

## Nov Contemplative Reading

### *'Sparks of Light'*

A Spark of light in my heart

Deep within me there is a yearning, that I cannot really describe ...

I do not even know what it is that I am yearning for...

I only know, that even if my wishes and expectations of life would find its fulfillment...

this yearning would still be there...

It is always radiating in me, like my deepest inner truth – a spark of light.

When I get busy with my life and everything that is going on around me, I forget about it- but only for a while. When I pause for a moment – this spark of light is right there- always.

It is an unceasing inner yearning, almost as if it is calling me.

And strangely , while it unsettles me in my life, at the same time it feels like a deep inner peace ,- like my true being.

It is right there and yet....still unfathomable.....

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#### The eight ways of seeking.

A troubadour in the Middle Ages was well known for his poems and songs about the search for Truth.

He was asked by his queen, if he could tell her more about this and he answered:

There are 7 ways of seeking and I tried them all.

There is seeking out of fear. It gave me escape routes when I couldn't keep going.

There is seeking out of greed. It gave me the multiplicity of life.

There is seeking with one's body. It gave me gratification.

There is seeking with one's thoughts. It gave me insights.

There is seeking with one's feelings. It gave me intensity.

There is seeking with alternative ideas. They gave me flexibility.

There is seeking with one's spiritual desire. It gave me contact with my soul.

There is however an eighth way, in which they all merge.

That is **seeking with everything you have and are**

- **a total and unreserved quest**, which will always be answered by the divine guide in me.'

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I am so small. How can such great Love be inside me?

But then my soul's voice gently chides me:

'You are part of me and therefore of the All.'

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Seek the light

*Is it not Light you seek, pilgrim?  
How long will you stay in confusing darkness?  
Light can only be received by going out to seek it  
and **giving yourself over to it.***

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*The only silence we know as (ordinary) earthly human beings is when sound ceases.  
But that is not the silence in a spiritual sense.  
Spiritual silence is something completely different, just as there is ( the familiar) love (of this world) and  
(the universal, all-encompassing) Love.*

*You cannot just tell yourself 'Now , lets be quiet for a while'.  
You cannot force such a silence.  
It can't even really be described- only experienced.*

*Becoming still in yourself is only a first step, like going through a small gate  
to arrive in a huge , large vibrating expanse- the timeless space-of-being.*

*The quieter your ego becomes, the more alive your soul will be within you.  
(4. the only silence)*

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You are a lamp

*Look at a kerosene lantern with sooty glass.  
Its flame is not as bright, as powerful, as soothing as when the glass were clear and transparent.  
It must be cleaned.  
We are like such a lantern.  
Can the spark of Light in our heart shine through us? -through our entire being?  
How sooty is our glass?*

*Watch your thoughts, your feelings and your deeds, that they are free from darkness;  
That you may be transparent , pure and radiant, so that the divine light, hidden in your heart will chase  
the darkness far away.  
For when the Light comes, darkness ceases to exist.*

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*From the Admonition of the soul, a hermetic scripture*

*Abandon not, o soul, your essential nature, which is simple, true, consistent and of high dignity;  
Here below, o soul, is the physical world, the abode of unsatisfied desire,  
fear, degradation and sadness;  
there above is the world of the spirit, the abode of satisfaction,  
freedom from fear, high dignity, and joy.*

*You have seen both worlds, and had experience of both;  
**now make your choice between them,  
in accordance with your experience.***

*You are in the world of things that come and go,  
and yet you seek to be at rest.  
But how can anything be at rest in the world of things that come and go?*

*A boat, as long as it floats on the water, cannot be still or at rest  
Then only is the boat at rest, when it is taken out of the water,  
and drawn up on the land, which is the place of the boat's origin,*

*And so is the soul,  
as long as it is involved in the processes of the physical world,  
it cannot be still, nor be at rest, nor get any respite;  
but if the soul returns to its source and root,  
then it is still and is at rest,*

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*The little Prince said:  
"What beautifies the desert,  
is that it hides a spring somewhere."*

*There is a hidden spring in every human being.  
In general, it is covered up by the residues and debris of ordinary life.  
It needs to be uncovered  
so that it can flow abundantly again.*

*When this inner source is uncovered, then even though our earthly existence continues  
a new life, nourished by this secret source, will develop.  
It is a spiritual life that rises above earthly limitations.*

*When we as personality are separated from our spiritual core,  
we and our life resemble an empty, dry, barren desert.*

*But as soon as the spiritual principle awakens in our heart, -the source of life  
then its purifying, life-giving water flows through out entire being.  
and gives our life a higher meaning.*

*And so, the (mysterious) phrase of the little prince becomes a much deeper meaning for us:  
What beautifies the desert is that it hides the well of Living Water somewhere.*

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*In the sands of the inner desert path  
in search of my true self.*

*In silence and solitude,  
I dive into my unknown depths.*

*Little by little, illusions and attachments are left behind.  
Free of that which is myself,  
slowly reveals the brilliance  
of the divine spark in my heart.*

*Between being and not being, I follow my journey,  
unveiling the hidden truth,  
awakening to eternity and  
following towards the meeting with the  
the fullness of the spirit that awaits me, inside of me.*

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*Where is Tao?*

*Look for Tao and you do not see it, it is colorless.  
Listen to Tao and you do not hear it, it is soundless.  
Reach for Tao and you cannot touch it, it is immaterial.*

*Words are lacking to define it.  
Could Tao be spoken, it would not be Tao.*

*You approach Tao and you do not see its beginning.  
You follow it and you do not see its end.  
He who knows the beginning of the Original (in his heart), has the Thread of Tao in his hand.  
(Lao Tzu)*

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*The END - music*  
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