

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 13, which includes classes A/V Seminars 19 through 35.

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 Seminar 19

“It is better to pause than be competitive in a world in which one is tempted to believe that they are. . . And so man is blinded by the largest form for he is intimidated by that which his mind considers is bigger and therefore better. So we are tempted, of course, by our minds to control that which we judge in our minds is bigger or better. Wise are those who accept the crumbs of the mind for they shall indeed guarantee the loaves of the heart. . . that which is of import in your life spiritually, let it be done prior to the noon hour for that is the change. . . man stands in his own light by his attachment to what he creates. . . discord is the cause of disease. . . A shadow is still a shadow, an obstruction to what we are. . . Whoever chooses the path of denial shall walk through the wastelands of need ever crying, ever in greed. Ever. . . Age does not guarantee wisdom. Adversity brings balance, and balance is wisdom. . . Remember, the human mind ever tempts itself to destroy what it has judged it cannot control. . . When one directs intelligent energy to limit—do you understand?—the limit of their own form, they poison their own body. . . A nature spirit has a specific work to do . . . there is no soul in a mental form. . . Interest is a soul faculty. And what do you think concern is? . . . Nature spirits cannot be understood by mental substance, for mental substance cannot control them. And what man thinks he can understand, he ever tempts to control. . . The tree is not subject to the dictates of the human ego. The tree, however, must suffer being exposed to the human mind. . . whatever serves the purpose of its design and the Law of Balance is constructive work.

A/V Seminar 20

“Fear is an experience in our emotions or water center which is an effect of the judgments that we believe that we are when they are threatened. . . Anticipation is a servant of fear. Expectation is a servant of fear. Acceptance is a faculty of freedom. . . Creation is king of the functions. . . As acceptance is a faculty, which is the direct balance of denial, man enters the Law of Harmony and is freed from the expression of fear which he knows as need. . . Remember, we always fear what we first judge we cannot control . . . expectation presumes the cost; anticipation does not. . . everything is dependent upon our perspective. . . Fear, fear is the king of limit or creation. Need is the effect of denial. When you deny what you are, you experience what you are not. And when you experience what you are not, you believe that that is need. . . That is why the workers win, the workers who move into something besides the thought of self. . . self-thought is the most detrimental and destructive experience that a human being could possibly have. . . An uneducated ego is an ego that will not look up to the light of one’s own reason. . . An educated ego looks up to the air center. . . You see, if a person doesn’t change, of course the next one’s like the last one. The next one of anything is like the last one of yesterday because they really haven’t changed. . . outward manifestations are revelations of inner attitudes of mind. . . do not suppress desire. . . And wherever there’s emotion, the light of reason cannot and does not shine.”

A/V Seminar 21

“The so-called miracle of life, known as survival, is only possible through the Law of Adaptation. . . That which controls is more advanced than that which is controlled. That is the Law of Evolution. . . We are the victim of that which we believe in to the degree that we believe in it. . . For example, present is power. . . Past is force. And future is fear. So if you move out of the present in consciousness, you move into force, which guarantees fear. . . So whenever you move out of the Light, the present moment, you enter the reflection. You are therefore controlled by the shadows of past events. Being controlled by what has been, you fear what is to be. . . For that which has been always fears what is to be, for that which has been is force. . . So if you permit yourself to over-identify with image, then image only exists in the past. . . You

see, those who believe in image are controlled by force. . . And so this planet and the beings upon it, of course, it is the planet where you're to learn faith for you're offered plenty of fear. . . that which is of value and priority to the mind is never lost. . . And remember, tranquility is that faculty that we experience when we are not disturbed. And let us not forget that that which disturbs us, in truth, has controlled us."

