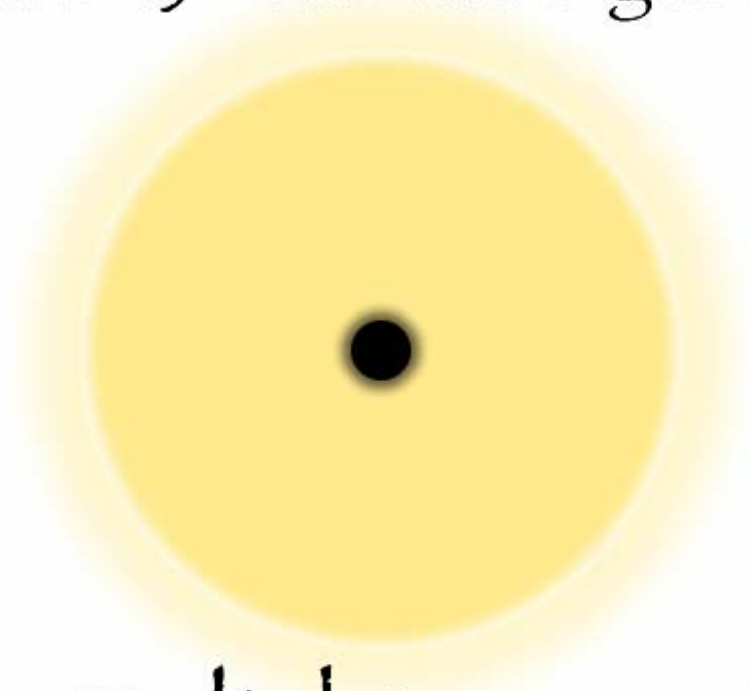


The 15-minute guide



to Enlightenment

Stephen Ellis



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The 15 minute guide to enlightenment.

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Chapter one – making light of it

The purpose of this guide is to provide an overview of enlightenment in a new age context.

What is enlightenment? Enlightenment in a basic way is spiritual knowledge. In an absolute sense, it is the climax of a transformation process from a being of matter into a being of light. Human beings are physically comprised of matter, and on Earth they have an opportunity to learn knowledge that in another place will transform them into this state of perfection.

This transformational path is founded upon new age realisation, through a connection to light. What is light? In simple terms it is energy, energy that vibrates at a particular wavelength. When viewed psychically light can be interpreted as a colour and have other properties, such as the potential to provide the healing of illness.

Reiki practioners will be familiar with these concepts because through their initiation rituals they are opened up psychically and can become aware of the coloured energy rays they use for healing.

So how to get connected to light? Humans are already connected to light, although mostly you are not aware of it. You are connected through energy centres in the body known commonly as chakras. There are 7 chakras connected to the physical body – beginning from the top of the head, known as the crown chakra, and then arranged down the midline of the body ending at the tailbone, which is called the root chakra. Each chakra resonates at a particular vibrational frequency, which gives it a particular colour of light. The Crown chakra is a purple colour while the root is red. There are a further 5 chakra's outside of the physical body, of which one connects to the golden ray – which is discussed later.

As in the above Reiki example, Humans can become aware of light through initiations, from natural development as psychics or through life experiences, where especially shocks, mystical trips, religious ecstasies and accidents can often open people up to new realities. The brow chakra, is known commonly as the third eye, because it enables people to see into other dimensions and glimpse light energy – a rewarding and beautiful experience. This ability is also known as clairvoyance and can be further developed to enable communication with spirits.

In many human communities the world over, communication with the spirit world is undertaken by a figure known as a 'shaman.' Shamanistic rituals and initiations make use of light to offer healing opportunities and psychic development for both personal and group use.

As a consequence of psychic development however, if you are able to access and commune with light energy, you are also able to see dark energy.

This is not something you should be surprised about, because humans live in a duality of light and dark, of positive and negative. This relationship has its greatest relevance at an emotional level, where humans are able to express the positive as love and the negative as hate.

Chapter two – transcending the dark.

Clairvoyance not only demonstrates an ability to communicate with other dimensions, it shows that humans must be multi-dimensional in order for this to occur. The concept of mind/body/spirit proposes that you can exist in many places at once and in different forms. Your spiritual, emotional and mental energies reside outside of your physical body but all four coexist simultaneously together.

