



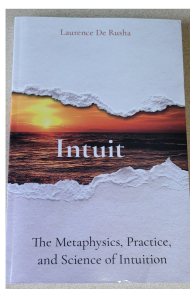
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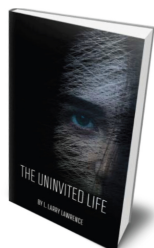
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