

# The Power of Cooperation and Community



*“If two persons combine in harmony their force of muscle to lift a heavy weight, they will lift it easier than one. If four people so combine, they will lift it easier than two.*

*“The same law and result applies to mental force. Each one of us, consciously or unconsciously, sends out daily and hourly this silent mental force—this invisible element we call thought, which affects favorably or unfavorably the persons of whom we think. It is the same force which may lift a box, a bag, or a truck. Only it may be differently applied.*

*“If you have in view any enterprise or business, and you can meet at regular times two, four, six, or as many persons as heartily wish you success, and they hear your plan, and talk it over with you, always in earnest sympathy and goodwill, you are having their cooperation in making for you a silent force which will aid you more than anything else. You will then the quicker find persons who are in sympathy with your purpose. If you have a new knowledge, or a new truth, ... you will, through the power of cooperative demand or prayer, be the sooner brought to the people who can aid you.” –[Prentice Mulford](#)*

## **The Law of Synergy**

Synergy is a method in which individuals or organizations pool their resources and efforts to enhance value, productivity, efficacy, and performance more than they could individually. That term may not have been used in Mulford's time over a century ago, but it is common in modern-day business and especially in [Systems Analysis](#). In systems analysis, they also use another expression, the Laurel and Hardy effect, to describe the opposite of synergy, when each individual is doing his own thing and not working in cooperation with others. Sadly, we have more of that than of cooperation.

## **Like Lifting Weights**

Mulford says that it is easier for two people to lift a heavy weight, and even easier for four. He might also have said that the more people you have working on it, the more total weight they can lift. Likewise, a mental or spiritual task can be more easily accomplished by a group of people working together rather than individuals making uncoordinated efforts.

Let's take the example my college professor used to illustrate synergy. He said that two cavemen were hunting separately and not having much luck chasing cave rabbits around. But then one noticed that one particular rabbit was simply running in

circles around a large boulder while the other caveman pursued it. So he met the other caveman and they decided that one would chase the rabbit while the other simply waited on one side of the rock in a hidden spot so he could jump out and club the rabbit when it came by. The trick worked and the two cavemen used the method frequently after that and rarely went hungry.

But if the cavemen arrived at the hunting area at different hours, the trick would not work, so a coordinated effort is necessary. The same is true with mental and spiritual goals.

## **Law of Abundance**

Many talk today about a Law of Abundance that is supposed to make it possible for anyone to get almost anything they want by simply thinking about it and believing they can get it. About 99 out of a hundred people who try this fail. The gurus of this law of abundance always put the blame on the individuals when they fail and say that they simply didn't do it correctly, or didn't really believe, but that is an oversimplification of the problem. A large part of it is that cooperation is not being applied. Many different people are seeking individual goals and because of that, the energy (force as Mulford would put it) of their efforts conflict with each other instead of aiding each other. So they are using the Laurel and Hardy Effect rather than that of Synergy. But when many work together for the same goal, this Law of Abundance often works, though not always. That is because there is another catch to it. The laws of the physical universe say you must work and earn what you get, so if you work hard and don't always get what you should, the Law of Abundance, coupled with the Law of Synergy, my work, but if you don't deserve it, you probably still won't get it.

## **Spiritual Goals**

In Coolargy, we learn that being part of a community is important. The ability to use the Law of Synergy (or Law of

Cooperation) as a community makes it more likely that those goals will be achieved. It also gives us more protection against the dark forces that seek to prevent spiritual development.

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## Changing our Perception of Reality



*“There is within us an immense capacity for perception, for the receiving of message from outside; and a very little consciousness which deals with them. It is as if one telegraph operator were placed in charge of a multitude of lines: all may be in action; but he can only attend to one at a time. In popular language, there is not enough consciousness to go round. Even upon the sensual plane, no*

*one can be aware of more than a few things at once. These fill the center of our field of consciousness: as the object on which we happen to have focussed our vision dominates our field of dight. The other matters within the field retreat to the margin. We know, dimly, that they are there; but we pay them no attention and should hardly miss them if they ceased to exist.*

*“Trancendental matters are, for most of us, always beyond the margin; because most of us have given up our whole consciousness to the occupation of the senses, and permitted them to construct there a universe in which we are contented to remain. Only in certain states—recollection, contemplation, ecstasy and their allied conditions—does the self contrive to turn out the usual tenants, shut the ‘gateays of the flesh,’ and let those submerged powers which are capable of picking up messages from another plane of being have their turn. Then it is the sense world which retreats beyond the margin, and another landscape that ruches in. At last, then, we began to see something of what contemplation does for its initiates.” ~[Evelyn Underhill](#)*

## **Capacity for Perception**

It is true that we have a great capacity for perception. It is also true that there are many things that exist beyond our physical perception and are completely invisible to them. But Ms. Underhill makes a mistake that was common for the time: she confuses consciousness with the conscious mind. The conscious mind is part of the physical mind, and is limited, as Underhill says. Consciousness, on the other hand, is not limited at all.

