

A Gorgeous Life

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I don't believe in a God who doesn't dance.

—Nietzsche

I still believe that in this life we've got to find the time for the life of Riley.

—The Lightning Seeds

The world has had many great teachers who have planted a seed for the spiritual transformation of society. People largely ignored their call, or, worse, persecuted them. Most are simply not ready to hear that the very fabric of the society which they work so hard to sustain, is faulty. Those most likely to take offense at this proposition are, of course, the ones who profit from the status quo, either financially or from their prestige. People do not want to hear truths which are subversive.

Speaking of happiness, perhaps one of the greatest messages of spiritual teachers—when you boil their teachings down to the essence—can be paraphrased by the colloquial, “Lighten up and enjoy life.” Jesus was quoted to have called men and women to a more “abundant life.” After all, is not the fundamental purpose of religion: enlightenment and happiness? Buddha’s teachings were designed to diminish suffering and engender spiritual liberation. Nirvana, the highest level of illumination, is described as a state free from pain. The Vedic Upanishads refer to *Brahman* (“ultimate reality” or “the highest universal principle”) as *truth-consciousness-bliss*. Jesus is known to have said: “Seek the truth, and the truth shall set you free.” Freedom, truth, and bliss are of the essence of any spiritual teaching. The great spiritual teachers did not merely intend to impose restrictions and rules.

Religion will most likely continue to be, for better or worse, one of society’s great pillars. Another great pillar, especially in the modern age, is none other than science. Scientific logic is the standard by which we can verify any claim, religious or other. It is constantly updating its concepts and refining its logic. Thanks to the incontrovertible principles of scientific logic, irrational ideas such as racial supremacy and religious sacrosanctity have become untenable. Religious human beings should abandon the latter, with its idolatrous elements and claims to the exclusivity of truth. Any claim put forth by religion should be verified by scientific logic. There is no place in the modern age to designate anointed prophet-founders as having ‘all the answers’ or as being infallible.

There is no excuse to circumscribe our ontological frontiers to one cosmology, whether religious or scientific. The materialist world view of mainstream science and NASA, is only one among so many more. The spiritual and intellectual heritage of our planet is vast. Every teaching or mythology may provide clues to the opening of the spirit and mind. The opening will have the tendency to open our cosmic frontiers. We must focus entirely on the essence of any teaching, and discard what is not beneficial. These essential lessons exist across all fields of knowledge; they are distilled by the impartial and sincere truth-seekers.

The underlying message of any true teacher can only be: *Seek and ye shall find*. Anyone can only really teach us that we are part of God's creation, as are they and everything else: no less, no more. The knowledge any respectable teacher espouses is everywhere and pertains to all. These teachers point the way out of the labyrinth of the ego. They indicate the universal field of light that is God, the creative source, and which contains everything, themselves included—as infinitesimal points. This is the meaning of true universalism. If we are to survive and thrive as a species, all religious and political identities must be abandoned for a universal one. These limiting identities impede a spontaneous and organic unity from being uncovered in our midst. However subtly a world view or identity favors itself over another, it will continue to separate human beings. Universal Love and enlightenment are concerned with erasing boundaries, and nothing less; to the extent that religion practices this verity which it, in part, espouses—will it succeed.

All too many, unimaginative and fearful, focus on rules, unaware that the spiritual path is essentially mystical. As we evolve in understanding, we gain more freedom. Mysticism, in its purest form, is in harmony with science; only that it goes even beyond. Mysticism and occultism, in their intuitive nature both precede and follow scientific logic. Mystics have often understood the abstract principles of math and science before these verified them with their applications. Before science revealed that all information is everywhere, mystics were onto the principle that the All exists in the One, and vice versa. The concept that *unity excludes attributes* predates the findings of modern science. The meaning of this principle is simply that there is an underlying unity to all phenomena, which is woven into every human psyche. Modern science confirmed the strong hunches of the original philosophers, poets, and mystics; or, indeed, of any human who has probed beyond the superficialities of the human condition.

