

## CHAPTER 5

### THE MYSTICAL MARRIAGE

There is an activity that we must experience as individuals before we can begin to live completely in the mystical state and to express it on earth. In the journey we take in meditation, we become aware of the content of our consciousness and we discover that we have to begin a process of self-discipline through which we learn what things to accept and what to reject. Since we have all been involved in the human condition, we discover that we have many things within our consciousness that we can accept, but also some things that need to be discarded. Those aspects of our consciousness which we need no longer keep are concepts, ideas, and attitudes that we have accepted automatically, through conditioning, and which are no longer useful. We have to take control of the content of our consciousness and discipline ourselves so that any false belief in limitation, in lack, in duality-is negated, denied, or released. The point is that we have to make conscious choices about what we will have in our consciousness. Then, we can begin a process of integration. This involves watching our consciousness, and the way it expresses itself on various levels. For example, if we are asked to go to dinner tonight, the conscious mind may say yes, the emotional nature may say no, and the physical body is then in a state of conflict because it doesn't know which aspect of our nature to respond to, and consequently, we find ourselves in a state of turmoil or inertia. This happens over and over again, when our mind is not in agreement with our emotions, and when the two are not in agreement with the body. We have to learn to align ourselves on all three levels of our being, so that when someone asks us to dinner and we say yes, there is total agreement within our being with that decision. When we do this, we discover that we are moving through the world more and more as integrated persons, because we are no longer in conflict with ourselves about what we are doing.

When there is a conflict on the subconscious level, we can, through meditation, release those energies which are inhibited by this conflict. The ensuing emotional release is a consequence of the letting go of the idea or ideas which had stifled that emotion. This kind of conflict may occur within the mind itself, within the body or the emotions, or within any combination of these three levels of our being. We must learn to be balanced. We must learn to release all of the elements within our conscious and subconscious mind which are inappropriate to the unfolding of our true nature. This balancing process is part of the activity that takes place as a result of meditation. This activity reveals the content of our subconscious mind, and thus it can initiate conscious action.

Another important aspect of this activity is the integration process of the masculine and feminine principle within the individual. Every individual contains within himself both masculine and feminine polarity

It is that relation between opposites without which no external Motion would be possible, because there would be nowhere to move from, and nowhere to move to; and without which external Form would be impossible because there would be nothing to limit the diffusion of

substance and bring it into shape. Polarity, or the interaction of Active and Passive, is therefore the basis of all Evolution.

So writes Thomas Troward, in his fine book, *The Creative Process in the Individual*. We can discern the masculine aspect of polarity through observing processes within ourselves and in Nature that initiate, dominate, explore and assume authority. These are some of the outgoing and expansive qualities that characterize the masculine element of being. We can discern the feminine aspect through observing processes that are opposite but complementary to the masculine ones. All creation is the result of the One coming into expression and polarizing Itself as the masculine and feminine principle (Troward's "Active and Passive"). In order to understand how this principle operates within us, we begin by observing the interactions between masculine and feminine forms in Nature and in the physical world. The mystical marriage is the conscious union that takes place within us between these two aspects of our being. A true marriage is a harmonious union. Thus, we have to recognize and understand this principle as it operates within us mentally, emotionally, and physically. In this manner, we can expand our consciousness in a balanced way.

We cannot achieve the spiritual life until we have become reconciled and balanced within ourselves. This balancing process is one of the final stages in our human evolution. Once all of the dualities, conflicts and contradictions within our being have been understood and reconciled, then we are no longer subject to the suffering inherent in the human condition itself. But the process of reconciliation must be undergone with full, conscious awareness—for as we consciously participate in this process, we are also consciously participating in the creation of a new world as seen through the eyes of the new life being created within us. The reconciliation of the masculine and feminine principle is the fundamental reconciliation which must occur if all the other polarities and dualities are to be reconciled and balanced within our being. Thus, we investigate this principle as it is manifest both in Nature and within the human condition itself, and we begin to inquire into the essential nature of womanhood and manhood. Not only do we have to know and understand this principle on the purely physical level, but we must also know how it expresses itself in our mental and emotional activity. As stated previously, we see and understand the activity of the masculine and feminine principle without our own consciousness; then we have to determine if it is balanced on every level of our being. How can we determine if, in fact, this principle is balanced within us? We begin by observing the qualities which we discover within ourselves, then we see how we express these qualities in relationship to other people.

