

# The Livingness of Being

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## A BRIEF JOURNEY

On a recent plane trip from Adelaide to Sydney in Australia, I had the rare fortune to sit on a half empty plane. I thought to myself: "This is great Aggie! You don't have to talk to anyone. Just enjoy the ride, relax, read *Time* magazine, look out the window." And in the same moment, before I had a chance to spread myself across the row of seats, a gentleman sat in my row! And, given the opportunity to move to one of the twenty other empty rows, chose to continue sitting there! "Just my luck!" I thought.

He began a conversation with me that lasted only an hour or so, a little less than the length of our trip. He was an Aboriginal, and within a few moments we were questioning one another about our selves, about how we practiced meditation, about spiritual experiences, healing, and more.

He was, in hindsight, a very good psychologist and philosopher, a person who seemed to be able to look deep within and draw out the very essence of a person, what they were about, what mattered to them in life. You may meet them just once in your life for a very short period of time, and for a brief period, there is an intense and meaningful exchange. Then you say goodbye, never to see them again, and you are left with an impression, or just feeling good inside. Have you ever met someone like that?

He shared his strong belief in the importance of social circles. He described how, in his culture, anything that happens to a member of the immediate or extended family or the community, such as births, deaths, illness, accidents; affected other members of the family group (in its broadest sense) or social circle, so that the pain or joy of the individual was experienced or shared by all,

and the necessary support (physical, emotional, psychological or spiritual) was provided.

The perturbations experienced by the group were like the ripple effect of a small stone being thrown into a still pond of water.

He was pointing out that western or occidental culture had moved away from the concept of the group or sense of community, and had moved away from receiving the teachings of the elders who had gathered much wisdom from generation to generation, from one life to another. He acknowledged that many of his people were also moving away from this.

We have parallel stories -- our past is one past, our present is one present, our future is one future. We have been given much knowledge and more is available – if only we have the eyes to see, the ears to hear, four hearts and minds are open and our souls and personalities were infused, rather than the personality trying to control the soul. In this small exchange are the seeds for sharing my thoughts with you.

### Accepting All That is Offered

In *Discipleship in the New Age, Volume I* (pp 59 - 61) we are given three things of great importance which are our responsibility to develop and demonstrate. They are:

1. Facility of rapport or contact with the soul through alignment and meditation.
2. Impersonality or divine indifference, that is, "accept(ing) all that is offered, us(ing) what is serviceable, learn(ing) what can be learned (and not being) held back by personality reactions (whether they be) prejudice, narrow pre-conceived ideas, tradition, influence

or background"

2. Love "that inclusive, non-critical, magnetic comprehension and attitude which preserves group integrity, fosters the group rhythm and permits no secondary personality happenings or attitudes to mar group work."

The livingness of being begins with us and our relationship with the self, the soul, and with others. The livingness of being is about practical esotericism -- the practice of *meditation* and *alignment with the soul*, practicing *impersonality* by accepting all that is offered, using what is serviceable, learning what can be learned.

We all know how easy it is to come from the personality in our thoughts, feelings, actions; or how easy it is to criticize others, to believe we know better; and how difficult it is to practice love with no strings attached, with no expectations, loving in a way which is *inclusive* of all and keeps the personality out of the group and the work to be done.

In our journey together, we exchanged a part of ourselves and spoke of what was really important to our livingness and being. Though we came from different perspectives, yet they were the *same*. We used different language and words, yet there was *understanding*. He spoke of *awakenings* and the use of *dreams as guides*. I spoke of the *development of consciousness*, *contact with the soul*, and the *astral plane*. He spoke of the relationship with the *elements* and of the *forces*. I spoke of the *seven ray energies* and of *light*. He spoke of the *teachings of the elders*, we spoke of the ancient wisdom teachings. He spoke of the importance of social circles, and we spoke of the importance of group work and the New Group of Work Servers.

He asked if we were searchers of knowledge. Isn't that a wonderful description for someone who doesn't know you to use, rather than making a judgment: and thinking that you're strange or religious or a new age fanatic. I liked the simplicity and directness of the words he used. In these words are profound wisdom. They are inclusive, without

personality prejudices or trappings. They established contact immediately with the true essence of our being.

Yes, we *were* searchers of knowledge, and we were more than that. This is what distinguishes the University of the Seven Rays -- the importance placed on the practical and intelligent application of esoteric knowledge.

Soul contact, impersonality, and inclusive love. This brief journey taught me that the livingness of being is about being who you really are at any point in time, and responding to the need or opportunity as it arises.

### **Being Who We Really Are**

*The Secret Doctrine* refers to being who you really are in another way. It comes under the *Doctrine of Essential Identity* and associated with this is the *Law of Self Unfoldment* or Self Becoming. This Law conveys the idea that Life is already present within the being, enabling it to unfold, to reach its potentiality. The Life aspect is known as *Jiva*, the One Force or Life principle. *Jiva* has the effect of impelling each entity to express itself by means of self-unfoldment. The livingness of being, on a higher lever, is the Doctrine of Essential Identity, the Law of Self-unfoldment and *Jiva*. These descriptions express the idea that there is an inherent urge of the entity to express itself in its own characteristic, essential identity. They imply that there is an inherent potency that impels the entity to pursue self-becoming, and demonstrate a special characteristic or quality of being.

Using an analogy from the plant kingdom, we take it for granted that a rose will always grow into a rose, a violet into a violet, an acorn into an oak. The blossom of a rose displays the characteristics of the rose and not a violet. The rose produces seeds that will manifest the characteristics of the rose. The acorn is the seed for the oak tree. These demonstrate the workings of the laws of nature that are the results of the operations of beings who have set these laws in motion, and are the manifestation of the working of the Divine Plan.