What might surprise you, is how the positive and negative is represented at a spiritual level and the effect this eventually has at a physical level, as seen in fig.1

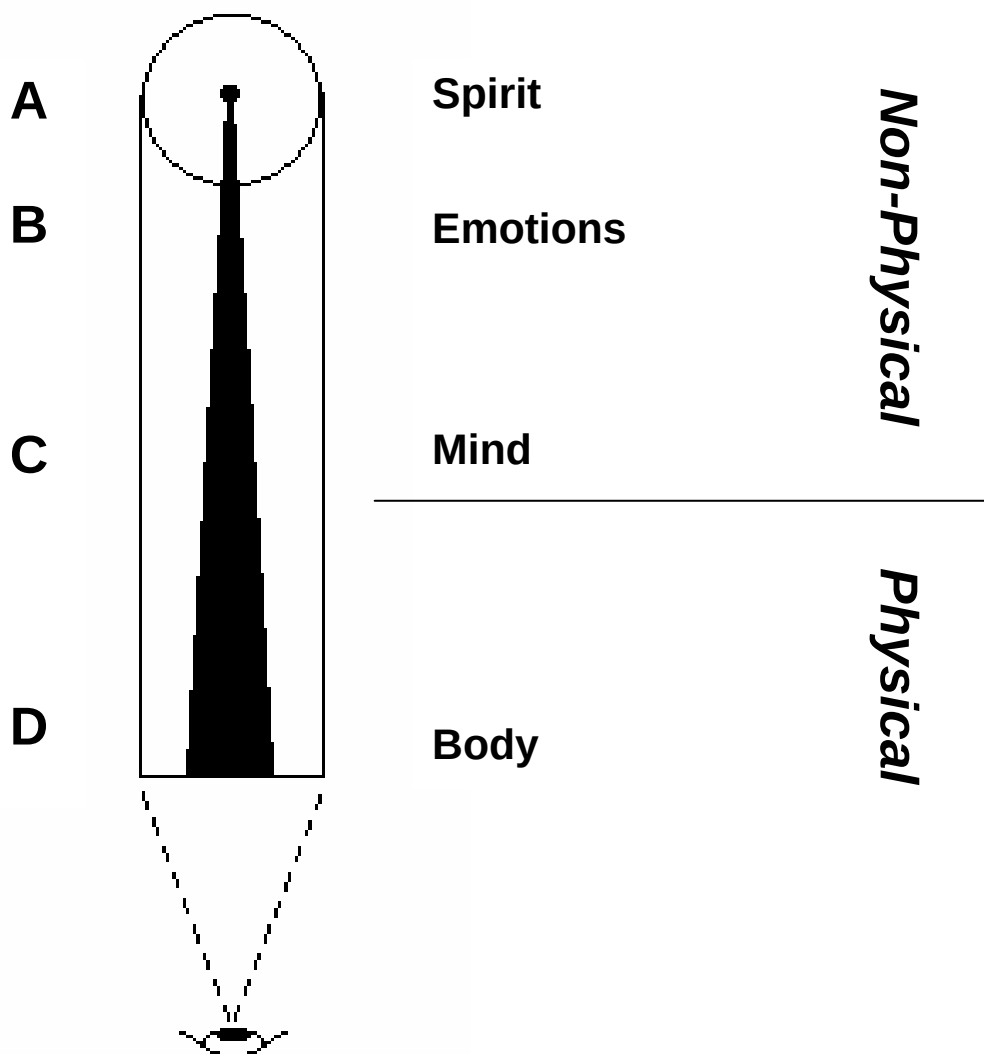


Diagram 1 – Human Perception

At a spiritual level – your human consciousness is comprised of white positive energy with a tiny amount of black negative energy. By the time this knowledge is translated into the physical body, the power of both forces is comparable to each, so hate feels as real as love does.

In the physical, it can be disturbing for you to feel the influence of negativity as strongly as you do, but without it your spirit couldn't evolve onto other levels, it's a design feature of your construct. But the 'reality' is you are overwhelmingly a positive being of love at a spiritual level, but in the physical you may not realise it. Humans perceive love and hate as equals, and so this is the nature of the illusion, to see negativity for what it is - a part of you, but not as much as you believe. This knowledge can lead to self acceptance, because it becomes easier to love who you are – moments of self doubt and experiences of self-rejection are not as powerful as they make out and so appear less persuasive and convincing. Part of your human experience upon Earth, when you realise the power of negativity is overstated, is to choose if you wish to put it in a proper perspective in your life.

This is sometimes the first step towards Enlightenment. From accepting you are love, you then have a choice what to do about your hate. You can reject it completely and seek transcendence through piety, this is conditional love – where you choose to love and accept yourself through being good and honouring your vows. You can tolerate your hate, and seek transcendence through forgiveness and compassion - this is unconditional love and you choose to love and accept yourself by being non-judgemental.

In human history, many faiths and religions on all continents have arisen to help humans put the negative into context in their lives and these traditions continue in today's secular societies.

From an early age children are taught the difference between right and wrong, good and evil – the reason for this is obvious and practical in one sense, to lessen the impact that negative behaviour can have in society, such as violence, anarchy and murders etc. In another sense, these lessons form the basis of instructing people about the illusion of hate through seeking to control their self-expression. Subtly, society promotes positive over negative behaviour and asks people to place limits on their freedom to express their negative emotions and thoughts for the common good.

This type of instruction stems from the religious desire to achieve enlightenment, known as heaven in Christianity. Many religions promote the notion of a promised land, where people will go to after they die as a reward for 'righteous living' on Earth.