The world of occultism and mysticism is accessible to humans through texts available to all. The world's faith traditions have mystical compliments, and occultist elements within them. By occultism, I am loosely referring to the unseen

or spirit world, which traditional science is reluctant to recognize. The unseen world of hidden dimensions is relevant to the human condition, because it must be connected to the 3D material world. Many philosophically-deepened physicists and theoretical scientists broach often on the existence of non-physical dimensionality. I reaffirm that if humankind is to transcend its current limitations, it cannot afford to not consider all the wisdom and knowledge the universe can bestow. Now more than ever is the time to stop playing the proverbial six blind men and the elephant.

Any worthy teaching on the essence of God and the human soul, transcends restrictions and rules. These are often nothing more than conventional reference points for the baser stages of the spiritual path. I once heard an anecdote about a young man who was studying with a spiritual guru. The guru expected him to pray and meditate for hours every day. Once the guru left him for a year and, upon his return, reproached the young novice for not practicing in his absence. At which point the young man began to walk across the surface of a nearby lake. The moral of the story is that the power of authentic enlightenment and love liberates us from man-made practices and engenders great freedom.

Every soul has its own unique spiritual ecology. The group think of religious communities and political associations is concerning in as far as it suppresses the innate genius and spiritual imprint of the individual. The dissipation of individual criteria and the suppression of independent investigation of truth are the by-product of the enforced superficial unity or social cohesion. People will unquestioningly invest in dogmatic narratives to sustain the sacrosanct belief system they have espoused.

Perhaps what Jesus meant by a “more abundant life” has to do with the human potential, as if he were to say, “Look at this vast field of love and light; here you are eating the dry grain, when there is a heavenly banquet right under your nose.” The people who call themselves ‘Christ’s followers’ took the easy path. They focused on the persona of the teacher, rather than on his universal message of forgiveness and universal love. It was easier to organize the church, and turn the messenger into an icon, than to persistently and ardently seek the simple yet profound truth of his teachings.

A man once sensibly spoke that if Jesus (which is his true name, not Christ, a misnomer meaning ‘anointed’) was alive today, he would be shocked to see plastic effigies of himself nailed to crosses in the world’s churches. After his initial shock he would encourage his purported followers to abandon their churches, and to lose themselves in the world. The essential verities of any spiritual teaching are

so simple, but they are lost on so many. The emphasis on conversion in so many faith traditions is purely religious, and has nothing to do with spirituality. The essence of any spiritual teaching is, simply: 'Do good unto others. See all as your kin.' It is very spiritual to travel the planet, with the intent of learning from other peoples with sincerity and love. It is evidently not as spiritual to approach others with the pre-conceived notion that they should benefit from our supposedly superior or more relevant faith tradition.

Unfortunately, what frightens humans more than their own darkness, is their light. We all cling to what is known and tested. People feel inadequate when shown other ways to connect. This, despite the fact, that we all develop our unique potential over the course of youth and early adulthood. We all have prodigious capacities of intellect, emotional resources, and capabilities. We need not feel diminished by foibles and limitations, for at every turn we have the possibility of choosing righteousness and love and greater abundance. We can accept ourselves as we are and know that we were born of love and are cherished. People who retain the innocent curiosity of their innate spirit, as children possess, are bound to go further in life, and enjoy all the grandeur it has to offer.

Fear of the unknown is the fear of love, and of loving in new ways. When we realize that there is no loss, no competition, no awkward reluctance to try new things. For in this new game of love we can relax and enjoy creating new neural paths, new behaviors, and styles of connecting. We can even rewire our brain altogether through positive and intense experiences.

A better life integrates more play and greater freedom. Life is already too solemn, serious, and object-oriented. The ability to laugh at ourselves and to enjoy the moment, beyond a pragmatic purpose, is key to enlightening the human condition. Consider the word "enlighten," that is, "to make light," to rise in vibration, to soar. In an atmosphere of lightness, there is more beauty, freer thought, and emotion. There is also greater clarity, more happiness, and joy. Life and other people become less menacing. One trusts more in God and gains new insights about the soul and the human condition. If we only peek tentatively, this field of light will not amount to much. Rather, we should face directly its domain so that the spirit can advance. The realm of love is accepting, with no need to control others or to keep oneself on a tight leash.

