

The Living Light Philosophy Catalog

Class Synopses for the Consciousness Classes of *The Living Light Dialogue* Volume 2, which includes classes CC-22 through CC-44.

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

CC-22

Discussion of the statement from The Living Light, “As the Light can never shine without its so-called opposite of darkness, which is only light in lesser degree”; that which seems to be destructive is not under the control and the discipline of reason; importance of putting heart, soul, and faith into prayer; clarification of meaning of statements from Discourse 40 in The Living Light, “Continue on with the raising of your vibration,” and “We are working each day in every way to remove from your lives the obstacles on the path”; keeping eyes single—directing energy to what you want to become and never wavering; dual decision or indecision; the practice of disassociation; how to share with another soul the Divine peace that you are experiencing; concentration, visualization, and releasing an image; difference between intuition and premonition; difference between conscious awareness and the principle of intuitive knowing or awareness; how meditation and spiritual discipline will increase awareness of intuition; meaning of spiritual discipline in organizing one’s being, to meditate and to make constant effort and become consciously aware of the source of one’s thoughts; discussion upon the levels of consciousness; spiritual healing—what is the healing energy, how is it concentrated by healer and spirit doctor; why some people are more receptive than others; part that faith plays in healer’s being receptive to the healing power; how disturbance dissipates this energy; how there is a harmonious flow throughout entire body when subconscious is peaceful; colors emanated by the various parts of the body; comments about cancer; how disease may be related to need for attention; directing energy away from illness; the application of these principles of healing and health to animals and other forms; the Law of Responsibility—to whom and for what are we responsible; how present day psychiatry differs from Serenity’s approach in directing energy to a review of emotional traumas and Serenity’s method of reprogramming tapes of the subconscious in both human and animal; how to meditate; the danger of placing mental energies on the kundalini and how to raise it without negative experiences; discussion of self-confidence and over-confidence; how to release to the Divine to bring about what is right for us; discussion regarding how to change where you are; final comments upon the fact we are here to live and enjoy this life.

CC-23

Concentrating upon peace during meditation; discussion of solar plexus; explanation of evolutionary incarnation; relationship between effect in the body and a state of consciousness that exists in the mind, using a sore elbow and conscience, stubbing the toe and indecision as examples; negligence and accidents; discussion of man as a law unto himself; expansion upon the understanding that kindness is the bridge between electrical and magnetic fields; comparison of Law of Karma, reincarnation and Divine Grace with the teachings of Serenity; comment upon the Law of Contradiction and how it guides the soul to the realms of confusion; attention-getting devices; the function or purpose of the conscious, subconscious and superconscious minds; conception—the Law of Merit, and soul's preview of experiences prior to incarnation; suicide and free will; definition of words “study” and “investigation”; clarification of word “growth”; comment that each cell has a mind; evolution of the form; understanding of forgiveness; capital punishment; emotional reactions of a plant to pruning.

CC-24

Comment about a statement in Discourse 56 of The Living Light, “He who does what is to be done without thought or interest in results, is ever free to do the work of the Divine”; response to question, “Is there a time in our meditation when we reach a state of perfect balance?”; understanding of the difference between concern and consideration; relationship between understanding, consideration, and awareness; definition of instinct (energy) and its expression in both man and animal with a discussion of suppressed desires; conscious awareness during passing to the hereafter; awakening the light within us; is there a hierarchy that sends us to serve from the realms of Light; kundalini; how the form limits the expression of the soul faculties in children and handicapped persons; discussion of disease in relation to attitude of mind and unreleased energy from suppressed desires; overabundance of energy in some people; thoughts and attitudes of mind form and deform the astral body; rescue work; what parents can do to help their children in their spiritual unfoldment; the difference between a psychic and a medium; the nine minds and forms; an understanding of the Divine merit system; expanding tolerance; medical doctors work on bodily effect while a student should be working upon the cause; principle of healing in reference to the Law of Solicitation—motive for help; discussion of rocks - the nature of their soul; the responsibility of humans to help the lower forms of the kingdom in their evolution; the Law of Merit with respect to the Law of Descent and Ascent; the soul's experiences; the importance of understanding

the levels of the subconscious to gain truth and freedom—becoming aware of one's thoughts and feelings in order to control what tape is playing; a discussion of hypnosis and self-hypnosis in altering the tapes of the subconscious.

