

The Living Light Philosophy Catalog

Class Synopses for the Consciousness Classes of *The Living Light Dialogue* Volume 3, which includes classes CC-45 through CC-68.

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

CC-45

Concentration; expressing reason and consideration; developing self-awareness; suicide; selfless service, and being a channel for the light; forming and deforming of the mental and astral bodies; distinction between the higher self, lower self, and inner self; understanding of the word “confession”; discussion upon the evolution of forms; comments about how one knows when a change needs to be made for one’s own spiritual progression; the eternal now and reaching an illumined stage which recognizes that we are an inseparable part of the Divine whole; clarification of The Living Light saying, “patience is the only path to truth”; an explanation of the difference between confession and courage; learning to release thoughts from the subconscious mind

CC-46

A short lecture about concentration upon peace and why the spoken word is life-giving energy; boredom and becoming aware of what controls us. Student questions: The meaning of the words “control” and “receptive”; principle and personality in relation to giving; understanding; anger and judgment; self-will and Divine will; procrastination and grounding of self; hereditary and environmental influences; choice and responsibility; a definition of creation.

CC-47

Under the general topic of self-control, the introductory remarks include comments on the following: spiritual freedom is the direct effect of self-control; purpose of class is to share an understanding once applied that will free the student; the difference between knowledge and wisdom; rejection and retaliation; distractions

along the path to awakening; how our sensitivity during unfoldment tends to magnify the gross as well as the finer vibrations; the meaning of struggle and suffering and willingly accepting the process of letting go and changing; how irritation awakens the soul; the exercise of questioning “why this” and “why now” as a start on an inward journey through the mind to find out what laws one has set into motion. Student questions: Commitment and the principles involved; the relationship of judgment and conscience to the circle of logic in the expression of anger; the importance of self-control in permitting a beneficial expression of anger; frustration as the effect of suppressed desire; principle of cohesion (like attracts like) and adhesion (opposites attract); how a sense function properly applied becomes a soul faculty with the example that applied knowledge constitutes wisdom; explanation of the principle of guilt; understanding of the statement, “Be ever the observer and not the observed”; clarification of the conscious, subconscious, and superconscious minds and soul mates or guardian angels; what it means to “speak on a soul level”; explanation of the meaning of nature’s physical and spiritual laws as contained in Spiritualism’s Declaration of Principles; definition of body with discussion on different kinds of bodies including the primitive mind; bowing the ego in humility to an authority greater than one’s brain; comment about a cause of our difficulties as not wanting to accept change, and discussion about demonstrating blind faith.

CC-48

Short lecture on the difficulties students experience in applying the spiritual teachings despite the many ways shown to free themselves—knowledge without application is of no value; need to make effort to find out what true attitudes, motives, and values are; life is constantly revealing to us that we are getting what we want according to the laws we have set into motion; there is a crossroad of decision on the path to spiritual awakening when we must face the truth or continue on in a sleep of satisfaction; we must give up self-motivation in order to receive Divine inspiration. Student questions are directed toward an understanding of Acceptance, the Divine Will; the Law of Duality or Creation as guaranteeing choice or variety; perception and ego and the potential danger of loss of hearing when we “tune out”; difference between the sense function of self-will and the soul faculty of initiative which demonstrates consideration, reason, and responsibility; comparison between meekness and weakness; discussion of motivation and perspective; the eternal moment and the possibility of perceiving a conversation before it takes place in the physical dimension; the true purpose of meditation; how communication with other dimensions reveals one’s level of consciousness in that like attracts like and guides and teachers are en rapport with the aspiration of one’s soul; caution not to seek mediumship in and of itself; clarification of understanding as the foundation of all the soul faculties and that of having a foundation of reason; feelings of wealth and

poverty as an attitude of mind—“You don’t need money, it needs you”—being emotional when we accept that we are short of cash as a revelation of denial of our divinity; how responsibility is the direct effect of desire; releasing the energy through the Creative Principle.

