

The Living Light Philosophy Catalog

Class Synopses for the Consciousness Classes of *The Living Light Dialogue* Volume 8, which includes classes CC-219 through CC-246.

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

CC-219

Giving the most precious gift we have for the path of truth; discovering what our most precious gift actually is; understanding what takes place during a period of wasted time; why we fear; awakening to a spiritual realm; identification and the thought of I; discussion on the process of death and transition; establishing the Law of Application; how we are tempted by the weaknesses within us; repetition, the law through which change is made possible; the Law of Responsibility, the ability to respond; how, through the function of procrastination, our weaknesses become weaker and we become more tempted in our life; delusion, illusion, and truth; time pressure; understanding the Divine expression called desire; educating desire through communication; the effect of suppressing desire; learning to be good company with oneself; the teacher shares with the class that the key to success is something that we already have, and the laws involved in turning the key in our own consciousness; becoming aware of what it is that tempts us; when the human mind steals desire from the Divinity; awakening to what we are, for in that awakening shall we make the necessary changes that will free us; learning that our lessons are revealed in the temple of God, the human form; the importance of allowing ourselves seventy-two hours from the first thought of our desire before making the final choice; enthusiasm, the power of God, the Divinity itself; discovering what robs us of the enthusiasm, the vitality, the success that is our right.

CC-220

Understanding the spiritual principle of promptness; respect, a spiritual soul faculty; finding the path of freedom; discussion on the principle of life; the Law of Becoming; the difference between a thought and an idea; the Law of Mental Substance, the need to form; recognizing that our struggles in life are only the effect of identifying through the realm of thought to the bondage of form; understanding the great void; harmony, the Law of Peace; accepting that we are the Law of Harmony, and that peace is our soul; how to restore your health, wealth, and

happiness; rising to the realms of freedom; attachment, the effect of identification; taking charge over all creation; declaring the truth, “that which my mind seeks I already am, and because I already am and my mind does not know, then I have a great responsibility to educate my mind”; refining the form; the difference between power and force; the necessity of controlling the illusion and delusion of the thought of I; becoming receptive to our true being; the call of temptation; flooding our consciousness with beauty, harmony, and unity for good health; understanding that to be united in thought is to be harmonious in our act and beautiful in our expression.

CC-221

Understanding that like attracts like and becomes the Law of Attachment; why we find change in our thinking and patterns of mind very difficult; how to change our experiences; understanding that without control over the human mind and the thoughts that it expresses, there can be no freedom or abundant good; learning that working with our mind, understanding it, and educating it is the path of peace and the path of prosperity; the eternal benefits of gaining control over the vehicle of the mind that we are expressing through; awakening within ourselves to what we are and who we really are; understanding that whatever we find in life that we find distasteful, difficult, and such a struggle to endure, contains within it a golden opportunity to bring about a change in our consciousness, so that we can live more harmoniously and more abundantly; receiving truth and freedom in the demonstrable Law of Self-Control; discussion on the Law of Disassociation from the Law of Identification; understanding that we are an inseparable part of a whole, a part of everything we see, sense, feel, and witness in life; declaring the truth of what you are, the witness of life, inseparable from it, but the viewer of it, and because you are in the position of viewing it, you are not affected by it; why the thought of I builds all the struggles in life; understanding the cause of anything we are adverse to; the principle and the key through which a desire comes to pass; recognizing that we are spiritual beings expressing through animal form; discussion on sleep from boredom and the realms of suppressed desires; an idea, the essence of the principle of the Law of Fulfillment; the difference between a thought and an idea; how to apply the teaching, “Put God in it or forget it,” in our daily lives; how declaring who you are in the eternal moment which you have power will have its effect upon the attitudes of mind that caused a health problem; how to educate desire and not suppress it; learning that hope is essential to the education of desire; understanding that without tolerance, there is no friendship; how all tests reveal to us the degree of our tolerance in life; understanding, the very foundation of all the soul faculties; how understanding frees us from judgment and offers us fulfillment; how to gain understanding and compassion in relationships; response to a student’s question on the difference between serenity and peace; how we limit our divine right; awakening

our varying levels of consciousness to perceive our truth, for truth is individually perceived; how, if you identify with the thought of I, you will experience the rise and fall of creation, for it is the Law of Creation; how to live serenely in creation through the Law of Disassociation; recognizing that the moment of your conscious awareness is the fullness of life; how we build obstructions in the river of consciousness, and then things do not flow freely through us; survival, the miracle of life; the most important of all things to try to understand, the river of life, the stream of consciousness, what our thoughts do in blocking that stream, and why we have such great struggle and difficulties of getting or giving.

