

October 2000 Contemplation Theme

Seeing Past the Illusion

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“There is only one light shining through every person’s eyes.” When you look into that light, your mind falls silent. The two of you share that one light, and fall into a profound experience. It happens every time you allow it to happen. You don’t even have to wait for just that one special person, because it happens with every person. The Light of Consciousness is there in everyone. All you have to do is see it!”

“It’s all an illusion. Nothing really exists.” Do not get caught up in the world. It is not Real. It is fickle, constantly changing. The constant changes mean that you cannot rely on anything. You are ultimately alone. So, give up everything external and find that One Reality within yourself. When you find That, you discover that nothing really exists. There is only One and you are That.”

By now, I hope you are feeling confused. Yoga says both of these things: everything shines with the light of consciousness AND that it is all illusion. Both are true. It merely depends on what you are looking at. It is like going to the movies. The story played out on the screen is not real. It is a caricature of life, and the images are greater-than-life-size. When they show a close up of someone’s face, it is two stories tall! You can go to the movie and get so caught up in the story that it echoes in your mind for days. Or you can watch the movie, laugh and cry, and walk out knowing it was merely good entertainment.

The real movie plays in your mind. The energy of all existence, which is the conscious energy that becomes everything that exists, plays out the comedy and drama of life on the screen of your mind. So you keep running movies through your mind. Sometimes you even play reruns. This means you are looking at the illusion instead of the ever-present Reality. Your thoughts and memories are images that keep you from seeing what is in front of you. You must look past the illusion to see things as they are, and you will see that everything is made of that one conscious energy. Even your mind is made of that One, and can actually be used to help take you back to the knowing and living of that One in every moment.

This month we celebrate the illusion in a great festival of assumed identity, Halloween. You can be anyone you want to be, for just one day. It is great fun! If you can have that much fun being someone else for a day, imagine how much fun Consciousness is having being everyone all the time! Now, all you have to do is see past the illusion, and you’ll love it all, too.

Namaste,

