

EARTH AND SPIRIT—OCTOBER 2018 -PRACTICED LOVE, IS IT WORTH IT?

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Dear friends, dear interested people!

Love, that is complete authenticity and truth.

From a human point of view you often seem to have disadvantages or you put yourself in danger if you really stick to love.

Therefore I want to shed some light on the topic in this newsletter, also because I have observed that many people will have more success on the spiritual path if they recognize the meaning and value of lived love more clearly.

Love and human life

"Love is not of this world"

In every human life, whether spiritual or not, there are always situations where we have to make a sometimes even painful decision between love and material advantages. It is these few situations that are decisive for our spiritual progress or not progress, and the devotion to love in such a decision ALWAYS leads, step by step and often invisibly, to the realization of enlightenment.

Here are some examples of difficult situations that many people know:

- Do I choose a life or profession that really suits me or do I take the one that pays more money?
- Am I together with the partner I really love, even if family, friends or company are against it, or do I choose the partner with whom I get more security, status or comfort?
- If a large number of people go the way of untruth, do I have the strength to go another way inwardly and outwardly, especially if the way of truth brings (great?) material and personal disadvantages, or do I adapt to the system so that I look good?
- If I have the opportunity to make very high profits from dubious or morally dubious investments, will I invest or refrain from investing?
- Do I choose my food exclusively according to my tastes and preferences or do I let love and compassion for animals and plants flow into my selection?
- If I feel that a life situation, e.g. at work or an unhappy marriage, no longer fulfils me, do I have the courage to trust life and change something or do I stay in the old situation so that I am "safe"?

Above only a really very small selection. There are still masses of other examples on this topic.

It is important to realize that in every life there are really numerous such situations in which I am tested what is really important to me.

If I only choose the material advantages in such situations, the short-term positive external result is, so to speak, obvious. However, when I choose love, I seem to be on an unsafe path. I don't know what this will bring me, I can often only see that it is my real truth. But for sure I can see the renunciation I will have when I choose love.

Love is therefore a difficult choice. Unfortunately, many people will not choose love in life, but adapt themselves. When I walk the path of love, I am often alone, because the others often lack the courage to do so or they have other goals.

And yet, if I don't go the way of love, I miss something very important.

Then I know that I am not really honest with myself and others. I feel at least internally that I am a loser, because something else was stronger and more important than the truth.

Love therefore has a lot to do with trust in life. It is a kind of devotion to the good and first of all a mental ignorance of where the journey is going.

Lived love is the opposite of a mind-controlled life.

A controlled life is led by the mind. We acquire knowledge about what we know, plan, work hard to reach our goal.

The spiritually unpurified mind, however, derives its goals (desires) only from the past or from identification with the body consciousness. We try to secure physical pleasures. To create security for the body in an insecure world. We try to secure a high social position in society in order to create sensual pleasures and security and to be an attractive sexual partner for the opposite sex.

Human lives often take place spiritually only within the above mentioned framework, they only correspond to the first 3 chakras (of 7) in the Indian chakra system[1].

This safety-oriented and controlled life is also a **fear-oriented** life, which ultimately derives from the belief that happiness lies in these external things such as security, material abundance and recognition.

Unfortunately, however, we do not have absolute control over the outside and deep down inside we know that. Again and again relationships break, we lose money or recognition or even, if everything goes well, at the end of life we lose all external achievements through death and its freezing cold.

But hardly anyone has tried out what happens when you steer your life in the other direction.

What happens when one does not give the highest value in life to external things such as security, money or recognition, but to spontaneity and devotion and the „not-knowing of love“ respectively the authentic truth of the moment?

Hardly anyone tries it out because the risk seems so great and yet, according to the testimony of the few who have really lived it that way, all bliss and abundance lies in such an authentic life of love that ultimately and in the end transcends even the earthly world.

„In order to live a creative (intuitive) life, we must lose our fear of being wrong.“

Why "ordinary worldly life" is spiritually a dead end and tragedy

"Life can never be completed unless it is brought back to its manifest cause; there life is a Being. The soul receives this being when it dies to the very bottom, so that we may live in that life in which life is a being." - Master Eckhart

Many people live their lives without ever seeking God. The thought of the possibility of enlightenment does not come to them at all, or does not seem interesting. In addition one has enough worries and problems anyway and also personal goals and desires. People do not even know what fatal mistake they make when they do not pay attention to God respectively the search for the true self and thus true unconditional love.