## **Focussed Vision**

One reason our capacity for perception is limited is that we focus only on one thing or a small number of things. This makes sense to a large degree in a purely physical world,

because we want to experience mostly the things that most interest us, endanger us, or are simply in our way and we need to go around them. Unfortunately, once we have learned to focus our vision and other senses in that way, we do it constantly. In so doing, we miss out on a lot of things that are, as Underhill puts it, pushed to the margins and ignored. That is one reason why Gene Savoy, Sr. taught us to practice unfocusing our eyes so we see more, not only on the physical level but to help us start seeing beyond the physical with our spiritual faculties.

## **Filters**

In addition to focussing, we have beliefs, concepts, and ideas of what is real and what isn't. This causes us to see things differently than others who may have different filters. One example of this is the way members of certain Churches will see the face of Jesus in every water stain, or blob of rust that vaguely resembles a human face. None of them have ever seen the actual face of Jesus, yet every time they see these vague shapes, they just know it is him.

## **Trancendental Matters**

Underhill refers to everything spiritual when she uses the expression, "transcendental matters". She says these matters are always being pushed "beyond the margin" of our conscious mind, and that is true. She adds that we perceive these things only when we are in "certain states," and gives some examples. But here, we are really talking about something different than the focusing of the conscious mind. Spiritual things can only be perceived by our spiritual senses, and to do so, we must awaken and develop those senses. That is what we are doing when we practice the techniques taught in Cosolargy. Another part of it is that there are many levels of consciousness, and we are only aware of things happening at our current level, and below. We need to develop higher levels of consciousness to see more of the reality that is largely hidden from us. The

Cosolargy techniques do that as well.

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# Four Ways to Keep Ourselves One With God



*“Though I have said that we are one with God and this is taught us by Holy Writ, yet now I say that we must eternally remain other than God, distinct from Him. ...*

*“And therefore I say further: that from the face of God, or from our highest feeling, a brightness shines upon the face of our inward being, which teaches us the truth of love and of all virtue: and especially are we taught in this*

*brightness to feel God and ourselves in four ways. First, we feel God in his Grace; and when we apprehend this, we cannot remain idol. For like the sun, by its splendor and its heat, enlightens and gladdens and makes fruitful the whole world, So God does to us through His Grace. He enlightens and gladdens and makes fruitful all who desire to obey Him. If, however, we would feel God within us, and desire to have the fire of His love ever more burning within us, we must, of our own free will, help to kindle it in four ways: we must abide within ourselves, united with the fire. And we must go forth from ourselves toward all good people with loyalty and love. And we must bow beneath ourselves, betaking ourselves in all good works. And we must ascend above ourselves with the flame of this fire, through devotion, and praise, and fervent prayer, and must ever cleave to God with an upright intention and with love.” ~[John of Ruysbroeck](#)*

## **One With God, Yet Individuals**

When they are told that the goal of spiritual development is to unite with God, many people think this means that their individuality will be lost in doing so. In fact, there are some spiritual schools that teach that we lose our identity as we become one with God, comparing it to a drop of water that flows into the ocean where it mixes in and can never be separated again. But others teach that it is more like a brick being added to a brick wall. The brick is part of the wall but still retains its individuality.

## **A Brightness Shines**

A brightness does shine on us from God, but not directly. God's Light illuminates the Spiritual Sun and it is that Sun that shines down on us with God's Light. And it shines on our outer being as well as our inner one. It shines on all beings, but most are unable to absorb it, so it just passes through them like neutrons. But for those who seek this Brightness of God, it awakens and nourishes the spirit and helps us develop

higher levels of consciousness.

## **Four Ways**

The Four Ways listed by Ruysbroeck may not be the only ways to keep us close to God, but they are certainly part of it. First, he says we must seek to unite “with the fire.” In other words, to be one with the Light, one with God, one with Heaven. In Cosolargy, we know that the best way to do this is to practice our solar techniques faithfully and regularly. Then we must, as Ruysbroeck puts it, “go forth from ourselves toward all good people”. In Cosolargy, We are taught to keep the teachings secret, just as was done in the mystery schools of the past, yet we can still reach out to others, inform them of what is happening, what the Awakening is all about, and invite them to join Cosolargy. Don't be disappointed, however, if your friends and relatives are not ready to see the Light, and turn down your suggestion. The Light will come to them when they are ready, not before, but as the old saying goes, it helps to plant seeds. Third, we must, as Ruysbroeck says, go beneath ourselves to continue to labor in the world of matter. We remain part of the material world while developing our spiritual side, so we must continue to function in that world, and not withdraw from it. We function in it but avoid becoming attached to it, or to anything in the world of matter. And finally, we ascend above ourselves to “pray” or communicate with the Beings of Light and With God. This is the way to truly know God.

