

The Living Light Philosophy Catalog of Classes

The Living Light Philosophy was given through the mediumship of Mr. Richard P. Goodwin, the founder of the Serenity Association. This document has the class synopses for the spiritual awareness classes of *The Living Light Dialogue* Volume 12, which includes classes A/V Seminars 1 through 18, as well as A/V Special Seminar.

The initial classes, known as the Discourses, were given to a very small group of students. The Consciousness Classes (CC-1 through CC-246) were given to a relatively large group of students of roughly forty. The Church Lectures (CL-1 through CL-101) as well as the Church Questions and Answers (CQA-1 through CQA-57) were given to the congregation of the Serenity Spiritualist Church as part of its devotional services. The A/V Seminar series of classes were given at the Serenity Association Temple to a group of about eighteen students.

For more information on these teachings, you are invited to visit www.livinglight.org

A/V Special Seminar

“The discussion today, for this seminar, is the descent and the ascent of man. . . When the mind looks out at the world, it judges what it has and what it has not . . . It is the nature of the human mind to control anything and everything that enters it. . . Whatever in life we seek to control, we, in time, find we are controlled by it. . . All of our experiences, all of our success, all of our failures are revelations of where we are in consciousness at any given moment. . . Only through personal responsibility can we experience freedom and the abundant good and joy of life. . . You make the change within your own consciousness and suddenly they seem—*they* seemingly are transformed. . . Your freedom, your goodness is ever in keeping with your acceptance of the divine right of life. . . Knowledge know much; wisdom knows better. . . Wisdom is that which is our true being. It is that which is not clouded mental substance. . . One cannot fear what one first does not judge will be detrimental to them in some way. . . Wisdom is that that contains the joy of total acceptance; nothing is limited; nothing is denied. . . We lose the joy of life when we permit our self the need, through our own denials, we permit our self the need for critics. . . That which disturbs us controls us.”

A/V Seminar 1

“This special seminar . . . is a seminar on the evolution and the true purpose of being. . . Our purpose of being is the awareness of the evolutionary path that we are on . . . The Law of Adversity is the Law of Attachment . . . For love and or goodness is ever present when we choose at any moment to take control of our own mind . . . We are not the thought. We are the creator of the thought. . . Faith is not dependent on anything outside of you. . . For those who make the effort to control another shall be controlled by those who they are controlling. . . Honesty is the lamp of the light of reason—honesty with oneself. . . If you feel you must believe, at least choose something that won’t limit your life. . . Desire *is* the divine expression. What we do with it oftentimes is far from the Divinity. . . Something else is controlling your mind when you are not consciously in control of it. . . Each time a judgment rises, you are judged by it. . . Put God in it or forget it . . . The good you put in is the good you get back. . . If you give up 100 percent, you will have 100 percent of goodness flood into your consciousness. That’s the law. It does not fail.”

A/V Seminar 2

“Welcome to this special seminar . . . on our inevitable journey. . . Heaven and all the things that we desire are not dependent upon anything outside of our self. . . The light that one must learn to follow is the light of their soul . . . God, or goodness, is not a judge. . . Whoever denies the Principle of Good that they truly are by believing that which they are not must pay the price of that denial . . . We do not fear what we know . . . We only fear what we judge we cannot control. . . We teach “Control your mind.” It is a vehicle of your soul. . . A wise man fulfills his desires or educates them. . . Energy follows attention. . . One cannot desire what they already are and are awoken to. . . When the eye is single, the soul is in heaven. . . When your eye is single, there’s nothing in life to compare. . . Rest rejuvenates. . . Faith has no dependence. . . One has no question when one is in service to the principle known as faith. . .

Suppression is a guarantee of service to the prince of darkness. . . When we are in service to the prince of darkness, the cause of our joy, the cause of our satisfaction, the cause of our upset, the cause of our suffering is ever and always another . . . The slavery and bondage of the human mind is something that we can do something about . . . [You] enter the realms of joy through the arc of personal responsibility where the angels of reason wait to guide your footsteps into the true fulfillment of life.”