CC-222

Why we fail to communicate; how failure to communicate causes a lack of understanding and the problems we have in life; freeing ourselves from the self-images we hold in consciousness; the first law necessary to establish if we want to make a change; keeping the force of desire on the goal that we set for ourselves; living or surviving; the necessity of feeling good about ourselves; understanding that there is no limit, no impossibility, to the eternal soul; how we strengthen our obstructions by directing energy to them; gaining control over what we call our reality; response to a question on how to know if our creative work is being channeled from something beyond the mental realm; a student has asked the question, “Can any individual be successful through the Law of Continuity?”; the Law of Evolution, the Law of Change; the difference between decision and judgment; decision and the Law of Consideration; how the mental world uses fear to control the spiritual world from expressing itself; recognizing that the more control we have over our mind, the less fear in life we will experience; understanding the “hissing hounds of hell” that come just before the victory; the Law of Transmutation; desire, the expression of God, the Infinite; learning to use desire for the greater good; understanding that we are not using the mind the way it was designed to be used; the importance of monitoring our thoughts; what it means to “Put God in it or forget it.”

CC-223

The importance of thinking; recognizing that our experiences in life are totally dependent upon what we think about ourselves; why we have concern about what other people think about us; communication, understanding, and the soul faculty of honesty; why there is a breakdown in communication; becoming aware of what we are thinking; the inseparability of the soul faculties and understanding; remembering

that whoever meets a soul and leaves them worse than they have found them incurs a debt to the Divine Principle, and they will have to face that debt and pay it; the Law of Duality—for every act there is a react; looking for the good that is in every experience; living in the eternal moment in which the power flows; how we guarantee adversity to levels of consciousness that we become attached to; the Law of Limit and the Law of Denial; freedom through control of the mind; responsibility, the ability to respond to each and every law that we alone set into motion; the difference between living and existing; making peace with our adversities through the Law of Understanding; understanding that what we are is peace, and peace is the power; how to control the human mind; freeing oneself from a judgment through the soul faculty of forgiveness; why reformers try to convert every person they see; how to redirect our attention to something else; accepting the Law of Personal Responsibility; recognizing that life is an evolution of form; why we have difficulty making changes; discussion on healing and freeing the soul.

CC-224

Becoming familiar with the human mind, how it works, its benefits, its detriments, and how to use it wisely; why self-thought is destructive, instead of constructive; the necessity of forgiving what we want to forget; the meaning of forgiving; the importance of being free from the vibration of discord in order to be receptive to the healing power; learning that the absolute vibration of harmony is necessary for the restoration of one's health; forgiving and forgetting the self for the healing to take place; understanding that cancer grows and prospers in the form through disturbance, discord, and frustration; making the effort to be in creation but not a part of it; concentration, the key to all power; the eternal moment of choice; making the changes so that we can experience broader horizons and more abundant good in life; casting the light of reason upon the emotional body, the subconscious mind; why the light of reason takes the feminine aspect of nature; demonstrating the law to love all life and know the light; self-thought as it relates to the force of the mass consciousness; why it is necessary to work moment by moment to restore and maintain our health, wealth, and happiness; opening up the soul faculties to enter the cosmic realms of consciousness; the difference between the realms of the cosmic consciousness of limitlessness and the pain-and-attainment of the mental world.

CC-225

Recognizing that our stay here on earth is entirely dependent upon laws that we alone set into motion; becoming aware of what we are doing to set ourselves up for difficult experiences; understanding our feelings of rejection; the Law of Non-attachment; how the thought of I places us in a realm of consciousness which offers rejection and limitation; learning about power, force, and compelling desire; the teacher gives an example of one of the ways we can awaken and be free; the necessity of taking a minimum of seventy-two hours before making an important decision; making decisions on the foundation of reason and wisdom; separating truth from creation; realizing that our health, wealth, and happiness is totally dependent upon whether we are the victim or the master of the forms we have created; the necessity of our vital body to have pure energy flowing through it for good health; understanding that our health is totally dependent upon our effort to be free from the thought of I, in order that the energy may flow through our vital body without being dissipated by the mental forms of creation; the teacher discusses the realm of desire; recognizing that there is nothing wrong with desire, it's how man uses it.