A/V Seminar 22

"We all know that success of anything is ever in keeping with our degree of tolerance. . . So concern, of course, is not a benefit. . . Now acceptance is the will of God. Now God or goodness is the Law of Perfect Harmony. So if a person is desirable of restoring their health, then it is necessary for them to maintain and to sustain thoughts and attitudes of mind which are harmonious, which are healthy, which are good. . . So our denials become our destinies. Our acceptance becomes our freedom. . . it's the greatest freeloading virus that you're going to find. It's quite a freeloader. Because it denies personal responsibility. . . Well, the more that one identifies with oneself, the more discordant one is in consciousness. And discord, the effect of discord, of course, is disease. . . You see, the greatest sabotage that's being done by the mental world is the refusal to take a look at what is happening on your planet. . . you must understand from lack of understanding and communication, there is great fear. . . as we enter more denial, we also enter more demand. Is not society more demanding than ever before in the history of your—recorded history of your planet? . . . When you deny, you depend. . . The best thing that can be done is education . . . Air is death to a water virus. . . The thing is, sometimes by not having much, one's better off. . . You see, there's one thing about minorities: they unite to survive. Masses, they revolt and hope to survive."

A/V Seminar 23

"A balanced mind is an enlightened mind. An enlightened mind is a servant of the soul faculty of reason. Without faith, one cannot express humility. And without humility, one cannot express faith. . . humility is necessary in order to bring about a balance or an enlightenment of the human mind. A poised mind is a balanced mind. . . Now humiliation is a registration in the uneducated ego that something outside of

one's control is the problem or cause for their experience of humiliation. . . And a denial of personal responsibility closes the mind to the soul faculty of reason . . . Now we cannot have anything control us that we do not first deny responsibility for. . . The devil exists within the consciousness only through denial. . . we always get what we really want. . . those functions, money, ego, and sex—ego being the great pride of it—only survive under the Law of Denial. . . You see, when we accept personal responsibility, we open up the door to faith, poise, and humility. . . Man is the creator. God is the sustainer. . . You see, the longer that we refuse, that we refuse to accept responsibility for the experiences in our lives, the more patience we had best have. . . The Law of Denial is the Law of Separation. . . It takes 51 percent in the consciousness to make the change . . . When your humility equals your faith and your faith equals your humility, you're in poise, yes, and you are transformed or transfigured, yes.”

A/V Seminar 24

“Know what you want, for it is easy to attain. Frustration is an unpleasant experience in the mind, the effect of a judgment that what we depend upon we cannot control. . . There is no limit to the things that the mind can and does choose to be dependent upon. . . whatever we suppress, you see, we strengthen, and we weaken our resistance to it. . . If a person gets weary of anything, in time they will let it go . . . an unpleasant experience does not mean that it is negative and is not beneficial, for in every negative, there's a positive. . . And so how does one free themselves from such a distasteful experience? By declaring the truth: “I am that I am. I am not that which I have created. I am only responsible for what I have created.” . . . First, communicate with oneself in order to gain objectivity. . . Honesty cannot flow where there is pride. . . the goodness is in the act of the doing within the consciousness. . . When pride steps in, the good feelings start to go. . . The selfish mind diligently works to destroy what it makes no effort to understand. . . That that is feared by the human mind reveals its own value. . . And remember that whatever we find our self dependent upon in life, we are diligently making effort to control. . . The control of the breath is one of the indispensable steps in controlling the emotions. . . Now a person attains many things. None of them do they obtain, for none of them do they possess. . . Exposure helps any mind to think more than once about what they're tempted to do with their selfishness.”

A/V Seminar 25

“Now to have value for anything, we must first arrive at a conclusion in our own mind of what it does for us. . . Now a problem is a problem and not a solution as long as we permit our mind to tell us that the solution is in what someone else does. A problem is a solution when we accept the possibility within our self of changing. The moment that we accept, in a problem, the possibility of making a change in our thinking, we instantly, clearly see the solution. . . You see, you do not solve a problem by denying your responsibility for it. . . And if someone doesn’t do what you want, then stop wanting them to do it. . . Because, you see, images are not what we are. Images are what we create . . . How does one gain that respect? By respecting themselves. . . You see, when you have respect for yourself, all of the character assassination, all of the slander, and all of the slaughter will have no effect upon you . . . And so the more that you rise in a material, mental world, the bigger target you become for assassination. . . the good that we see and the good that we identify [with] is the good that we experience. . . that which disturbs the mind controls the mind. . . I’m not interested in convincing them that I’m honest. My life is my demonstration. And everyone else’s life should be their demonstration, you see. . . when you don’t want something out of them, then you’re not dependent upon them. . . We always become the victim of that which we desire to control . . . As long as you have absolute conformity, you do not have evolution.”

