REALIZATION
of
the Light Within

Dr. Cardwell C. Nuckols
REALIZATION

“IF YOU UNDERSTAND THE OTHER YOU ARE SMART.
IF YOU UNDERSTAND YOURSELF YOU ARE ILLUMINATED.”

Lao Tzo, Tao Te Ching
THE GUEST HOUSE by RUMI

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all!
Even if they’re a crowd of sorrows,
Who violently sweep your house
Empty of its furniture
Still, treat each guest honorably.
THE GUEST HOUSE by RUMI

He may be clearing you out
For some new delight.

The dark thought, the shame, the malice,
Meet them at the door laughing,
And invite them in.

Be grateful for whoever comes,
Because each has been sent as a guide from beyond.
REALIZATION

• Aristotle guided Western thinking
• He stated there were 10 different qualities to all things
• Two of these qualities are \textit{substance} and \textit{relationship}
  • \textit{Substance}-independent of all else (trees, people)
  • \textit{Relationship}-dependent on other people, places and things (son, father)
• \textit{Aristotle ranked substance as a higher priority as compared to relationship}
REALIZATION

• By 3rd century CE-tried to prove God was a substance
• Wanted a substantive God who we could prove was better than other’s God
• Jesus- son of God and one with the Father give clear primacy to relationship
• Most mental illness involves people who feel separated, cut off, living alone and forgetting how to relate
REALIZATION

• “When you do not give other people any power in your life, when you block them, I think you’re spiritually dead. And not far from evil.” R. Rohr, The Divine Dance

• NAKED VULNERABILITY- I am going to let you influence me

• ABSOLUTE RELATEDNESS=LOVE
REALIZATION

• APOKATASTASIS- “universal restoration”
  • Fathers in the early church (first four centuries CE)- Acts 3:21
  • Real meaning of restoration was God’s love is perfect and victorious
  • Gave rise to the mythology of purgatory as a place where Christ’s love would overwhelm you and you will surrender to it
  • Purgatory deteriorated into something negative (punishment)
    • Want people to get their due
REALIZATION

• *TRINITY*- “Power in relationships” not substance of three individual relationships (refer to Aristotle)

• *Oppenheimer* named test site *TRINITY*
  • Atom as trinity- neutrons, protons and electrons in relationship
  • Breaking open of the atom as undoing the trinity (disrupting the source code of reality)
  • After witnessing the blast Oppenheimer invoked *Vishnu* (*Bhagavad Gita*- “Now I am become death, the destroyer of the worlds”)
REALIZATION

• The power of the explosion not found in the particles (neutrons, protons and electrons)
• It is found in the interaction- (“the relationships”)
  • Reference the Tao
• Power is in the invisible nature of the relationship
• Put yourself in relationship—there is no separation
• No one stands alone
• It is the power of Love
REALIZATION
REALIZATION

• **IF REALITY IS A HOLON AND HAS A FRACTAL CHARACTER AS PHYSICISTS SAY THEN EACH PART CONTAINS AND MIRRORS THE WHOLE**

• **“BIG BANG”**- “Let there be…”
  • One point of light explodes with life and gives birth to many
  • *When does the many cease to be one?*
  • *When does the one ever not contain the many?*

• *The only appropriate response is humility*
REALIZATION

• A *FRACTAL* is a never ending, self-repeating pattern

• Examples are:
  • Trees
  • Rivers
  • Blood vessels
  • “Big Bang”

• A fractal tells the story of the process that created it
REALIZATION

In the beginning was the Blueprint, and the Blueprint was with God, and the Blueprint was God. . . . And all things came to be through this inner plan. No one thing came to be except through this Blueprint and plan. All that came to be had life in him.

This Blueprint was the true light that enlightens all human beings who have come into the world
If you scale chronological history down to the span of one year, with the Big Bang on January 1, then our species, Homo sapiens, doesn’t appear until 11:59 PM on December 31. That means our written Bible and the church appeared in the last nanosecond of December 31. I can’t believe that God had nothing to say until the last nanosecond. Rather, as both Paul and Thomas Aquinas say, God has been revealing God’s love, goodness, and beauty since the very beginning through the natural world of creation.
REALIZATION

• You don’t go to heaven; you learn how to live in heaven now. And no one lives in heaven alone. Either you learn how to live in communion with the human race and with all that God has created, or, quite simply, you’re not ready for heaven. If you want to live an isolated life, trying to prove that you’re better than everybody else or believing you’re worse than everybody else, you are already in hell.
REALIZATION