"Whatever there is in physicality, in sensations, in emotions, in consciousness, whether past, future or present, one should recognize in right insight: "That does not belong to me, that I am not, that is not my I" –Buddha

I am now explaining this to you in the context of my knowledge of the spiritual path. Only now that I have reached a certain depth of my knowledge am I fully aware of why it is really so important to strive for enlightenment with all one's might, as Buddha said a long time ago, and why this search should not be postponed.

We are, in fact, subject to some very massive errors in human identification.

We either consider ourselves to be physical human beings or we consider ourselves (in some cases) to be a spirit being, what human beings want to be. We believe that in this human experience we could experience love and be happy.

The problem is that we cannot realize that we are not the body and therefore our real needs are different and that our real field of life is therefore not in this 3D-sphere.

We are eternal pure light and our being is pure and unconditional love.

This pure light can create dream-reality through directed attention and the directed power of thought [2]. It is a high and powerful power that is our spiritual heritage. It is an ability of our soul, of pure light, what we are.

Everything on which this power of creation is concentrated long enough and what is believed deep inside becomes true (in the dream).

This power of creation is infinitely powerful. However, it is also possible to abuse it. This happens when the power of creation is no longer used in harmony with the innermost heart (God). Such a creation is then a "separate creation".

Infinitely long ago, here in the 3rd dimension, the experiment of separation from the whole began in consciousness.

"The five causes of suffering are: the ignorance of the real nature of things, the idea of the existence of the ego, affection, dislike and concern for one's own life" - Patanjali Yoga Sutras, II,3

Whether the separation from the whole of God (pure consciousness) was intended or simply came about because it was possible because of the free will of the souls is unknown.

The only thing that is certain is that there was a disharmony in the spirit and subsequently also in creation.

Some of the spiritual lights, that are all the souls, created in their imagination that they could shine greater or brighter than others and than God Himself, but this is in fact never possible because everything is one and homogeneous in origin and everything created is ultimately also deception.

"When the world, that which is seen, disappears, then the realization of the Self, which is the seer, occurs." - Who am I? p.3, Ramana Maharshi

But in the imagination, an illusionary creation, it is possible. It appears real, although it is not.

This idea dammed up the energy on the one hand and reduced it on the other. Barriers were created by the idea of separation and the vibration condensed and fell off.

All the souls who took part in the experiment of separation, the sons who went out from the father, created together, according to the spiritual law of equivalence "Like inside so outside", by their imagination from the void the dense material cosmos and the physical body.

The thought of separation, however, is not from love, for it is sorrowful.

In the course of time the separation became more and more condensed and the souls, actually consisting of pure light, more and more forgot their origin from the light and fell back more and more on their creation, the physical body and its limited abilities. This falling back is a consequence of the separation, because through the imagined boundaries the ALL ONE energy can flow less and less and becomes smaller and smaller.

Love or the true self fell more and more into oblivion and in the more and more dominant ego-consciousness one fought from now on against everything and everyone for the created outer world.

The well-known story of the prodigal son from the Christian Bible, for example, tells of the loss of soul consciousness, as

I was told years ago from the spiritual level in my meditation (then on a ZEN course in a monastery). The Son goes out from the Father (God or Primordial Ground) to experience the world (i.e. the ego) and squanders his spiritual heritage, i.e. the knowledge of who he is, the access to God's Kingdom of Light (the astral and causal creation) and his spiritual abilities, and loses himself in the misery of the physical world until he finds his way back to the Father and is joyfully resumed in his spiritual home (God's Kingdom).

„The I-imagination is the cause of suffering in so far as one identifies with the body, the perception and thinking ability and sees in it one's actual being.“ - Patanjali Yoga Sutras, II,6

Since the "fall of man" of separation from the whole, the soul, YOU, consciously or unconsciously suffers torments in the world because it no longer knows who it is and what happiness means.

It does not recognize that it is not the body, but that the body is ONLY the creation of the soul. The soul can therefore no longer distinguish between your needs (realization of unity with God) and the sensual needs of the body. It believes that the sensual needs of the body it creates are its own needs.

The soul suffers from great existential fear, i.e. fear of death, because it no longer recognizes its eternity through identification with the body and now considers itself to be transient matter.

