

Visibility and Invisibility

The experience of space

All that is visible may have emerged from the invisible.

In the cosmic cycle, every entity will eventually become invisible and timeless; and then again become visible and time-bound. Invisibility is the basis of visibility. All visible materials are held together by invisible forces, underlying forces in all matter, which can either attract or repel, as physics can explain. If we keep breaking a mountain into smaller and smaller pieces and then further into atomic particles, eventually we end up in some kind of space or nothingness; in other words the invisibility of the force that we see operating in materials. These forces of nature keep interchanging as attraction and repulsion. This interchangeability is the principal nature of the universe. Hence life is always changing and therein lies its interest. Space is the mother of all things seen and unseen and, in her womb, everything that we see today once existed in an invisible form.

Space is both conscious and unconscious; hence it gives birth to various conscious and unconscious entities. Within space there are myriad tangible objects and beings. Though we see objects and beings everywhere, in many forms, there is still room for creation in space. Whether we delve into the microscopic world or leap into the deeper macrocosmic universe, there is infinite space. There is a tendency in every human being to look into deeper space to study celestial bodies rather than only to explore the earth. Within an atom there is space between the nucleus and the orbiting electrons. Even though particles seem to touch as they bombard each other, space is maintained between them.

The concept of space is beyond mathematics. When we reach higher mathematics, we tend to become philosophical in our study and understanding. As we probe into mathematical details of the universe we become lost in our efforts to quantify it.

All objects that are visible in nature have a boundary. Thus, every entity retains its uniqueness and individuality. But human consciousness has no boundary.

Unlimited consciousness dwells in the limited physical body – this is the cosmic adventure of higher consciousness. When we descend into the inner universe, we come very close to the unlimited experience of space. Thus we have a tendency to close our eyes when we want to experience the conscious presence in the body. When we direct externalized consciousness into the inner being, we experience space in its vastness. This is a true experience of space. Our consciousness soars higher and higher, transcending all the limits of the tangible universe.

The experience one gains internally cannot be explained in mere neurological or biological terms. Many western scientists (though by no means all) prefer to regard all emotional and spiritual experiences as residing solely in the brain and to have a purely physiological origin. The beauty of creation is that physical analysis has a physical source, while the metaphysical

experience has a non-physical source. The closest analogy to the invisible spiritual heart is the physical heart. The spiritual heart cannot be accessed by our mind but by our will and volition, in which very little thinking is involved and more feeling prevails. Both the mind and the spiritual heart are composed of the same consciousness but in different states: the former is exciting, the latter is fulfilling. Spiritual experience is a personal experience. Anyone who wants to prove or disprove another person's experience of consciousness or space can have only a limited understanding of the outline of that person's being. Everybody has their own unique individual standpoint of perception, according to the level of evolution of their consciousness.

Space can be perceived or experienced in the human brain only if there is the ability to perceive it esoterically. *The space in the human brain is mystical* and is on a different scale from the scale we usually apply to measure the space outside ourselves. The rational brain alone, without the help of heart and consciousness, does not have an overall view and experience of an object.

Expansion of consciousness also means an experience of limitless space. Consciousness expands as we gain more experience of space, because space contains everything. When that space is experienced in all that surrounds us, we begin to feel oneness with the environment, with other people and with the universe. In order to experience universal oneness, we have to have a big heart to forgive people who cause trouble and to embrace everyone as part of our existence. We experience oneness with them. We embrace everyone in our consciousness with acceptance and compassion. This state of consciousness has transformational energy. When we reject someone, they reject us; if we try controlling others, our feeling of insecurity increases and none of us progress. There may be many temporary solutions for every problem but there is only one solution that is long lasting, and that is to raise spiritual awareness.

If people have embraced us in their consciousness, we feel it when we are around them. They identify their relationship with us intuitively. If they have *not* welcomed us in their consciousness, even if we live close to them, we feel distant.

The visible manifestation of cosmic consciousness is the universe within which we exist. We explore the universe on a range of scales, from our planet to galaxies, through disciplined study, which is a scientific approach. Similarly, we explore invisible consciousness and forces in nature by means of love, which is a spiritual approach. Fulfilment occurs in our lives when we approach both equally.

We cannot meditate all the time, asserting that we are spiritual and evolving spiritually. If that were the whole purpose of the universe, then the vast majority of people in the world would not have been tempted to explore and change it. On the other hand, if materialism were everything, then no one would have had the urge to search for truth and peace. Most of us feel the need to do both, which implies that, when material and spiritual life complement each other, we become more evolved and fulfilled.

Some may say that they achieve fulfilment in life only through material gain and others say fulfilment in life can be achieved only by living in a more spiritual way. In each case, something remains unexperienced and unfulfilled in the totality of life. Eventually, for everyone, a spiritual way of thinking and living becomes the foundation for life. In the

meantime, it is an individual's choice whether to project their energy, resources and consciousness towards full-scale material living, to devote their life entirely to spiritual enlightenment, or to create an adventurous balance between the two.

Accountability is the essence of a true human being.

The combination of these two approaches is possible, but we are always pulled to one side or the other. The extent of this pull depends on one's background, mentality or individual choice. Not all of us can become vegetarians and not all of us in the world are omnivores. Although each of us has an innate tendency to look for peace and enlightenment, not all of us will do so. This is the nature of the world. But we cannot blame the world and attribute our mistakes or follies to nature. It is important to take responsibility for our growth or decline. We cannot escape our consciences.

Regardless of our choices, somewhere, at some point, we all come to search for peace and the realization of the deeper self. This becomes possible when we withdraw ourselves from the chaotic, tempting world and walk into silence. Then a meditative consciousness is experienced effortlessly. We discover more of ourselves during silence, as we are in a space where we are less influenced by the world. Sometimes the experience of inner space becomes a spontaneous mystical experience. Spiritual insight provides many physical and psychological benefits, but these are only peripheral to attaining enlightenment.

Timeless consciousness and limitless space interact eternally, creating time, energy, matter and the manifestation of living entities. Energy is only another form of matter.

We are both energy and matter

We have time-bound bodies and timeless consciousness.

Our deeper selves and our bodies contain all the codes, formulae, equations and secrets of the universe. Thus human curiosity is unending. We are everything. We are sometimes destructive and sometimes constructive, but we have the innate wish to experience timeless consciousness and limitless space within.

The attempt to explore and experience the inner side of one's existence is both spiritual and mystical. Achieving peace, finding answers, realizing the true self, and establishing the connection between one's self and the higher Self, are all various touchstones on the journey of enlightenment.

The whole process reflects a leap from ordinary thinking to greater understanding, a journey from intellect to intuition, from the externalized mind to inner consciousness. Expanding our consciousness means deepening our feelings, emotions and awareness. Doubts, disbelief and questions wither away with the rise of clarity, realization and the wisdom of the spiritual sun.