THE STRUGGLE

THE LETTING GO

IN THE MOMENT

A WOUNDED HEALER
REALIZATION

NO PATH OR TECHNIQUE OR FORMULA FOR LOVE AND SUFFERING.
THEY ARE THEIR OWN TEACHER IN THEIR OWN WAY AND IN THEIR OWN TIME.
GIVEN AS A GIFT ONLY UNDERSTOOD AFTER PASSING THROUGH THE BELLY OF THE WHALE
REALIZATION

• Not free to be honest because most of our “stuff” is in the unconscious mind
• Therefore, it is essential to find a spiritual program that reaches the hidden level
• If not, nothing really changes
• Need something strong enough to force us to look inside
  • “Motivational crisis”
REALIZATION

• All hurts, motivations, opinions, and prejudices are stored in the unconscious
• Have to go to the “inner room”
• We need a spirituality that will move us into the mystical or nonlinear level of consciousness
• If not, we are trying to fix the problem using the same mind that is a part of the problem
REALIZATION-MY WORLDVIEW GOVERNED BY:

My Body and Self-Image

• Security and Safety
• Very dualistic
• Compares and contrasts
• Envious and jealous
REALIZATION—MY WORLDVIEW GOVERNED BY:

My Behavior

• Look good on outside to hide or disguise contrary evidence from others
• May be self-centered
• Compensation
• What I do defines me
REALIZATION—MY WORLDVIEW GOVERNED BY:

My Thoughts and Feeling

• Reliance on the intellect
• Education as a substitution for transformation
• Mind becomes everything
• MY IMAGE
At this point the ego, its character defects and narcissistic defenses are well established.

90% of thoughts, behaviors and feelings are driven by implicit or unconscious programs.

Most do not progress beyond this point as Western society condones individualized, materialistic and external measures of success.
REALIZATION

SCIENCE TRIES TO EXPLAIN AWAY PARADOX
SPIRITUALITY MOVES YOU INTO PARADOX
TO DISCOVER THERE IS NO SUCH THING
REALIZATION

WHEN YOU FORGET YOUR CAREFULLY ASSEMBLED FICTION OF WHO YOU ARE, YOU CAN FIND NATURAL DELIGHT IN PEOPLE, PLACES AND THINGS
REALIZATION

“Sometimes people don’t want to hear the truth because they don’t want their illusions to be destroyed.”

Nietzche
Everyone is enlightened. Some just realize it more than others. They have been called “children of the light.”

THE STRUGGLE IN THE MOMENT FOR REALIZATION
REALIZATION

It is not a question of whether one is alone or not, it’s a question of what one does with one’s aloneness…

Do you give in to sullenness and despair or do you begin to learn about yourself?
REALIZATION

THE WAY TO OUR DELIVERANCE IS WHAT WE FEAR MOST

LETTING GO

THE STRUGGLE

LOOKING HONESTLY AT OURSELVES
REALIZATION

• We would prefer clear and easy answers, but questions hold the greatest potential for opening us to transformation. We try to change events in order to avoid changing ourselves. We must learn to stay with the pain of life, without answers, without conclusions, and some days without meaning. Grace leads us to the state of emptiness—to a momentary sense of meaninglessness—in which we ask, “What is it all for?” The spaciousness within the question allows Love to fill and enliven us.
REALIZATION

• We seldom go freely into the belly of the beast. Unless we face a major disaster such as the death of a friend or spouse or the loss of a marriage or job, we usually will not go there. As a culture, we have to be taught the language of descent because we are by training capitalists and accumulators. Mature religion shows us how to enter willingly and trustingly into the dark periods of life. These dark periods are good teachers.
REALIZATION

Nothing is solely what it appears to be. Appearances are appearances and the one who stops at appearances in the world of form is like a hungry man who eats only the skin off of an apple.
REALIZATION

Anyone—male or female—who has not gone on journeys of powerlessness will invariably abuse power.

The way up is down.
REALIZATION

• If your ego is still in charge, you will find other people, places and things on which to project your problems

• Hatred holds a group together more quickly and easily than love and inclusivity

• *SCAPEGOATING* (Leviticus 16)
  • On Day of Atonement a priest laid hands on an “escaping” goat placing all of the Jewish peoples sins onto the animal and driving it into the desert
REALIZATION

• Jesus became the scapegoat to reveal the lie of scapegoating

• Scapegoat programs exist largely in the unconscious...as Jesus said, “Forgive them for they know not what they are doing.”