CC-226

The teacher discusses respect for oneself and others, and how our desires play a role; payment and attainment, the Law of Creation; gaining control over the experiences in our life by accepting the First Law of the Universe, Personal Responsibility; accidents, the effects of what we think and how we feel; moving each moment in conscious awareness in order to stay free; experiencing the fullness of life by bringing balance in all our motivations; the difference between fulfillment of desire and satisfaction of desire; pausing in consciousness to see the good in all our experiences; establishing the Law of Transmutation; how our bad experiences can become the greatest good in our lives; what seeing the obstructions in our path has to offer us; understanding the law through which a miracle takes place; the factors involved in the healing process; the necessity of making a sincere daily effort to fully open the soul faculty of honesty within oneself; fear, the most important factor that establishes the law in the mental realm; understanding that it is not possible to control what we are unaware of, for it is contrary to natural law; how faith in the human mind offers us a life of fear; response to a student's question on payment and attainment; learning that when there is a perfect balance between the soul faculty and the corresponding sense function, we are freed from identity with the Law of Creation; making the choice of what we identify with; discussion on pride and ego and how it can be used to serve a useful purpose; the importance of doing a job well or not at all, in order to have healthy forms to live with in eternity; understanding that the soul faculty of quality is indispensable to good health; how suppressed desires set us up for our experiences; understanding that we always get the principle of what we really want; discovering why our will power is not serving us well; learning that

health is restored in keeping with the soul faculty of honesty, which opens up the doors of harmony where health reigns supreme.

CC-227

Remembering that if we think abundantly, that's what we experience, and if we think we have little, we guarantee the law to have less; recognizing that we will always be the victim of what we call circumstances until we accept the Law of Personal Responsibility; the teacher explains a way for us to become more honest with ourselves; expressing our divinity by bringing balance between the eighty-one levels of consciousness; how we establish the Law of Limit with the thought of need; the inseparability of denial and limit; learning that the same law works either in the negative and destructive way in consciousness or in the positive and constructive way in consciousness; making the effort to control the thought or letting the thought control us; discussion on the difficulty man has in giving, receiving, and asking; declaring the truth, "I am not the thought, but I am the power that sustains the thought"; understanding that we are not creation, we have never been creation, we will never be creation, but we are that which uses creation; inspiration and creativity; the law through which energy flows is the Law of Attention; how to free ourselves from the magnetic force of creation; what happens when desire enters the mind; understanding why we have resistance to communication; being honest with ourselves before entering a relationship.

CC-228

The teacher explains that the teachings in life we receive are reflections of our growth and our efforts in life; presumption, the Law of Descent and the birth of disaster; why we presume; choosing consciously what we will identify with; making effort to declare in our consciousness that we are not the thought, but are the power that moves the thought; why we continue to be controlled by patterns and forms that are not in our best interest; understanding that our obstructions are the thoughts we continue directing energy to; exposure, the light of reason; accepting that whatever we think we need is not dependent upon what we think some person has or has not; justification and the sense functions; the difference between life, living, and existence or simple survival; the Law of Continuity, the repetition that is necessary to take us through the gate of victory in anything in life that we desire; disasters, the experience that we merit in keeping with the way we insist on thinking and acting in life; understanding that no one is master of their destiny as long as they permit their mind

to think that any experience they encounter is a circumstance beyond their control; learning to cast the light of truth upon the thought forms that we have created.

CC-229

How we limit God's Law of Total Consideration, which is Divine Love; the cause of our struggles and the obstructions in our lives to the things that we desire; presumption, the Law of Descent, which is the birth of disaster; awakening to how beautiful life truly is; the necessity of changing the way we think to broaden our horizons and accept something greater than what our mind has already offered us; rejection, retaliation, and revenge; God's way, the broadest of all horizons; how to educate our ego; the Law of Creation reveals to us that change is a constant process in all form; freeing ourselves from form while still flowing through form; the dignity of discipline; understanding that freedom is the effect of self-control.