CC-49

Introductory remarks are a sharing of the understanding about the process of death or transition; the importance of concentration; attitudes of mind and the critical importance of self-control; clarification of difference between perception and awareness and the relationship to ego; discussion on faith and fear and the wisdom of the Divine Will of Acceptance; comments on promise and commitment; man’s will determines the form which he merits; discussion of the vital body; the symbol of determination; difference between determination and will; explanation that a slow growth is usually a healthy growth—progression is very individual to each soul; how the spoken word, which is life-giving energy, makes a law unto ourselves; choice, once having been made, becomes destiny; discussion on every problem being a lack of receptivity to the Divine Intelligence known as the spirit; comment on the Divine great void having no experience until it enters the principle of duality; man’s greatest problem is his refusal to accept an intelligence greater than his brain; directing energy and attention to releasing so-called problems; facing east during meditation to receive natural illumination; dealing with the question of whether man is affected only by past incarnation or does it go back further; vibrations and how not to scatter thoughts or dissipate energy; discussion of generosity, givingness, and gratitude; relationship of sense functions and soul faculties and states of consciousness; finding out what is of value in your life; understanding of the word “repentance”; an explanation of the Law of Grace or one’s spiritual bank account.

CC-50

The Law of Repetition; discussion of the importance of bringing into harmony the conscious and subconscious minds and the relationship of these minds to the brain and the vital mind; the bridge of kindness; cause of tiredness; how the soul merits a certain country or a particular race through which to express; how one knows when the soul has passed a lesson; difference between evolutionary incarnation and reincarnation; basic animal instinct or vibration of the human being; soul’s journey through space; lessons of faith offered by Earth; levels of consciousness and motive; the spoken word as life-giving energy; communication within higher realms of life;

learning through experience rather than study; why difficulties are experienced when only one faculty of a triune soul faculty is singled out to focus attention upon; Divine Love—noun or verb; meaning of “Love all life and know the light”; service in relation to givingness, acceptance, non-addictable patterns and motivation.

CC-51

Discussion about the soul faculty of peace, poise, and power; comment upon why teachings are given in “bits and pieces”; the question of why love wants to become aware of itself, if God is the perfect void; symbol of toes; expansion upon soul faculty of reason and how it relates to peace, poise, and power; indirection and its purpose as a method of teaching; connection between acceptance and the experiencing of the soul faculties; resentment, rejection, retaliation, judgment, vengeance, and forgiveness; difficulty of application; liberty and license; does the psychic serve any spiritual purpose, discussion about understanding the solar plexus but not concentrating upon it; difference between self-will and self-assertion; expansion regarding the meaning of the faculty of surrender; surrender and repentance; spiritual responsibility; difference between conscience and guardian angel; principle of universality; a comment upon the level of consciousness of the class.

CC-52

Acceptance, the Divine Will, and how it relates to manifestation, desire, harmony, Law of Repetition, total consideration, reason, and understanding; “The Law of Ascent is the Law of Descent”; understanding about clairsentience; responsibility in relation to the sense functions; comment upon the statement, “God helps those who help themselves”; discussion about why the material world cannot feed the soul; the importance of awakening the faculty of awareness before experiencing clairsentience; when filial ties are broken in the evolutionary process; humility discussed in relation to acceptance, Divine Grace, ego, tolerance, and judgment; motive and acceptance; lack and total acceptance; the sense function of emotion; loss and gain.

CC-53

Introductory remarks regarding the power of the spoken word—the importance of feeling the word and the application of the exercises given; the soul faculty of freedom; understanding of the statement in *The Living Light*, “Through free will man binds himself to the karmic circle of cause and effect”; Law of Identity; explanation that all experience takes place within our own mind; clairsentience, clairvoyance, and clairaudience between spiritual realms and on other planets; discussion about self-control and its relationship to self-punishment and self-destruction; relationship between soul faculty of humility and sense function of procreation; explanation of statement in the Total Consideration Affirmation, “and sees the tides of creation as a captain sees his ship”; Law of Dreams—awake and sleep states; the meaning of reality; rejuvenation of the body; soul travel; judgment and learning to discern between true spiritual conscience and the patterns of the subconscious; why it is necessary to communicate with intermediaries rather than directly with God; finding God through the path of service; physical organs and their counterpart in the spiritual body; relationship of communion with past, present, and future to the Divine light; learning how to better serve through the expression of the soul faculties; importance of unfolding tolerance; “tolerance testers”; how we become qualified to help another to rise their level of consciousness; the astral body and the astral shell; discussion about the path to awakening the spirit within that one may know all things; soul aspiration and perceiving truth.

