

Course One: Introduction to Modern Spirituality

Class 1: Introduction to Modern Spirituality

Master Charles

I take this opportunity to welcome you in the awareness of our oneness ... one Source, one Consciousness, one God, one Life ... a unity in diversity. The One *is* the many. It is in this holistic awareness, in this very moment, that you are welcomed.

First and foremost, let us be as wakeful as it is possible for us to be in this very moment and in every moment of this session. As you will learn in this course, wakefulness is based on balance within the relative field that governs all experience. If the two relative polarities of our consciousness are maintained in balance, we experience wakefulness and a more truthful perception of reality as holistic. Therefore, right here and right now, at the beginning of this course, I am going to teach you how to practice the “Balance Position”.

We have two relative polarities. Let’s refer to them as the interior and the exterior. The exterior is the objective world around us and it is the default-dominant polarity. It is always active and noisy. The interior is the subjective aspect of our being. It is always quiet, still and empty. To create balance, we simply focus our awareness on the non-dominant polarity, the interior, and keep emphasizing it. So ... open your awareness now to include the interior stillness that is simultaneous to the exterior noise. And maintain them as simultaneous. Since the exterior is always dominant, we simply keep our focus on the interior. The result is balance and proportional wakefulness. We are more present in the here and now of our life experience. And in being more present, more wakeful, we have a more truthful experience of life ... as one blissful consciousness.

So let us maintain this Balance Position as we continue through this session. I will of course, remind you along the way.

The theme of this introductory course, and the foremost principle of modern spirituality, is expressed in the welcome that was just given. And that principle is ‘*There is only One*’. This is the basis of holistic reality. I am ... All is ... One. It is ultimate truth and ultimate value. People are often confused about this, and confusion leads to the imbalance and fragmentation that characterizes living in today’s world.

Life, consciousness, existence itself is one and unified. And it is ultimate value because, without it, you have nothing. Your heart doesn’t beat; your brain doesn’t function; you have no

human experience. Ultimate value is thus assigned to life in the Holistic Model of Reality, which is synonymous with consciousness, which is synonymous with source, which is synonymous with existence. All and everything is empowered by the same life, the same consciousness; and, therefore, all and everything has the highest value innately. Without it, nothing exists; with it, all and everything exists. Again, this truthful principle is best expressed as, I am ... All is ... One.

The Persian poet and mystic Jalal ad-Din Rumi once said, “**Out beyond the stories of right and wrong, there is a field. I will meet you there.**” That field is the unified field of life, the unified field of consciousness, and that unified field is the core of modern spirituality. It is consciousness. It is true reality. Modern spirituality is all about the experience of true reality as a unified field of life—a unified field of consciousness—and yet to speak of it is challenging. Why? Because most people do not have an experience of true reality ... that is, true reality as a unified field of one consciousness.

What is the experience of true reality? It is blissful consciousness ... a self-delighting existence ... happy for no reason. Contentment is the true essence of life.

And, further, the experience of true reality as a unified field of blissful life and consciousness can only ever be experienced in the here and now moment. The experience of yesterday is gone forever; the experience of tomorrow is a fantasy, an illusion. All that is real in our experience happens in the eternal now of momentary life. This is not just some mystical principle; it is also scientific. Our own quantum science tells us that we are experiencing reality here and now, and that we are creating it in each moment. For example, in this very moment we are co-creators of the experience we are having. We share an intention, an intention to experience modern spirituality. Born of that intention, we open to the possibility of that spiritual experience, which is a possibility within universal consciousness, wherein all possibility resides.

And because of our focus with this intention in this moment, we are downloading from universal consciousness into our individuated consciousness the possibility of modern spiritual experience. We are creating the experience that we are having newly in this very moment. Consider the experience you are having in this very moment as one you have never experienced before and you will never experience again. Consciousness, indeed, creates itself newly in each moment, and thus it evolves itself, increasing its fullness and wholeness through the experience of itself.

Based on an understanding of the holistic model of reality and the mechanics of consciousness, we can open more fully to experience the truth of who we are and what life is. The Spiritual and Material Myths of human experience illustrate this experience of truthful versus illusory reality. In the Spiritual Myth, there is only One. It is the trans-egocentric, trans-mental, truthful level of unified consciousness, the ultimate value within the Spiritual Myth. The symbolic representative, the hero of this myth, would be a figure like the Buddha, the enlightening, whole, fully actualized, unified human consciousness ... fulfilled in itself ... blissful in itself ... at peace with itself.

