

## **Course One: Introduction to Modern Spirituality**

### **Class 4: The Holistic Lifestyle**

#### **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.

Our theme for this session is The Holistic Lifestyle, and it is my intention to provide you with an overview of this subject. Yet, first and foremost let us endeavor to be as wakeful as it is possible for us to be in this very moment. Let us practice the Balance Position.

We live in a relative reality. Relative reality is comprised of two polarities, and the polarities can be represented in our breaths — the in-breath and the out-breath. There are also the spaces between the breaths. For the most part we miss the spaces between the breaths. In the Balance Position we open our awareness to include the breaths and the spaces. So simply focus your awareness right here and right now and be aware of your breath—the in-breath ... the space ... the out-breath ... the space. Breathe with this focused awareness for a few rounds ... in-breath ... space ... out-breath ... space ... and we can lengthen the spaces ... expand the spaces in relation to the breaths — in-breath, out-breath, in-breath, out-breath.

In this focused awareness, we enter into the Balance Position. Since wholeness is proportional to balance in relative reality, our holistic awareness expands in the process and we are more wakeful. We are more fully present in the here and now happening of the consciousness we are -- the consciousness that is all and everything. So let us endeavor to maintain this Balance Position as we continue with this session -- The Holistic Lifestyle.

The Synchronicity Experience of Modern Spirituality is based on the Holistic Model of Reality and the mechanics of its actualization in human experience. Holistic models of reality date 8-10,000 years, as far back as recorded human history goes. So we know the model is at least that old. The model has also moved from East to West and encompassed the whole of human civilization. Even though there is consensus that the Holistic Model of Reality is true, the downfall in the West has been the failure to live the lifestyle that actualizes the model.

The model says there is only one, even within relative reality. And yet, experiencing that there is only one demands the living of it, demands a lifestyle, and that is what is termed, the Holistic Lifestyle. The Holistic Lifestyle is based on the foremost principle of the Holistic Model of Reality, which is the principle of balance. Just as we were practicing as we began this session, the Balance Position is based on the foremost principle of the Holistic Model of Reality, the principle of balance.

So the Holistic Lifestyle is all about living with balance in an imbalanced world. It includes the foremost balancing technique in the whole of recorded human history, which is meditation. Why? Why is meditation not enough? Why is the Holistic Lifestyle also required, in addition to meditation?

Well, let's look at human experience in terms of power. You have to have enough life power to sustain this human form. Some of that power goes to the physical dimension of your experience; some of it goes to the emotional dimension; and some goes to the mental dimension. We know that you have an expenditure of your power through the waking hours of your day. And when you have reached the end of the waking hours of your day, you have expended all the available power you have.

And then you have to do what? You have to sleep for a certain number of hours. Why? You have to sleep to replenish your power, to restore your power. I like to say that human beings are like rechargeable batteries. You sleep, you plug in to the power source, you recharge the battery, and then through the day you expend the energy you have stored. So if you just sleep and then go through the waking hours of the day, that's all the life-power that you have.

But to create the experience of balance and wholeness requires wakefulness. Wakefulness is self-awareness, and self-awareness is proportional to your power. So if you want to live with balance, if you want to actualize the holistic lifestyle, you need more power because you observe that if you try with just this normal amount of sleep and the energy required in the waking hours — there isn't enough power. It's as if you're fighting with the physical body, you're fighting with your emotions and feelings, you're fighting with your mind, and you just can't seem to get on top of it. You can't seem to get wakeful to it and can't get to that increased self-awareness that is necessary to create balance, the balance and wholeness that you are seeking. So, the solution must be you need more life power! You must increase your power! Again, self-awareness is proportional to power; therefore, how will I increase my power? The foremost remedy? Meditation!

So meditation is very important within the Holistic Model of Reality, the Mechanics of Consciousness and within the Holistic Lifestyle. It could be said that meditation is a vital component of the Holistic Lifestyle. Yes, meditation is very important just in terms of the life power that you are able to build in meditation each day — the power that you contain and store. Then, progressively, within the holistic lifestyle, you become more self-aware, more wakeful.