• Jesus showed us how to hold the pain and let it transform us rather than pass it on to others
REALIZATION

• The ego is always looking for something to fix, oppose or change
• Must recognize our tendency toward negating reality, resisting it, opposing it and attacking it on the level of our mind
• Must quit being the “victim” and learn that Love is our first, middle and last name
  • Gandhi and *ahimsa*-to show love tirelessly no matter what happens.
  • *This is “turning the other cheek”*
REALIZATION

DON’T ASK FROM TECHNIQUES, PATHS OR SPIRITUALITIES WHAT YOU CAN ONLY RECEIVE FROM GOD
REALIZATION

TO REACH HIM WHOM YOU DO NOT KNOW
YOU MUST GO BY A WAY YOU DO NOT KNOW
REALIZATION

Nondual consciousness allows us to experience our experiences whether good or bad and how to let them transform us.

Words will invariably divide and judge the moment; pure presence lets it be what it is, as it is... “what is”

Words and thoughts are dualistic; pure experience is nondualistic.
REALIZATION

In reality- with yourself, a loved one and in the actual moment- you will find it a mixture of good and bad, dark and light, life and death. Nondual awareness is open to everything

Still have access to the dualistic mind but now in the service of the greater whole rather than the ego.
REALIZATION

We are asked to lose all, to be emptied out, in order to be filled with the very fullness of God.

THERE IS A RISK TO TAKE
THERE IS A JOURNEY TO MAKE
REALIZATION

Without humility and honesty we do not grow
A humble person is naturally honest about their own truth

Not by information for that is “spiritual capitalism”
But “a treasure hidden in a field” (Mathew 13:44) we discover by releasing the defenses of the ego

Meaning is not created it is discovered
REALIZATION

• Marketing experts say children and dogs are even more effective than sex in advertising

• Children and dogs are filled of a natural hope and expectation that their smiles will be returned (unless abused)

• *This is pure being*

• *This is the uninhibited flow*
REALIZATION

• Jesus told us to be like children
• The same flow is in the attraction to all beauty and in all solidarity with any suffering
• “Anyone who lives in love lives in God, and God lives in him.” 1 John 4:16
REALIZATION

The self that begins the journey is not the self that arrives.

The self that begins is the self we thought ourselves to be.

It is the self that dies along the way until "no one" is left
REALIZATION

TWO ERRORS TO AVOID

A form of inertia in which we sit on our hands and wait for God to zap us with the Light

Spiritual activism where we close our eyes, bite the bullet and painfully surge forward to reach a goal we ourselves have determined we must reach so as to have something we do not already have
REALIZATION

SIMPLE AWARENESS

How does an apple ripen?
Takes place in God’s time not ours
REALIZATION

To seek the unlimited in a definite place is to limit it hence not find it
If I cling to this false self and make it the center around which I live, my false self becomes the obstacle to realizing my true self.
REALIZATION

*Through refining and developing the graces (unique skills and talents) given to us.*

*Each grace engenders a riddle when faced and lived through*

*Engender more graces engendering further riddles.*

*This process transforms us in unforeseeable ways.*
REALIZATION

• The love in you—which is the Spirit in you—always somehow says yes (see 2 Corinthians 1:19-20). Love is not something you do; love is Someone you are. It is your True Self. Love is where you came from and love is where you’re going. It’s not something you can attain. It’s not something you can work up to, as much as something you allow yourself to fall into! It is the living presence of God within you, often called the Holy Spirit, or what some theologians name uncreated grace.
REALIZATION

• You can’t manufacture this by any right conduct. You can’t make God love you one ounce more than God already loves you right now. You can go to church every day for the rest of your life, but God isn’t going to love you any more than God already loves you right now.
REALIZATION

The true self is our whole self before God. It is the self the Father created us to become.
The inner self is as secret as God and like Him it avoids every concept that tries to define it.
REALIZATION

“All that we can do with any spiritual discipline is produce within ourselves something of the silence, the humility, the detachment, the purity of heart and the indifference which are required if the inner self is to make some shy, unpredictable manifestation of his presence.”
Joy and sorrow may spill over into emotions but this is all a matter of temperament.