On the other hand, the Material Myth is the dominant myth of the humanity of this planet. It is egocentric and mental-dimensional dominant, and within the Material Myth the illusion of separation, embodied by the ego-driven mind, governs all experience. I, as a subject, am different from all objects and I pursue my objects as separate and different from me to build my identity. I, thus, build the content of my life and it is given ultimate value.

A good example of this would be money—money as an object, money as content, money as that which is separate and different from me, money as that which I must acquire, and based on the amount of it that I have is my correspondent identity. Money then becomes my ultimate value. Money becomes the god of the Material Myth. The hero, or the symbolic model of the Material Myth, would be the sports figure who makes millions of dollars a year and is defined by a material identity.

Let's take a pause ... Breathe ... and be wakeful here and now. Remember the Balance Position. Open your awareness ... focus on the interior of your being ... and maintain the interior simultaneous to the exterior. In this way we create balance within the relative polarities of our consciousness. And wakefulness is proportional to balance -- our awareness (our holistic awareness) expands. So again we restore the Balance Position and now we maintain it as we continue.

So in the Material Myth we forfeit our ultimate value as truth, as blissful consciousness, as the life force that empowers all and everything and makes all and everything possible. We impose upon it an illusory value, a lesser value which we make ultimate, that which is impermanent, or the forms of consciousness, the content of consciousness. And through the Material Myth we journey the experience of illusory separation, imbalance and fragmentation in our consciousness.

We keep seeking our identity outside of ourselves or in addition to ourselves or objective to ourselves. And in this search we remain mired in the illusion of separation, and this creates all our conflicts and suffering. We are separate and different from our highest value. That which we seek we do not have, and that which we seek as our highest value is impermanent. This creates conflict, so all human beings, at their core, are conflicted. And it progresses from there ... from that core of our being. Conflict creates all our problems, and our problems create our suffering. What we have in human experience is suffering, which is created by our problems, resulting from the conflict we experience within the illusion of separation.

Unresolved conflict in the individual leads to conflicted relationships, conflicted families, conflicted communities, conflicted nations and a conflicted world. Individuals who are mired in the Material Myth and lost in ego-driven illusion never take responsibility for their experience. Their problems and suffering are always blamed on something other than themselves. And consequently, they live in a world of judgment, judging everyone and everything as the reasons for their misery, never looking to themselves as the source of their own experience.

And where do we find our conflicts and especially our primary conflict of separation? We find it in our minds, in our databases, in the stories we tell about ourselves, in the stories we tell about who we are and what life is, the beliefs, the thoughts we have, all of which we have formed from our conditioning or our enculturation. We do not examine these thoughts and beliefs and stories. We do not question them to see whether they are truthful or fraudulent, truthful or illusory. They were taught to us by those who believed in them and, therefore, we innocently and blindly accepted the same beliefs, never questioning ... “is it true?” ... “is it false?” It was Socrates, who said, *“The unexamined life isn’t worth living”*. I like to update that quotation and say *“The unexamined mind isn’t worth having”*. If you don’t examine your mind, you’re but a slave to it, a robot acting out its conditioned unexamined content.

So whatever the conflict, whatever the suffering -- it originates in you, be that the problems and the miseries of your own individuated consciousness as well as the experience of a conflicted humanity. We are the creators of it. So born of our unresolved, unaddressed conflict, we create a conflicted world ... a world based on the illusory stories we tell about who we are and what life is.

Pause again ... Breathe deeply a few times ... restore the Balance Position ... remember, wholeness is proportional to wakefulness and wakefulness is proportional to balance. Focus on the non-dominant, interior polarity, the interior stillness, simultaneous to the exterior noise. I (appearing on this screen) am your exterior noise, the interior of you, in

relation to it, relative to it, is simultaneous and quiet. So be aware of the interior stillness simultaneous to the exterior noise, and live in the Balance Position. And observe your wakefulness, your holistic awareness, as it expands and increases. So let's continue while maintaining the Balance Position.

In truth, if the unified, blissful consciousness of the Spiritual Myth is the highest value, then it is the song and we are the singers. We are the expressions of consciousness as our experience ... or, we create our realities. We create our experience and we are responsible for it. We have our experience because of our choices. We make those choices. We are responsible for those choices. This would be a truthful perspective of reality, one in which we recognize that any problem we have arises from our own conflict. It is self-created. And any suffering we have arises from our own unexamined, unaddressed conflict.