Because you are generating the power to sustain wakefulness, you are progressively more wakeful of the expenditure of your power. You realize how valuable it is. With power you can create balance, wholeness, and fulfillment. With it you can create truthful holistic experience and a truthful perception of reality. With it you can create bliss, the joy of life as a constant experience and this, of course, is the fulfillment of wholeness.

Let's pause for a moment ... and restore the Balance Position ... the breaths ... the spaces between them. Just focus your awareness ... watch the breaths ... lengthen the spaces between them ... slow down ... relax ... and notice your wakefulness. Notice your holistic awareness expanding ... and you are more wakeful ... more present ... in the here and now of true reality. So let's maintain our focus on the breath and the spaces between them as we continue this session.

In this understanding you have to consider all the parameters of your life in terms of the holistic lifestyle and the generating of enough power to sustain balance and wakefulness. Yes, there has to be daily sitting, focused meditation. But how do you turn the whole of your day into a meditation so that meditation becomes a constant experience, within which that you are remaining in a state of wakefulness or witness consciousness in the midst of whatever is happening — whether you are walking, talking or sleeping. The 24 hour-a-day meditation of focused awareness, of wakefulness within the here and now happening of consciousness is the real meditation. And daily sitting meditation is an essential part of the Holistic Lifestyle.

The Holistic Lifestyle and High-Tech Meditation are the means within the experience called Modern Spirituality. We are employing a modern form of meditation -- a precision form of meditation called High-Tech Meditation. But you have to begin where your feet are ... and what do I mean by that? You have to begin where your feet are ... you have to perform a thorough self-diagnostic. Look at yourself and say, "OK, where am I in terms of balance and imbalance in the physical, emotional and mental dimensions of my experience?"

You have to make a truthful self-diagnostic which you can't do completely on your own. Why? Because, as has been aptly said, "an eye can never see itself". The ego distorts

everything very nicely for you. It always says, “Oh, there’s nothing wrong with me! I am perfect and I’m ready. Bring on the enlightenment!”! But the ego is a trickster, and since an eye cannot see itself, the master is required. The master can assist you with your self-diagnostic. And once the diagnostic gets done and you know where your feet are, the remedy can be applied.

This is what you must do if you want to maximize balance and come to the truthful experience of who you are and what life is as one blissful consciousness. So it’s really very simple — you want to end your suffering and experience the joy of life? Here’s the way. It’s called the Holistic Lifestyle ... the means of actualizing the Holistic Model of Reality.

Again, the most important principle with relative reality is balance. The negative polarity (objective, exterior) polarity, is default dominant. Therefore, you must have a consistent focus on the opposite polarity — the positive (subjective interior) polarity, which is the non-dominant polarity. Its emphasis creates balance between the two polarities and, if you can maintain the balance in duration, the space between the two polarities dilates. The result is the experience of the wakeful now (or the eternal now) which is the gateway to wholeness. For wholeness is proportional to balance wherein a witnessing consciousness watches itself as both polarities of the relative field because, in truth, there is only One.

And this is a good place to pause again ... and refocus on the Balance Position ... which experientially exemplifies all that I have just said. The exterior, objective polarity is the default dominant polarity. The breaths are the dominant polarity and the spaces between the breaths are the non-dominant polarity. Breath and space. As you focus on the space between the breaths, you create balance.

In truth, the two breaths also represent the two relative polarities ... the out-breath is the objective polarity ... the in-breath, the subjective polarity. If we observe carefully, the out-breath is usually longer than the in-breath. It’s the default dominant. To create balance, we must emphasize the non-dominant polarity ... we must lengthen the in-breath in relation to the out-breath. As we equalize them, it is easier to expand the spaces between them, and the space between the two breaths is the wakeful now ... the eternal now ... within which a witnessing consciousness simply watches both polarities as the same Consciousness. So let’s practice this now.

Just observe the in-breath and the out-breath ... in-breath ... extend it ... so that it balances the out-breath in duration. Again, the in-breath ... dilate the space ... extend it ... out-breath ... space ... .extend it ... in-breath ... space ... .extend it ... .out-breath ... and so on. In

the process of focused, wakeful breathing, your holistic wakefulness expands, your wakefulness increases. You're more present in the here and now of Consciousness ... more of a witness watching the experience that is happening. The experience that is happening is also consciousness. So, consciousness watches consciousness because within the Holistic Model of Reality, there is only One. There isn't anything else consciousness can watch but itself. Consciousness watches consciousness. So let's continue in this Balance Position. Be wakeful in the here and now of true reality.