A/V Seminar 26

“The expression, of course, of fear is what is known as frustration. . . The business of living is the lack of concern . . . And by increasing the reliance upon the mind, you increase its fear, for faith directed to the mind is fear. . . when our hindsight becomes our foresight, we then gain insight. . . You see, we always get what we really want. We don’t understand it when it arrives at our door. . . Now remember, a problem is nothing but a solution that we refuse to accept. . . Put God in it or forget it. . . total acceptance is the will of God. . . And by the acceptance of the right of existence of a desire does not mean that you must fulfill it. . . The lack of concern is the fulfillment of the desire by the divine expression. . . So that it may be fulfilled in the way of goodness, for acceptance is the will of God, and the will of God *is* goodness. . . you may not like a person, yet through that person you receive the fulfillment of your desire. Then you must overcome your adversity because, you see, the stone the builder rejects becomes the cornerstone. . . Over-identification with limit is the true error of ignorance . . . The love of self is the love of that which we create. . . “Love all life and know the Light” is freedom, for it is truth.”

A/V Seminar 27

“As I stated to my channel some time ago, heaven is where our heart is. Now one should always be aware of where their heart is. Their heart being an expression of their soul. So often we confuse our heart with our emotions. . . Our attitude of mind affects the chemistry of our body. Our attitude of mind is an expression of the believing that we are the thoughts of the mind that we alone have created. . . You see, to love oneself is wisdom when one knows what oneself is. . . Anything that is conditional is controversial. And anything that is controversial is not healthy for it is not specific. . . You see, oftentimes when you tell a person, “No,” it’s the kindest thing that you could possibly do for them. You know within your own heart that no is no and oftentimes no is God’s direction. If they cannot see the goodness of that at that time, it’s simply because they haven’t evolved yet to that state of consciousness. Someday they will, you see.”

A/V Seminar 28

“. . . each and every cell of the physical body is an intelligent entity. . . we cannot feel rejected without feeling dependent. . . to depend upon anything that is not within our rightful domain is to establish that law of denial, destiny, rejection, and frustration. . . For if we accept responsibility for our ship, we will not have to be concerned about what the crew will do, for our crew is the intelligent cells of our own being. Remember that to concern ourselves with what someone else will or will not do is to deny one’s own responsibility to the intelligence that they are responsible for and, in so doing, by that denial, to experience rejection through dependence and, therefore, live a life of discord, known as frustration. . . a physical world is a manifestation of a mental world, which is, in truth, another manifestation of a higher world . . . And when desire no longer exists, the light of reason reveals itself. There is no desire concerning it. . . love is not dependent. . . Now that which you find yourself dependent upon is desire . . . the feeling of anger is a defense of a judgment that a person has made. . . Man is the creator. God, the Divine Light, is the sustainer. . . It’s only in ignorance we are the victim because of our belief and dependence on something that is not within the realm of our control . . . You can’t create what you don’t accept. . . God manifests in the silence of the Light. . . when one thinks of where one’s going, it reveals . . . concern of the future. . . And denial of the present. . . the divinity of disaster is encouragement. . . give what you have to give and care less what they do with it. . . Remember that Light is power and it is electric, and magnetic is force.”