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# **Once You Start on the Path of**

# Spiritual Development, Stay on It



*“Now that thou hast taken these names upon thee of good, modest, true; of emfrwn, sumfrwn, uperfrwn; take heed lest at any times by doing anything that is contrary, thou be but improperly so called, and lose thy right to these appellations. Or if thou do, return unto them again with all possible speed. And remember, that the word emfrwn notes unto thee an intent and intelligent consideration of every object that presents itself unto thee, without distraction. And the word emfrwn a ready and contented acceptance of whatsoever*

*by the appointment of the common nature, happens unto thee. And the word sumfrwn, a super-extension, or a transcendent, and outreaching disposition of thy mind, whereby it passeth by all bodily pains and pleasures, honour and credit, death and whatsoever is of the same nature, as matters of absolute indifference, and in no wise to be stood upon by a wise man. These then if inviolably thou shalt observe, and shalt not be ambitious to be so called by others, both thou thyself shalt become a new man, and thou shalt begin a new life.” ~Marcus Aurelius*

## **Emphrōn, Symphrōn, Hyperphrōn**

Aurelius is making a little wordplay here with the last three adjectives in Greek which are emphrōn, symphrōn, and hyperphrōn. This is the translation in more modern English of that sentence.

“If you ever get to call yourself good, moral, honest, conscientious, amenable, and dignified, never exchange them for other labels or lose them. He is warning people that once they achieve such an honorable description, they take care not to lose it or violate it.

This doesn't apply only to those attributes listed by Aurelius, but to all improvements made as part of your spiritual growth path and techniques, including the development of humility, and love for all.

## **Return to Them Again**

Here, Aurelius is saying that if we should stray from the path of truth, justice, humility, and love, rather than quitting in frustration, we must make every attempt to get back on the path. While we shouldn't brush it off as meaningless, we should also not give up too readily when we stray. For the vast majority of people, the path of spiritual development is often two steps forward, one step back, rather than a steady

path forward. Partly, this is because the forces of darkness try so hard to pull us away from the Path of Light.

## **Intent and Intelligent Consideration**

Here, Aurelius is telling us that one thing we can do to help prevent us from straying off The Path is to think out each thing before we do it carefully. Ask ourselves if it is what a peaceful, loving person of humility should do. If not, don't do it. Some modern Christians would say, "Ask what would Jesus Do?" That would be good advice if they actually knew what Jesus would do, but they have made it clear that many of them have no idea what Jesus would do, only what their favorite preacher would do, and those preachers are rarely true representatives of the teachings of Jesus. By now we should all know that the true path to God and salvation is through humility and love, as well as Solar techniques, so by simply asking ourselves if the thing we are about to do or say meets those criteria, we should be heading in the right direction. Eventually, most of us develop our intuition well enough that it helps keep us from straying.

## **Pain, Pleasure, Death, and Indifference**

Aurelius says that pain, pleasure, death, and indifference are "in no wise to be stood upon by a wise man." So he is advising us to avoid doing anything that brings pain or death to others and to avoid being indifferent to the pains and difficulties of others, even strangers. Pleasures may seem out of place here, but there are different kinds of pleasures, and Aurelius is warning us not to take pleasure in things that are mostly physical in nature, such as overeating and sexual indulgences. It is not so much that such things are bad in themselves, but that we tend to get attached to physical pleasures and then they easily distract us away from the spiritual. The ancient spiritual teachers warned that becoming attached to physical things tends to slow down, if not stop, our spiritual progress. And it provides openings for the dark beings to

attack and manipulate us. So as Marcus warns, do not be ambitious, and become a new man or woman.

The image used to illustrate this post shows Marcus Aurelius granting clemency to prisoners rather than having them put to death, so he practiced what he preached.

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## **The Vital Life Force that comes from the Spiritual Light**



*“The belief that nearly all diseases have their origin in the invisible nature of Man (the Astrum) is a fundamental precept of Hermetic medicine, for while hermeticists in no way disregard the physical body, they believed that man’s material constitution was an emanation from, or an objectification of, his invisible spiritual principles. A brief, but it is believed fairly comprehensive, resume of the hermetic principles of [Paracelsus](#) follows:*

*There is one vital substance in Nature upon which all things subsist. It is called, archeus, or vital life force, and is synonymous with the astral light or spiritual air of the ancients. In regard to this substance, Eliphas Levi has written, ‘Light, that creative agent, the vibrations of which are the movement and life of all things; Light, latent in the universal ether, radiating about absorbing centers, which, being saturated thereby, project movement and life in their*

*turn, so forming creative currents; Light; actualized in the stars, animated in animals, humanized in human beings; Light, which vegetates all plants, glistens in metals, produces all forms of Nature and equilibrates all by the laws of universal sympathy—this is the Light which exhibits the phenomena of magnetism, divined by Paracelsus, which tinctures the blood, being released from the air as it is inhaled and discharged by the hermetic bellows of the lungs’ (The History of Magic)*

*“This vital energy has its origin in the spiritual body.”*

*~[Manly P. Hall](#)*

## **Invisible Nature of Man**

While Mr. Hall equates the “invisible nature of Man” with “the Astrum,” I find that Astrum is derived from Latin, and means a star. So he is saying, I believe, that man gets his invisible nature from the stars, or from a star, which could only mean the Sun. While that is not exactly correct, it is true that the Light referred to later in the quote does reach us through the sun, and the most spiritual frequencies of it from the Spiritual Sun.

Another note: spirits are invisible to the physical senses, but not to the spiritual ones, so awakening the spiritual senses allows us to “see” spirits on another level.

