

## The Living Light Philosophy Catalog

Class Synopses for the Consciousness Classes of *The Living Light Dialogue* Volume 1, which includes classes CC-1 through CC-21.

The spiritual awareness classes of the Living Light Philosophy were given through the mediumship of Mr. Richard P. Goodwin.

### CC-1

An explanation of peace and the importance of concentrating upon it; the effect of thought or directed energy as related to the process of visualization in touching or feeling en rapport with a person or thing; individual responsibility to the soul and to the Divine; states of consciousness and how we reach so-called “heaven,” with mention of the elementals and astral realms; spirit guides; prayer and the Law of Protection and faith; definition of clairvoyance, clairaudience, and clairsentience and the purpose of the “fountain” and “ocean” exercises; discussion of belief, faith, truth, God as power and Divine Love as energy; how the spirit body is built through the awakening of the soul faculties with emphasis on unfolding tolerance and understanding.

### CC-2

Discussion of the meaning of numbers and colors; how energy is directed through the soul faculties and the counterbalancing sense functions with particular emphasis on understanding duty, gratitude, tolerance, faith, poise, humility and reason; an explanation of the difference between soul and spirit, “thy” will and “my” will, to think and to look, principle and personality, brain and mind; also, a discussion about confusion, silence, void, love, life, and light.

### CC-3

The meaning of gratitude; the nature of attachment; the soul faculty of aspiration; capital punishment viewed spiritually; numbers and their practical application; light or spiritual understanding and growth with an explanation of the Law of What Can Be Borne; meditation, prayer, and dreams; the art of giving described as the Law of

Living; the merit system in relation to spiritual gifts and talents; description of individualized soul as found in all of nature; incarnations and the eternal moment of now.

#### CC-4

Importance of organizing meditation in a systematized way, time, place, and length; explanation of the relationship between the Law of Adversity and the Law of Beginning or Attachment; the difference between attachment and indifference; working through adversities; the infinite universal cycle of constant evolution; levels of awareness, spheres, and planes and the soul's evolution; discussion of the conscious, subconscious, and superconscious minds; selfless service and attaining peace; learning spiritual discernment; difference between the Law of Opulence and delusions of grandeur; how to release the pent-up energy of desire.

#### CC-5

Understanding of credulity and suspicion as the balancing points of logic and their relationship to anger and resentment; the manifestation of peace and the spirit of spontaneity; discussion of the faculties of duty, gratitude, and tolerance and the functions of self, pity, and friendship; triune and inseparable quality of faculties and functions; balancing the faculties with the functions; neutrality as the Law of Love in operation; the Law of Cause and Effect using the Law of Stealing as an example; the concept of the neutrality of God and its effect upon religions; astrology and the Age of Aquarius; Law of Disassociation and clairaudience—directing energy to ears to improve hearing; refining our attachments.

#### CC-6

The three types of thoughts—magnetic, electric, and neutral; how the soul sets laws into motion to guarantee the experiences necessary for its own unfoldment; concentrating during meditation; imagination and the Creative Principle; states of consciousness with an explanation of the second state of slave; advisability of meditating in a sitting position; fear, faith, and understanding; discussion upon

neutrality of God and the Creative Principle and whatever happens to us is caused by us; “testing” and the Law of Personal Responsibility.

#### CC-7

Explanation of how names and titles are outgrown in other dimensions; understanding of the statement “Won’t you learn to be the observer and not the observed?”; discussion of the parable in Discourse 45 of *The Living Light*, “If a man is born without feet, etc.”; comment upon “fountain” exercise; protecting self from the emotional realm; bringing balance between the soul faculties and the sense functions; spiritualizing the sense functions; suspicion; comparison between logic and reason; balancing self-preservation with selflessness; mantra; part of anatomy through which soul leaves at transition; location of the air center; relationship of disease and part of anatomy affected by being out of harmony, using resentment and forgiveness as examples; reason as a key to meditation; progression of the form; relationship of awareness and duality to form; explanation of “I am Spirit, formless and free; Whatever I think, that will I be”; why reaching one’s goal is contrary to progression.