A/V Seminar 29

“ . . . man is a law unto himself. And when man believes that experiences are life, then man is indeed affected by them. . . So whoever permits contradiction to flood their consciousness willingly chooses, in fact, desires to be controlled. Now anyone who desires to be controlled is a person who has permitted themselves to believe in need and, therefore, becomes dependent. . . Fear is used to secure us. It is a security mechanism of the mind. . . So responsibility isn't something, when we look at it in the light of reason, responsibility is not something that is a heavy weight or a burden. It is a freedom that we know inside is that precious something that we truly are. . . luck [is] the loser's excuse for a winner's efforts . . . dependence causes our mind and our attention to be extremely active with what's happening to what we're dependent on . . . the law clearly reveals that which disturbs us controls us. . . Life is as we make it, and just the way we take it. . . one who loves their judgments more than they love the Law of Responsibility is one who is in deep trouble. . . You see, we always get what we really want, but we have to face the judgments we created that are in the way. But we always do get what we really want, you see. You see, the only thing that stands between us and this fullness of life are all the judgments that we've created and, by creating them, believe that we are them. . . We're tempted by what we believe, *we believe* brings us what we want. . . You cannot be tempted by that which you already have and are responsible for.”

A/V Seminar 30

“Accepting that life is better is the beginning step. Giving it energy to manifest itself by the spoken word is step number two. . . To lose sight that we are making our own life is to walk upon the path of self-destruct. . . A wise man realizes that time is something that he alone has created. He realizes that he has created it. And by realizing that he has created it, he is not controlled by it. . . outward manifestations or experiences are revelations of inner attitudes of mind. . . if you are as religious with cleaning inside as you are with cleaning outside, that is, the temple, the house in which you live, then the changes will come about. . . It is when you depend on something that by the very divine law you cannot control, that's when you become half a person and have half a life. . . So if we don't put any care into it, we certainly aren't going to get any joy out of it. . . whatever you begin to depend upon, you do so at the sacrifice of your individual freedom. . . “Now this is what I have done. Because I have done it doesn't mean I can't change it. By the law of doing it, I can undo it.” . . The experience they encounter is only a reflection of the attitude or vibration they

have taken to it. . . When a person no longer is getting something out of what they think they're putting time into, they must remember the Law of Care is diminishing.”

A/V Seminar 31

“We ever seek perfection for without that seeking, we do not make changes; we do not grow; we do not evolve; and that is contrary to the law that is. Without seeking perfection, we are not inspired. Without seeking perfection, we do not change. . . Therefore, that which we judge is a threat we keep, certainly, at arm's distance. . . Remember, without thought, without attitude, there is no experience. The control of thought is the control of attitude and the control of experience. . . You control your own experience until you permit your mind to judge and be dependent from that judgment on what someone else will or will not do. . . whatever we are attached to is in truth a mirror reflecting back to us where we are at the time of the attachment. . . The law governing the dawning of understanding is the full acceptance of personal responsibility. . . Now need is something that will do anything to fulfill itself. We understand that, don't we? That's known as manipulation.”

A/V Seminar 32

“This evening we will discuss, for our class, shadowlanders or, more properly known as, inhabitants of the shadowland. Between adversity and attachment lies the neutrality of spirit. . . Creation is an effect of the Law of Resistance. . . we are controlled by what we resist. . . We resist the natural Law of Evolution by resisting change, which is indispensable to evolution. . . we are freed by that which we accept. . . When we accept what we have resisted, for what we resist we create, then we are freed from it. . . When we resist the possibility of anything, we create the obstruction necessary for the experience. . . You see, when we turn to the Light, we do not see the shadow, which is the effect of the obstruction that we are making. . . attachment and adversity are one and the same thing. . . Pause in the midst of creation; pause and accept who you are. Not what you are. . . Truth is. See, truth needs no defense because it has no belief, you see. See, belief is bondage. Truth just is. You cannot defend truth. . . So that which requires defense or resistance is not truth; it is the opposite of truth, known as falsehood. The mind is not truth. . . If you want to be controlled by

something, make great effort to stay concerned over it. . . Through the acceptance of personal responsibility, concern disappears.”