The greatest asset for enabling us to experience life more abundantly is solid self-esteem, one of the keys to unlocking that universe. When we perfect our self-esteem, through therapy, wisdom-teachings, or even just quiet contemplation, we allow more pleasure into the soul and body. We soften the heart, and attain that

lightness that equivocates to real freedom and ease. We achieve completion and enlightenment, diminish our suffering, and increase our bliss.

How powerful and joyful to spend time in quiet contemplation, to be with oneself in solitude! The greatest minds have always enjoyed solitude. The ancient Greeks believed and engaged in contemplation, the super-highway to the omnipresent spiritual realm, the source of their genius and wisdom. And William Butler Yeats insisted that “education is not the filling of a pail, but the lighting of a fire.” The deeper our intellectual understanding delves into reality and the broader it spans across the fields of knowledge—the more depth, and happiness we will experience. The more we connect with the quantum field of energy—the more ecstasy and perspective will we have of life and the universe.

We can have infinite insight into the universe and make limitless correlations and connections. For enlightenment needs neither proof of its brilliance, nor the approval of others, a platform, easy accolades. Happiness is to feel the fiber of our being straining the envelope of its capacity, walking in a forest, and feeling the Holiness resounding in its leafy temple. It is pure light to be at one with the Divine, where no one and nothing can threaten us. Every quality that exists in one individual, exists in another in some form or degree. Along with the great politicians, poets, sages, or mathematicians—all refract the rays of the Holy Spirit at different frequencies.

As a human being in the world, I have a “flaw”—an essential virtue—for it is only a flaw by the standards of a society ruled by functionality and pragmatism. It is that I seek *pure light*. Like everyone else, I came to this world as a visitor from the spiritual source that created me. My soul and body are imbued by the attributes and qualities of these spiritual worlds and their light. In every waking moment I seek this pure connection, just as the plant opens itself to the sun, because it is designed for no other purpose. Like the plant, I am no less or more glorious than any other being, because every fiber of my being is aflame with the Holy Spirit. I, as all things am so entwined with the Object of my Being, as to be virtually indistinguishable from it. All is equal.

In every land where I have sojourned, I have absorbed the essence of its people and been intoxicated by their energy. Thanks to our family’s many travels, we experienced many cultures and from each I inhaled their pure knowledge and spiritual tapestries. I do not coldly intellectually analyze their attributes, but rather channel their magic, wisdom, and charisma. I allow the distillations of their pure light to flow through my pores, expressions, and words. I become

enlightened and inspired by the mystical roots of these cultures, their universal wisdom and spark.

There is too much focus in the Western world on narrowly focused mental activity. The thinking mind is but an infinitesimal fraction of what we are. The outcome of our fixation on it is a pervasive nerdiness. Not to belabor the point, but Western culture is too intellectual for its own good. I have spent time with the natives of South America and with Africans. There is a levity in many of these peoples that is as easy to miss as it is palpable when one receives it. A heart energy and lightness that changed my life, and improved the quality of my soul in an unprecedented fashion. Interesting how something so unobtrusive and subtle can have so much positive influence. Observe how often children say “I love you” to their friends and relatives. Jesus was not wasting his breath when he said “Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven.” Without a doubt, intellect is important. However, the ability to pursue the pure being which radiates softly and encompasses all, can make the narrowly intellectual seem stultifying.

So long as human beings are ruled by fear of the unknown, there can only be a small filtering of light. Fear is what maintains a low vibration in society, sluggish and opaque as ice. The spirit is meant to flow like water or burn like light. Fear leads to every negative quality in human beings, to competition and hate, to wanton ambition and greed. Fear constricts the heart and the mind. So many have experienced trauma, and this creates the emotional and spiritual opacity that exists in the world. Trapped in fear, people smile less, cannot be spontaneous, exist in survival mode only. Self-preservation, perpetuation of the status quo and inertia rule.

