

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 spiritual awareness class synopses for the classes of *The Living Light Dialogue* Volume 15, which includes classes A/V Class Private 16 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 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 was 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. 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 the Living Light Philosophy, you are invited to visit www.livinglight.org

A/V Class Private 16

The power of the word and its loss to mankind; color vibrations and how they affect us; the spiritual explanation for the world's disasters; the importance of guarding our beginnings; response to a student's question about whether the earth was always in duality; accomplishing 51 percent of our spiritual contract to move to another expression; how to know if we've passed a lesson in consciousness; how to bring about harmony in our lives; the teacher states that a wise person may have many thoughts, believe that he is none of them, and therefore ever remain free; how Haley's comet affects our world each time it comes around; realms of the nature spirits; the superconscious, the conscious, and the subconscious; discussion on relationships; the odic force and the element water; the laws of association; the dictionary of light and the dictionary of darkness.

A/V Class Private 17

New horizons and new shores of experience; the element air, the element through which the light of eternal truth is more fully expressed; what the destiny of denial truly is; acceptance and its effect, the joy of living and the abundant good of life; understanding that through the control of the present moment, we are free of all that has been and whatever may yet be; explanation of why “work is God’s love made manifest;” how to determine our own accomplishments in life; Haley’s comet, a symbol of an awakening on our planet; bringing about a balance within our universe through the use and understanding of color; the teacher states that the music should never stop when there is healing being done.

A/V Class Private 18

The teacher discusses emanations of color and vibration, and what various frequencies of color can do; response to a question on what is good music; why salt is necessary for the existence of the realms of darkness; explanation of what is one’s greatest responsibility; the correlation between middle C, the color “white,” balance, and the number “five”; the electro-magnetic principle; what happens when we permit our skin to be pierced; belief, a magnet that binds us, and faith, an electric power that frees us; serving the purpose of our journey through form; the difference between a person in need and one who is free.

A/V Class Private 19

The payment of denying the divine right of existence of all forms in a world of form; understanding that the fulfillment and joy of life waits for everyone in the moment of total acceptance; the importance of neatness and cleanliness; how attitudes of mind affect color frequencies and vibrations within a room; the difference between dependence and reliance; looking for the divinity in disaster; our responsibility to use the anatomy to the full purpose of its design; how knowledge is instrumental in bringing about a balance between the realm of emotion and the realm of logic and facts; the evolutionary journey of the soul through the planets; matter and energy; how we experience atoms, electrons and molecules; the teacher reveals that film records shadows, it is a registration of illusion, and that the mineral crystal reflects the light as it is; response to a question on the higher realms of the spirit world; how to demand an accounting of our vehicles; what balance truly is; explanation of the horizontal law, the parallel law, and the upward law of continuity,

and how it pertains to the river of life; the ozone layer; how to demagnetize and purify our aura; the spine, the physical instrument through which the river of life flows; why some healers absorb the disease of the patient in the healing process, and how they eliminate that from their own forms; the true cause of senility; the light of reason, the movement of wisdom; the sun, the moon, and the electro-magnetic principle.

A/V Class Private 20

The teacher explains that we are all receptive to vibration because we are vibration; discussion on color and vibration; difficulty, an expression of a lack of honesty with oneself; the importance of being aware of our attitude of mind; explanation of law; attainment, the effect of changes in attitude in a person's mind; explanation of an error of ignorance; what the "new" planet Vulcan represents; water, the element of life; the cause and effect of disturbance to the nature spirits; response to a question on intuition; understanding that we are light; the triune nature of law; facing the joy of personal responsibility; the teacher reveals that the spine is designed to respond to our will power; how the flute can bring us into harmony with our true being.

A/V Class Private 21

Incentive and survival; how God's angels fulfill the law, and man is a law unto himself; comparison, a servant of the judgment of mental substance; looking at comparison with the light; life force vs. light power; how suffering is an effect of attachment to the fruits of action; how to move from belief to faith; how to experience the Law of Harmony; monitors of the earth planet; discussion on psychics and mediums; the importance of refraining from concern over spiritual efforts in life; the faculty of respect, kindness, consideration and cooperation; the Law of Disassociation; the plane of purification; how to educate judgments; moving from logic to reason; the teacher states that like attracts like in order to support and sustain itself; response to a student's question about the spiritual ramifications of having plastic surgery; spiritualism, the science of understanding life.

A/V Class Private 22

Discussion on the need for close relationships; the difference between the functions of knowledge and logic and the faculty of wisdom; how to be receptive to what we truly are; the divinity of disaster; the benefits of the Law of Disassociation; understanding the disasters that happen from man's disregard of the laws of nature and the laws of balance; response to a question on immune deficiency; the nature of crystal; the Law of Exposure; the teacher reveals that an answer is only the return of a question; how the Divine Laws of the Universe bring about a counter-balance to extreme imbalance; how to strengthen the vital body; balance, the natural flow of frequencies in the universe; the bondage of belief; how to be free from the dependence of the Law of Familiarity; what the gums represent spiritually; how to know when a law is fulfilled.