Now, when one is full in the experience of suffering, full in the illusion of what they are not, the opposite relative polarity actualizes equally and there arises a balance point automatically and intrinsically in relative reality, which is the reference point between illusion and truth -- what we are not and what we are. And when we reach that point, full in the experience of what we are not, a gateway opens. A gateway opens in our consciousness, and we glimpse the truth of who we are relative to the illusion of what we are not. And that point, that gateway is called "Awakening". This is most important point in the experience of modern spirituality ... Awakening.

So how can the Synchronicity Experience of Modern Spirituality guide you towards the Spiritual Myth, towards oneness, toward true unified consciousness and the experience of true reality? The true meaning of the word 'synchronicity' is "the integrative flow of one unified consciousness". Whatever is happening is only ever happening in this moment. It is the unification of relative polarities—interior and exterior, positive and negative, subjective and objective, being and becoming. Both polarities are the same consciousness. Formless consciousness is within you at the center of your being. In essence, there is only one. I am (subjective) ... all is (objective) ... One (consciousness). Both polarities are the same One. Such is the nature of holistic reality ... reality as One ... one blissful consciousness. This true nature of reality is the focus of the experience of modern spirituality.

Again ... pause ... breathe ... maintain your Balance Position ... because the more wakeful you are, the more you experience true reality ... and true reality is what I'm talking about. It's what this course is all about. If it just remains conceptual, if it is just words and beliefs, we forfeit the experience of it. In truth, the words and the definitions that I am using are

but symbols that point to the experience that is being defined and described. That experience is the oneness of life ... the oneness of consciousness and its self-delighting nature, its bliss. Only if we are wakeful, in any moment, can we experience true reality as our own blissful consciousness. The Balance Position allows us to experience true reality. It allows the expansion of our holistic awareness, our wakefulness and the truthful perception of reality as blissful consciousness here and now ... interior simultaneous to exterior ... both polarities ... the same consciousness. There is only one. We are here and it is now. I Am ... All is ... One.

Let's continue as we maintain our wakeful focus through the Balance Position.

So, very simply, The Synchronicity Experience *is* modern spirituality, a modernization, an **update of the classical models of wholeness and the mechanics of their actualization within human experience**. The roots of this can be traced 8-10,000 years to the philosophical systems of the Veda and the Tantra. These are the oldest revelations of mystics and sages—fully actualized, fully realized whole human beings who expressed consciousness at the unified level within the times and cultures in which they lived. The most important principle within the holistic model of reality is the Principle of Balance. So, if you take nothing else from this course, be sure you take the Principle of Balance because it is the master key that unlocks the safe of truth in relative reality. Wholeness, or truthful reality, is proportional to balance within the relative field that governs all experience. Once you awaken and you understand the holistic model of reality and the truth of who you are, then you must apply it. The application that is first and foremost is the Principle of Balance. That's why I began this course, in this session, with the Balance Position. It's why I keep emphasizing it throughout this session, because balance is the most important principle of the holistic model of reality and it must be experienced. Through the Balance Position, it can easily be experienced.

One of the easiest ways to apply the Principle of Balance is to say that the truthful polarity (the positive polarity) is love and the opposite polarity (the illusory polarity, the negative) is the absence of love. So whenever you are experiencing an absence of love, you are imbalanced, conflicted and suffering. Therefore, all emphasis in the Principle of Balance must be on the polarity of love (the non-dominant polarity), the expression of love, the actualization of love. The Principle of Balance applies as well in the physical dimension through diet and exercise, which reflects love of the life one is experiencing. Balance in the emotional dimension is expressed in overcoming one's fears, those feelings and expressions which block the experience of love in the here and now of truthful reality.