## **Material Nature an Emanation from Spirit**

In a sense, it is true that the material body is an emanation from the spirit, but not because spirits set forth to generate physical bodies. It is because, the false god, the Demiurge, created the realm of matter by altering some of the spiritual realm. As a result, we can say that everything material has some spirit within it and behind it, and it is the goal of all true spiritual development to return that which is material back to its original state as spirit.

## **Vital Life Force**

Paracelsus calls the Vital Life Force, "archeus". The definition I found online says that the Archeus is a term that "generally refers to the lowest and most dense aspect of the astral plane which presides over the growth and continuation of material life. In short, it is the link between matter and spirit.

When I look up Vital Life Force, I find several similar definitions that basically say it is a vital essence (or energy) that animates all living things. Wikipedia relates it to the Ayurvedic "prana" which permeates reality on all levels. The most interesting part of this definition is when they add that "prana is sometimes described as originating from the Sun and connecting the elements." So we can say that the Vital Life Force is that which generates life, feeds and maintains life, and encourages the existence of life.

Of course, some of the more materialistic definitions laugh at the concept, such as this from The Free Dictionary: "A hypothetical force (not physical or chemical) once thought by Henri Bergson to cause the evolution and development of organisms"

## **Creative Vibrations of Light**

There are indeed creative vibrations in light. Both physical and spiritual light generate life on one level or another. Physical light is responsible for material life. Plants are the most obvious as they live almost entirely on light and water. Animals get light directly from the sun, but also indirectly from plants that they eat. Man also gets physical light for his physical body, but humans are also capable of taking in spiritual Light from the Spiritual Sun for their spiritual Self. Even without trying, we take in a little spiritual Light, but to fully awaken and develop our Spirits, we need to take in more spiritual Light by seeking it and accepting it in Love and humility. Spiritual Light will not

flow to greedy and arrogant individuals.

## **Phenomena of Magnetism**

We know that magnetism is not a force that is found in light, but when Paracelsus said that it was, it was at a time when magnetism and electricity were considered the same thing. While the two are related, magnetism and electricity are not the same. So I think Paracelsus was saying that light is responsible for electricity. While that is not true either, there is some connection. We know that electricity can produce light under certain circumstances, and light can produce electricity at times. But It may be that Paracelsus was trying to say that Light gives us the “electricity” or “magnetism” of the Vital Life Force, so to strengthen and extend our life, we must turn to the Light.

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## **Practice Spiritual Exercises for a “Ripened” Consciousness**



*“When exercises for intuition are practiced, they not only affect the etheric body but extend to the supersensible forces of the physical body. But it must not, of course, be imagined that effects are brought about in the physical body which are discernable to ordinary sense observation, for these effects the clairvoyant alone is able to judge, and they have nothing to do with external powers of perception. They come as a result of a ripened consciousness, when this latter is able to have intuitional experiences, even though it has divested itself of all previous inner and outer experiences. The experiences of intuition are, however, subtle, delicate, and intimate, in comparison with which the physical body, at its present stage of development, is course. For this reason, it offers a positive hindrance to the success of any exercises for attaining intuition. Nevertheless, should these be pursued with energy and perseverance, and with the required inner calm, they will ultimately be these powerful hindrances of the physical body.*”

*The student will become aware of this when he [, or she] notices how by degree, particular actions of the physical body which hitherto had taken place without his [, or her] own own volition, now come under control.” ~[Rudolf Steiner](#)*

## **Exercises Practices**

Steiner speaks of these practices as “exercises for intuition” but they can also be called exercises for spiritual development or spiritual growth. Those terms are more commonly used today but mean the same thing as it was spiritual development that Mr. Steiner was trying to teach. Of course, we students of Cosolargy are aware that exercises, or as we call them, techniques, must be practiced regularly and faithfully to achieve any significant spiritual growth.

## **Extend the Supersensible Forces**

Steiner doesn't explain what he means by “supersensible forces,” but I think we can say that practicing spiritual techniques not only brings energy (Light) into the energy centers of the spirit but also those of the body, so practicing these techniques can have a good effect on the body and mind as well as the spirit. Mr. Steiner says their effects are not discernable by the physical senses, and that is generally true, but there are exceptions. While beginning students may find this hard to believe, many Cosolargy students who had brown eyes when they started have seen their eye color gradually change to blue or grey (which experts say is not really grey, but a grayish shade of blue). While this color change may not seem to matter, as it doesn't seem to be accompanied by other changes, it is, at the very least, a good indication that one is practicing the techniques properly and achieving the desired results. Other noticeable effects might be a general improvement in physical health and in mental health and attitude. Some of those improvements may be due to changing long-held beliefs that have proven untrue once you start developing higher levels of consciousness. Other may be

the result of the increased energy of a positive kind brought into the body by practicing the techniques. However, it should not be assumed that practicing spiritual techniques will eliminate all illnesses, though it does happen to a few individuals.