A/V Class Private 23

Taking responsibility for that which we have earned in life; understanding that the increased frequency of natural disasters are forewarnings to civilization to make changes in the course it is on or face what civilizations before have faced, self-annihilation; the necessity of balancing increasing technology with spirituality; what the joy of living is dependent upon; balancing our frequency; response to a question about nature spirits; the teacher reveals that that which is positive is that which is neutral; discussion on the 150-year cycle of great composers and great artists, and how they are spiritual bearers of the light; becoming aware of the faculty of reason expressed in nature and other species; why we are responsible for everything that takes place in our lives; why some people have a need to please people; the dependence of life's experiences upon our attitude; monitors of the Earth planet.

A/V Class Private 24

Understanding that we are the originator and creator of our thought; why man makes changes as Haley's comet moves closer to earth; why it is more difficult, after leaving the earth realm, to learn the lessons we have failed while yet on earth; how to experience the healing vibration that is ever available to us; judgments, the mist that stands between our sight and what is, between our hearing and what is; accepting that we are the pure, intelligent, eternal Light; Divine Will, the expression of Truth; viewing what is, and not what appears to be; the teacher explains more on atoms, electrons and molecules; the benefits of the pressure points; the teacher

reveals that man's removal of layers of earth by mining or cutting off mountain tops, is releasing vibrations of eons ago that have been dormant for centuries; explanation of the saying, "The essence of dreaming is the Law of Life, and the law of life is Divine Will or God's expression;" the importance of remembering that we are not what we think we are- we are what we are.

A/V Class Private 25

How the cleansing breath works to help us take control of our experiences; the doorway of imagination; an explanation of the principals of photography; the spiritual significance of the elephant; how to bring balance to advancing technology; how to keep from being dependent upon the technological forms we have created by our advancing intellect; the Summer Lands; the burden of reference; the teacher explains that the electro-magnetic energy captured by the crystal is of the highest possible vibration known to man; understanding that atoms which compose our body contain recorded history of eons of time far beyond the planet earth; glory, an expression of pride; why people become reformers; world hunger, an error in the thinking of the people on our planet; the Oracles of Delphi.

A/V Class Private 26

The teacher responds to a question about the Akashic Records; dematerialization and the Law of Identity; what credulity is; evolution of birds on earth; why bells are used in churches; understanding that we are the servant of anything we create; how technology really works; rejection and resentment; how the law demonstrates to us that whatever we have no value for, we guarantee to lose; evolving through the various realms of consciousness; photography and the electro-magnetic process; making the effort to be with a person, place or thing, and not be a part thereof; the cause of severe, leg cramps; pressure points and the river of life; the process of apport; establishing the Law of Slavery by thinking of self; how to encourage ourselves; how to overcome self-pity.

A/V Class Private 27

Gaining sufficient self-confidence to meet any challenge; the teacher explains the meaning of a Hopi Indian prophecy; understanding that from the destruction of one thing is the birth of another; the natural progressive steps of evolution; how exposure helps man to expand his consciousness; the path of non-resistance; making the effort to become in harmony with the purity of the white light of eternal truth; the importance of total consideration of all levels of our mind before making a commitment; diamonds, an ancient symbol of deception; Mars, aggression, and the fire center; the importance of understanding that we cannot experience denial without becoming an instrument of deception; the purpose of the nine rings around the planet Saturn; the evolution of signs and symbols over eons of time; understanding the difference between night and darkness, as it relates to light; the difference between rest and sleep; how we guarantee our service to the forms of our denials.

A/V Class Private 28

The meaning of numbers; the effect of our attitude upon atoms, electrons and molecules; the electric, magnetic and neutral parts of an atom; fire and earth centers as related to our planet; broadening the horizon of communication; why the best follower becomes the greatest leader; what sarcasm reveals about a person; the benefit of being honest with ourselves; the teacher reveals that all form is moving—that it is man's perception that deceives him; judgment, limit and boundary; the joy of living—the effect of the wisdom of expression; the teacher discusses will power; justice, the process that each individual goes through moment by moment; pain and fear; the Law of Evolution which governs all form; the river of life; reason and logic; cause and effect; the teacher emphasizes that we are the user of the human body, we are not the human body; the basic primary symbols of creation; perceiving with the eyes of the various centers that our consciousness is gradually moving up through; identifying with the spirit of joy that we are.

A/V Class Private 29

Granting others the right to their evolutionary steps; understanding when people are ready to make a change in their lives; the breakdown in family structure; mathematics, the expression of pure organization, the effect of a disciplined mind; resistance, an effort on people's part to express what they believe is their way

regarding their rights; accepting that we are the cause of our experiences; how to become the captain of our ship and the master of our destiny; how to free oneself from limit; why the uneducated ego ever seeks to destroy what it cannot control; gradual, consistent change, the principle of evolution; the teacher explains the benefits of the pressure point exercise; the difference between being cheerful and being joyful; the ozone layer; awakening to what we truly are; spirit babies; how the succession of middle C notes played at the beginning of A/V CP 4 serve to break down the molecular structure of negative forms; response to a question about an aborted fetus; replacing fear with faith; discerning the difference between sensation and feeling; what the nose and nostrils represent; the cause of over-identifying with one's job.