The mental dimension is balanced by stilling the mind. If consciousness is the song—love—then you are the singer, and you have to sing a love song. What is that love song? It begins with you and love of yourself. Can you love yourself for the consciousness that you are, the life experience that you are. Can you love everything about your experience, everything about your life—all the beautiful things you experience? Can you love all and everything as an embodiment of the same love? Bottom line ... can you love 24/7? Can you just constantly keep your focus on loving the experience that's happening -- loving life? It sounds very simple, but it is the foremost application of the Principle of Balance. It has been said that if you could love enough, all your problems would disappear because love creates the balance between love and the absence of love, and in that balance holistic awareness actualizes and ever more fully you experience the truth ... the truth of who you are and what life is as blissful love ... or blissful consciousness. So, love is the greatest power in human experience. It is often said, we are here to learn how to love. Love is our salvation. It creates the balance that allows the truthful experience of reality that ends our suffering.

So right here ... and right now ... experience love. Love has nothing to do with anything in addition to you. It's not dependent upon another person or another thing. Love is your very nature, and if you would experience love, simply be loving. Right here and right now, love yourself as the consciousness that you are. Then you are actualizing in another way ... the Balance Position. So continue to keep your focus now on the flowing of your love, loving yourself as consciousness ... loving all and everything as the same consciousness. The Balance Position continues.

But for the un-awakened human being, that power -- the power of love -- is abused. It is limited and it is diminished. For the awakened human being, however, love is the power of liberation; for everything is possible if you love enough. If you love enough, you create the balance that actualizes your power as wholeness, and then, as the creator of your experience, you can create anything because you have the power to do so. Your experience is just the canvas that you paint. So love is your liberation and all emphasis should be brought to loving yourself and loving the experience of life in all its manifestations and expressions moment by moment by moment. Anytime you notice that you are suffering, remind yourself that it's because you are not loving. You have stopped loving. You have gone back into the absence of loving ... to the experience of imbalance and fragmentation.

Meditation is an appropriate daily balancing practice that develops your wakeful ability to love and to flow with the consciousness that you are, that all is. All the rest of the

holistic lifestyle, all the components of the holistic lifestyle as applications of the holistic model of reality, are really modifications of this principle -- emphasizing the truth, emphasizing the non-dominant positive polarity, the life-affirmative, love-based experience and remaining wakeful to it at the physical level, the emotional level, and at the mental level of your experience, managing your thoughts and your beliefs in terms of illusion and truth, and exploring the experience of who you are without them.

Ask that important question, "Who are you without your stories?" You're just a loving energy, a loving existence, a blissful consciousness, delighting in itself moment by moment by moment. There isn't anything else, but the stories that you become identified with become distractions that pull you out of this loving energy so you have to keep emphasizing the truth and examining your database and progressively dis-identifying from the illusions.

In the emotional dimension, the same polarities arise, both positive and negative feelings — love on the positive side and all of its negative derivatives (its opposite, fear, anger, hatred) on the other. So it is easy to live in a fearful, anxious, angry state of being. This is the default dominant negative polarity, and we must consciously, wakefully direct attention to the opposite - loving the moment and allowing no absence of love.

Again, apply the Principle of Balance through the Balance Position. Are you still flowing love, loving yourself as consciousness here and now ... loving all and everything as the same blissful, loving consciousness here and now. Balance Position ... Principle of Balance ... delivers wakefulness and a truthful experience of reality and the end of suffering. You too, can be happy for no reason, experiencing your true nature as joyful life, blissful consciousness.

Maintaining balance in the physical body is also fundamental to balancing all of the other dimensions. The body is not a balloon. There's no contest here as to who can blow it up the biggest. Its mastery produces health and well-being, the conscious application of the principles of nutrition and energy movement as exercise. The perfect biochemical balance facilitates the perfect hormonal balance and the perfect neurochemical balance -- Physical, Emotional, and Mental. When they are maintained in balance within the holistic lifestyle, then the subtler dimensions of our multi-dimensional consciousness actualize and holistic experience becomes more consistent as the experience of the truth of who you are as but a witnessing consciousness, blissfully watching itself.

Again, it's learning to live with balance in an imbalanced world. It's finding the key, opening the door and maintaining it open with emphasis on the Principle of Balance. If you

create the balance relentlessly day in and day out, you will enjoy the fruit of that balance. You will enjoy holistic reality, a truthful experience of who you are and what life is. And this is the journey of modern spirituality.

Why are you here? It's not about a lollipop and a gold watch for 60 years of work and then you retire and die. It's not about content, how much content, how much stuff you accrued through your journey that will make you safe and secure in your old age. How many people have tried to stuff it into their coffins and take it with them only to discover that it was a useless investment because it's all impermanent. The investment has to be in what is permanent — the essence, the substratum, the ground of being, the unified essence, consciousness, and self-awareness.