CC-54

Experiences we may expect after leaving the physical dimension; learning the process necessary to build a home in other dimensions; the creative principle and the first soul faculty, and how one’s thought and feeling must be in balance in order for their desire to manifest; how visualization can help one to rise from despair, discouragement, and hurt feelings; how to stay in higher levels of consciousness through self-control; how to become the master of our ship of destiny; discussion about the eternity through which we have been expressing; how to pray for another individual; the true purpose of mediumship and communication; spiritual guides and their purpose.

CC-55

What the ears represent in the functions and faculties; patterns of mind and how they are controlled by the ego; adapting to change, and how we become the obstruction of truth and goodness in our lives; how we free ourselves from being

victimized by patterns of acceptance; how fear closes the door to understanding and perception; accepting changes without fear; comparison of sympathy vs. compassion and understanding; how the Law of Association works; evidence of communication with other dimensions; spiritual healing; difference between continuity and patterns; understanding character, principle, and personality; organization in relation to one's personal life; how to control one's experiences; what is need; becoming receptive to the things we desire; hope and acceptance; communicating with God on a personal level.

CC-56

The process of spiritual unfoldment; finding God through the soul faculties; the power of thought; peace and freedom; evolutionary incarnation; law governing form; Law of Gain and loss; acceptance, the Divine Will; the Law of Attraction; humility and acceptance, the unobstructed flow; who creates life?; accepting a greater authority than oneself; giving help through understanding and wisdom; meaning of "Cleanliness is next to Godliness"; conscience vs. suppressed desires; desire vs. reason; looking to the years through awareness, why we accept or reject; relationship of our inner free spirit and the limitation in our profession; knowing oneself, the inward journey; understanding our motivation; Law of Repetition; delusion of self-importance; clarification and the superconscious; simplicity related to clarification; perceiving color; electric and magnetic fields of consciousness; emanations from within; awareness of our true motivation; attitudes and color; fulfillment or suppression of desire; the spirit of the law and the letter of the law.

CC-57

Introduction to the teachings of Serenity; evolutionary incarnation vs. reincarnation; the eternal moment; Law of personal responsibility; awareness of laws that govern our life; the aura; awareness through concentration and meditation; logic, suspicion and credulity; acceptance, Divine Will or man's will; broadening one's horizons; clairsentience, the inner knowing; nature's demonstration, the process of evolution; finding your own truth and freedom; concentration and awareness; Law of repetition; discouragement, self-orientation and limitation; gratitude, the Law of supply; Law of patience and soul faculties; perceiving colors and vibrations; the awakening of humility; the God within our own being; seeking wisdom; spirit of the law; meditation and simple truth; understanding the universal laws of life; humbleness, expressing our own godliness; habit patterns vs. continuity;

concentration, meditation and peace; where do life's lessons (experiences) come from?; looking for the good in every experience; Law of magnetism; time consciousness and the Law of continuity; adapting to change; Law of evolution; spiritual arrogance; power of the spoken word; meditation, peace and good health; balancing the electric and magnetic fields of consciousness; time, energy and healing; knowledge, or awareness, and asserting the will; finding one's true motive; how healing takes place; growth through a change in attitude; faith, belief, acceptance and receiving; being as little children.

Title: CC-58

What desire is; desire and belief; faith and reason; giving power to another; regaining one's Divine right to perfect peace and freedom; importance of asking a question; psychic surgery; what the aura is; science of vibration; universal thinking; reason and understanding; total consideration, balance and reason; how healing takes place; understanding on eighty-one levels of consciousness; the mind and its patterns; acceptance, Divine Will; how to get into balance; becoming aware of our subconscious patterns; electric and magnetic fields of the mind; receptivity to the Divine Intelligence through balance; the accuracy of clairvoyance; putting our soul consciousness into the spoken word; Divine love vs. conjugal love; belief and our acceptances; truth vs. facts; perception and subconscious acceptance; making choices with 10 percent free will; intuition; theory, fact, and truth; knowledge, intellect, and wisdom; humbleness, the God level; purpose of expression in form; Law of Harmony; the inward journey; Divine Intelligence vs. human intellect; seeking wisdom; freedom and truth on the inward journey; why lessons are easier in the material world; astral body, earth-bound spirits, and the spiritual body; habits and reformers; spiritual arrogance.