A/V Class Private 30

How discord and disease becomes established; humor, the salvation of the soul; the purpose of the left and right hemisphere of the human brain; the evolution of planets; mathematics, the pure expression of organization and the key to the universe; faith, the freedom of limit or belief; the Law of Intimidation; taking control of our creations; how technological advancement will ultimately help man along his spiritual journey; explanation of the expression that every knock is a boost; awareness and disassociation; how to take control of forms that we have created; the teacher explains our grave responsibility to educate the forms that we have created to serve the purpose of good; understanding that we are number, know and identified by name; why we are more receptive to spiritual inspiration while crossing the equator; disassociation, to be with a responsibility and not attached to the fruits of action by judgments of how it shall be fulfilled; how gratitude and relief relate; the law of effort and personal responsibility bring the joy of living.

A/V Class Private 31

Bringing a balance between the faculties and functions to become receptive to that which is good; the difference between motivation and credulity; walking the path of wisdom; how to be the living demonstration of peace and harmony; mathematics, the key to the universe; understanding that accepting what we are frees us from the panorama of forms; the soul faculty of compassion; how to free oneself from an addiction; the necessity of applying the law of separating truth from creation; the difference between the dream of life and fantasy; numbers and names on the evolutionary path; memory par excellence and the human cell; multiple personalities; earthbound spirits; concern, the cloud that keeps one from finding what one is

supposed to do; working with our soul talent; how to maintain good physical health; changing attitude, the single most important thing we can do; understanding that death and birth exist only to those who have denied what they are and believe what they are not; astral realm; the difference between organizing our thoughts and disciplining our thoughts; the molecular composition of a positive thought; the river of life; the planet Uranus; love all life and know the light; witnessing the birth of a planet.

A/V Class Private 32

The teacher explains the meaning of the saying: “I am only the vehicle of the Light, and it is the Light that doeth the work, and that is all that is eternal”; evolving from the bondage of believing to the freedom of faith; Masonry and the Tower of Babel; understanding the “missing link”; the golden eagle, the highest in the hierarchy of birds; the lifetime awareness of the destiny of Martin Luther King, and others like him; separation of the Isle of Hist; how to bring about new experiences in our life; recognizing the indicator that shows we are about to bring about a neutralization between the new form that we are creating, and the old one that has been created; why judgments are born in the water center of consciousness; the moment of now is the eternal present; how to secure our house of clay before temporarily leaving it; understanding our mind; illusion and delusion, known as time and space; returning to cause, that which we are; gathering and garnering, the process of creation; origin of the earth planet; Saturn, the planet of understanding and wisdom, the planet of awakening; communication in the higher realms; being in the world and never a part of it; strengthening the immune system.

A/V Class Private 33

The importance of understanding the balance of electric and magnetic vibration, or frequency; the control of gravity; the number five as it relates to a law of physics; past, future and time, the great illusion; separating the circle of eternity from the line of infinity; belief, a frequency of adhesion—faith, a frequency of freedom, or release; the spiritual definition of discernment, the spiritual relationship between the owl and the cat; the wisdom of evolving from the function of suspicion to the faculty of caution; the principle of addition.

A/V Class Private 34

How functions evolve and express as faculties; the root cause of disease; how to keep from being grounded in the water center of consciousness; fire center, the center of purification; the lost continent of Atlantis; the crystal of the consciousness; explanation of the spasmodic stretch in humans and animals upon awakening from sleep; elephants at play with humans; creating a higher frequency through the Law of Frequent Application; limitation and the lower frequencies; balance, the path of reason and light; balance and color; the human being, the most dependent of all beings on earth; the difference between a pause and hesitation; attitude correction, a change in one's frequency; the teacher discusses the founding of the United States, and the spiritual purpose behind it; fear and confusion; lack of concern, the success of a good businessman; mathematics, perfect organization and perfect flow.

A/V Class Private 35

Freedom, what we all seek; personal responsibility, the acceptance of the demonstrable laws of life; the importance of tracing the laws from the cause to the effect, and how they move through our universe; how to bring about changes by establishing new laws in our life; how we ground ourselves; the karmic wheel of resistance and adhesion; accepting an experience as an effect of the Law of Ignorance that we have served and are serving; applying the Law to Ignore; the symbolic meaning of lightning; the river of life; explanation of the teaching: work is God's love made manifest; moving on the pathway of what is known as principle; why there is a struggle prior to a change; the inner being, the direction where one's guides and teachers reside on the other side; the importance of a daily meditation; the principle of subtraction; experiencing what we truly are, whole, complete and perfect; choosing to create a wonderful feeling.