A/V Seminar 3

“We are going to discuss the expanding consciousness. . . In order to deny we must first judge. . . We all dedicate ourselves to something. What have we dedicated our self to? . . . Where there is unity, there is happiness for where there is unity all things are harmoniously in motion. . . Things are separate from what is. They are forms. They are limits of truth. . . Only in the belief of a thing is the thing enabled to live for a time . . . When you no longer believe that you are that which you have created, it will no longer have you as its servant. . . You must learn to give without thought of gain. . . If you make the effort to control your mind, then the Light that is ever present will strengthen your heart. . . God doesn’t control. God serves. . . Time is the domain of the realm of delusion . . . That which we fear is that which we serve. . . Put God in it or forget it. . . Heaven is where you experience the joy of living. . . We need something because we believe we don’t have it. . . Without your question, you do not expose what you should expose for exposure frees the soul through revelation...How could anybody possibly need anything that they are?”

A/V Seminar 4

“Welcome to our class this evening on the subject of living. . . The truth reveals itself: you can never lose what you are. You can only lose the deception that you may, for a time, believe that you are. . . Whatever man conceives, man depends upon. And whatever man depends upon becomes man’s master and man’s false god. . . You create

your thoughts. You form them in keeping with your motives. . . Whoever believes they are in need has identified in consciousness with what is known as the fire center . . . It is your identification with limit or form that places you in whatever plane of consciousness that you find yourself at any moment. . . Power is God, that will is the movement or the action of God. . . The will of God is total acceptance . . . If you find change difficult, if you find change an emotional experience of trauma for you at the very thought of change, then be rest assured, you, at that moment in your life, have fully identified with one of the four planes of consciousness of the functions of form . . . Division is the Law of Destruction. . . The letter of the law killeth, not the spirit of the law, which is the spontaneity of life itself. . . Laziness in consciousness is very subject to temperature of a person's consciousness. . . You can gain more control through understanding than you can through force. . . Demons cannot walk straight lines. . . It is our belief that we are the functions; that's what's in the way...When the worker believes he is the tool, then he begins to serve the tool. . . Prejudice is prejudgment . . . The only reason a person ever experiences fear—ever—is by believing they are the thoughts of their mind.”

A/V Seminar 5

“This evening's discussion: experience and why we need it. . . In life, as in anything, we get out of it what we put into it. . . That which disturbs us in life is that which controls us. . . Presence is the Law of Solicitation. . . We grow in life or we go in life. . . The lack of communication with another only reveals the lack of communication with oneself for we cannot in life grant to another what we have not first granted unto our self. . . Outward manifestations in life are simply revelations of inner attitudes of mind. . . Health is all things in harmonious motion. . . Each thing that we deny in our life we destine our self to it. . . Our world is just exactly the way we make it and exactly the way we take it. . . The more acceptance in life we have, the more awareness we have. . . When you allow yourself to be disturbed and then you tell yourself, “This is beyond my control,” then you deny the truth that you are. . . A wise man forgives; yet while in form, he does not forget. . . [Disease is] an imbalance between the faculties of the soul and the functions of the senses or the body. . . Repetition is the law through which change is made possible. . . The more we depend on something outside, the smaller our God is inside. . . What is emotion? It's only the expression of forms that you believe that you are who are determined to have their own way and they temporarily have an obstruction. . . Faith is above and beyond limit.”

A/V Seminar 6

“And at this evening’s seminar we will be discussing experiencing what you want in a world of creation, a dimension of duality, by accepting what you do not want. . . That which obstructs the Light that you are, in truth, absorbs the Light that you are and, therefore, through that absorption of the Light, creates a form which you know as a shadow. . . For all adversities and all attachments are in truth obstructions. . . We are, of course, peaceful when we are not concerned. . . When man accepts what he does not want, he frees himself from identification with the obstruction to what he does want. . . So to be concerned and to be worried is only to create greater obstructions. . . Personal responsibility, the only path to freedom, clearly reveals that nothing beyond our control controls us. . . If it bothers us, if it disturbs us, then, of course, it is controlling us. . . Whatever we accept, we then control. . . Each and every one of your thoughts, they die without your attention or your energy. . . We cannot understand what we do not first accept. For if we do not first accept that we alone have created the obstruction, then we cannot understand it for we do not qualify our self to understand what we do not first accept. . . The will of God, the movement of the Principle of Goodness, is total acceptance. . . Total consideration does not exist in a mental world. . . So man sees with his mind and views with his soul. . . Never is a guarantee of sooner or later . . . The soul aspires; the mind perspires.”