CC-59

The first soul faculty of duty, gratitude, and tolerance; the cause of intolerance; judgment; acceptance, the Divine Will; experiences and understanding; forgiveness; freedom from karmic justice; Divine law, true justice; Law of Personal Responsibility; blame, personality, and principle; Law of Evolution, the process of progression; reliance upon Infinite Intelligence; emotions and change; balancing electric and magnetic fields of consciousness; Law of What Can Be Borne; perception, reason, and total acceptance; thought forms and energy; transmuting thoughts to something beneficial; Divine right of self-control; mind - the vehicle of the Divine Spirit;

acceptance and visualization; releasing desire to the Divine; desire, fulfillment, and soul gratitude; visualization and the dream of life; goal and desire; freedom, awareness, and fulfillment of our soul's journey; obedience to patterns we have accepted; loyalty to desire; Divine right of choice; Divine equality for all souls.

CC-60

Security, pleasure, and satisfaction; what desire is; reason and transfiguration; becoming aware; Spiritualism and communication; coming into rapport with Infinite Intelligence; first and second soul faculties; self-control and the first soul faculty; testing ourselves; friends and friendship; true friendship, a soul faculty; gratitude, the Law of Supply; acceptance, Divine Will; soul faculties and lessons to be learned; experiences and understanding; adversities and attachments; duty and responsibility; peace; what conscience is; desire, recognition, and acceptance; the importance of thoughts of peace; blessing the food that we eat; man's responsibility to all God's creation; releasing thoughts of peace and love; choosing where to place our faith; how a thought forms; rainbow of promise; doves of peace; what takes place with thoughts of true peace; the importance of thought and using it wisely; what acceptance is; Law of Opulence and divine abundance; the finite mind and the infinite spirit; the primitive mind; the eternal moment; Law of Cause and Effect; what greed is; hearing the symphony of the spheres through peace; how we set a law into motion; awareness of motive; Law of Payment and Attainment; principle of the Law of Application; five steps of creation; irritation and satisfaction.

CC-61

Harmony, health, and peace; how harmony is directly related to health; body temperatures and levels of consciousness; how creation, the created body, really works; reason and understanding; building our spiritual body; faith, poise, and humility; man's will and Divine Will; repetition and acceptance; how temperature affects the body; the spiritual responsibility of maintaining a healthy body; working with the cause to make necessary changes; living in the moment; transformation to health through acceptance; the duality of creation known as faith and fear; balance and self-control; concentration; overcoming fear through understanding; what resentment is; forgiving; moment of awareness; benefit of total consideration affirmation; gratitude and peace; how to discern whether we are expressing through sense functions or soul faculties; how to move from negative to positive expressions; desire vs. reason; realm of satisfaction and regret; the value of human suffering; what

the human will is; vital body; the healing balm of enthusiasm; educating desire; receiving information from a higher power; the Law of Evolution; thoughts and where they come from; controlling our thoughts; truth and control; experiences at transition; man's need for acceptance; transition, what we take with us.

CC-62

Understanding, the foundation of all soul faculties; consideration, acceptance and expression; the Law of consideration, acceptance and expression; Divine Love; Divine Will; Divine Action; duty, gratitude and tolerance; How our soul faculties are obstructed; suffering, an instrument of growth; the astral body, the desire body and their worlds; self-awareness, the effect of self-control; ego and the Law of justification; learning to listen to ourselves; creating our spiritual body through the soul faculties; thought and our experiences; organization, the effect of our priorities; repetition, the Law of change; power of the spoken word, the vehicle of thought; The Lord's Meditation; gaining attention to get energy; contradictory thoughts and energy depletion; the power of peace; becoming receptive to Divine energy; choice and judgment; the eternal journey inward to God; total consideration and acceptance at the moment of choice; denial and destiny; expression, the Divine life principle; imagination and expression; the creative principle; Divine desire; understanding and wisdom.

