

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. Please find below the synopses for the spiritual awareness classes of *The Living Light Dialogue* Volume 14, which includes classes A/V Class Private 1 through 15.

The first classes of this philosophy were known as the Discourses and 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 approximately 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 Temple to a group of about eighteen students. The A/V Class Private series were also given at the Serenity Temple to a group of about twelve students. As the name suggests, these classes were private at the time they were given and were not to be discussed with anyone who was not present in class. Before he passed on to the higher life, Mr. Goodwin made it clear that all teachings, even the private teachings, were to be published after his passing. And so, these teachings are now available to students of life around the world.

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

A/V Class Private 1

The teacher discusses varied approaches to experiencing the goodness of life; how we establish the Law of Mental Conviction; establishing the Law of Success; explanation of our reality; accepting the possibility of a change; changing our own reality; how to use the realms of believing, realms we create, to our benefit; how fear and procrastination work together; using the cleansing breath to bring about necessary changes in our life; how to do the cleansing breath; the difference between belief in the fulfillment of life and acceptance of the fulfillment of life; the wisdom of accepting that which you are; a response to a student's question about an addictive personality; how the cleansing breath works; the teacher describes the best position in which to rest; rising to the air center of consciousness to bring about a balance in our life; justification, the defense of all judgment; understanding that all experiences in life are effects of the forms that we have created in consciousness and continue to create; turning conflict into harmony; the centers of consciousness.

A/V Class Private 2

The topics discussed include the enjoyment of sleep; the importance of flooding the consciousness with the cleansing breath before going to sleep and upon awakening; making the effort to truly understand what is going on when we sleep; applying the cleansing breath for emotional upsets or lack of control of our life; the teacher responds to questions about the cleansing breath; how we serve the form we have created; recognizing that all of life's experiences are direct effects of the forms in the mental world that are being fed; how to know what kind of forms we are feeding and what kind of forms are in control; the Law of Return; experiences, the justification and defenses of the judgments we believe that we are; the teacher responds to a student's question about what stands in the way of our continuity of effort; the relationship between our emotions and our judgments; the difference between judgment and decision; using the cleansing breath at the moment temptation rises; the magnetic principle of our being, known as love; the importance of taking control of our mind before something else does; the teacher responds to a question on where the soul goes upon transition; the purpose of placing the tongue on the roof of the mouth during the cleansing exercise; response to a student's question about how much rest is required for the body; accepting the demonstrable truth that through certain attitudes of mind and certain states and conditions of mind, we release within the physical body certain chemicals, some beneficial, some of a narcotic state; gaining control so that we will release the chemicals that are beneficial to our body and to our mind.

A/V Class Private 3

The teacher welcomes the class to a new dawn; how we solidify our thought forms into judgments; personal responsibility, the Law of Freedom; the cause of the continuity of past experiences in our lives; the importance of using the cleansing breath; how acceptance of the forms that we create helps us to separate form creation; applying the law which frees us that we may have intelligent, harmonious experiences in our lives; how judgments cloud and obstruct our view; response to a student's question on if our forms are all from this particular earth experience or ones we have brought with us from other experiences; the teacher explains why, sometimes, it is not as difficult to separate as it is at other times; paying the price of denying the air center, where the faculty of reason exists; what causes a person to nod off when they should be paying attention; acceptance, the movement of the Principle of Goodness; what the cleansing breath is designed to do for us; what happens to the neutralized forms after we have done our cleansing breath; making

conscious choice in our mind and being aware of what our mind is doing; the difference between charity and self-glory; how the mind creates more of its own kind when we are not at home in consciousness.

A/V Class Private 4

The teacher discusses evolving to the step in evolution of “Being”; declaring the truth, which is “I am the goodness that I know for I am the one that makes it so”; instructions by the teacher on how to use the notes of harmony that bring about a perfect balance within our consciousness; understanding success; looking into the law that causes one to do what they understand is right, yet the results are wrong; the Law of Motivation; guaranteeing the return of experiences, in keeping with the unity of motivation and the spoken word; the necessity of being honest with ourselves and looking at our true motivation; the purpose of sleep; explanation of time-pressure; what it means to be qualified; the correlation between blaming outside and dependence; returning to personal responsibility, the effect of which is freedom; why some people feel inferior; how to be free from the Law of Payment and Attainment; communication, the avenue through which understanding expresses itself; discussion on initiative; why demons cannot walk a straight line.