A/V Seminar 7

“This evening we shall discuss piercing the layers of experience with the pen of reason, from which floweth the Light of eternal truth. . . It is necessary in our evolution to remove the logic, a function of mental substance . . . When one believes in anything, one becomes the servant of that which they believe in. . . We cannot experience need until we deny the wholeness that we are. . . Man, what are you doing with the law that you are? . . . That which frightens us is that which controls us. And it only frightens us because we believe we are the limit. . . That which is balanced is

good, for that which is balanced is God. And that which is balanced is healthy and harmonious and abundantly good. . . Whoever carries the lamp of honesty is walking hand in hand with God. . . Love is the reflection in another of the goodness in oneself. . . Be in creation and not a part of it. . . The thought of concern can only express the belief in limit, for no concern exists in what you are. . . Gratitude is the door through which supply continues to flow. Whoever is grateful for the experience of good in their life guarantees the law which brings about its continuity. . . Judgments are made by the brain by the limit . . . When we take moments to see the good within our self, we will offer that to the world. And whoever offers good to the world can only experience good from the world.”

A/V Seminar 8

“Experiences in life repeat themselves until we no longer believe we are the judgments that have in truth created them. . . Regret is used by the mind in order for one to continue to experience the hopelessness of effort to make changes. It reveals a person who is temporarily over-identified with their mind or mental world. . . The eyes of man are covered with the mist of what has been. . . Whoever faces their adversities honestly, slowly but surely, shall gain control over them before they awaken to the attachment, which is truth the final effect of all adversities. . . Man faces his responsibilities in life best at times of seeming disaster. . . Whoever frees themselves from concern of the fruits of action is a person who is working intelligently or smartly. . . Anyone who believes they are the judgments of their mind is ever a delicate being and can easily experience being intimidated because their judgments, which they temporarily believe that they are, are threatened. . . Boredom is an experience that the mind has when it believes that it is trapped. . . Concentration is not the key to power. Concentration is the key to *all* power for there is only one Power. . . A person who feels emotionally secure is less identified with what’s going on outside. They’re not as consciously aware of temperature changes because they’re so comfortable with the temperature within. . . The soul is expressing itself through the limits of the human mind, which frequently, of course, is servicing judgments or past experiences. . . Remember, we attach ourselves to the mirrors that best reflect the fulfillment of our denials, which we experience as needs. So a person can understand their denials from their attachments.”

A/V Seminar 9

“Emotion, which, of course, is an effect judgment that one endeavors to protect, . . . is born in what is understood and known as the water center. . . We always get what we really want in life. . . Acceptance is the will of goodness, the Principle of Goodness, which is God. . . Experiences no longer repeat themselves when we no longer express the judgments which are the causes of the experiences. . . Your body, whatever body that is, is an effect of the 51 percent or more of your own identification. . . A lack of honesty with oneself guarantees anxiety and frustration and a very turbulent life. . . Keep your faith with reason; she will transfigure thee. Reason. Use reason and balance in all things. . . One expects wisely by expecting the possibility of change in their expression and effort in the endeavor. And so when you expect something to happen, accept that it is happening with the possibility of change. Then you will keep yourself freed from that trap known as attachment. Do not be tempted to have a relationship with your expectations. . . Life is ever as we make it and it is just the way we take it.”

A/V Seminar 10

“Functions are an expression of force. Force is the governing principle of limit, form, or creation. . . Man is freed through his own acceptance. Man is bound through his own denials. . . That which is darkness is lesser light for it has separated itself. . . Whoever resists survives; whoever accepts lives. . . One is bound by what they deny. One is not bound by what they accept. . . Force is the limit of power. It offers you a temporal, false sense of glory or superiority or self-importance. . . The water center is the center where all judgments are created. . . No one truly wants to be a fruit, for we all know that fruit rots and none of us want to rot. So if we don't want to be a fruit, then we should make greater effort not to identify with the fruits of our action. . . If you wish something to manifest in the physical world and it is your sincere desire that you be not attached to it and, therefore, controlled by it, then a balance between the mental and the physical realm is absolutely necessary under the guidance of the spiritual light. . . Whoever has a relationship with their expectations is one who is thrilling with their fascinations.”