CC-230

Personal growth, the effect of changes; why we have difficulty making changes; how we guarantee the experiences that we fear; the Law of Creation, the Law of Duality; using the Law of Disassociation to enter a realm of objectivity where we do not react; separating truth from creation to experience freedom; why we seem to forget experiences in our life; understanding our fears and how to overcome fear; learning to still the mind in order to be freed from fear, frustration, dictate, and disappointment; understanding that money is the effect of directed energy; awakening to what our true job is that we come to this planet to do; discussion on soul talent; explanation of the statement when you open a door, you close a window, and when you open a window, you close a door; the teacher explains that it is our soul talent through which we grow; pride, man's belief in his own perfection; pride and the emotional world; the teacher gives an exercise to become aware of what our mind does to what we really want to do; understanding that our heart feels, our mind senses; the difference between feeling and sensation; the importance of what we do with what we receive in life; growing the faculty of tolerance, which is indispensable and absolutely necessary for success.

CC-231

Awakening to our soul talent; becoming an individualized soul through the Law of Identity; identification, limitation, and belief; pride, man's belief in his own perfection; the difference between belief and faith; choosing to live in the shadows of the past or to grow in the light of that which is; understanding that truth is a constant continuous flow of the Light itself; how to take charge of our consciousness; learning that all of life is subject to the images that we hold within our consciousness; what happens when we pause to think; taking control of the mind to use it for the purpose of its design; understanding that creation is subject to the infallible Law of Duality; how we become the victim of circumstances; explanation of the teaching that the stone the builder rejected became the cornerstone; an explanation of judgment; the teaching is to like creation, love God; what the word "trust" means to the human consciousness; the control of the house of clay in which our true being is expressing itself; emotions, the servants of our pride; discussion on the destiny of denial; freeing our emotions from dependence on anything outside; how to feel good at any moment by conscious choice; response to a student's question about having more than one soul talent.

CC-232

Discussion on eons of evolution; the Law of Experience; how we broaden our horizons by expanding our beliefs; following the path of the spirit; how to gain control over the mind and the fear which it offers; total acceptance, the will of God; what is meant by "the will of God"; accepting the right of expression of all things in the universe; how we become the victim of our own intolerance; the difference between rest and sleep; the importance of taking control of our mind before going to sleep; faith, the power of the spirit; the difference between faith and belief; identification, belief and uniqueness; comparison, judgment, and denial; how we establish denial and experience need; the karmic wheel of cause and effect; how to enter the realms of faith through disassociation; the Law of Like Attracts Like and becomes the Law of Attachment.

CC-233

The power of faith vs. the force of belief; the Law of Separation; belief and resistance; the importance of having a conscious awareness of our thoughts and feelings; how to use past events to our benefit; understanding our purpose in our

evolution; how we limit the divine expression of desire; the Law of Judgment; the Law of Resistance; the Law of Limit; why we experience frustration; the difference between belief, what we hope to be, and what is; belief and the Law of Duality; moving from form past and future to formless, that which is; the demonstrable Law of Personal Responsibility; resistance, the key to concern; why self-concern, self-pity, is the most destructive force we can experience; the path of nonresistance, the path of peace; the five steps of creation; the teacher explains why more energy is dissipated when speaking to a person on the telephone than when we speak face-to-face.

CC-234

The importance of understanding those laws we choose to apply in our lives so that they bring beneficial results; the teacher discusses the process of being successful in any endeavor; controlling compulsion; system and order; survival, the basic instinct of the human being, the animal form; belief, the glue of creation; viewing rates of vibration that register in the consciousness as an image; understanding that all form exists only in the consciousness; explanation of the process in which, throughout history, people have passed through objects; growing older graciously; health, the effect of the Law of Harmony and the greatest wealth we'll ever know; disease, the effect of the Law of Discord; how we become discordant; Earth, the fifth planet, the planet of faith; freeing ourselves from the force of belief in order to use the power of faith.