What are masculine and feminine characteristics of the mind? How do these characteristics function in us? The perfect balance of this polarity already exists in the individualization of the Self which we are. When we discover this Self within us (which is the individualization of the Absolute, the One), then we see that It is always in motion, but perfectly balanced within itself. Through our identification with this Self, we realize that we are already whole and perfected persons right now, wherever we are, regardless of appearances. Therefore, we find that we no longer have to search outside of ourselves for fulfillment, because we have realized the balance between the masculine and feminine elements in our own nature. We no longer need to be looking outside of ourselves for

another person to fulfill us. We are no longer seeking the “other” to complete us as a whole human being, for we have realized our own completeness. We then discover that all the external searching and longing is no longer necessary, for fulfillment is right here, inside us, right now. When brought into balance and harmony, the masculine and feminine principle within us is the wholeness, the fullness, and the completion that we have been seeking. When we achieve this balance, we realize our old identifications. When we feel deeply touched by the love, goodness and power of a very holy person, it is because this person radiates a Presence which is whole (holy), balanced and complete within itself. The mystical union is the state of transfiguration in which we come into touch with the Source of our being, which is wholeness. Then the Spirit within us moves through us and flows through our whole being on every level, and the movement of the masculine and feminine principle (now in balance) comes forth into total, harmonious creation and expression.

When the individual has become consciously integrated, then he is ready for the transcendental experience. Beyond polarity, the Truth, the Spirit, begins beyond polarity, The mystical marriage is usually referred to as that experience through which we realize our union or Oneness with God. When the door opens beyond polarity, the Truth, the Spirit, begins to move through us. As it does, It uses the principle of polarity through the activity of the mind and body, to do Its perfect work on earth. This is why when we are in the presence of some person who realized who and what he is, we feel happy. We feel content and at peace because “all is right with the world.” When a mystic walks into our lives and we sense that wholeness or that Presence, that “something” that is so right, it is because the mystic moves easily and gently to balance every situation, every relationship, every condition in his presence. That is really the work that a mystic performs. The mystic is neither masculine nor feminine as such, but he is an expression of the Spirit, fulfilling the needs of humanity. The mystic may one moment manifest and express the masculine polarity and the next moment he may shift completely and be very feminine and passive. He changes from moment to moment with the changing circumstance.

The more the Spirit moves into and through our minds, hearts and bodies, the more we witness miracles taking place in our lives. People around us are healed, they feel Love and they begin to experience Reality. We don't do anything except allow ourselves to be aware of the activity of the Holy Spirit in us and as we are. Because there is only one Reality, that Reality is the same for us and for all whom we meet. We witness the Holy Spirit alive and well in the world. And the healings and miracles that take place in our lives are instantaneous because no process is required. This happens through us more and more as we surrender more and more to Love. It is Love that lifts us out of the human condition into the Divine.

We find that we can take no credit for our knowledge or even our experiences, because Love, being the Great Teacher, teaches us that “we of ourselves do nothing.” Also, we are blessed with an incredibly extended vision in terms of the relative world of expression in time and space. We are able to see the continuity of humanity as a movement of consciousness. And we realize that all of the suffering of humanity will finally be brought to a standstill. Regardless of what happens to an individual that may appear to be tragic from the human point-of-view, we are blessed with the vision of knowing that that life, that expression, that individuality has never been lost, is not lost now, and will not be lost in the future. We know that there is a continuity of that

individual life expression, on some plane or some level, all of the time. During this time, we may also become highly intuitive, knowing things instantaneously, without process.

Now, when we meditate, the activity known as the awakening of the kundalini force is generated from within us. This energy that is generated moves up the spinal column and begins to open various centers of consciousness within the body. At times, we experience tremendous energy. This energy of the kundalini has been lying dormant within us; when the kundalini rises within us, it begins to activate all of these centers of consciousness. When the Holy Spirit comes into our awareness, It is pure and unconditioned. We, as individuals, experience that Spirit as the Father, the kundalini as the Mother and, when they are joined within us, we experience transformation or Union. (And John bare record, saying, I saw the Spirit descending from heaven like a dove, and it abode upon him. And I knew him not: but he that sent me to baptize with water, the same said unto me, Upon whom thou shalt see the Spirit descending, and remaining on him, the same is he which baptizeth with the Holy Ghost. And I saw, and bare record that this is the Son of God.”) (John 1: 32-34) The kundalini energy is transformed and lifted back into its original unconditioned state. This is a part of the transformation activity that is necessary in order for us to fulfill our destiny as human and spiritual beings on this earth. This transformation takes place in our minds, hearts and bodies. When this transformation occurs, all of the levels of the mind are enlightened, all of the emotional nature is brought into perfect attunement, and the body is regenerated and resurrected into the true image which resides in every individual, the image of light. This light works through us to extend to everyone we meet, transforming all things.