A/V Seminar 11

“We’re going to discuss experience, the movement of limit, and time, the viewing thereof . . . Attitude of mind is the movement of mental substance. . . Whoever denies, limits. Whoever limits, believes they are that which they have denied. . . The less acceptance that you have or permit in your life, the greater density that you have. Yes. The greater density that you have, the greater are your needs in life. . . If you want to move through that experience, [and] you would like that experience to come to an end in your life, then all you have to do is accept truth: accept that it is an experience, an effect of what you have created. And when you accept that, you gain control over it. . . You can’t control what you don’t create. . . We are not bothered by the things that we accept. . . Good and bad is ever in keeping with what one believes that they are. . . Man calls many things good and bad. Try to understand that good and bad are limit. . . That which is sustained cannot control that which sustains it. That’s why your mind cannot control you until you permit yourself to be convinced you are your mind. . . The mind speeds up when you first make the effort to enter a state of peace. . . When a person establishes the law that they are half there or half a person, then they experience a need for someone to fill that half. . . [An obstruction is] a solidified judgment, a shadow of the past, a distortion of the true purpose of design.”

A/V Seminar 12

“This evening we will discuss the purpose of design. . . Self is the belief that we are the images, forms that we have created. . . All things created become demons when we believe we are that which we have created. . . As we love the thoughts that we form and create—and that’s known as the love of self—then, of course, we are controlled by those things that we have created . . . When we permit our self to be receptive to the soul, to that which we are, in so doing we awaken to the true purpose of design. . . The more we love what we create, the more we believe we are that which

we have created. The more that we believe that which we have created, the more bondage we have in our life . . . The mind is a vehicle which is a servant of the higher bodies. . . That which sustains anything is greater than the thing which it sustains. . . The faculty of reason is what will bring about a change in respect to the illusion created by an over-identification with what we create. . . That which we create lives only by energy directed from our attention to it; it is a soulless creature. . . It's human to forgive; ah, it's divine to forget. . . "He who loves himself . . . more than he loves me shall lose himself to find me." . . Through your daily spiritual exercises, you put your house in order before you do any service to creation. . . Self-love is the love of that which you create."

A/V Seminar 13

"What is the one word that belief is dependent upon? . . . How can you have judgment without comparison? . . . All of your experiences in what you believe is life, creation, form, and limit, all of your experiences are dependent upon judgment. . . Knowledge, of course, is a function. . . Wisdom is a faculty . . . Wisdom is what you are. Knowledge is what you believe that you are. . . When we refuse to learn the lessons that we have to learn ever in keeping with the ones we have, well, as you would say, flunked before, failed, refused to learn before, when we do that, then we repeat them. Again. And again. And again. . . Denial of what you are is a thirst that cannot be quenched. . . A titanic ego is ever in need. . . Attachment to the fruits of action reveal a titanic, uneducated ego. . . Lucifer is expressed in the masculine or positive vibration for it is the water center, the magnet that ever seeks the electric. And therefore, it is only when one is in the water center, in the magnetic vibratory wave of expression, that one is the victim of the forms they create. . . Eve was the effect or the creation of Adam's denial. . . He who lives to hurt another shall live to see the day when all his selfish motives pain shall take away. So when you experience what you judge as pain, remember, it is an effect of laws that you have set into motion. . . When we deny what we are, we must pay (and we do pay dearly) for what we are not."

A/V Seminar 14

“Opportunity is something that we create. . . When we understand that we create opportunity, then we will begin to free our self from the dependence on what something or someone, that by divine law we cannot control, does or doesn’t do. . . We create our opportunities as effects of our judgments. . . When you create a thought, an attitude of mind, you do it with the breath of life. . . The control of the forms is subject to the control of the breath of life . . . Inspiration, to that which you are, is perspiration to that which you are not. . . Do what you don’t want to do so you may awaken to who you are. And by doing what your mind tells you it doesn’t want to do, your mind understands that as perspiration. . . Repetition is the law through which change is made possible. . . You cannot be objective with that which you believe that you are. . . By believing in one’s own form, then one is controlled by all forms. . . The mind can only offer the letter of the law. It cannot offer the spirit of the law, for the spirit of the law is formless and free. . . A function is an undeveloped faculty. . . So until you separate yourself from what you believe that you are, you cannot experience that which you truly are: the goodness, the joy, the happiness: life itself. . . [The heart] is the avenue through which the soul expresses itself . . . What you believe you are has all the limits and restrictions . . .”