CC-25

Comments about concentrating upon peace during meditation; how to gauge the depth of one's understanding in any area with examples of criticism, tolerance, and understanding; how to tell where we are spiritually; prenatal influences upon a child; explanation that the Divine Intelligence which flows through the soul, sustains the form that the soul creates; how faculty of tolerance corresponds to function of friendship; how vibrations are created; comment about the nine bodies; when the soul and the other bodies leave the physical body at transition; discussion upon the deposition of the physical body; what happens when parts of the physical body are donated for transplant; identifying self with peace; evolution of the physical form; explanation of how to send absent healing to those on earth and the other side of life; hunting and killing animals for sport—the killer instinct; human sports—wrestling and boxing; perceiving auras; self-preservation as the basic instinct in both animals and man; self-preservation and ego; faith, and awareness; principles involved in Divine Abundance Affirmation; understanding cruelty to animals and prevention and the responsibility of man in the evolution of the animal's soul; waste and how an adversity of the mind created by the mind attracts the experience; definition of marriage—does it and can it serve a spiritual purpose?

CC-26

Concentration upon peace during meditation; affirmations; questioning about levels of confirmation or information; does the soul have awareness of its next form and how the mind blocks awareness of the soul; discussion upon judgment, forgiveness, and awareness; visualization and the Law of Supply; prayer as aspiration and affirmation; Spiritualism, its science, religion, and philosophy; intuition; is conscience affected by our values; addiction to tapes in the subconscious; The Lord's Prayer; true duty or fabrication of mind; paraphernalia, psychic experiences, and communing with God; unsolicited healing - motivation and desire for seeking healing for another or sharing spiritual understanding; the relationship of a white aura to healing; sensing odors and colors during healing; color emanations of the planets; how perception of color varies according to levels of consciousness; color

and the senses; compassion and interference; soul faculties and sense functions with respect to animals; the hereafter and awareness of our motives.

CC-27

Application of the laws and disciplining the mind to control self and free the soul; explanation of Total Consideration Affirmation; direction of will to change state of consciousness; understanding regarding the faculty of awareness, attention, and appreciation; levels of awareness; how reason and consideration reveal the cause of our experiences; taking stock of desires in order to contact the faculty of reason; meaning of power; attachment to and spiritual rapport with loved ones in the here and hereafter; discussion of sense of lack and its relationship to attachment; prosperity and the Divine Flow Affirmation; directing energy to and away from concern; releasing to the Divine; humility; gratitude, the Law of Harmony.

CC-28

Remarks about concentrating upon peace; understanding oneself and freeing the soul; destiny and the eternal now; letting go in order to gain; viewing the soul; the aging process of the physical body; reproduction and the cyclic pattern of creation; destiny, the battle between creation and truth; what affects one mind affects all minds—universal mind; understanding principle and how to apply it; clarification of electrical, magnetic, and odic fields, refinement or transformation of the form; how desire can become grounded.

CC-29

A special class about the Creative Principle, in which directions are given for drawing a diagram which is traced, point by point, to clarify the student's understanding of the steps included in the principle of creation. This is followed by further discussion on the various points.

CC-30

A review of Class CC-29 and the Creative Principle; an in-depth discussion of how the mind works, using success as an example of how the Creative Principle may be applied; also, an in-depth discussion as to the reason why peace is the power.

CC-31

Discussion about belief, the meaning of the word and its interrelationship with skepticism, suspicion, value, and Acceptance, the Divine Will; how our beliefs reveal the experiences we encounter; the pitfall of being concerned about effect; a definition of loneliness; how serving fulfills the soul; self-awareness and freedom; continuity of desire and its dependence upon recognition; the origin of personality; the beginning of form and its relationship to belief and faith; why tolerance precedes acceptance and motive; importance of putting attention upon what one wants to become; finding and recognizing our individual purpose in life; discussion of how all things respond to God's love; why some children are geniuses; how ego affects our communication with babies and animals; the experience of solitary confinement; the lunatic fringe; reneging on a spiritual commitment.

CC-32

Opening class remarks center around the importance of becoming aware of our thoughts and feelings and facing our frailties in order to free ourselves in both the here and the hereafter; the difference between aspire and desire; patience and gratitude in relation to destiny; student questions concern the Laws of Continuity and Commitment as they affect personal responsibility for one's creations; how these creations govern conditions of incarnations; Law of Creation; imperfection in form; the illusion of time consciousness; an explanation of the Law of Harmony as being faith, poise, and humility; a discussion of the soul faculty of organization; broken promises; how to affect cyclic rhythms; recognizing that God is the true source of supply; a discussion of marriage; coming into rapport with vibrations in the atmosphere and how to change one's receptivity to them.

CC-33

Introductory remarks present a summary of many of the basic teachings of The Living Light; instructions about meditating upon peace; an expression about the understanding of God; lengthy discussion upon the great importance of seeking first the Kingdom of God, so that whatever is necessary for the unfoldment of one's soul will be added unto one, rather than seeking the science of communication in and of itself; understanding is given as to the purpose of soul expansion: Discussion of universal laws, laws governing consciousness, and created or limited laws; the creative principle of the mind and the necessity to exert mental-spiritual discipline to go beyond the limits of the mind to find truth itself; exercise regarding the importance of thinking before we speak in order to become aware of the scale of expression upon which the word vibrates; an explanation of the purpose of comets; discussion of how addiction to emotional levels, alcohol, and drugs affects one's spiritual growth and how to change habit patterns; vehicles of the form used for expression of the Divine and color of soul; developing conscious awareness of the feeling accompanying the spoken word; creating opportunities to gain attention.