God is transforming our hearts into the likeness of his Son so that we might consciously and gratefully live this life and through our presence invite others to live as well.
REALIZATION

On one hand, there is the great truth that I am made by God for union with Himself.

On the other hand, my ego has dominated my life. There is something in me that puts on fig leaves for concealment, kills my brother and brings chaos to this earth. Something in me that likes darkness over the light.

This is the false self—a tragic self ending up with less than nothing in trying to gain more than everything which God freely bestows upon His children.
REALIZATION

“Therefore there is only one problem on which all my existence, my peace and my happiness depend: to discover myself is discovering God. If I find Him I will find myself and if I find my true self I will find Him.”
REALIZATION

For most people there is no greater subjective reality than the false self which cannot exist (illusion).

A life devoted to the cult of this shadow is what is called a life of sin
REALIZATION

The discovery of the true self in God takes place in the daily unfolding of spiritual life. It is obscurely revealed to us in faith through selfless service to others and in the inner desert of wordless prayer.
REALIZATION

The emptiness, the dread and the darkness are echoes of a call from God. Our helplessness, sinfulness and pettiness are invitations, graces and calls, not to despair but to total abandonment and emptying of ourselves into the infinite presence of God.
REALIZATION

We can only throw ourselves completely on His mercy.

We can only wait in the darkness and cry out for salvation.

We can but trust that God’s love is such that our sinfulness does not even matter.
REALIZATION

To this God leads us
It is in the nowhere that we are brought to no-thing.
Here poverty reaches its supreme moment.
There is no one left to own anything
Here there is only Presence-Freedom and Love
Here we receive ALL
REALIZATION

If you seek it you do not find it.
If you stop seeking, it is there.
Once you become aware of yourself as a seeker you are lost.
But if you are content to be lost you will be found without knowing it, precisely because you are lost, for you are, at last, nowhere.
REALIZATION

A contemplative life is a life.
A life lived in such a way that we come to realize that whatever you do, every act however small, can teach you everything provided you see who it is that is acting.
REALIZATION
• If you want others to be more loving, choose to love first
  • If you want a reconciled outer world, create it inside of yourself
    • If you want peace out there, create it inside of you
    • If you notice irritability in others, let go of your own
  • If you are looking for outer stillness, find it within yourself
    • If you find yourself resenting the faults of other, stop resenting the same faults in you
  • If you want to find God, then know God within you
REALIZATION

For it is only the God in you who knows where and how to look for God
REALIZATION

You must seek to be a blank slate.
You must desire to remain unwritten on.
No choosing of this or that
Not “I am good because”
Nor “I am not good because”
Neither excitement or boredom
REALIZATION

Remain Nothing,
An unchosen virgin,
And unchoosing too, just empty.
No story line by which to start the day.
No identity enhancers nor losses to make yourself valuable or not
REALIZATION

Nothing Interesting, Nothing Uninteresting
Neither against nor for something.
Nothing to recall from yesterday
Nothing to look forward to today.
REALIZATION

Just me, naked, exposed,
No self to fix, change or find,
Nothing to judge right or wrong,
Important or unimportant,
Worthy or unworthy,
I stand and wait,
Neither powerful or powerless.
REALIZATION

For You to name me,
For You to look upon my face,
For You to write my script,
For you to give the kiss,
In your time and your way.
REALIZATION

“the end of all our exploring will be to arrive where we started and know the place for the first time”

T.S. ELIOT  “Four Quartets”
REALIZATION - MY WORLDVIEW GOVERNED BY:

My Shadow Self

• Weaknesses overwhelm me
• Get humble and truly honest
• Starting to see yourself as you really are
• TURNING POINT is seeing your raw uncivilized self
  • Most probably go running back
  • With guidance, grace and prayer the others find the pain of existence is outweighed by the promise of further transformation
CARL JUNG

“One does not become enlightened by imagining figures of light, but by making darkness conscious”

The darkness we are to make conscious, first and foremost, is our own darkness, beginning with a thorough knowledge of our egocentricity.
CARL JUNG

• CONSCIOUSNESS
  • A misnomer
  • What I think, know and have experienced
  • What I call “me”

• EGO
  • Wants significance, to be central, important and right
  • To look good all of the time
  • Jesus called it the “actor” (mentioned 15 times in Matthew)
  • Doesn’t want you to get to the personal unconscious
CARL JUNG