CC-63

The function of concern and its counterbalance; the foundation of understanding, acceptance, consideration, and expression; what expression is; growing through an experience; procrastination and unity, how to bring unity into your being; overcoming procrastination; what takes place when we are in concern; bringing about a transformation in our lives; gaining self-control through understanding; what we accept; forgiving oneself; seeking wisdom; becoming aware of our needs and desires; educating desire; how we become the living obstruction to Divine flow; freedom and understanding; the difference between the word "expression" and Divine right action; compassion vs. pity; selfless service, the path to illumination and freedom; how conscience speaks through man; energy and emotions; making others your god; health and harmony; the principle of "ignore"; justification and logic; the meaning of principle; law, directed energy; becoming aware of our beliefs; growing to higher levels of consciousness.

CC-64

Motive, the soul of action; actions and our true motive; defending our justifications; being in the world and not a part of it; the universal spirit and the individualized soul; expression and form; relying upon Divine Intelligence; satisfaction and regret; self-awareness through freedom from judgment; viewing your patterns through self-awareness; how to remove obstructions in our lives; seeking balance through peace; letting go and accepting God; Divine right, the right of expression; peace, poise, and power, the true expression of the Divine; peace, the perfect balance; changing experiences by changing levels of consciousness; repetition, the Law of Change; making choices between desire patterns and reason; man's difficulty in finding God; man's addiction to satisfaction; understanding and appreciation; how to rid oneself of concern; acceptance, faith, and Divine will; man's responsibility for his own transgressions; mental conceptions and spiritual perceptions; sympathy and pity; compassion, light, and understanding.

CC-65

Taking the essence out of an experience; application of self-control to experience peace, serenity, and freedom; spiritual unfoldment and self-control; experiences, the effect of laws set into motion; the meaning of spiritual unfoldment; becoming aware of what causes one's feelings; controlling the mind during concentration and meditation; unity through the Law of Harmony; harmony, unity, and good health; repetition, the Law of Change; suppressing desire out of fear; the superego; forgetfulness and our priorities; the meaning of "you are your brother's keeper"; compassion and understanding; accepting what we already are; choice, our Divine right.

CC-66

Law of Attachment; Law of Like Attracts Like; the importance of maintaining a balance between the philosophy and science of Spiritualism; clear channels and free channels; understanding the laws that govern the science of Spiritualism; abundance of understanding; thinking or being; health and harmony; Law of Association;

freedom, the effect of self-control; self-control, the conscious choice of all one's experiences; faith, poise, and humility; patience, total consideration, and acceptance; patience, perseverance, and promise; the expansion and contraction principle; understanding all levels of consciousness; becoming spiritually aware; the meaning of self-preservation; the true meaning of love; correlation between dreams and our soul expression; healing through self-control; the cycles of life; "In all your getting, get understanding."

CC-67

The soul's evolving process; dying to old attitudes of mind; quitting just before the victory; crossing the threshold to the next level of consciousness; encouragement, enthusiasm, and care; the meaning of enthusiasm; respecting the rights of difference; consideration, acceptance, and understanding; duty, gratitude, and tolerance; there's a time to say "no"; self-preservation, the first law of the form; opportunity; the destructiveness of guilt; the Law of Attachment; reflections from within; becoming aware of our divinity; encouraging ourselves; poverty or Divine abundance; duty, gratitude, and tolerance; the world is ever as we are within.

CC-68

Personal messages to students; acceptance, awareness, and freedom; impatience, the denial of truth; faith, poise, and humility; the destructive force of guilt; explanation of forgiveness; freeing the mind from concern; explanation of conscience; Divine peace; encouragement and patience; belief, intuition, and acceptance; organization; freeing the soul through selfless service; how to attain and sustain reason; total consideration; contribution, its meaning; appreciation, application, and gratitude; changing and evolving; the letter of the law and the spirit of the law.

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