## **Ripened Consciousness**

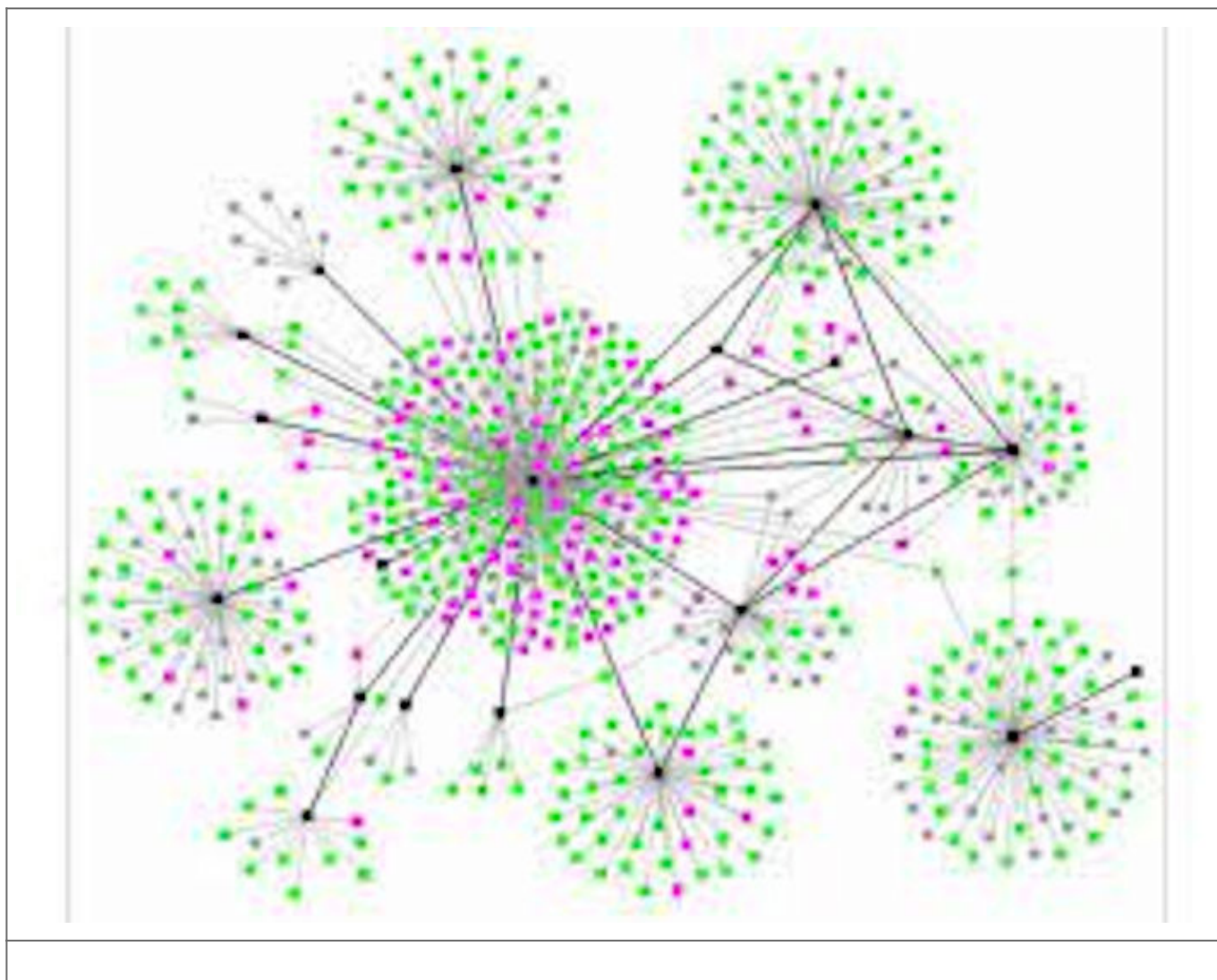
Mr. Steiner says these changes come about because of a "Ripened" consciousness. While that is an unusual way to say it, it is totally appropriate. Today, we are more likely to say expanded consciousness, or reaching higher levels of consciousness. I have chosen to illustrate this article with an animated GIF of an opening Lotus blossom to represent this expansion of consciousness. It might be useful to think of that image when practicing techniques.

## **Hindrance By the Body**

The physical body can be a hindrance to spiritual development. Gene Savoy, Sr. has noted this in some lectures when he said that it is hard to practice techniques when one has a toothache or headache. But even when you are not suffering from any obvious illness, the dense materialism that the physical body has degenerated into over many centuries does offer a hindrance to spiritual development. It can, however, still be done with patience and regular practice. We must all understand that we can't erase centuries of degeneration with a few weeks, or even months, of spiritual techniques. We must keep at it diligently and faithfully for years.

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# Quantum Physics and the Interconnectedness of All