A/V Class Private 5

Some of the topics discussed include the river of life, the living light; the relationship between our ship of destiny and our identification; the power of will; virgin birth, the creation of form in the purity of the light of reason; force, the servant of the lower four centers of being; how to recognize forms created in the odic realms of consciousness; how to expand your horizons by visualizing the sky; uniting our motivation with the spoken word; explanation of what it means to “cast our pearls before the swine;” the nine gates to heaven; why we have trouble doing what we know we should be doing; understanding the spirit of spontaneity; what the cleansing breath, the mantra, offers to us in relation to our ship of destiny; understanding that we are a ship of destiny by the very Law of Individualization; how we become subject to and a victim of what we call need; bringing about a marriage of what we believe we are into the natural flow of what we are; when our ship flows on the river’s natural flow, that is balance and we are free; response to a student’s question on inspiration; recognizing that if we deny what we are, we must pay the price of our denial; understanding ourselves so we can understand the natural laws.

A/V Class Private 6

The teacher discusses the virgin river of life and how all thoughts are dependent for their formation upon it; understanding that separation, individualization, is totally dependent upon the thought of I, which offers belief and bondage; maintaining the natural flow of the river by the power of will; how to know what centers of consciousness we are in; explanation of personal responsibility and its effect; the limitation of belief; how to annihilate mental forms that do not serve us well; the importance of using the rhythmic cleansing breath; how the forms defend themselves; balancing the centers of consciousness; how to unite your motivation with your spoken word; faith, the servant of freedom of the Light of eternal truth from the higher consciousness; living intelligently; all the chemicals exist within the air center of consciousness for physical manifestation; how doubt and fear are used by the mental forms.

A/V Class Private 7

The teacher calls upon the students to answer questions from their study of the Living Light Philosophy; the nine centers or planes of consciousness in the human body; discussion on will power, its location, and its frequency or numerical value; why earth, fire, water, and air centers of consciousness are controlled and dependent upon belief; why one chooses belief over faith; why the water center is essential to our existence on the planet Earth; understanding that the Principle of Good is activated in our consciousness only by the power of will; experience is the return of the forms that we believe at any time that we are; how to move from belief and bondage to faith and freedom; why faith offers freedom and abundant good; how we destine ourselves to the continuity of distasteful experiences; understanding that we have entered creation with the great responsibility of awakening that which has denied the Light, to once again serve the Light; how to evolve beyond bondage and belief and enter the realms of freedom; how to be aware of where we are at any moment; what causes the separation between the electromagnetic forces; understanding that there is no way possible that we can deny the rights of others until we first deny the rights of ourselves; the Law of Disassociation; how a celestial birth occurs.

A/V Class Private 8

The topics discussed include electric thought forms and why it is in one's best interest to create them; the difference between an electric thought form and a magnetic thought form; understanding how a thought must ascend and descend in order for us to have an experience of it; why belief offers temptation to everyone; using creation wisely through the faculty of reason; how it is possible for anyone to experience heaven when there is no thing and nothing outside of them; what to do with a thought form when it returns and demands that you service it; why the water center has the greatest need; discussion on the odic center of consciousness and why it is called odic force; attachment, bondage, and loss; the plane of ozone; clarification on why the magnetic level of consciousness is in the upper four centers; the difference between a decision and a judgment; possibility and hope, and how that frees us from our denials; the purpose of evolving; the interdependence between man, birds, animals, plants, and trees for their own continuity; why it is important not to move during meditation.

A/V Class Private 9

The teacher discusses superimposing the higher four centers of consciousness upon the lower centers of consciousness; experiencing what is in life by letting go of what we believe; paying our debts of personal responsibility; identification, the nature of the human mind; how to be freed for a time from over-identifying and believing in what is known as self; understanding that we evolve at the cost and the expense of making changes within our consciousness; freedom from the debts of our belief that we are creation; applying the laws of the fourth dimension; a person who perceives round sees the eternity that they are; the more awakened we are, the sooner returns the experience from the transgression; the importance of moving in consciousness at an ever-increasing rate of vibration; how to move an obstruction from the consciousness; remembering that we have a responsibility to guide creation in our service to creation; the benefits of reclining in a 45-degree angle.