#### CC-8

Introductory remarks regarding change, progression, and success; the missing link between the two-legged and four-legged animal and the difference in their experiencing free will; suggestion for learning to visualize; visualizing wisdom; difference in reaction to being emotionally high and experiencing a spiritual fullness; how discussion of spiritual matters on a mental level depletes us; soul; explanation of eternal progression of the form; faith as the bridge between dimensions; the “fountain” exercise reveals level of awareness; discussion about truth; elaboration of the terms, electrical, magnetic, odic, energy, force, and power; are those from other dimensions attracted to spiritual classes given here; application of spiritual teachings is a must for spiritual enfoldment; Law of Disassociation and how to practice it; difference between wisdom and knowledge; explanation that many do not need spiritual teachings because they are already applying them; all forms are limited; all form is illusion; severing sanguinary ties; where does thought come from; attachment to thought; difference between faith and belief; cosmic consciousness.

## CC-9

Laws governing health, wealth, and happiness; Allsoul and individuality; clarification about the spheres and planes and levels of awareness as well as a comparison with other universes; explanation of the solar plexus as the main circuit system and how this affects mediumship; spiritual discernment, spiritual responsibility, and the Law of Merit; growing out of personality and into principle; Spiritualism and the Bible; the purpose of the ego; educating ego to work in principle and accomplish soul's purpose in life; the size of ego and the soul's merit system; racial differences; awakening the spirit within; rejuvenation of the vital body; why some people are confused at time of transition; meaning of "thy will" and the fact people have only 10 percent chance of changing; validity of 72-hour waiting period after transition for embalming, cremation, etc.; paganism of funerals; Law of Merit governs incarnation; setting laws into motion to make changes in self; relationship of law set into motion to level of awareness; giving energy to problems in the psychiatric treatment process; choosing wisely one's associates; how to test the spirit; the purpose of trance mediumship.

## CC-10

Harmony, rhythm, and unity; health, wealth, and happiness; balancing the soul faculties with the sense functions—considering value; discussion of evolutionary incarnation; explanation for glimpses of so-called past lives; the eternal now; attachments; belief and faith in becoming receptive to the Divine Power; explanation of the mental being; comment about planets; why the aging process takes place; the thought process; motive for service indicates level of awareness; garnering up spiritual substance to build a spiritual body and how few accomplish this prior to transition from the earth plane; aspiration and inspiration in serving the Divine; the teaching of the neutrality of God and its implications for liberty or license; the power of prayer and our guides and teachers acting as ministering angels of a neutral God; incarnation of animals; exercise to truly look at self and gain awareness.

## CC-11

The purpose and direction of the evolutionary path of soul incarnation, including a discussion on the Law of Merit and Allsoul; commentary upon the teaching that whatever happens to us is caused by us; clarification of the terms plane and sphere; the Law of Expansion and Contraction with respect to population on the planets; the

relationship of sound and color to vibrations; how to spiritualize one's thinking through awareness; perceiving truth; the wisdom of patience; soul consciousness or clairsentience.

## CC-12

Several statements contained in Discourse 2 of *The Living Light* are explained in terms of the Law of Cause and Effect, the Law of Personal Responsibility, the expression of duality; the astral, mental, and spiritual realms and our bodies of expression related to them; the connection between desire and sadness; other discussions include the Law of Attraction or desire and the Law of Attachment; self-pity and the Law of Attachment; balance as an expression of Divine neutrality; Divine Wisdom; expectations of another versus expectations from the Divine; a definition of memory par excellence and how it works cooperatively with the conscience in the Law of Fulfillment; joy defined as fulfillment; the process of setting laws into motion and how they are directed to either freedom or limitation; the transgression of the Law of Commitment; an expression of the cause of causes with a statement as to how the soul perceives and the mind conceives; evolutionary incarnation; becoming aware of past incarnations and lessons to learn now; exercise given to become aware of one's plane of consciousness and sphere of action; clarification of the soul faculty of duty, gratitude, and tolerance; insight into the statement, "Think, my children, and think more deeply"; an understanding of soul mates and an explanation of the cause of senility.