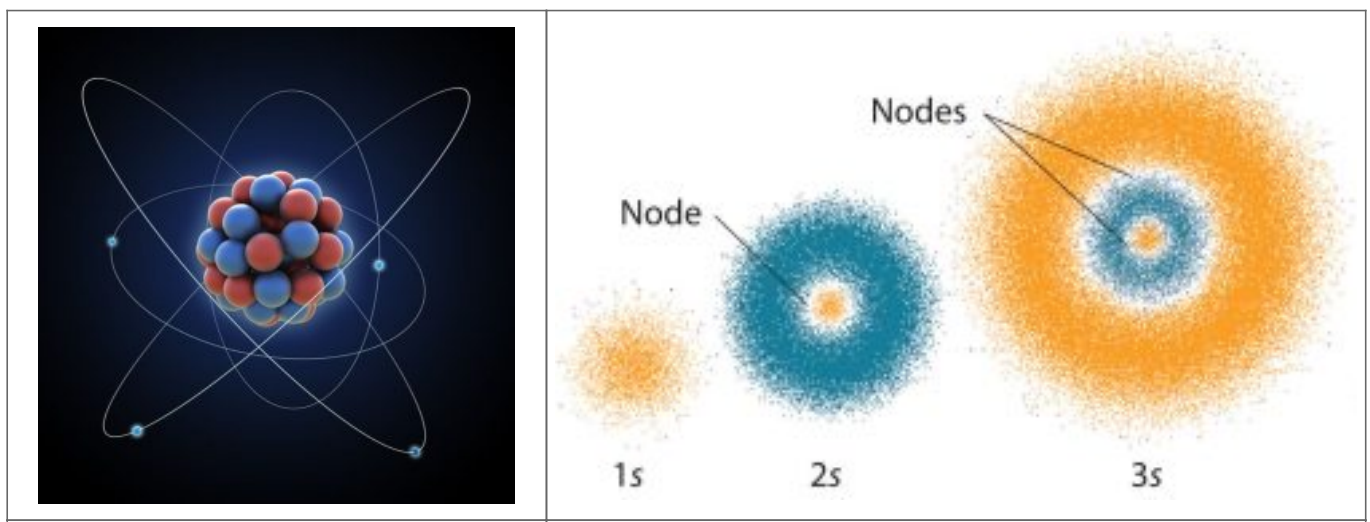
*“Up close, an atom is composed of tinier bits of matter whirling at lightning speed around a huge empty space. ...*

*“If you zero in on these bits of subatomic matter, they are not material at all but rather mere vibrations of energy that have taken on the appearance of solidity. This discovery, that matter is a fluctuation of energy dressed up in a different guise, fueled the quantum revolution lrd by Einstein and his colleagues. ...*

*“The quantum revolution made it inevitable that our world-view would change. Quantum physics proved that the infinite variety of objects we see around us—stars, galaxies, mountains, trees, butterflies, and amoebas—is connected by infinite, eternal, unbounded quantum fields, a kind of invisible quilt that has all creation stitched into it. Objects that look separate and distinct to us are in fact all sewn into the design of this vast quilt. The hard edges of any object, such as a chair or a table, are an illusion forced upon us by the limits of our sight. If we had eyes tuned to the quantum world, we would see these edges blur and finally melt, giving way to unlimited quantum fields. ...*

*“It is now believed that a single superfield, called the unified field, exists; it is the ultimate reality that underlies all of nature.” ~Deepak Chopra*

## Looking at the Atom



As Chopra says, the atom was for centuries considered the smallest particle of matter and was fairly solid. Only the invention of more powerful microscopes made it possible to see that the atom was not solid at all, but made up of smaller particles whirling around each other. When I was in grade school and high school, this was typically depicted as a nucleus of particles with solid electrons swirling around it only a short distance away. The new quantum version has the

electron a greater distance from the nucleus, and it is all fuzzy to show that it isn't solid at all, but only appears solid when observed.

## **All Connected**

The greater discovery of Quantum Physics is that these tiny subatomic particles are all connected to each other in some as yet unknown way. While many scientists who favor a more Newtonian view of the world insist that this interconnectedness of subatomic particles does not extend out to larger objects like trees and people. While that opinion may give them some comfort, it doesn't make sense. If everything is made of atoms, which are made of smaller subatomic particles, and those particles are interconnected, then everything and everyone is interconnected. On a material level of existence, that interconnectedness is not apparent, but at a higher, more spiritual level it is. Dr. Chopra refers to this as a great quilt, but I don't think that gives an accurate view. A quilt is made up of many pieces that are sewn together, yet they remain separate. The idea here is that objects are not truly separate but are joined to all other objects, directly or indirectly. And that is just on the physical level and in the universe of matter.

## **The Spiritual Side of Interconnectedness**

This interconnectedness is even greater on a spiritual level. We only have to think a little about what spirits are. Spirit is not restricted or affected in any way by space and time. A spirit occupies all space and all time simultaneously. As a result, they are clearly all interconnected. If every spirit is infinite, then in any location, no matter how small, all spirits are there. So while physical subatomic particles/waves are connected to others in the same time and space, spirits are connected in all times and all spaces. It is the goal of spiritual development to reach that level of consciousness where we become aware of that interconnectedness and become

One with the All. This doesn't mean we lose our individuality, but it does mean that individuality is more limited than most of us believe.

## **Being Healthy**

A final note on being healthy. The quote from Dr. Chopra comes from his book titled "*Perfect Health*". In this book, he expresses the idea that disease and aging are optional. In a quantum world, we must understand that nearly every cell in our bodies is regularly replaced. It is only because we believe in it that the process allows the cells to age or develop disease. He says that if we can change our beliefs to understand that those cells can reproduce perfectly each time, no matter how old we get, we will live much longer and healthier lives. Gene Savoy, Sr. taught the same idea.

