

Light and Consciousness

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I have always marveled at how our words and phrases reflect some intuitive truth. For example, how we've always talked about a "feeling from the gut" and now science discovers that the gut indeed is a critical part of the mind, having as many nerves as the spinal cord, the same neurotransmitters as the brain and producing important hormones as well. And how about the way "health" rhymes with "wealth"?

When it comes to human consciousness, the word "light" is often used, as well as its associated concepts. We use the words "bright" and "brilliant" when referring to someone with a special spirit; we talk about the sparkle in their eyes, how they seem to glow, etc. Iyengar, one of the most influential gurus of the last (and this) century, entitled his series of books, "Light on..." (see below). And of course there is the light within enlightenment.

All ancient traditions talk about a oneness in the universe. Modern physics tell us that the oneness is energy--and that everything solid, liquid and gaseous, everything visible and invisible, everything, is ultimately made of energy. Understanding the science of energy, and its associated concepts of power and fields, can inform us about the nature of consciousness and enlightenment.

Light is one form of energy. It is the visible portion of the form of energy called electromagnetic. Other forms of energy include heat, movement, and atomic. The word "power" refers to how much energy is delivered in a unit of time. Something (or someone) that is more powerful produces more energy per unit of time. The word "field" refers to the fact that energy exists in a three dimensional space. The gravitational field, for example, causes an object to gain (or lose) energy as it moves through the field. Our radios and cell phones pick up the energy of the electromagnetic field created by broadcast antenna. Light (and the energy of consciousness) travels in many directions at one time, spreading out in a sphere from its source, like the sun, unless it is concentrated by modern inventions such as the lens, reflector (mirror) or laser.

The Analogy of Light to Consciousness

The waves of typical light, as produced by the

sun or a light bulb, are scattered, which means that they travel in many directions. Some of these waves enter our eyes, which enable us to see. Such scattered light is valuable so that we don't bump into things when we walk and drive.

There is a modern form of light, called the laser. What makes the laser so powerful is that all the rays are focused into a narrow beam. This beam is so powerful, and pure, that it has become essentially the basis for modern society--computers, satellite communication, and newer surgeries all rely on the unique qualities of this beam.

Human consciousness has the same quality as light. It can be scattered, doing, thinking many things at a time. Or it can be narrowed, or "concentrated" into a focused beam. "Meditation" is analogous to shining the beam continuously on one object. "Samadhi", or enlightenment occurs when the energy of consciousness becomes one with the energy of the object. The difference between meditation and samadhi can be thought of as the difference between shining a flashlight at an object and aiming a laser on the object. The flashlight illuminates the object, while with the laser, the energy actually interacts, or merges, with the object of focus.

We all have such moments of clear focus--they are called "flow" or "peak experiences". During these moments, everything else goes away, we are filled and fulfilled, and often we can achieve great things with incredible efficiency. Many famous scientists, philosophers, artists and athletes have talked about such a state.

Such a state is available to all of us. The training for such a skill is--you guessed it--a yoga practice. Yoga brings our minds and spirits, systematically, to places of purer focus, and therefore greater energy and power. It is different from the power of money, politics or oil. This special power is derived from within, not without. The only cost for this power is a commitment to your self.

Going Faster Than the Speed of Light

Einstein's theories and famous equation requires that nothing in the universe can go faster than the speed of light. If something did go faster than the speed of light, the laws of physics, as we know them, would not apply.

Modern physics tells us that certain particles, such as electrons, can exist at more than one place at the same time. In order for them to do this, in some sense, they must "travel" faster than the speed of light. This problem can be logically resolved by understanding that the human mind (distinct from spirit or consciousness) is limited by the concepts of space and time. However, in the world of physics (the "real" world), space and time are not so rigid--they have a fluidity and are interchangeable. In other words, the illusion of reality, space and time, created by our senses, is limited. The ancients wrote about this thousands of years ago--they called this illusion "maya". The way to transcend this illusion is by purifying consciousness through yoga and meditation, where the energy of consciousness receives information that is not limited by the senses.

Recently, physicists have succeeded in sending messages faster than the speed of light. In this new realm, Einstein's equations essentially fail. This realm may be the basis for intuition, clairvoyance, and other special functions of consciousness known as "siddhis", which can develop as one moves from scattered consciousness to the clarity of enlightenment.

IMPORTANT NOTE: This general information should not be used to make decisions about medical care without the involvement of a knowledgeable practitioner.

For More Information

- O See Dr. Cheikin's related articles on: Detoxification, Elimination and Simplification and What We Really Need
- O Dr. Cheikin's website, www.cheikin.com, has helpful articles on related topics.
- O Gerber, Richard: [A Practical Guide to Vibrational Medicine: Energy Healing and Spiritual Transformation](#). NY: Harper, 2001. ISBN 0060-959-371.
- O Iyengar, BKS: [Light on Yoga \(Revised\)](#). Schocken, 1995. ISBN 0805-210-318.
- O Iyengar, BKS: [Light on the Yoga Sutras of Patanjali \(New Edition\)](#). Thorsons, 2003. ISBN 0007-145-160.
- O Iyengar BKS, Evans, JJ, Abrams, D: [Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom \(Hardcover\)](#). Rodale, 2005. ISBN 1594-862-486.

- O Sheldrake, Rupert: [The Presence of the Past: Morphic Resonance & the Habits of Nature](#). Inner Traditions International, 1995. ISBN 0892-815-37X.
- O Steiner, Rudolph. [How to Know Higher Worlds : A Modern Path of Initiation \(Classics in Anthroposophy\)](#). Steiner Books, 1994. ISBN: 0880-103-728.
- O Hawkins, David. [Power Versus Force: The Hidden Determinants of Human Behavior](#). Hay House, 2002. ISBN: 1561-709-336.

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