And that has to be driven home for us today with the prophecies of all the great wisdom traditions swirling around the year 2012. We are told by many wisdom traditions that there's a quantum leap in the evolution of consciousness unfolding in these times. And if we are to ride that train in the greater evolution in our own self-awareness and holistic consciousness, we have to invest appropriately. And what investment do they all delineate? Invest in self-awareness. Invest in wholeness, for only that has value which takes us back to the Spiritual Myth. We have to evolve from the Material Myth of illusion and ego-driven fantasy, into the Spiritual Myth, which is trans-egocentric and truth-focused with the highest value as blissful consciousness itself. And as we journey this journey, it is a progressive process of ever-increasing integrative wholeness and ultimately it delivers us to the experience of synchronicity, the unified flow of one consciousness.

So this is a brief comparison of the ancient and the modern so that you can see the correspondences. There's nothing new here, just an update so that you can more consciously and easily walk where your feet are. And that begins with all individuals in terms of their own self-diagnostic. Where are you in terms of illusion and truth? Where are you in terms of awakening and wakefulness? Which of your relative polarities is dominant? Are you still mired in the illusory experience of what you are not? Have you awakened to the possibility that you are so much more than you have believed yourself to be? Have you awakened from the dream ... the virtual reality you create with your ego-driven mind? Where in the evolutionary journey are you, in terms of creating the balance moment by moment that is essential to your evolving wholeness and, of course, ultimately to the understanding of the truth of who you are and what life is.

So, relax. Take a deep breath or two. And be aware that wherever your feet are is exactly where they are supposed to be because that's where they are. You couldn't be more on schedule if you tried. Consciousness is intelligent. It knows exactly what it's doing in every minute of itself throughout 50 billion simultaneous universes, and that includes YOU, even though you may believe that it doesn't. It doesn't matter. Your experience is exactly where your feet are, exactly where it's supposed to be. Just become wakeful of it, conscious within it, and journey it as truthfully as you can.

There are no mistakes. Regrets are useless fantasies. Rather, just being here in this moment that all of your experience to date has delivered you to is enough. Be grateful for the history of your experience that has delivered you to this moment in the evolution of your consciousness. Without your history, you couldn't be here, and here ... now ... is full of all possibility. So always bless your history and let it go. No regrets, no mistakes, no dwelling on the past ... it's gone forever. The truth is here and now. So celebrate all of your experience, and yet walk more consciously and wakefully where your feet are, embracing the truth of who you are and what life is through the application of the Principle of Balance. This is the essence of Modern Spirituality.

Breathe ... Love ... interior stillness simultaneous to exterior noise ... Balance Position ... wakefulness here and now.

Within the next classes of this course, we will discuss in more detail the holistic model of reality and the mechanics of consciousness. You'll expand your understanding of the Principle of Balance through the exploration of the Holistic Lifestyle and Synchronicity High-Tech Meditation. By the end of the course you'll have a conceptual understanding and possibly expanded experiential understanding into truthful and illusory reality as well as the role of the master in your evolving experience.

But for now, I invite you to simply be as wakeful as you can possibly be, here and now in this moment and in each moment of your evolving experience. Make the commitment to yourself. You are here and it is now. Your only focus during this course is to be as wakeful as it is possible for you to be in the experience of true reality that is only ever experienced in the here and now present moment. And since wakefulness is proportional to balance, maintain your focus on the Balance Position. Continue to practice the Balance Position as we've been doing throughout this session. In this way, you will continue to actualize the modern spiritual experience of true reality as one blissful consciousness.

And finally, as we come to the completion of this session, one final reminder. The Balance Position ... be wakeful ... open your awareness ... emphasize the interior stillness ... simultaneous to the exterior noise. The exterior is the default dominant polarity. Focus on the interior of your being. Turn your gaze back upon yourself with your focused awareness. As you maintain the interior focus, the two polarities (interior and the exterior) balance each other ... your wakefulness, your self-awareness expands, and holistic experience emerges as a result. The experience of blissful consciousness, blissful existence here and now ... in this moment ... content within itself ... and happy for no reason. Such is the nature of true reality and such is the basis of the experience of modern spirituality.

So this much then is enough for now. Until we continue in the next session, I take this opportunity to welcome you in the awareness of our oneness. Yes!