CC-34

The purpose of an affirmation as setting the Law of the Self into harmony with natural law; the Total Consideration Affirmation as an expression of the superconscious; practicing the Law of Disassociation; the Law of Harmony; the understanding of courage and its relationship to patience and faith; illumination and reincarnation of so-called savior Gods; the difference between reincarnation and evolutionary incarnation; cosmic consciousness; the Healing Prayer of the National Spiritualist Association of Churches; spiritual healing; love as an expression of Divine energy; the soul in relation to addiction; apology explained with comment about forgiveness; the Law of Evolution; discussion of joy and bliss; an understanding of the laws involved in an experience where one is being drained of energy by another.

CC-35

Introductory comments regarding the obstructions to good communication with others; the direction the soul takes in its evolutionary process through forms; a discussion upon opening one's spiritual vision; how to change one's aura to the purity of white; selfless service; an explanation of how the soul is responsible for all its thoughts, acts, and activities; definition of the soul faculty of strength; how to discern

whether one is being impressed by spirit guides, astral entities, or expressing suppressed desires of the subconscious; the importance of associating with spiritually-minded people when one is seeking awareness of oneself; how to become aware of one's suppressed desires; the reason for the cyclic recurrence of a situation or problem; discussion of love as Divine energy and its many channels of expression; an explanation of how the consciousness descends into a level of self through uncontrollable desire and how one can rise to a higher level of consciousness; a clarification of the statement, "Divine Wisdom in action is spirit," and the colors of its vibration; affirmation to raise one's level of consciousness; recognizing ambivalent feelings as a part of the animal form through which the soul is expressing and how to bring about a balance.

CC-36

Comment about total consideration; discussion of energy and tiredness as related to levels of consciousness and developing awareness of those levels; definition of reasonable control and self-control; clarification of the Law that Like Attracts Like and becomes the Law of Attachment and that opposite poles attract the opposite in creation; instruction as to how to meditate and remove the obstructions to still the mind during meditation; interpretation of the soul's review of previous incarnation and preview of the lessons to be learned in the next incarnation; discussion of awareness and understanding as it relates to the soul faculty of duty, gratitude, and tolerance; also, covered in this class are the topics of evolutionary incarnation; astral and spiritual vehicles of expression, the influence of the mass mind; matrimony and spiritual awakening; the giving up of attachments in order to make spiritual gains.

CC-37

Expansion of the teaching in Discourse 44 that God is a Divine neutral power which neutralizes or perfectly balances anything and everything that comes in contact with it and the value and benefit of attaining peace or perfect balance periodically throughout the day; explanation of biblical quotations of "many are called and few are chosen," and "the sins or the errors of the parents shall be invested unto the third generation"; understanding of the soul faculties and the sense functions with the particular examples of duty, gratitude, and tolerance; reason, continuity, and greed and also an exercise to determine the extent of one's gratitude; the meaning of selfless service and using service as a device; discussion of the illness of a child as being a reflection or effect of parents' imbalance and how to help; the difference

between the thinking process and the soul faculty of reason; discussion of the teaching that what we entertain in thought, we experience in life and how we give power to others; preparing for the here and now, not only on the physical plane but also in the astral, mental, vital, and spiritual worlds by facing ourselves, our thought and feeling forms.

CC-38

Remarks concerning facing oneself objectively and making the effort to grow in order to fulfill the purpose of the soul's incarnation; much discussion upon the meaning, great importance, and various aspects of selfless service as the path to finding the God within—God as the greatest servant of all, examination of true motivation for doing service, joy in effort and not in recognition, and an awareness exercise to determine whether our thoughts and acts are selflessly or selfishly oriented; how to tell what work is right for a particular individual; the golden rule discussed in terms of levels of consciousness; organization and how it affects our lives; the meaning of spirituality; the relationship between individuality and personality; expressing through the soul faculties of duty, gratitude, and tolerance; understanding that thoughts of lack and limitation are a denial of our own divinity; expressing principle versus personality and how to stay in principle through receptivity to the Divine intelligence when acting as a channel to help another to help himself; explanation of the Divine flow as working through the principle of givingness; using a magnetic principle and calling upon spirit guides to rise to another level of consciousness; the relationship of attitudes of mind to parts of the anatomy and the electromagnetic field with example of how shoulder ache is related to not understanding or expressing courage; how to become aware that one is in a level of intellect when discussing things of a spiritual nature; how fear from the subconscious level discourages one from following through on an inner feeling to take a particular action.