In the state of separation, the soul also no longer knows the happiness of unrelated love, i.e. spiritual ecstasy/Ananda[3].

The three-dimensional world is only a reflection of the mental content of all souls who have fallen into the thoughts of separation. They are all here (apparently) due to the law of correspondence: "As inside so outside".

Now the soul can no longer see its spiritual home (the divine home of the Father), where in reality, beyond the dream, it still is and has everything.

"Not-knowing is to hold the transitory for eternity and the impure for pure, not to recognize the suffering as such and consider it pleasant, and to see the actual being in the insignificant. - Patanjali Yoga Sutras, II,5

The Gallery Parable as Metaphor for the Spiritual State of Ignorance

The souls on the material level resemble visitors in a picture gallery who stare at the picture before them like crazy and full of fear and can no longer avert their gaze. They have forgotten that they are not the picture but the visitor and that in reality they can move freely and have nothing at all to do with the seen picture.

India: What is the essence of awareness?
The essence of awareness is being consciousness-bliss (Sat-Chit-Ananda). - Who am I? p.3, - Ramana Maharshi

Christianity: "My kingdom is not of this world." - John 18:36 and "Neither will they say, Behold, here! or, there it is! For behold, the kingdom of God is within you" - Christian Bible, Luke 17,21

But for the awakener it is different. First, through the path of contemplation[4], he begins to recognize inwardly that he is not the image seen. Little by little, he can first turn away his gaze from the image he has seen, then turn his head and see the other captive visitors to the gallery in front of their pictures, then walk around freely in the gallery, and finally - if he wishes - leave the gallery completely or stay in the gallery to awaken other frozen visitors[5].

It is really important to realize who you are, otherwise you will remain in a deep and painful sleep.

One is in reality eternal and joyful consciousness, free from fears and worries.

One does not realize in the state of deception that one cannot be larger or smaller than other souls and that one cannot be better or less developed than others. For in the light, beyond deception, everything is always conscious of its unity in its origin.

We are always untouched - you only have to recognize that. This knowledge is Moksha, or liberation from the circle of rebirth.

As long as one does not recognize it, one mental dream after the other is generated in the soul. This continuous mental dreaming and recreation of the state of separation is reincarnation. One unconsciously searches for eternal happiness and eternal unlimited love in delusional dreams, where one is already love and abundance in reality.

The fullness of love is a deification of consciousness, which in turn is already our true self.

This is the final state. Divinization, however, is already partially unfolded before in a still human consciousness, i.e. identified with the body, through the spiritual path more and more[6], especially from the level of the heart chakra consciousness and higher, and enriches the human experience[7] long before the final enlightenment.

But when love is perfected in the end, consciousness rises completely out of the imagined limitations of the flesh.

Here are some quotes from East and West

Completely liberated masters can detach themselves from their bodies, i.e. lay down their bodies and "die" and enter God's kingdom completely, or the physical body is still maintained to teach the truth. But then the body is no longer an obstacle for them either and they are free from all fear (Jivanmukti).

"The one who remains undisturbed in the midst of misery, does not long for pleasure and is free from attachment, fear and anger is called the wise man of constant realization." - Chapter 2, verse 56 - Bhagavad Gita

The highest self-knowledge is officially taught in India, respectively in Advaita, in the form of the teaching claim "Tat-Tvam-Asi" respectively "You are that".

Tat Tvam Asi[8] literally means **"that the self (i.e. our true self, the soul) is -in its origina, pure, original identical with the ultimate reality (Brahman=God), which is the cause and origin of all phenomena"**.

The perfect knowledge (Jnana) that this is so involves total desirability (Vairagya) towards the earthly world and causes the experience of Moksha (liberation). This closes the circle. Love frees us from the painful identification with ego and suffering.

Here is also a description, from our culture, from the Christian mystic Master Eckhardt [i]:

"Now you could ask what seclusion is when it is so noble in itself? Now you shall experience that true seclusion is nothing other than that the mind remains as immovable against all circumstances, whether joy or suffering, honor, shame or disgrace, as a broad mountain against a small wind. This immovable seclusion brings man into the greatest equality with God. For that God is God, he has that from his immovable remoteness, and from it he has his purity and his simplicity and his immutability. Therefore, if man wants to become like God, as far as a creature can have equality with God, he must be separated. And thou shalt know: to be empty of all creatures is to be full of God, and to be full of all creatures is to be empty of God."