## CC-13

Introductory remarks about demonstrating the Law of Continuity and our responsibility to the laws that we have set into motion; comment upon meditation; explanation of why going into the unconscious trance was difficult for Mr. Goodwin for the first few discourses in *The Living Light*; understanding of "patience's pain" and its relationship to desire; experiencing fear when attachments are threatened; false or created security versus eternal security; programmed desires; the "need" cycle or demands of the uneducated ego; discussion of giving stemming from statement "God bless you in accordance to the law"; explanation of memory par excellence (akashic records) as a soul faculty and how its awakening permits the viewing of the eternal journey of the soul; difference between race mind and mass mind; the spoken word as life-giving energy and thought forms or elementals; nature spirits; what is there in nature that brings us closer to God; discussion that everything exists inside

of us first before we know it outside; life is a mirror; by what laws does prophecy work; spiritual and magnetic healing and how spirit doctors work through the channel; difference between neutrality and indifference; is man the highest form expressing in all the universes; discussion about euthanasia and prolonging life; expansion of the Law of Identity; awareness and its relationship to selfless thoughts; sustaining a spiritual body and overidentification with the present; neutralizing a law set into motion.

#### CC-14

Discussion that peace is the power; “predestination” and 10 percent free will; reason versus self-preservation; tolerance and freeing self from adversities; elaboration upon statement that “whatever happens to us is caused by us”; definition of conscience; discussion of logic, reason, and peace; releasing to the Divine and how this relates to the art of giving; why parables are used; comment upon “truth needs no defense,” freedom is perfect control and “if the light is too bright”; discussion of suicide in relation to both the Law of Merit and self-preservation as a divine right and motive for suicide prevention; awakening the mind to the spirit and an exercise to educate the ego; comment upon intuition and suppressed desire; explanation as to why unsolicited help is ever to no avail; how to exercise discrimination and avoid scattering energy; receptivity to the spirit of art media gained through recognition that one is only a channel; spirit guides and teachers; meaning of the colors brick red, turquoise, and silver; meaning of parable in Discourse 5 of *The Living Light*, “As the frog croaked and the wolf howled, etc.”; love all life and know the light; cosmic consciousness; statement that all questions are personal and answers are given from the level of principle; explanation of angels “above” us; a discussion on electrical and magnetic thoughts.

#### CC-15

Soul faculty of giving and where represented in the human anatomy; soul faculties of peace, poise, power, patience, perseverance, and promise; learning to practice and demonstrate disassociation; balancing the electric and magnetic vibratory waves to express from the odic; explanation as to the difference between magnetic and vibratory waves; importance of using both the electric and magnetic in concentrating; educating the ego; comparison of the exercise in Discourse 6 to visualize a cloud with “reflections from within”; an understanding about the power we have over this moment; discussion about conscious, subconscious, and the mass minds; trance; how

to reprogram the subconscious mind; talking to the other person inside of us; the purpose of dreams; why all forms dream; exercise to become consciously aware of our dreams; why dream analysis is not beneficial to soul's awakening; why we remember some dreams and not others; explanation of why imagination is the doorway to the world of spirit; exercise of "why this and why now" given to understand our experiences; explanation that all form is the effect of image and that the gift of the self is the gift of the image; did Jesus give the gift of himself and other discussions on Jesus; discussion about expressing 10 percent free will; definition of sacrifice; the purpose of acupuncture; how superstition affects the acceptance of spiritual healing; concept of time in other dimensions; the meaning of "For what the mind may know today, the heart shall close and know not tomorrow."