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**Spiritual Development Must  
Progress Logically and  
Naturally, Like any other  
Education**



*“It is the object of contemplative prayer, as it is the object of all education, to discipline and develop certain growing faculties. Here, the faculties are those of the ‘transcendental self,’ the ‘new person’—all those powers which we associate with the ‘spiritual consciousness.’ The ‘Sons of God,’ however, like the sons of men, begin as babies, and their first lessons must not be too hard. Therefore the educative process conforms to and takes advantage of every step of the natural process of growth: as we, in the education of our children, make the natural order in which their faculties develop the basis of our scheme of cultivation. Recollection, Quiet, and Contemplation, then, answer to the order in which the mystic’s powers unfold. Roughly speaking, we shall find the forms of spiritual attention which is called ‘Meditative, or ‘Recollective’ go side to side with the purification of the Self; that ‘Quiet’ tends to be characteristic of illumination, that contemplation proper—at any rate in its highest forms—is most*

*fully experienced by those who have attained, or nearly attained, the United Way. At the same time, just as the self in its 'first mystic life,' before it has passed through the dark night of the spirit, often seems to run through the whole gamut of spiritual states, and attain that immediate experience of the Absolute which it seeks—though as a fact, it has not reached those higher levels of consciousness on which true and permanent union takes place.” ~[Evelyn Underhill](#)*

## **Discipline and Development**

Ms. Underhill is correct in linking together discipline and development in any educative process. With virtually any type of education, self-discipline goes together with developing the skills or knowledge of that education. This is probably more important with our spiritual development than with any other form of education. A person who gains spiritual knowledge without also developing the discipline to handle and control that knowledge can harm themselves or others, and either negate into developing the dark side or become frightened and stop their spiritual development entirely. So the smart spiritual school or teacher helps the student develop discipline at the same time they are learning spiritual development techniques. Think of Mr. Miyagi teaching Daniel in the original (1984) version of “The Karate Kid”. He made Daniel develop patience and discipline before learning Karate.

## **The New Person**

I have taken the liberty here of modernizing Underhill’s statement which originally read “new man” because I want it to be clear that it applies to women as well. What Underhill is saying here is that with proper spiritual development, we don’t just become better educated, we become a new person, a transcendental person who is greater than before such development. You are not just educating yourself, as with

studying math, for example, but literally changing yourself.

## **Sons and Daughters of God**

Just as our physical self begins as a baby, so does the newly awakened spirit. While a spirit is never a baby, it is similar to one in that it is uneducated, so its education must start with the basics. You wouldn't put an infant in a college physics class. Likewise, you don't start teaching spiritual development with advanced methods and knowledge. It might not have to be as basic as stacking blocks and coloring in color books, still, the concept applies. The beginning student must start at the beginning and progress slowly, with very few exceptions. And a good school will allow each student to progress at his or her own speed, and not force them to go too fast or slow them down so much that they lose interest.

## **The Order in Which Powers Unfold**

While we are all individuals, and some may develop differently than others, there is a general order in which spiritual development happens. So a good spiritual education takes that into account and teaches in the order in which things usually develop. And it isn't just the order in which they develop, but the order in which they can be understood. It is also true that some people develop certain spiritual gifts while others don't. As a dog owner, I have been disappointed at times in my limited ability to communicate with animals, yet this is an advanced gift that few develop until a very late stage, so I accept that now, and make use of those spiritual abilities that have developed. It should be noted that spiritual abilities and psychic abilities are not the same, so try not to confuse the two.

## **Dark Night of the Spirit**

The Dark Night of the Spirit (or Soul) is something mentioned often in regard to spiritual development. Some express the idea that without going through such a period of great

difficulties and depression, spiritual development cannot happen. Fortunately, that is not true. While we all go through some difficulties, something as deep as the Dark Night of the Spirit doesn't always happen, nor does it have to. Just as some people are easier to wake from deep physical sleep than others, so too some are easier to awaken from the deep sleep of spirit than others. And having a Dark Night of the Soul does not guarantee a spiritual awakening. Many have such an experience and do not develop spiritually at all. So don't seek out such an experience on the idea that it will awaken your spiritual faculties. Following the techniques of a spiritual school like Cosolargy is a better and safer way to do it.

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## **The Views of the Spiritualist and the Materialist**



*“Neither the occultist generally, nor the Theosophists, reject as erroneously believed by some, the views and theories of the modern scientist. Only because these views are opposed to Theosophy. The first rule of our society is to render unto Caesar what is Caesar’s. The Theosophists, therefore, are the first to recognize the intrinsic value of science. But when its high priests resolve consciousness into a secretion from the grey matter of the brain, and everything else in nature into a mode of motion, we protest against the*

*doctrine as being unphilosophical, self-contradictory, and simply absurd, from a scientific point of view, as much and even more than from the spiritual view. Truly, the astral Light of the derided Kabalists has strange and weird secrets for those who can see it; and the mysteries concealed within its waves are there, the whole body of materialists notwithstanding. These secrets, along with many other mysteries, will remain non-existent to the materialists of our age, in the same way as America was a non-existent myth for Europeans during the early part of the medieval ages, whereas Scandinavians and Norwegians had actually reached and settled in that very old 'New World, several centuries before."* ~[H. P. Blavatsky](#)

## **Theories of Modern Science**

Some people think that being spiritual means you oppose the theories and teachings of modern science, but that is not true. While spiritual people question the theories of science, we do not reject them outright. Science has given us much in modern society. Discoveries in science and engineering have made modern buildings, bridges, and roads possible. Discoveries in modern medicine may have made many of us too dependent on drugs for healing, but it has also cured many diseases. And modern science has given us conveniences like electric washing machines, television, and automobiles. Granted, there is a negative side to all of those things, as it is with everything in the realm of matter, but there is a positive side as well. The old Yin-Yang symbol illustrates this truth quite well.

