

INTRODUCTION TO LISTENING TO FIRE: The Poetry and Science of Meditation, part two. By Leah Lucas

This presentation tonight is a continuation of my November 2009 Alumni Presentation of Listening To Fire: The Poetry and Science of Meditation. Our journey this evening is a further exploration to go beyond our rational dualistic thinking and open our consciousness to the possibility of a fourth dimension of awareness. This state, called Turiya in Vedant philosophy is a highly refined state of awareness where the ego is dissolved into the Knower or the Witness Self out of which thoughts and imagination arise. During the practice of meditation, the mind and the senses are given a rest. Even though thoughts arise, the mind no longer identifies with them. The real excitement and mystery is to concentrate on holding one's focus on what is that Power behind the thoughts. It is a funny thing to understand that thoughts do not have to be identified with by the Witness Self. They are quite solid and real in the relative field of existence. Yet they do not hold any real power. It is you who is the power. Thoughts are the vehicle. But we all know how quickly they evaporate into nothingness, just as when emotions get expressed they too dissolve away freeing a person of the tension of unfelt feelings. But our fear and insecurity is fundamentality linked up to the eventual loss and destruction of all forms in this dimension of manifest creation. If you do sit long enough in meditation, it is only a matter of time before your own mind begins to perceive a subtle yet powerful vibration of energy,

consciousness that is the Light behind the arising thoughts. This means that the intellect or mind of perception is in and of itself only a vehicle. It is a tool that enables the human being to think and act in the world. It is an instrument of perception. Yet this vehicle of intellect is not the Creator, it is the means by which Divine Creative Intelligence reveals itself.

A good metaphor for this is the computer, a machine we use for almost every aspect of civilized daily life. The hard frame of the computer represents the brain. It is a physical structure that houses incredibly complex operations. The soft wear or programming that is fed into the computer represents our thoughts and imagination and feelings. The nervous system of man is wired to translate our thoughts and feelings so we know what appropriate action to take for our own survival and growth. But who made the computer? Well, the intelligence of multiple minds of many human beings made this miraculous machine. Of course, the next question is who made man? Who made this miraculous mind capable of such incredible invention?

We cannot know who made man from an intellectual standpoint. The very nature of this question naturally takes us beyond the dualistic thinking of separation, man and world or other as separate entities. The mind that questions its origin is already split, fallen out of Oneness, viewing itself and experiencing itself as apart from and out of something. Like an infant being born, we see the body of the child and he is separate from the body we know as ourselves. But actually that is an illusion. It is the vehicle of

intellect that makes us think we are separate. In truth, we are all pure consciousness; we are all infinitely moving energies of Light and Fire. But as these atoms of energy and light slow down and condense into form, the human eye sees a solid being. It is the unseen Light shining from the Space of the Absolute that solidifies and distills its own essence into a solid form. We are an idea in the Mind Of God, a reflection and expression of a dimension too vast and powerful to comprehend. The energy infusing life into every form does not die. It is not even created. It is the Power of Creation itself.

The human mind cannot fathom an undying existence because it identifies with the form, it identifies with the object created rather than the Creator itself. The intellect is actually a cover that obscures the Truth of Reality. During meditation, when the covering power of the intellect is quieted, awareness of Being itself is apprehended. But it is not like the Being is revealed to the intellect. Rather, it is the other way around. Being or Reality is always there. We just don't see it. When the focus on thoughts is dropped, the cover is dropped. Then a direct experience of what is always there is full realized. This is a permanent state of knowing one's unchanging, undying existence. The Being is revealed to Itself and the intellect recognizes itself when it is quiet. This is why the full power of mystical experience can never be adequately described. Poetry, art, dance and music are expressions inspired out of contact with this Divine Aspect. Creative expression bypasses thought and takes the consciousness of the listener into a direct

encounter of these invisible forces. Such a power speaks directly to the heart. Only in the wave of emotion and feeling do we intuitively know what language cannot speak of. When we go directly to the heart we sense connection with this vast unseen power that keeps it beating and breathing. We cannot actually say from where life comes, just that It Is. Life lives in our hearts.

This understanding of the intellect as a vehicle rather than the totality of myself is a reversal of how we are conditioned to view our self and the world. The idea that the world we see exists because the intellect is trained to see it as such is radical to me. It never occurred to me that I could know another dimension yet intuitively I was forever seeking this space of Oneness. I just didn't realize I had the capability of apprehending this fourth state of consciousness through my own efforts in meditative practice.

Saints, mystics, yogis and holy people have always been my heroes. They inspire me because they are ordinary human beings burning with extraordinary passion to know God or Brahma or Krishna, the unknown invisible power that gives rise to all Creation.

Listening To Fire is my metaphor for this spiritual journey. I am attempting to listen to the flickering flame of life's vibration as it brings heat into my own heart. The element of fire is the closest substance that bridges the world of matter and spirit. Fire burns, fire heats, fire dissolves all other substances. It transforms water into steam, disappears into air, reappears as rain, and snows down

as ice, melting into mountain streams. Fire is the molten core of red-hot lava flows that circulate four thousand miles deep within the centre of earth. The gravity of its fiery circulation holds our atmosphere surrounding this planet. Without its power, no oxygen could encircle the globe. Fire is the substance of the sun, infinite nuclear explosions of a red-hot star. In between the fire of the sun and the fire of at the centre of earth stands man, an intelligent being with a passionate heart and eyes of light that see the sun.

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