

Unity Study Group 11/23/22 Handout

David McClanahan david@davidmcclanahan.com 513 608-3829

<http://davidmcclanahan.com/dmc.old/Unity.htm>

The Absolute (Eternal Being, God, Divine)

The One Eternal Being, Consciousness, Bliss. Transcendent, Radiant, the Supreme Being. The Source of All. Love, the source of Love.

The Divine Spark

1. ... because of the existence within us of the Divine Spark, every soul is implicitly a "child of the infinite."
2. The mystic way must be an awakening to include this spark within the conscious field and make it the principle element around which our personality is arranged.
3. It is hidden; in those deep levels where it sustains and guides our daily existence,

We are the *Self* with the spark within. Each Soul has a Spirit.

Divine Spark - Self Realization may come as Insight, Intuition, realization and requires integration (actualizing).

Inner Spiritual Sense - the Third Eye - inner senses appear individually but are One Sense .. energy work can awaken and reveal this...

... the awakening of this True Self--this spark of the soul--with its **innate capacity** for apprehending the Absolute. Moves beyond .. sense-fed and self-centered mundane life of the normal self, reveals a new universe, lit up by the Uncreated Light. These events which, taken together, constituted the "Mystic Life" leading from man to God.

Where the philosopher guesses and argues, the mystic lives and looks; and speaks, consequently, the disconcerting language of first-hand experience, not the neat dialectic of the schools. Hence whilst the Absolute of the metaphysicians remains a theory--impersonal and unattainable--*the Absolute of the mystics is lovable, attainable, alive.*

In "clarity", we are in touch with the True Self and eternity and infinite spaciousness. When we are connected to our True Self we are living, speaking in the Radiance of Being. If we get distracted and fall out of presence, we lose the Radiance, the Divine and fall into the mundane.

The mirror is still the mirror, but it is covered with dust. (Obscurations, filters)
 "Music washes away from the soul the dust of everyday life." — Berthold Auerbach

Dust - polishing is to let go, release stories etc. "Polishing in every moment" is Presence.

"The most beautiful emotion we can experience is the mysterious. It is the fundamental emotion that stands at the cradle of all true art and science." Einstein

This **presence**—this conscious, listening mind—not only opens a window on our experience, it also connects us to the source of will. **Attention** can be called the first act of the will.

... raising the level of experience and transforming us ... into a sensitive being. It is this sensitivity that makes the difference between being nominally awake and experiencing life as the gift it is.

The goal is to sustain the fresh edge of sensitive awareness through the circumstances of their daily life. ... and not to settle for routines and habits.

THE PRACTICE OF PRESENCE invites us to a conscious relationship with God. A change in vibration occurs when we move from passive attention to active attention.

Practical mysticism

- The active man is a mystic when he knows his actions to be a part of a greater activity.
- a perpetual revelation of beauty and wonder.

... latent faculties, a bracing and brightening of his languid consciousness, an emancipation from the fetters of appearance, a turning of his attention to new levels of the world. Thus he may become aware of the universe which the spiritual artist is always trying to disclose to the race. This amount of mystical perception—this "ordinary contemplation," as the specialists call it—

The Interpreted World Representation of Mind

.. man dwells, under normal conditions, in an interpreted world that filters out most of the moment's perception; that the universe in which he lives and at which he looks is but a construction which the mind creates, and presents as a tapestry picture and the scene which it imitates rather than direct Reality ...

Conscious is the answer (Feeling is the fullness)

Enlightenment and insight and a shift in viewpoint are available at every moment . Alert Receptivity and in gratitude or devotional (Loving What Is) . This moment is Unlimited potential.

Higher Self, Learning / growing spiritually, practice, seeking, Joy, Presence, connection, receptive, recharge, repetition, Journey, Being, Wholeness, Enough and More, Free, Grounded, psychology, self-discovery, Enlightened living , Love / Peace / Joy , awareness