A/V Seminar 15

“The judgment is made in the water center. . . A retaliation is an expression of a person who believes they are being rejected for they are attached to their fruits of action . . . An uneducated ego is a blatant denial of the Law of Personal Responsibility. . . If you will free yourself from the thought of I, then you will be able to see clearly and to demonstrate the principle which will free you from being the victim . . . If you reject that which you have given birth to, then you deny the Law of Personal Responsibility. . . Acceptance is divine law of God’s expression . . . Thought patterns are thought forms are children we create. They remain children. They do not grow up. . . Uneducated egos don’t ask. By not asking, they don’t have to face personal responsibility . . . For the moment you presume one thing, you are presumed upon. . . Self-thought is the most destructive force that you will ever know in, in all of the universes. . . The mind is, is an empty vacuum that can never be filled . . . Yet, it ever strives to be filled. It ever experiences need. . . Retaliation is a premeditated thought process. . . Take your attention off of what you want to overcome; place your attention or energy on what you want to become. . . People who are miserable demand to express their misery. They demand it. . . People who have need are people who are

denying the goodness that they are, are people who are feeding off of the temporary stimulation of self-glory.”

A/V Seminar 16

“Love all life and know the Light for the Law of Light, the Law of Life is Light. . . Light is intelligent, pure Energy. . . One does not express the fullness of their life until they awaken to what they are . . . Truth . . . is individually perceived. . . Move from making things in life to guiding things in life. . . Frustration is not experienced without dependence. . . When you educate limit, you expand its consciousness. . . No movement of the physical body is the first step of rest. . . Whoever permits their mind to see the way is never controlled by the obstruction . . . If you want to be attached to anything, just be adverse to it. . . Man is the world’s greatest borrower. . . Show me a person who believes they are limit, and I’ll show you a person who does not, in any sense of the word, do something without the thought of return or profit. Man’s uneducated ego is what has the identity crisis for he has all these forms that he has created. I think in your world you call it judgment. . . When you are following that which you are, then there is a peace that one experiences within their being. . . When one finds themselves becoming freer from concern of what others think or don’t think, then one is following the inner Light.”

A/V Seminar 17

“Whatever experience we encounter in life, eternity, we have established the law through which it comes to us. . . We find our self on the mountaintop, only to blink our eyes and find ourselves in the depths of the valley. Well, of course, we make adjustments in our perspective never on the mountaintop, [but] always in the depths of the valley. . . To those who see the Light, there is no difference between the valley and the mountaintop, for they are not controlled by the fluctuating laws of duality. . . The seeking of things puts one in competition with the kings of things. . . The

principle of the desire is not the problem. It is the personality of desire or the conditions that the mind puts upon the divine expression which is known as desire. . . The conditions are mental substance; the desire is spiritual essence. . . Seek ye first the kingdom of heaven, and all things shall be harmoniously arranged around you. You see? So seek first the Light, for the Light sustains all things. And that which sustains anything has the power of controlling it. . . The seeking of things will destroy you. . . One cannot gain in tolerance until one learns the wisdom of patience. . . When a person fears what another person does or does not do, then, you see, they've lost their God and they've got a new one. . . When we are as grateful for the things that we like as, as the things we don't like, then we demonstrate gratitude."

A/V Seminar 18

"We will discuss what is known as the function of rejection and what we experience from it as a so-called feeling of being left out. . . The principle of a law is impartial, for it is formless and it is free. . . When we tempt to define the law, we put it into limit. . . The only obstructions in our path are the temporary beliefs of the judgments that we have created. . . You are never left without the golden opportunity of choice. . . Principle is not dependent on form. Personality is dependent on form...Nothing's good or bad but thinking makes it so. . . "Dreamer, dream a life of beauty before your dream starts dreaming you." You see, a person's mind is a dreamer . . . Functions are servants of self; faculties are servants of soul. . . So there's nothing wrong with a function, as long as you remain in charge of it . . . One only grows for oneself. . . Whenever we face the possibility of making a change, we must face all of our judgments . . . Only that which has no beginning has no ending. . . Man has the problem. He's over civilized himself and attached to the fruit of his action. . . Concern is not good business. . . The classes are not something you depend upon. The classes are simply a sharing of understanding that is, in truth, inside of yourself...Your survival is what you create . . . When welfare becomes workfare, we'll all be free and happy."