Beyond intellectual rigidity, the so-called “animal” side of our nature, when combined with the spiritual, yields an individual able to live in the moment. This is much more attractive, authentic and in touch with life’s natural rhythms. When we were children, we played and amused ourselves with ease. We ran with our mouths wide open, not caring a tittle about our momentary appearance. Only to enjoy and express freedom. We still have this capacity, though perhaps our current joys are less physical and more contemplative, now that our adult spirits have more gravitas.

Playfulness, in its infinite varieties, is a great virtue, opening the space for greater creativity and freedom of spirit. Dancing, for example, or listening to music. The cells of the body thrill to the vibrations of music and different genres which enhance the soul’s susceptibility to the spiritual dimension. Caribbean, African,

and Latin music make the spirit soar and evoke the feeling of falling in love. Other music may be meditative and uplifting, connecting one to the sacred and timeless realms. All new and joyful experiences stimulate the growth of our intelligence and act as fodder for enlightenment.

The more freedom we taste, and the more our souls unwind, the greater the appetite grows in the burgeoning sub-conscious to get more. The more “the abundant life” becomes real. I have always prayed for freedom and truth to ascend in my soul. For I want to be authentic. Therefore, I practiced speaking the truth, even when it troubled others. I practiced perceiving the truth even when it troubled my own self. I wanted to be beautiful and flamboyant, so I became a fluid dancer. I wanted excitement, so I frequented nightclubs. I wanted to be charismatic, free, and enhance my feminine attributes, so I emulated adolescent girls. This is how I fashion a unique and appealing personality. I wanted to be enlightened so I sought this too.

Our Western fixation with materialist intellect may have its roots in some of the founding fathers of modern philosophy. Whereas as the fixation with action has cultural and religious roots. The idea of original sin, that we are conceived with a spiritual debt pervades our culture. The notion that we need to achieve worthiness, that we are not good enough unless we labor hard and achieve tangible results may have its origins in Protestant work ethic. It is good to be conscientious, but the stick that is laid on children by parents who call them “slackers”—a name they surely beat themselves with in later life—does incalculable harm. It is conducive only towards the narrower type of achievement, but not towards authentic and enduring glory.

Another layer of judgment comes from the Freudian idea that we are base creatures, full of potential aggression and unchecked libido. The logic goes that we are protected from these negative qualities only by a thin veil of polite restraint. If it is true, as has been said, that our reality is our thought, then what we come to believe about ourselves and the human condition will invariably effect on what we later become. Awareness of our essential goodness and boundless potential is far more useful and yields better human beings.

Many people thrive on action, but the point here is to provide an alternative perspective from the norm. The world is certainly not short on clever ideas. But my purpose here is to point the way to a clearing for the human spirit, where it can lose the weight of its neuroses and fear and dance freely and radiantly. We do not need more braininess. We need more peace and lightness that surpasses words and constructs. We would benefit from more spontaneity, more

effervescence, more joy, more radiant inner beauty, more sensuality, more connection to the senses.

Excitement, joy, and inspiration are essential to the human condition—the spice of life. One of the forms this *spice* can take is self-expression. Some people prefer to play it safe, avoiding outward expressiveness. Allowing for mistakes and boundary dissolution can be one way to learn to refine ourselves and purify our message over time. When we never cross expected boundaries, we are less able to explore our own potential. Sometimes we humans can find surprising ways to tap into the potentialities of our infinite psyche and challenge deeply held stereotypes. I really enjoy tapping into feminine and youthful attributes, such as charisma, spontaneity, fierceness, and brevity in speech—referred to by Chekhov as the “sister of talent”—in contrast with the verbosity of adults. When a man taps into the reservoirs of youthful exuberance, innocence, and the spectrum of femininity, especially the spirit of young girls, a burden lifts from his shoulders. His heart grows light, as the limitations of his hide-bound masculine, calculating consciousness—open to feminine softness. With this feminine juvenescence arrives the directness, simple playfulness, and coolness of a young girl. The man transforms from being merely handsome to becoming truly beautiful, in contrast with his limited, traditional role, striving to dominate and convince.