• PERSONAL UNCONSCIOUS (THE SHADOW)
  • All of the things you do not want to see, don’t want others to see and know and all you are not ready to see
  • Also the source of highest good
  • Not only dark but the Light
  • Demonic and spiritual
  • Ego does not want you here
  • Wild beasts and angels reside here
  • The dark corners of your soul
CARL JUNG

• DEEP UNCONSCIOUS
  • Collective unconscious
  • Connected to everything
  • The experience of Unity
  • Universal truths and symbols-ARCHETYPES
CARL JUNG

- Unless you make the unconscious conscious, it will direct your life and you will think of it as fate.
- We avoid the reality and depth of our true SELF because big truths disturb the ego
- The ego wants to be both separate self and superior
- We suffer because we are not whole
- Spiritual maturity is removing the persona (mask) of the ego
CARL JUNG

• This involves recognizing and embracing our shadows
• The emergence of healthy self-critical thinking without condemning or shaming is truly the “narrow gate and hard road that few follow upon” Matthew 7:14
• “Everything that irritates us about others can lead us to an understanding of ourselves”
• Forgiving our shadow self is an essential task of every life

SEE ALSO THE EGO’S UNCONSCIOUS PROGRAMS FOR HAPPINESS
CARL JUNG

“The privilege of a lifetime is to become who we truly are.”
"That is the meaning of divine service, of the service which man can render to God, that the light may emerge from the darkness, that the Creator may become conscious of His creation, and man conscious of himself."

"Unless you make the unconscious conscious, it will direct your life and you think of it as fate."
REALIZATION - MY WORLDVIEW
GOVERNED BY:

“Unto Myself I Can Do Nothing”

• Empty and Powerless
• “Gods Waiting Room”
• Wait, ask and trust
• Ego may try to save itself by superior behavior, moral accomplishment, etc. (regression)

FAITH

Patience and Perseverance
REALIZATION—MY WORLDVIEW GOVERNED BY:

*The True Self*

• At first it feels like a void
• You have lost much of what you thought you were for so many years
• Some call it the death of the ego
• Realization of the Divine presence that can guide your life
REALIZATION-MY WORLDVIEW GOVERNED BY:

“One”

• “One knows God in oneself and knows oneself in God”

• Everything else seen as ego possession

• Don’t need to protect, promote or prove it

• Nonduality

• Called enlightenment, satori (Japanese “to know”), bodi (Sanskrit for “awakening”)

REALIZATION-MY WORLDVIEW
GOVERNED BY:

• **SELF-LOVE**
  • To the degree of self-love received, held, enjoyed, trusted and participated in, this is the same degree to which love can be given away to the rest of the world
  • On must “love your neighbor as you love yourself” (Matthew 19:19)- for your own wholeness and for theirs
  • Without this full flow in and out we become “constipated” believers
REALIZATION-MY WORLDVIEW
GOVERNED BY:

• *SELF-LOVE*

  • Love can flow toward you in every moment: through a flower, a pet dog, clouds in the sky, from others (especially children)
  • You might be expressing the flow of love when you find yourself smiling at things for no apparent reason
  • When a part of the ONE, love is constantly flowing in and out-this is the Spirit.
  • In order to receive you must deflate the ego (example-letting go of shame that keeps the indwelling Spirit from guiding you. Now the shame has become a good teacher
REALIZATION-MY WORLDVIEW
GOVERNED BY:

• **NEED TO BE A RECEIVER AND A TRANSMITTER**

*The Heart is more powerful than the Brain*

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.
REALIZATION-MY WORLDVIEW
GOVERNED BY:
REALIZATION - MY WORLDVIEW
GOVERNED BY:

Electromagnetic Field of the Heart

Our thoughts and emotions affect the heart’s magnetic field, which energetically affects those in our environment whether or not we are conscious of it.
REALIZATION - MY WORLDVIEW GOVERNED BY:
REALIZATION-MY WORLDVIEW
GOVERNED BY:

• The heart sends out an electromagnetic field that changes with your emotions.

• The heart’s magnetic field can be measured up to several feet from the body.

• A mother’s brainwaves can synchronize to her baby’s heartbeat.

• Positive emotions can help you make good decisions.
REALIZATION—MY WORLDVIEW
GOVERNED BY:

• Among the most important findings is that the heart is a multifaceted and amazing source of intelligence. It communicates with and sends out vital signals and information to the entire body, including the brain.

• Neurons in the heart have capacity for long and short-term memory