This policy is a clear example of transcendence – where people are encouraged to transcend their negativity in order to reach a positive heaven. In practice, this means they are taught to reject the negative and accept the positive. Good behaviour is accepted and rewarded while bad behaviour is rejected and punished.

The concept of sinning is a powerful vehicle used by Religions to keep followers on the transcendence path, because it clearly engages the battle between good and evil and promotes acceptance of the positive and rejection of the negative. Believers know they must choose to express positive behaviour in their lives, else they sin against themselves, others or society through misdeeds.

Problems arise however when people believe this to be perfection and it generates a desire to create heaven upon the Earth in this image. At this level of belief, strict laws that punish wrongdoing are necessary to maintain religious fervour and piety among the whole population.

Exponents describe their retribution as righteous anger, but the reality is that punishment is a rejection of the transgressor and as such is an expression of hate. Paradoxically therefore, any society that attempts to perfect love on the Earth does so through enforcing it with hate.

Human history is littered with examples of war and violence between groups of people and countries convinced their version of truth is better than their opponents and worth fighting over.

Transcendence for these reasons and others has proven to be a difficult and painful process for many through history and even today.

Chapter three – transforming with gold

During the 1960's Cultural Revolution changes occurred in society that affected the notion of transcendence. Flower power and the summer of love were all about spreading peace, but its greatest effect was possibly upon people's attitudes towards the negative.

Rather than rejecting the negative, a liberal climate has prevailed that places a greater emphasis upon accepting it. Rather than automatically punishing negative behaviour, people are more likely to receive education and support to help them arrive at a position where they understand themselves better and the effect their behaviour has upon others.

These attitudes have given humans another choice on the path to enlightenment – transference. Through knowing and accepting your positive and negative self, the battle between love and hate subsides as you walk between the two, and is replaced by peace. The idea is that your hate/negative self will be transformed by peaceful attitudes and actions and eventually you will achieve enlightenment.

In new age terms, the colour of the energy ray that transforms the negative is gold and it is the bringer of peace. At a psychic level this happens automatically; the negative is transformed upon contact and if appropriate will also ascend into light. Our ancestors experienced transformation from dark into light through exposure from the golden ray in another place – now we have the same opportunity here on Earth. Transformers seek perfection through peace and try to work without judgement of right and wrong. They understand that everything happens for a reason and that every event on Earth is a reflection of the perfection that lies beyond this duality.

Golden energy is available for use by all humans and can be awakened or contacted through asking. Your intention should be to use the knowledge it brings for peaceful purposes. Firstly, go somewhere quiet. If it feels appropriate, you can ask for divine guidance before you start, such as 'I am always divinely guided and protected' or whatever phrase feels right for you. However, ensure you phrase is always in the present tense. Then, close your eyes and imagine peace within and when it feels opportune, in your mind's eye or imagination ask for a golden ray or energy to appear, and without limit allow it to do what it needs to do. There is no need to worry, because it is automatically self-balancing. You can see the golden ray transforming areas within your room, house, suburb, city, country, world, or even within yourself and other people. There are no limits, only those you place upon it. It is always safe and blameless to use. No harm can ever be done, nor retribution endured for its use – all that has already been taken care of. Because it is beyond duality, it knows no guilt or pain, no right or wrong and as such represents perfect balance.

If you do not see anything, do not worry – if you feel peaceful you're already connected and you can bring this knowledge into your life in other ways. Golden knowledge is to do with seeking equity, parity, balance, fairness, give and take in equal measure and the middle way in your approach to life and in your dealings with other people, nature and the Earth.

To receive knowledge of the golden ray is a blessing and you can bless yourself and other people with it to provide healing. To do this, bring forth the image of somebody you know in your mind's eye and whether they are appear in darkness or light bless them with golden energy, seeing it actively on them or just reflected upon them – what ever happens is o.k. Time does not exist as we know it at this level, so whatever happens is always meant to be. The golden energy is transformational; so don't be surprised to see somebody previously in darkness to appear in light afterwards. At this level there is no judgement, everybody and everything is deserving of the golden ray. The intention behind its use is to bring peace, balance and harmony to the world. When I heard that Hurricane Rita had reached the strongest category level five in the Gulf of Mexico, I asked for it to be blessed and saw it's inner core transformed with golden light.

You can direct it to aid transformation, but the golden ray is not intended to be a weapon, it is simply a transformation tool so it is not necessary to judge negativity and see it punished by the ray. Try to see the transformation as a natural process and consequence of when negativity meets the gold – if you like permission for the transformation has already been given and accepted.

You can also ask for your ego or aspects of your personality to be transformed by the golden ray, but you must really mean it to succeed. Such is the human attraction to the negative, it might be quite surprising to you just how difficult and painful it can be to let go.

This isn't easy and takes time presently, but as human dna alters it should be quicker and easier in the future – so don't expect miracles just yet.

Once transformed though, ascension into light can take place and then you will be enlightened. There may come a time on Earth again when human beings will literally glow and shimmer with light.