I love how girls lack adult nerdiness. I am inspired by their sprightliness, their economy of speech, their uncensored expression, even as they are simultaneously graceful and fluid. The humor of some young adults can be coarse and assumed, in their anxiety for peer approval. But to be sweet, gentle, accommodating, and congenial, when it is really called for, takes courage, also.

The greatest masterpiece that one can work on is oneself. Our interface with the world has far more importance than any fruits of diligent labor, for we must interact with people all the time. The family is the basic unit of society. If we can uplift our family, we are turning the master key for the liberation of society.

Imagine if zest for life took the place of the sense of burden, as if there were not enough hours in a day to savor the bliss of life. For many this was the case when we were children and hardly cared to eat. We were so excited with our adventures that even going to bed was a terrible idea. We cared only to savor endlessly the delightful mystery and miracle of being alive.

The Bible says, “Ask and it shall be given.” There is much truth in this phrase. Ask for security and the peace that surpasses understanding. Ask for what shall endure in you forever. Ask for wealth of the spiritual kind, not only material riches. Riches come and go, though, true wealth is based on self-esteem and a spiritual

plenitude that cannot be effaced. The individual co-creates them with Providence or, if you prefer, the Universe. This positive cycle occurs through the divine right of knowing that Benevolence would not withhold these from our or any seeking soul.

We manifest in our life what we are, more than what we request. If you desire self-esteem and happiness, resonate at their frequency. Embark on a subtle dialog with the Creative Force, trusting that it will impart these to you, for you deserve peace and joy. Lasting happiness at some level emanates from understanding and wisdom; these come from knowledge; knowledge comes from investigation and contemplation. The result is a depth that equals a much deeper sentience and fulfillment. These gifts are to the curious and open; to those who persist in freeform self-actualization. Deep people are less likely to feel bored and dissatisfied. They do not depend on external validation. When they find themselves alone, they are in good company.

Security does not have a great deal to do with assets and riches. If a billionaire cannot sleep at night, fearing the loss of his fortune, money is not his real problem. The real problems are his ego and his fear, not trusting in God or life. People in South America have the tiniest fraction of such wealth, but trust in God. They enjoy their lives perhaps more than any mogul, as they are characterized by an expansive spirit of magnanimity and simplicity. For example, in one town I visited, all the street kids have been adopted by other families. In sharp contrast with our typical Western concern for self-preservation and mistrust of others, this is proof that generosity and freedom of spirit are independent of material wealth.

A wise friend said that perhaps we need not worry about potential calamities, like the survivalists who stockpile for an apocalypse. "I choose to remember," my friend said, "that the sun is going to rise again tomorrow. . . and the day after that." Some careful calculating may be good, but are we not worrying unnecessarily? I like to replace worry with faith ...so I can enjoy my days on this good earth.

The control mechanisms of social programming are rife in all the cultures. In some, the control is more obvious, as with those which prohibit their members from using the internet. They see it as a source of criticism or even profane and unholy. In others, arranged marriage and the strict control of women prevail. But control is no less apparent in the nine-to-five office grind of the West. One prepares for this life-style with arduous studies and then submits to working in a confined, highly structured environment for the remainder of one's life.

Innocent and freeform curiosity, as is common in children, is the key that unlocks all the questions and subsequent answers which the world and universe can

provide. This is the pathway to greater abundance and happiness. All sages, mystics and wise humans have had influences, inspirations, and teachers. However, the greatest pedagogy one can receive is that of self-education. One's innate conscience and consciousness are the most intimate and sensitive teachers of all. The ineffable truth is to be found in the details; the shards of logics; their interrelations; and, beyond these, the totality. Ultimately, beyond all is the realm of pure abstraction. The boldest seekers, as Einstein professed, grasp that all is based on abstract imagination. Creation is just that, a conjuring where definitions are overrated and must be discarded for lighter and more transcendent understanding. The free-spirited seekers surpass those who foolishly erect limits, through narrow-mindedness or pride.

In conclusion, the limitless possibilities and powers of the soul are there for accessing—at the individual and collective levels of society. It will be our manifest loss if we do not even try to readjust our focus in gauging this infinite potential.