CC-39

Commentary upon the fact that The Living Light is patterned after life herself, in that there is nothing stagnant upon which the student can rest; the teachings are a guideline to show the student a way to use the faculty of reason; discussion of the Divine merit system and the soul's evolutionary incarnation into form; explanation that on Earth one uses soul faculty of faith to learn lessons; how to determine one's lessons of life; what determines whether a particular soul returns to a certain

expression, especially after reaching total awareness and becoming aware of the errors of the universes; what determines the rapidity with which we experience the effects of a law set into motion and how do we counterbalance a law; discussion upon retardation; the wisdom of charity; the principle of duality; the principle of change; success and failure; the duty of the soul to produce in a world of creation.

CC-40

Discussion regarding the level of consciousness which is highly susceptible to thoughts and influences, from both outside and within, and the value of making the conscious and constant effort to stay at peace in order to be unaffected by these influences; understanding of duty, gratitude, and tolerance, self, pity, and friendship, with particular emphasis upon gratitude and pity; explanation of how our spiritual efforts may attract persons who are indifferent; expression regarding the limitation we place upon consciousness; the value of the affirmation, “Thank You, God, I Am At Peace”; interpretation of the biblical quotation, “suffer the little children to come unto me”; understanding the difference between self and ego; counsel about participating in promiscuous sittings; the power of the attitude of mind in causing illness; understanding that the joy of living is the Law of Giving.

CC-41

The meaning of the teaching regarding “reflections from within”—the illusion and delusion of the mind that the cause of an experience is outside of ourselves and how one can change one’s own universe and its relationship and view of another’s universe; dreams and the importance of using the soul faculty of reason in making the conscious effort to understand the conscious dream prior to trying to understand the subconscious dream; explanation that accidents and life span, etc., are the effects of laws that the individual has established; difference between judgment and choice and how this relates to a review, upon passing from this dimension, of all the experiences we have encountered during the soul’s incarnation; color and level of reason; discussion of how we can interfere with the Divine right of another individual soul to express itself when we open the door through the mouth and how faith can close that door; the importance of teaching a child that “whatever happens to us is caused by us” in order to free the soul; the spirit of spontaneity and how to distinguish it from impulsive desire expression; discussion of prejudice and how it relates to concern and understanding; a definition of the statement, “love all life and know the light”; an understanding of the soul faculty of consideration; explanation of the line

from Total Consideration Affirmation, “eternity is my true awareness and sees the tides of creation as a captain sees his ship”; Law of Cause and Effect as related to the level of timelessness and reaction to experiences; significance of the words “heavy cross”; how to know the difference between what is a duty to our own spirit and what is an illusion or fabrication of the mind.

CC-42

Discussion led by Mr. Goodwin about the raising of money to build Serenity’s new church, which is tied to the lessons of life—helping the students to face themselves in demonstrating the Law of Giving and in recognizing that a pledge is a commitment to the soul and spirit within; an explanation of “as freely as I receive do I give”; an understanding of the difference of giving and knowing that it returns and giving and being concerned with how much returns; an explanation of the number nine as the number of service and how it can be applied; a discussion of harmony as it pertains to understanding; a definition of computerized thinking and how to break the pattern.

CC-43

Starting with the premise that man is a microcosm of the macrocosm of the universe, an understanding is given of the magnetic principle of the moon (reflector of the electrical sun) and its influence on emotions (reflections from within) and how, by directing energy to the faculty of reason, an electrical, positive vibration, we will be transfigured; an expression regarding the parable contained in Discourse 45 of The Living Light; an answer is provided to the questions: is righteous anger ever justifiable? What is understanding? What is the relationship of acceptance to understanding? Are we responsible on the other side for the transgressions we were not consciously aware of on this plane? Discussion of putting the teachings into application; learning to view spiritual principles from a spiritual level of consciousness; discussion of the process of self-realization and how a student may reach a point of choosing between continuing to awaken the soul or returning to illusion; clarification regarding the “fountain” exercise; an explanation of how the soul merits its experiences; the relationship of cause to effect and feeding energy to obstructions.

CC-44

Review of the meaning of the sense functions and the soul faculties; explanation of how Divine abundance flows through the faculty of duty, gratitude, and tolerance; a definition of gratitude given as a key to understanding a spiritual law; expression as to the fact that the majority have unfolded intellectually and sensually but are out of balance spiritually; bringing life into balance through an exercise of mental objectivity and application of teachings; why The Living Light teachings are given in bits and pieces; explanation that physical defect does not affect the gaining of spiritual understanding; how lack of control over thoughts affects energy depletion and initiative; distinction between daydreaming and imaging, relating it to “dreamer, dream a life of beauty before your dream starts dreaming you.”

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