CC-235

Discussion of the cause and control of experiences; learning about the amalgamation between the soul faculties and the sense functions; bringing the magnetic field of our being into balance with our electric field to be free; how to go into the electrical field of energy; understanding communication and its absolute necessity to creation; gaining control in the moment we pause; guilt and rejection; how we establish the Law of Denial; how to bring about a balance between a soul faculty and a sense function; how to communicate within our own consciousness; response to a question about despair and how to pull oneself out of it; making the effort to consciously choose what we are going to wear in the closet of our consciousness; remembering that honesty will see us through; finding our true motive in the light of reason and the faculty of honesty; learning that success in any endeavor is ever in keeping with the flow of the soul faculty of duty, gratitude, and tolerance; the two steps absolutely essential in moving through creation; how we suffer the Law

of Discord by establishing the Law of Limit; the Law of Fear; the Law of Need to Protect and to Preserve; how to clean the closet of our consciousness.

CC-236

The parallel law of life—the power of will or the force of will; learning about the connection between belief and our emotions; the path of peace, the path of nonresistance; understanding that will is the power of the soul and the force of the mind; the teacher discusses the images in mental consciousness and how they affect our lives; the path of the functions—belief and identification with form vs. the path of the faculties, which is the expression of the soul; responsibility, the ability to respond; creating images intelligently to serve a useful, beneficial purpose; separating truth from creation; discussion on conscious dining; communicating honestly with one's inner being; the importance of removing need from one's consciousness; how identification with our beliefs establishes the laws of force; why that which returns to us rarely meets the expectations that we send out; understanding that we are greater than we know; the Law of Life, the Light itself; rising in consciousness to the will of God; the teacher explains how we are physically affected by what we are doing mentally within our consciousness.

CC-237

The teacher continues on with a discussion on belief, faith, creation, truth; individualization, the effect of the Law of Identification; understanding the cause of the battle within our own consciousness; the three perceptions of will power; suffering, the path created by denial, the direct opposite of total acceptance, the will of God; the moment of conscious choice; using the power of God to bring about a change in our lives; time and the Law of Identity; accepting the possibility that there is something greater than that which we believe we are; judgment, comparison, and the Law of Duality; personality, the overidentification of self; jealousy, envy, and greed; paying the price of the Law of Duality; accepting that to God, to goodness, to that which we are, all things are possible; how the light of reason moves obstructions from our consciousness; the Law of Individualized Evolution of Form.

CC-238

The two paths of thinking; the difference between looking inward or looking outward to see the world, and what we establish as a result; discussion on aging; experiencing the need to attain from a consciousness of denial; recognizing that the physical manifestation of anything is only the solidification of the mental substance which is the cause of it; understanding the vehicles through which our true being is expressing; steps on the inward path of light; finding our way out of anything by the way we got into it—through the Law of Identity; paying the price of the Law of Comparison and the Law of Dependence; total acceptance, the movement of goodness through the consciousness; freedom from denial through total acceptance; fear, a direction of intelligent, infinite energy, directed by the will of man to a mental world; being transformed by the light of reason; the reason for a short attention span.

CC-239

The eternal search; choosing the path of knowledge or the path of wisdom; flowers, the spirit of harmony; serving the purpose of our being; the Law of Qualifying; emotions, the defenses of mental attachments; the detrimental effect of the emotions upon the physical and mental body; the Law of Harmony which is the Law of Health; gaining objectivity by entering the faculty of reason; learning that the demonstration of life is the freedom from the bondage of belief; how man's beliefs keep him on the path of constant frustration; the Divine Edge—the path on which freedom casts the light of goodness on the eternal journey; discussion on communication with oneself; understanding the ebb and flow of supply in our lives.

CC-240

The fullness of life, the joy of living; the process of identifying; how we establish the Law of Denial; need, the effect of belief; how to stop the process of illusion; understanding pleasure and pain; the universal clock; definition of friendship; the difference between pleasure and good; the true purpose of our evolution; the correlation between the Law of Expansion and Contraction and the universal clock; understanding what selfless service really is; the teacher explains what it's like to be a true prophet in our world of illusion.