Why does an acorn always become an oak? The oak tree produces acorns, and each acorn has the possibility or potential of growing into an oak. The *life essence* (Jiva) pervading the oak tree has been transmitted by means of its germinal plasma, into the fruit of the oak. This is formed from the blossom and remains inherent in the seed of the oak (the acorn) until the proper conditions are provided. Thus, there is imbedded within each acorn a potency that enables the oak to reproduce itself in the same manner as its parent when the right conditions are present (environment and soil, heat, and adequate moisture).

When these conditions are provided a new oak comes into being following the law of self-becoming or self-unfoldment by means of the potency transmitted by the oak tree to its seed. In the same manner the germinal plasma of the rose bush is transmitted to the rose seed. While it may seem to be a matter of fact that a seed always produces the same type of plant from which it originated, nevertheless this represents one of the mysteries of Being. It is a source of wonderment that a tiny seed, or an egg or ovum should have such potencies wrapped within.

Thus the acorn contains in itself the blueprint of the future oak. From the acorn will grow an oak and the oak as a tree may have a thousand forms that vary from one another. In our own minds, let us extend the analogy of the acorn and the oak tree, and ponder upon the significance of this for the human ovum and the human being and the inherent potential that the ovum transmits as a stepping stone to becoming a unique human being and the development of consciousness.

Palingenesis is a Greek word meaning again becoming or new birth, or change from one state to another. In entomology or the study of insects, palingenesis refers to the complete change that an insect undergoes, like the caterpillar that becomes the cocoon, and then later emerges as the butterfly. Each state represents a palingenesis -- a new becoming. In a broad sense it means that the soul does not

die with the body but takes on a new becoming, a new birth. It- also refers to the transmission of characteristics from a parent to its offspring. The life pattern of a tree is transmitted to its seed as in the example of the acorn becoming an oak.

### **Being More Than Who We Are**

If we were to live as we would become, if we are to enter truly into the process of Self-unfolding, of Palingenesis or Again-Becoming, then we must enter the process of Identification. With what or with whom are we identified at any particular point in time? How high do we strive? How much are we willing to do to be who we really are? These demand an act of daring and of service, and living in the reality of now.

On the practical level, we are given tests and challenges as an impulse to growth, to assist in the emergence of the inherent quality of soul, light, love, potency. Each day we have the opportunity to be a living example of goodwill, of love, of centeredness, of spiritual being.

We can begin now and identify with the highest potential, and see not only the potency within ourselves and also in others. Everything is a seed and when the right conditions are provided, the growth into a thousand oaks unfolds before us! How many opportunities have we missed to be of service, to make contact with another through the mind, heart, soul; to give and to receive; to grow. What an opportunity I would have missed if I had stayed within my narrow thoughts and not entered into the beautiful exchange of hearts, minds and soul connection with the man on the plane.

The moment we identify with the quality of Being, there comes with it a sense of potency, of impersonality, of love, of responsibility, of service, of practicality, because we are then called upon to demonstrate the outer expression of our inner identification.

### **Living The Creative Life**

Creative manifestation of the Plan means

living the creative life. Living our thoughts, actions, qualities, and consciously knowing that they are mirrors of soul expression and are examples of that with which we are identified. Our attitude towards, and relationship with the very basic things that concern us on a daily level -- family, friends, service, work, money, love, influences how we perceive things, how we go about things, how we relate to one another.

Our approach to life affects our effectiveness in the world and the degree of impact that we have, individually and as a group. Our principles, attitudes, integrity, who we are, are continuously being confronted and challenged. They act as a constant reminder of how well we are mastering the principles of discipleship and how well we are succeeding in strengthening our weaknesses and living our strengths.

When we are touched by the soul, by the solar life, by light and love, we experience tremendous expansion and identification with Humanity or God or the One Self. And yet, in living the dual life of the disciple and the human being, we must still confront the daily demands of life.

### **Demands For Living—Principles for Living**

The demands for living call upon us to embrace our Essential Identity and to outwardly demonstrate our philosophy and principles for life, living, being, becoming. How do you go about Becoming the Self? How have you responded to the impulse of the life force or Jiva, that acts as an inherent urge or demand for the pursuit of self-unfoldment and the true expression of the Soul, no matter what adverse conditions are encountered?

As a parent to a child, as the planting of the seed, which under the right conditions, will unfold to reveal the blooming perfumed rose or the grandeur of the oak tree, we have a responsibility to nurture the process of unfoldment, of transmitting, unwrapping, evolving, revealing the inherent potencies in all. We have an enormous opportunity to

become the fruit-producing gardeners of the Soul and to be living manifestations of the Divine Plan.

How can we ensure that we enter consciously the process of palingenesis in our lives, that at each stage of growth, marked by specific life events or crises, we purposefully, courageously and joyously enter change, from one state or stage to another, as the caterpillar into the butterfly, and in doing so, enter into the process of a new or again becoming, moving a step closer to our essential identity. Instead of moving away from a closer connection with our spirituality, or moving away from the wisdom which is offered by our elders or in the ancient wisdom teachings, or moving away from the social circles or the group with which we are a part, let us understand the process of again becoming or palingenesis and move towards who we really are, in a conscious, joyful, active way.

I began with my journey with another human being whose very essence touched my heart and soul. In our journey together let us make contact with one another and exchange a part of ourselves, in fact our very essence, our essential identity, let us begin to practice impersonality and accept all that is offered, use what is serviceable, learn what can be learned and let us love and experience the group heart like the opening of the hand, the blossoming of the lotus, the rays of the sun.

Let us speak of what is really important to our livingness and our being. Let us identify with the highest part of ourselves and share our qualities of being and becoming, whether as searchers of knowledge, revealers of truth, bridgemakers, networkers of light, creative workers, practical visionaries and light bearers.

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