## **Theosophy**

Madame Blavatsky founded the spiritual school known as [Theosophy](#), so she tends to relate to all things spiritual in terms of Theosophy. We should simply replace Theosophy with spiritual development to get a more general idea of what she is saying.

## **Render Unto Caesar**

I think most spiritual schools, including Cosolargy, would agree with Blavatsky when she says that the first rule of the Theosophist is to render unto Caesar the things that are Caesars. Spiritual people do not reject the material world as useless, or evil. We do not reject all material comforts and live naked in a cave, as some did in ancient times. We are allowed to enjoy material comforts for the sake of our physical body and mind, as long as we don't get too attached to them. If you agree with those who refuse to leave their homes when told to evacuate because of wildfires, floods, or tornadoes, then you have become too attached to matter, and you need to work on that. The reason the spiritual student needs to avoid such attachments is that they can be used by the forces of darkness to pull us away from spiritual development.

## **Consciousness in the Brain**

I recently wrote a lengthy article for the Cosolargy Blog on the subject of consciousness ([click here](#) to read the article), so I won't go into it much here. Suffice it to say that the views of consciousness are changing rapidly today. Many scientists no longer accept that it is merely a creation, or as Blavatsky calls it, a secretion of the brain. Indeed, we are getting to the point where some are starting to accept what is called "Biocentrism," which says that it is consciousness that is creating the material universe around us, or at least our view of it. This goes along with the studies in Quantum Physics that find that things are affected by the viewer of those things. That works in both directions, of course.

## **The Astral Light of the Kabalists**

What Blavatsky is calling the astral Light of the Kabalists, we would say is the Spiritual Light that comes from God, and reaches us through the intermediary of the Spiritual Sun. This

light does indeed have “strange and weird secrets” for those who learn to absorb it and the knowledge hidden within it. It is, in fact, the best link available to us between the realm of spirit and the realm of matter, so we should make use of it properly, and with humility and reverence.

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## **Follow the Brightness of God Back to Our Origin**



*“Out of our highest feeling, the brightness of God shines*

*into us, which teaches us Truth, and moves us toward every virtue and in eternal love towards God. If we follow this Brightness without pause, back into that Source from whence it came forth, there we feel nothing but a quenching of our spirit and an irretrievable sinking into simple and fathomless Love. Could we continue to dwell there with our simple gaze, we should always so feel it; for our immersion and transformation in God continues without ceasing in eternity, if we have gone forth from ourselves, and God is ours in the immersion of Love. If we possess God in the immersion of Love—that is, if we are lost to ourselves—God is our own, and we are His. This immersion is essential and is closely bound up with the state of Love: and so it continues whether we sleep or whether we wake, whether we know it or whether we know it not. ... And this down-sinking is like a river, which without pause or turning back ever pours into the sea, which is its proper resting place. So likewise when we possess God alone.” ~[John of Ruysbroeck](#)*

## **God’s Brightness Shines in Us**

When we seek the Light of God, his brightness will shine in us. As Ruysbroeck says, that brightness will bring us Truth and Knowledge. Not the kind of knowledge we get from books or college classes, but the Divine Knowledge that the Gnostics called Gnosis.

## **Follow the Brightness**

Just seeking God’s Brightness (or Light) isn’t enough. We must seek it always, every day, and go deeper and deeper into it with time and practice. As we do, using the techniques taught in Cosolargy, we gradually increase our level of consciousness until we reach the highest level, which is God. When we reach that level, we become one with God, one with Love, one with All. We are then a true child of the universe, but the immortal spiritual universe, not the mortal one of matter.

## **Sinking Into Love**

I would not have chosen to call it “sinking into love,” but the idea is correct. When we enter the brightness of God’s Light, we experience the feeling of universal Love. This is not a love for an individual or for humans only. Universal Love is for all beings. It is an all-consuming Love. People who have had a Near Death Experience (NDE) often mention briefly experiencing this and it usually leaves them permanently changed. They can no longer see other beings as slaves or tools of man but as spirits in a physical form that just happens to be different from our own physical form.

## **Immersion in God**

Ruysbroeck says that total immersion in God is essential, and he is correct. To become one with God, we must become immersed in God, immersed in His Light. Ruysbroeck’s comparison of this process to a river that forever flows into the sea is an apt one. That is how we must connect with God. Of course, it will start with connecting briefly and temporarily, but advance over time until it is a permanent connection. Of course, rivers and seas are not truly eternal, yet the comparison makes the point well. So practice techniques as taught and soon you too will be connecting with the Brightness of God’s Light, even if you are not consciously aware that it has happened.