Seminar 33

“When a solar system is born, it gathers unto itself energy from surrounding solar systems. It does this in keeping with natural law. . . Whenever form begins the process of what you know as death, there is a release of energy that is indeed measurable. . . All things, all form, all planets, all people, all animals, all things, all limits return to the source, to their sustenance, are transformed and renewed. . . Without it, you have no health. Without it, you have no wealth. Without it, you have no joy. Without it, you have no understanding. And without it, there is no wisdom. . . That which governs the blade of grass is governing the solar system. . . Familiarity is an effect of our attachments to patterns of mind that, through error of ignorance, we believe that we are. . . who you are is not what you are . . . These classes are about who you are. . . You are greater than what you believe; you are lesser than what you demand. . . Concern is a function activated by fear. . . Be not concerned about money. Be concerned who you are, and then you will do your fair share and no one will be concerned about anything. . . humor is the salvation of the soul. . . Seek not money. It will destroy you. Seek the law. Seek not things. Seek not pleasure. It will destroy you. Seek the law that governs all of it. . . But remember, that part of you that is part of society is what you believe you are. It’s never, nor can it *ever* be, who you are.”

A/V Seminar 32

“Now creation is the effect of a mental spin. . . The soul is a retrospin. . . What we accept in our consciousness, we free our self from. Whatever we deny in our consciousness, we are destined to experience. . . So each time you permit yourself to think and to feel rejected, you establish the law that guarantees, in a mental world, the experience. . . It is indeed difficult for the mind to accept that it has what it desires, but by not accepting that you have what you desire, in keeping with the Law of Personal Responsibility, the alternative is that you reject it and, in so doing, experience the effects of that rejection. . . Suppression is one of the most dangerous of all of the functions. . . when you worry about how long something is going to take,

you establish the Law of Resistance. You are resisting the process for it to fulfill itself. . . Desire is created in the conscious mind. . . Retrospect is positive, and spin is negative. . . Your breathing exercises and your affirmations are designed to permit one to rise to a soul-consciousness level, which would place one in a retrospect. . . The reason that the mind spins is because it believes it is without. . . a prideful person is one who has much denial and great rejection. . . Because they have entered the bondage of believing that they are the source of all of their experiences. . . Humiliation is an attack upon the judgments and the defenses of the sense function of pride. . . a person has pride based upon the judgments they have made that they are special, unique, different, or etc. . . Look inside for everything you desire, for everything you desire has always been inside of you. You will not find it outside.”

A/V Seminar 35

“Tolerance is not difficult to the mind that truly accepts personal responsibility. . . Tolerance is an effect of understanding. . . Become aware that you are dependent upon that which you are intolerant to, and being dependent upon it, you are controlled by it. . . You see, a person is not disturbed by anything that they are not first, by denial of personal responsibility, what they are not first dependent upon. . . The denial of personal responsibility is the denial that you are captain of your ship and you are master of your destiny . . . So what you cannot tolerate in another is what you, in truth, fear within oneself. . . But you must remember, as without, so within; and as within, so without. . . oftentimes in life the stone the builder rejects becomes the cornerstone . . . God works through man, not to man. . . Fear is man’s faith in his own mind. . . whatever you create in your mind you’re responsible for. . . It is the responsibility of the individual to consciously know and consciously choose what they’re flooding their consciousness with. That’s the individual’s responsibility. . . whenever you run from an experience you have created, you establish the law of its return. . . Remember, intolerance is an adversity created by an attachment to one’s own judgment. . . everyone will agree what they are attached to, they are emotionally controlled by.”

[Although A/V Seminar 35 is not the last that will be published, it is the last recorded class of the Living Light Philosophy given through the mediumship of the founder of the Serenity Association, Mr. Richard P. Goodwin. This class was given on February 16, 1989, and on February 24, 1989, Mr. Goodwin passed from this world to his true home. For more information on these teachings, you are invited to visit www.livinglight.org]