## CC-16

Soul level—patience, peace, individuality, principle; mind level—perseverance, poise, personality, detachment; body level—promise, power, materiality, acceptance; explanation that in us the superconscious flows through the soul level; also given, the levels through which duty, gratitude, and tolerance flow; comments upon the properties of soul faculties; math is the key to the universes; Law of Expression; concentrating upon perception; the astral body; animals and how the Law of Progression applies; explanation of Divine Grace or spiritual bank accounts; the eternal moment of now, over which we have power; how difficulties relate to lessons not passed at another time; comment upon the parable in Discourse 7 in *The Living Light*, "For as the moon sets, etc."; distinction between "I" of the eternal spirit and the "me" of the form; discussion of parable in Discourse 5 of *The Living Light*; directing energy into either fear or faith and how to talk to the subconscious and reprogram fear thoughts so one will not give power to them and be controlled by them; comment on first statement of the Total Consideration Affirmation, as a declaration of truth that nothing outside has power over us; discussion regarding one cannot give without gaining and one cannot gain without giving; conscious choice and how the progress of another can be held back by permitting the magnetic powers to be drawn and depleted; balancing self through awareness; drugs and lack of conscious control; what is fate; do we have soul talents; difference between will, free choice, and controlled choice; will as the motivator in the Creative Principle; if the spiritual, mental and physical are not balanced, one experiences a loss in the dimension in which he is not expressing; there is no beginning or ending to the universe; concept of man as a miniature universe; discussions on "thy" will, Divine Order, Divine Grace, Divine Time or Priority and Divine Wisdom; definition of desire; comment upon vegetarianism versus eating meat and food prepared through violence.

## CC-17

Students express as to what they have gained from the Spiritual Awareness classes; short lecture upon awareness of only one light in life; it is the nature of the form to ever strive but in order to be free, one must accept that one will never have it all no matter what the effort; elaboration about Plane of Ozone and its importance as a plane of expression prior to soul's incarnation into the physical form—preview of incarnation; difference between Divine Love and cooperation; discussion as to how the sense of feeling precedes the thought of mind; ruts of the mind and what controls us; understanding that soul's awakening is dependent upon its individualized merit system and awakens on different planes of consciousness; how the mind resents and tries to reject its own struggle of awakening; distinction between soul and spirit; how intuition is sensed and how it flows through the faculty of reason; why reality cannot be defined; the importance of the faculty of tolerance; “fountain” exercise and the importance of choosing light green in which to visualize it; thought forms; faculty of serenity; symphony of the spheres; the need to open to the soul faculty of humility, as it is the inability to control self that disturbs us.

## CC-18

Understanding about the function of jealousy, envy, and greed—the recognition within one's being of unfulfilled desire and how to handle another's expression of it; explanation as to why truth needs no defense; truth likened to a river, the importance of flowing with it to find freedom; using aspiration and desire to break out of mental prison and flow again should mind compute it “has it”; how understanding will change from level to level as perception expands; understanding that personality is expressed through the mental body and individuality through the soul; discussion as to why it is a releasing of feelings to the Divine that frees us, not a denial or annihilation of expression; learning how to release, give, and express gratitude to the Divine; bringing the conscious and subconscious into balance through kindness; the bridge between the electric and the magnetic; discussion about which minds create thought forms; definition of brain and its relationship to the minds; explanation of Law of What Can Be Borne; simplicity and complexity; intellect and intelligence; clarification of statement in Discourse 10 of *The Living Light* that “over-activity of the mental body causes a very strong pressure,” and how to free self through service and why similar condition does not occur in spiritual body; serving selflessly as gratitude to the Divine; clairsentience and testing the spirit; definition of psychic realm and importance of awakening the spirit rather than seeking phenomena; interdimensional communication and communicant's giving a communication and



not lingering and being pulled into level of recipient; how to distinguish between impression from spirit and from subconscious.