CC-241

The evolution of man, the principal of faith; the origin of the species; the difference between making a judgment and establishing a decision in life; choosing between belief and bondage or faith and freedom; evolution of birds in relation to that of man; accepting the demonstrable truth that man is a law unto himself; walking on the path of freedom to experience the joy of living; acceptance, the will of God; what happens within our consciousness when either we accept or we deny; establishing the Law of Freedom in our lives; the payment for laziness; temptation, the function of that which we believe we are; giving belief that we may gain faith; response to a student's request to explain what it means to deny; how to find freedom from discouragement; choosing the power of faith rather than the force of belief; why each generation of mankind seems to grow larger than its predecessor; entering faith to experience power.

CC-242

The teacher continues on with the class on evolution; the principle of peace, the power of God; the expanding and contracting principle of limit; the first and second faculty of being; how we create our struggles and frustrations; moving in our evolution from self-awareness to universal awareness; what the gift of self is; how we find freedom from want, need, and desire; the purpose of the free spirit entering the bondage of creation; the awakening process; faith, the avenue through which the principle of peace expresses itself; the teacher responds to a student's question about poise; the lamp of honesty; the soul faculty of duty, gratitude, and tolerance; discussion on the expansion principle as it relates to flowers and plants; discussion on our responsibility to children and animals in our care; the price of living in the shadows of the mist; the shadowland; what it is that tempts the consciousness; the process of identification; how man steals the Divine expression, desire; the error of praying for "things."

CC-243

Discussion on defilement of the temple of God; the meaning of dedication; total acceptance, the will and the unobstructed flow of goodness; how total acceptance frees us from the frustration and suffering and the transgressions of natural law; how the Law of Adversity guarantees the attachment to what we are adverse to; the principle

of goodness, the effect of total acceptance; the Law of Duality, the principle of comparison through which pride expresses in what is known as judgment; need, the effect of denial; how we direct energy to limit; the Law of Association; the importance of redirecting our attention; discussion on the intelligence of dogs; what happens when we give it to God or forget it; response to a student's question on disassociation; how we become the victim of our own denial, and how to free ourselves from that bondage; the benefits of daily meditation; the Law of Conscious Awareness; growing in the light of reason.

CC-244

Faith and belief and the principle of good; taking the step in evolution to separate truth from creation; broadening our horizons by expanding our consciousness; choosing the soul faculty of fulfillment over the temporal pleasures of satisfaction; understanding the Law that Like Attracts Like; how we demonstrate that we are successful in whatever we choose to be successful in; facing the fickleness of the human mind; shadows, the effect of an obstruction to the light of truth; how to find the cause of our feeling poorly and how to correct it; regret, the payment for the pleasure of satisfaction; response to a student's question, "How is the spoken word life-giving energy?"; how God, the principle of good, is fulfilled in consciousness; pride, born of an insatiable need, the effect of denial, and its necessity to control; understanding the comings and goings of the soul; the importance of accepting personal responsibility.

CC-245

Discussion on the step-by-step process on the path of freedom; how we deny the law that frees us; how the functions of money and sex both serve to glorify what we call our ego; evolving the forms through an expansion-contraction principle; accepting the freedom of personal responsibility; why we have difficulty in freeing ourselves from our disturbances in life; the Law of What I Send out Shall Return to Me; awakening the light of reason; life, a joy to behold; becoming an instrument through which the Law of Gratitude is unobstructed in our life; the teacher discusses the various bodies that the soul expresses through and our responsibility for them; the difference between the divine spirit and the individualized soul; the Law of Individualization; why man is nearest to God when he is in a garden; driving out the demons through the Law of Disassociation; the principle of the Law of Delusion; dedication, the death to all distraction.

CC-246

Understanding creation in our life, our world, and how we make it; the importance of placing our attention, or energy, upon the way and to remove our attention from the obstruction; what causes us to believe that we are the victim of circumstances; suspicion, the cause thereof; taking control of one's life by taking control of one's thoughts; accepting responsibility for our life and all the experiences contained therein; the Law of Directed Energy; need, the price of our denial; understanding self-concern; the difference between being master of our destiny or the lackey of someone else's; separating truth from creation; testing mental value with the faculty of reason; sleeping in the realms of satisfaction; accepting the possibility of making a change in our life; discussion on motivation; the importance of putting our house in order each morning before confusion sets in.

For more information, please visit: www.livinglight.org