To continue, subject and object are the same Consciousness from the truthful perspective of the witnessing consciousness that watches and is both polarities. The more you sustain the Balance Position, the more you experience witness consciousness (or wakefulness maintained in duration), and the more your consciousness unifies. The more consistently wakeful you are, the more unified you are and the more holistic is your experience of reality. So, this is the process of holistic actualization within the relative field.

Progressively, in the evolutionary cycle, you will notice the reversal of polarized dominance — the reversal from default negative to default positive, from the dominant exterior to the dominant interior. Life-negative, fear-based, illusory experience will progressively yield to life-positive, love-based, truthful experience. This is the progressive process of an ever-increasing integrative wholeness within the evolutionary cycle of individuated consciousness. Polarized dominance reverses from illusion to truth. And if we are more truth dominant, we have a more truthful perception of reality as One Blissful Consciousness.

Meditation is an appropriate daily balancing practice that develops our wakeful ability to be the consciousness that we are, that all is. All the additional aspects of the Holistic Lifestyle are really modifications of this balance principle -- emphasizing the truth, emphasizing the non-dominant positive polarity (the life-affirmative, love-based experience) and remaining wakeful to it at the physical, emotional level, and mental levels of our experience.

Let's briefly review each of these primary dimensions. I refer to them as the Primary Trinity. The physical, the emotional, and the mental are the foundation, and we must first bring balance to them. Then with a strong foundation, we can journey upward into the more subtle dimensions of our multi-dimensional consciousness wherein we experience wakefulness and wholeness, or the unification of our consciousness. Let's briefly review these primary dimensions.

In the Mental Dimension, it's about managing your thoughts and beliefs in terms of illusion and truth and maintaining the balance through an emphasis on the truth. It's about exploring the experience of who you are without your illusory thoughts and beliefs with which you create only a virtual reality.

So the focusing question for mental dimensional balance is, "Who are you without your stories?" Set your stories aside. Let the mind be still, and what remains? You are just a loving energy — a blissful existence, a self-delighting energy moment by moment by moment. There isn't anything else. But the illusory stories can become distractions that you become identified with and imbalance and limit your experience. You have to keep emphasizing the non-dominant polarity -- the truth in relation to the illusion — and constantly examine your entire illusory database and progressively dis-identify from it. In terms of your thoughts and your beliefs, your stories -- where's the truth, where's the illusion? Truth is ... *I am blissful consciousness ... all is blissful consciousness ... there is only one.* Our emphasis must be on the truth.

If, for your entire life, you have been a writer of fiction and you now want to write non-fiction you must progressively learn how to do so. It's not something that happens overnight. You begin by emphasizing non-fictional thinking and you train yourself to do so consistently. An example from the classical traditions would be the use of the mantra. You constantly repeat the mantra and train your mind to think positively and truthfully. In Modern Spirituality, we translate the mantra into truthful affirmations in our own language, our native language, about who we are and what life is. An example is, "*Right here and right now ... in this moment ... I am blissful consciousness*".

With such conscious directed truthful thinking, we can progress from fictional to non-fictional thinking and thus create mental dimensional balance which contributes to our wakefulness and wholeness. We repeat the affirmation ... we direct our thinking ... reminding ourselves, "*Here and now ... I am Blissful Consciousness ... here and now, I am experiencing myself as Blissful Consciousness*". We are directing the mind to think truthfully, non-fictionally, and creating balance. Therein we experience wakefulness proportional to balance and truthful holistic experience.

Breathe ... Balance Position ... breath and spaces ... wakefulness ... holistic awareness ... a truthful experience of reality. We are here and it is now and, in this here and now moment, we are Blissful Consciousness.

Let's continue ...

The mechanics of the Emotional Dimension are the same — positive and negative feelings — love and its positive derivatives on the one side and fear with all of its negative derivatives on the other. It is easy to live in a fearful, anxious, angry state of being, the default dominant negative polarity of the emotional dimension. Yet to create balance and holistic experience we must wakefully emphasize the opposite, love-based feelings and experience — love, compassion, contentment, joy, gratitude, and forgiveness. And we must train ourselves to consciously flow these positive emotions and feelings. Love and gratitude are easy. Right here, right now ... can you just flow gratitude for the life that empowers you and makes this human experience possible. Be grateful that you are alive ... be grateful for life ... here ... and ... now.