A/V Class Private 10

The topics discussed include what we are, a spiritual being, and what we have, a mental limit; how we establish the Law of Solicitation; the cause of disturbances in

our lives; explanation of how identification with limit causes us to experience the lower centers of consciousness, while that which we are is moving on its eternal journey through the higher centers; how the soul enters form at the moment of conception; how to change our experiences in life; what the cleansing breath is designed to do; how we establish the Law of Ingratitude; the positive and negative effects of chocolate; the benefits of celery and onions; fire, the center of consciousness you must pass through to enter the higher realms; what is fire to a world of limit is light to a world of truth; the difference between a saint and a sinner; why ideas come at a very high frequency; understanding that the essence of a thing is the actual speed of a thing.

A/V Class Private 11

The topic of discussion is “Under Contract”; entering the Great Rotunda of Divine Justice; how we choose the contractual agreement with the Prince of Darkness and the Prince of Light; understanding the contracts that we have signed in the Great Rotunda and what our responsibility to them is; how to fulfill our contract of Light, Truth, and Freedom; preparing ourselves for our answer to the question, “What have you accomplished in your stay on the planet Earth?”; explanation of the sleep of satisfaction; understanding that only through illusion do we experience need; discerning the difference between illusion and truth; the importance of refraining from the temptation of believing; why darkness must have its salt; how we become aware of our spiritual responsibilities; why it is that when the struggle is the greatest, victory is at hand; our responsibility in expressing through limit is to be in it but not to be a part of it; freeing oneself from the contract to the Prince of Darkness through the Law of Disassociation; the payments that are made with the Contract of Darkness; the Akashic Records in the Rotunda of Truth; the hazards of suppressing desire; why only 5 percent of the people on earth will make it to the Light; understanding that the spiritual contract is the contract with what you really are, not what you believe you are; disappointment, the payment for renegeing on the contract with the Prince of Darkness.

A/V Class Private 12

The teacher discussed the three most important questions the human mind has to ask itself; understanding that we are wherever our attention is; the importance of understanding that when we are not present, something or someone is present using our body; temptation, a weakness of the direction of the power of will; why

encouragement is something to identify with; as exposure frees the soul it contaminates the form; why truth is at the equator; explanation of truth; demonstrating that desire is of the mind and care is of the heart, which is a vehicle of expression of the soul; responses to questions on the fourth dimension and regarding our response when we reach the Great Rotunda.

A/V Class Private 13

The teacher discusses that to question what we believe we are is to accept the possibility of being something better than what we have been; the cloud exercise; how we inadvertently declare the Law of Unhappiness; how we establish the law to grow, to evolve, and be what we are, free, happy, and the joy of living; discussion on success; the inseparability of belief and identification; realizing that in truth we are a movement, we are energy itself, we are the golden Light, and as it moves and as it gains speed and frequency, varying colors begin to appear; the electromagnetic frequency in its expression; experiencing consciously what our next moment shall be, in keeping with the law of the unity of our own consciousness; an explanation of the principle of the law that governs fine film making and how it relates to ourselves; the brighter the light, the clearer the obstruction; fear, the effort of mental substance when it judges that its existence is threatened; understanding that truth is individually perceived from within one's own being; the teacher reveals the color that is healing for everything, including plants and animals.

A/V Class Private 14

The topics that are discussed include the law of what we put into a thing is equal to what we get out of a thing and not one iota more; our reason for being in class; fear and self-interest; the mixture of color in our universe; ego and judgment; the educated ego; the cause of our need to be used by others; Infrared and infinity; inspiration; healing, vibration, color, and numbers; salt, its uses and origins; communication beyond the physical senses; acceptance; how the thought of self has clouded man's perception; changing from spin to retrospin; fear of mental forms; the application of the cloud exercise.

A/V Class Private 15

The teacher discusses how we establish the Law of Dependence; walking upon the path of the beauty of life; response to a student's question about our guides and teachers and the Great Rotunda; discussion on the cloud exercise; explanation of small thinking vs. universal thinking in consciousness; a response to a question about leadership; what fire represents; understanding the question we are all to be asked, "What have you accomplished?"; the link of life; the difference between enthusiasm and excitement; the celestial realms; the electromagnetic emanation of light and how it reflects to our emanation; how to help someone through prayer; how to keep the door to our understanding closed; the inseparability of control and responsibility.

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