

'Freeing your Inner Light'

(some notes on the subject by Susan M. Griffith-Jones)

Around the time we were having the idea to go to Ho Chi Min City to present a Creative Art workshop entitled, 'Freeing your Inner Light', one evening at dinner, I asked Jamyang how he imagined our weekend workshop to be. He replied by asking me what it was that I wanted to bring there.

This caused me to really think about it, perhaps more than ever before and on a much deeper level of connectivity. Through a detailed contemplation of what it was that I wanted to include in my sharing and not only at this workshop, but in every endeavour of this nature I would take on, I discovered that there are multiple layers of answers to this question, which I've finally managed to narrow down to several aspects.

So, finally, here, with much gratitude to all those who have been involved in this gathering of like-minded souls, I can attempt to express to you what it is I am bringing to you. I have no special powers beyond what anyone else is capable of and although we should spend time activating aspects of being human that often never get discovered, even in a whole lifetime, it is not the central focus, but rather, a by-product. But what a shame! If our natural birthright is great joy, abundance, happiness and fulfilment, then why is the world in the state it is today?

My answer to you is that it's because everything that appears in this world from material items, situations and concepts, to humans and all sentient beings, is in a process... so too does any knowledge when newly planted first need to be cared for and nurtured in a special way so that it may fully ripen. When it is thus harvested, it may be enjoyed to the max.

First and foremost, I'm wishing you the gift of Patience, to keep on enduring the road along which you must pass to reach the result. But most of all, I'm wishing you the freedom you may taste now through unleashing your own creativity, and the self-guided inspiration that naturally follows, leading you through the labyrinth of your-self, to grow to full potential, where you're fully connected to the source, crowned with the maturity to be co-creators of the material universe.

In other words, "Once your creativity is freely running, so will your own inspiration be the transportation of your spiritual wind. All else will naturally follow."

If our creativity is still lying in Potential, then we must now awaken this aspect that our human form offers to us, by passing through the process that this rough cut mind needs to go through, to mature it into its Spiritual Essence, manifesting through each one of you as a pure vessel of the LIGHT, a channel into this material realm; just like sunlight passing through a crystal causes rainbows on the walls.

We are here to work together, pool our ideas, allow each other to think clearly about what we ARE really doing here. Nobody is forcing you to be here and I

thank you for your willingness to participate in this beautiful process of bringing forth your own and other's creative light, of giving us the skill of your particular experience in this world.

We want to hear the wisdom that you personally have revealed through your investigation of life, what you can offer to our collective idea, and allowing each person to have their say and not be shy about it, encourage all to participate. Through this exercise, we can also be aware of our own compassionate qualities of Patience and Empathy, which naturally shine when we genuinely help others.

Using our creativity awakens our qualities, because it's a way we connect to the source. First we need to check our connectivity to our source power, then finding its rested state buzzing with potential, we connect it to the ground, 'Tent-pegging it' by giving it stability of concentration in a material body that can both carry out physical work, appearing in a solid realm, whilst simultaneously reaching the highest state of light too through and beyond the mind. In this way, because this is the space out of which all existence is born, it's the very first stage of bringing thought aspects into solid form.

Through calming our mind and allowing our thoughts to naturally appear in the vast space of mind and to be able to observe that space, expanding and contracting, mutating and evolving, infinite in magnitude, in all its wondrous realms. We free our creativity into the first stage of its appearance, as ideas, neither suppressing, nor grasping on to any of them as real at all.

Each time we enact a movement of mind through thought, we bring it a step closer to completion. And often we dwell on one or another thought more frequently and then follow it through its own loop until it reaches a conclusion, a point where it can't reach further on, for the moment...

Because each thought that is mindfully processed is a declaration to our highest source that we're ready for the light in all its truth and glory to pass through us as channels, because we can trust in the guidance we'll receive, and are now listening to it attentively and without distraction, thus we act on the thoughts that flow through mind, trusting their validity and go where the road leads, doing whatever needs to be done.

And to help us do this, we bring forth symbols, because the vibrations of these representations of universal truths may be grounded and bound into solid reality, so as to have an effect on the beholder. Reflecting 'something' into his/her mind, helping it evolve into its enlightened state, because it is but a reflection of its meaning, something that the human mind may understand, it essentially jogs the inherent memory of the truth.

An idea that may seem concrete at the beginning, once unfurled, will fly with its own expression and we have to be prepared to follow that, flow with its changing nature as it comes into being, revealing its details as it goes along... and us, tagging along, riding on its revelation to us.

We are so good at forgetting the moments of suffering and remembering the good times, as this is a natural way for us to deal with trauma, but it's the bad

times we should be remembering, for they are our karmic pitfalls come to teach us the way out of the wheel of life. Like this we emerge, along with existence all around us, like a kaleidoscope of images, turning around upon themselves, until we become the one looking into the kaleidoscope and consciously create our own patterns with our minds, bringing anything we perceive into material form.

But check, check and check again, if it is for the higher good of all involved, for a self-defence mechanism, protecting you from yourself, will never allow you to get what you do not deserve, but will bring you crashing down to humility should you over reach your pride. So first, you have to grow in strength and then understand your inbuilt power and use it for the highest good of all.

Once we've checked what we'd like to bring into creation, to be wholesome and potentially useful, for people to learn and evolve from, we can allow ourselves to bring it into manifest reality. The more we remember this process, the more 'automatic remembering' we have, so that every time we think something and then act on it, we're actually co-creating our realities.

You know when the process is authentic when you are:

- listening (drawing forth information you need to know through your own thoughts and through listening to what other people around you are drawing down from the source (ie. what's coming through them in the form of speech or information they're giving to you))
- acting out thought, with trust, being in tune with whatever's arising around you and knowing that it's working in your favour, for you to produce the desired result, because you don't have any grasping to the result, because you are truly IN the process, which means naturally, the result MUST follow.
- allowing ourselves to make mistakes gives us the freedom to try out anything. If it doesn't work, bring it back to the drawing board !!!
- flexibility to allow the creation to evolve itself into being, stage by stage, in its own natural organic process. You may not 'see' all the stages to come at the beginning, and the art here is not to know the future, but to create it, through allowing yourself to see the steps as they reveal themselves, where to intervene and where not to, and not to need to know what doesn't yet need to be known ie. don't push the information to come forth, allow it space to 'speak' clearly to you.

There's no point in leaving what needs to have a voice, locked away in the hidden realm of mind. It should be brought forth, free to express itself honestly, free to honestly live its expression.

And what we have to realise is that even though the shapes may seem to be static in the artwork, they also have a hidden, dynamic aspect of movement, telling us that we must allow change to occur, mutation of concept, of ideas to be rolling along the spiral of their natural evolution, because inside what seems to be still and unmoving is a huge massive process of creation going on at the core.

As we co-create our reality along with the thought vibrations of other living beings, if we know where we're basically heading, we can find the process to get there. But if we are scrabbling around in the dark, no way is clear and no route identified, we can achieve nothing, which is why we must always give thought to something, before we act on it. Consciously, I mean, because this process of 'thinking' is going on anyhow.

Thus we are co-creating our reality, through choosing and mixing the energy ingredients going into it, but remaining aware that what we're thinking is going to have such and such effect if we let it go a stage further into 'being acted out', whether at first with more 'thought' and then 'speech' or directly as 'action'.

And have we asked ourselves the question, "Is it ultimately beneficial to the process of everyone involved?"

Only then should we proceed to create.

And for this, we first have to clear the mind...