Balance must also be maintained in the Physical Dimension. The physical body is not a balloon. There's no contest here as to who can blow it up the biggest. Its mastery is through balance, health and well-being — the conscious application of the principles of nutrition and energy movement as exercise (or energy flow). Thus, a balanced diet and daily exercise are essential to physical dimensional balance. Again, it's about balancing the polarities. We could look at the polarities as acid and alkaline and look to our diet to maintain a balance of those polarities in all that we consume. We can understand that our energy at the physical level must move and flow ... thus, exercise every day is important to sustain physical dimensional balance.

From another perspective, the perfect biochemical balance in the physical dimension facilitates the perfect hormonal balance in the emotional dimension, and that facilitates the perfect neurochemical balance in the mental dimension. When the physical, emotional and mental dimensions are maintained in balance within the holistic lifestyle, the subtler dimensions of our multi-dimensional consciousness actualize. When they do, holistic experience becomes more consistent — the truth of who you are as a witnessing consciousness watching itself, the truthful experience of blissful consciousness.

Breathe ... Balance Position ... breath and spaces ... wakefulness. We are here and it is now. We are ... all is ... blissful consciousness ... wholeness proportional to balance within the relative reality that governs all experience.

So again, the Holistic Lifestyle is 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 balance principle. If you create balance relentlessly day in and day out, you will enjoy the fruit of that balance. You will enjoy holistic experience, a truthful experience of who you are and what life is as one blissful consciousness. And that's the evolutionary journey. Why are we here? It's not

about a lollipop and a gold watch after 60 years. It's not about content identification — how much content you accrued through your journey that will make you safe and secure in your old age.

How many people have tried to stuff all their accrued content into their coffins only to discover that it was a useless investment because it's impermanent? The investment, rather, has to be in what is permanent — essence, source, consciousness, truth, self-awareness, and wakefulness!

Remember, we have to evolve from the material myth of illusion and ego-driven fantasy into the spiritual myth that is trans-egocentric and truth -- focused with its highest value as consciousness itself. And as we journey this journey, it's always but a progressive process of ever-increasing integrative wholeness that ultimately delivers each and every one of us to the experience of Synchronicity, the unified flow of one blissful consciousness.

So ... the principle of balance is the foundation of the Holistic Lifestyle, and when it is consistently actualized in the Primary Trinity of the physical, emotional and mental dimensions, the subtle dimensions actualize and deliver the experience of wholeness and fulfillment. Thus is the necessity of the Holistic Lifestyle which includes meditation. In modern spirituality this is precision High-Tech Meditation. Always remember, wholeness and fulfillment are proportional to balance. If you balance the foundation, you can take the elevator up to the top and enjoy the 360 degree view. If you balance the dense dimensions -- the physical, emotional and mental dimensions — the subtle dimensions actualize and you experience multi-dimensional wholeness and fulfillment as one blissful consciousness ... the "*I am ... All is ... One*" holistic experience of modern spirituality.

And now as we come to the completion of this session on the holistic lifestyle, I remind you one more time ... the Balance Position ... focused awareness ... breath ... spaces ... balance the breaths ... dilate the spaces ... wakefulness increases ... holistic awareness expands ... wholeness proportional to balance ... a witnessing consciousness watches itself right here and right now ... consciousness watching consciousness happen ... as it is happening in this very moment.

And we are blissful in the process because fulfillment is proportional to wholeness. The more holistic our experience, the more fulfilled we are within that experience. Bliss and joy is the nature of the consciousness that we are, so the more wakeful we are, based on the maintenance of balance, the more truthful our experience of life as one blissful consciousness.



So this is an overview of the Holistic Lifestyle within modern spiritual experience. I hope that it will assist you in more fully understanding and actualizing holistic experience ... the experience of true reality as blissful consciousness that is the essence of the modern spiritual experience.

Once again, and in conclusion, I take this opportunity to welcome you in the awareness of our oneness. Yes!