The inability to grasp the truth purely intellectually through the mind alone:

The **truth of enlightenment**, however, we cannot understand with the mind alone, e.g. by memorizing. We must actually walk the path of love and devotion. Thinking also means sharing UR, and only through real lived love can fusion with God, the cosmic lover, be achieved. But if we only think, then we only think ABOUT something and ultimately remain separate from it.

"Blessed are they that are poor in mind: for the kingdom of heaven is theirs." - Matthew 5:3, Christian Bible

The ordinary mind is dependent on the physical senses and can therefore only grasp things of this world.

The mind must first be darkened, purified and transformed by divine love in meditation, before unity with God can be experienced directly from soul [i.e. spirit] to spirit, without intermediary, and then interpreted (imperfectly) by the physical mind.

Here again we find the same knowledge in East and West. So says the Christian mystic John of the Cross:

"My cognition came out of itself and became divine from a human-natural to a divine one; for since God unified it through this purification process, it now no longer understands thanks to its own life force and its own natural light, but thanks to the divine wisdom with which it was united". [ii]

In general about the transformative process, the spiritual ascent, he writes e.g. "This dark night is an influx of God into man:

"This dark night is an influx of God into man which purifies him from his habitual natural and spiritual ignorance and imperfections; the contemplatives call it poured contemplation or also "mystical theology". Here God teaches man mysteriously and teaches him in the perfection of love, without doing anything or understanding how. This poured contemplation, insofar as it is the loving wisdom of God, has mainly two effects in man: It purifies and enlightens him and thus prepares him for the union of love with God. It is the same loving wisdom that purifies the blessed spirits through enlightenment that also purifies and enlightens man here" [iii].

The Spiritual Path of Love as an Alchemical Path

The spiritual path of love is essentially an alchemy in which the fallen and deceived consciousness rises through the energy of love back into a divine creator consciousness.

Because our true being is eternity, the world can never really satisfy us with its transient temptations. The transitory cannot compete with the eternal. In eternal life in God in love there is no fear any more and all suffering which has been connected with the identification with the body assumed in error falls away from the soul, i.e. us, when it finally returns to the Father.

"Fear is not in love, but complete love drives out fear, for fear has pain. But he that feareth is not complete in love." - 1 John 4:18 - Christian Bible

Warm and luminous greetings to you,

Your Bernhard Goller (Damodar)

[1] Mooladhara, Swadhistana, Manipura or root chakra, sexual chakra and abdominal chakra. For creative and religious, but not yet enlightened people, other chakras, besides the first three chakras, are partially open, which expands their human experience. More about the chakras here on Wikipedia: <https://en.wikipedia.org/wiki/Chakra> To the text

[2] For more detailed information on this topic, I recommend reading "The Law of Attraction" by Esther and Jerry Hicks or other comparable spiritual books and films. To the text

[3] <https://de.wikipedia.org/wiki/Sat-Chit-Ananda> To the text

[4] More information in the newsletter of June 2018 here <http://www.erde-und-geist.de/gedanken/meditation.pdf> To the text

[5] This symbolic image of leaving the gallery corresponds to the liberation from the cycle of reincarnation according to Buddha (Moksha). To the text

[6] More information about the partial realization of love in heart consciousness here: https://wiki.yoga-vidya.de/Vishnu_Granthi Zum Text

[7] Examples are people who vibrate in the heart chakra or higher but have not yet reached the Buddha level of complete liberation: Personally, I'm thinking of people like Mahatma Ghandi or Mother Theresa who served humanity in superpersonal love. They lived in a state of consciousness that was incomprehensible to ordinary people. To the text

[8] according to Advaita, the doctrine of non-duality, which is the spiritual main doctrine of India. A view that I have also recognized as true for myself through my path of contemplation. To the text

[i] Tract No. 3, from seclusion to text

[ii] Johannes vom Kreuz, Die Dunkle Nacht, p.102, Herder Spektrum Verlag, 10th edition 2010 Zum Text

[iii] Johannes vom Kreuz, Die Dunkle Nacht, p.103, Herder Spektrum Verlag, 10th edition 2010 Zum Text

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