#### CC-19

Introductory remarks cover resentment to making necessary changes to free ourselves; all experience is inside of us; encouragement gained through faith; pulling the good of experiences into our lives; giving away your divinity; Divine Love is the energy that sustains all things; students drop out of class when no longer receptive to the Divine flow; when you prepare, you limit it to your preparation and stop telling God the way anything is to come; students' questions about Ladder of Progress and Law of What Can Be Borne; comment upon levels of awareness; Divine lifeline—how one rises to higher states of consciousness through the direction of will to the Divine; directing Divine Love; Total Consideration and the expression of reason and freedom; the function of the subconscious—becoming consciously aware of its levels—reflections from within—the goals of reprogramming it; seek first God or an illumination of the levels of mind will not be possible; the astral body and the astral shell; memory par excellence; discussion about the function of attachment, progressive pattern of the mind in expressing attachment—expanding consciousness to attaching to the soul faculties and then to the Divine; explanation that sense functions are protection and soul faculties are expression; understanding that whatever you need exists in your thought and that he who experiences need experiences limitation and constant unfulfilled desire; the motive of one's question reveals the level of awareness upon which one is expressing; learning to question the familiar; discussion regarding the balance point of the 10 percent free will and at what point receptivity occurs; directing energy to that which you wish to become, so it will manifest through the Law of Faith; discussing spiritual classwork in a social setting; explanation of why unsolicited help is to no avail.

#### CC-20

Introductory remarks: the repetition of the lessons of life; changing the habit patterns of thought; exercising patience to attain what we desire; the difficulty in expressing patience because of the ego; removing thought from the limitation of the mind and releasing it to a Divine Intelligence in order to fulfill one's desire. Student questions: meaning of "invisible" powers; discussion upon the meaning and the expression of subjectivity and objectivity rising above action and reaction, out of the duality of creation, to the principle of truth; comment upon fact that without

discipline, there is no principle; discussion about ego—ego in relation to the Divine Spirit or Power that is driving and expanding itself in its expression in all forms, bringing this drive or energy into balance through the faculty of reason and by broadening our horizons; how ego expands out of proportion when the drive is narrowed to self-related experiences and results in mental imbalance; education of the ego or contraction of the expression of personality in order that principle may expand to find the Divine Light of the Spirit; the importance of seeing a horizon while yet in form and why a horizon is not limitation; the meaning of The Living Light; conversing with the superconscious by bringing the conscious and subconscious minds into balance; the many levels of the subconscious awareness—area where experiences of present incarnation are recorded, race consciousness, solar consciousness, universal consciousness, etc.; meaning of “there is nothing new under the sun”; flight of the astral and mental bodies and how through daily effort if man seeks the kingdom of God within, he will find the many mansions or have conscious awareness of the bodies through which the soul is expressing; definition of memory par excellence; an explanation of “giving”; service as the way to release energy more into principle and less into personality; understanding that Divine Intelligence requires form to express itself, for without form there is no awareness; the spoken word as an expression of form; how one grows through thought forms when there is no longer an attachment to them; the fact that all people when making their transition experience their creations; explanation of “progression shall cleanse the path”; understanding of why conscience expresses itself so differently in people; discussion upon fact that individuals themselves dictate their own moral responsibility and how this relates to the individual’s merit system in incarnating into a particular society with certain moral standards; the Law of Identity and how it brings us energy; everything is relative except the divine void; truth is taught through indirection, demonstration, and example—although lesson may be repeated in different ways, the principle is ever the same.

## CC-21

Discussion about subject of feeling being in one dimension and thought being in another dimension; exercise on choice to see how the minds—conscious, subconscious, and superconscious—work through the Laws of Association; mathematical and spiritual connection to each word; discussion of the relationship between will, intellect, and feeling; what the human intellect is, why it is an expression of our spirit in this dimension but also why it is not designed to express truth; how we lose awareness when we try to put the spiritual into the human intellect, where duality exists; how the spirit knows but the intellect questions and doubts; why it is wise during unfoldment to silently have spiritual experiences; comment upon fact that each individual’s path is not identically the same as another’s path; clarification as

to the soul faculty of intelligence and the human intellect; how the merit system affects IQ; the science of Spiritualism as serving the purpose of going beyond barrier of the mental; discussion of mental retardation and the reversal of this limitation in terms of the soul's merit system; the difference between mind and brain; the definition of indecision; discussion of the vital body and its reactor or vibration mind—part it plays in relation to stimuli, health, revitalization, and healing.

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