

Transcendence

through “the veil of thoughts” and beyond

I very much felt driven to write this article, which mainly tackles the subject of “*transcending the veil of thoughts*”, that leads onto transcending the denser of the energetic planes – *the physical reality*. This is obviously a very big subject but I have always believed that the journey out of grounded mortality and into a higher and more pure energetic existence (*a Hyper-Reality*) can be traced and documented much the same way as any other journey.

I felt driven to write firstly about “transcendence” [*of thoughts*] due to the importance pertaining to this advanced facet of the spiritual journey, but also due to talking with many people, during the course of my own work, who are obviously struggling on their spiritual path. These people are struggling, not because they lack ability but because they get locked into a cycle of “*thinking too much*” and trying to “*understand*” too much, and this creates a deeper

barrier of “thought energy” that ultimately begins to hold back and block spiritual evolution. This barrier becomes denser the more we progress, and this causes internal frustration, annoyance, and all-round confusion as the energetic body, followed by the physical body, attempts to ascend the ladder to a higher state of existence and is confronted by increased resistance (brought on by *over-thinking*).

The level of the “*transcended state*” and this level of development in relation to breaking through the barrier of thoughts, tends to come later on in our studies but it *can* come earlier, and if this is so, a great deal of physical discomfort can be alleviated due to the early realisation of one simple truth –

***“We suffer in life
because of our thoughts –
thoughts about life and
thoughts about thoughts”.***

It's a vicious circle that is a symptom of the western lifestyle but the truth is this - if we *stop thinking*, we *stop suffering* and we simply experience life without filters – and this is a beautiful place to be regardless of our circumstances, and this opens us up to the multi-levelled reality, or, the “*Hyper Reality*” which the human race can traverse spiritually and then, eventually, physically, and great blessings come from such movements towards the source of all healing.

The “thought veil”, then, is the first boundary, and on some intuitive level we experience great spiritual insight when we simply become aware of this veil. For in this moment, we also feel that it must be possible to see the world differently and experience our lives differently; and so, with this new view, increased awareness of the veil becomes an opportunity to break free rather than forever being a force that negatively distorts reality by creating a prison out of the physical Universe. This hyper awareness of the thought-veil can grant us the real opportunity to become free of the mortal condition and the suffering that surfaces from the mortal condition. The answer, then,

always lies in becoming *more aware* rather than simply cramming our heads with increasing amounts of information, which in itself creates yet even more thoughts and sends us into a whirl of dizziness and mental confusion.

Be Who You Are
(rather than “thinking”
about being who you are)

If we are *experiencing* life rather than *thinking* about experiencing life, we become “*the spiritual*” and “*the divine*” and mortality loses its grip on us. In this way, we become truly free – we begin the journey of ***transcending*** mundane reality. And when I use the term “mundane reality” I am not suggesting that reality in itself is inherently mundane, I am merely suggesting that, on the whole, man tends to limit himself in life to the point where the restricted reality he allows himself is actually an extremely mundane one.

Thoughts, thoughts, too many thoughts...

When considering the discipline of transcending thoughts, we find that, putting this into practise, proves to be extremely difficult; especially when we have been trained to use our minds first and foremost and our hearts second. When we try to *think* about transcendence, the “*thinking*” creates a bigger mess and we are pulled back into a grounded mind-view rather than a transcended-view. On some level it is possible to have an idea of the transcended view through simply contemplating and pondering such things; but we will never enter into real transcendence in this way. The truth has always been that the transcendence of thought and conceptual reality only occurs when the Divine steps in. The thing is this – everyone wants Divine Light. If a person does not realise this, it is because they’ve never felt it – this is what everyone really wants. When we have this revelation, it then becomes far easier to let go of mortal things and those things of the physical dimension in favour of that which is higher. At this point, *Light* is not

only the object of our desire, it also becomes our teacher, which ultimately takes away our desire. Desire comes from the mind and creates suffering. If we transcend our thoughts, we transcend our desires and all suffering comes to an end.

Divine Light

The Light moving through the chakra system enables the student of the Divine to master themselves and find peace through real self-mastery. This is the progress of the Divine Light through the spiritual body as it passes up through the chakra system, which in turn creates wisdom within the student. The Light – *or, higher energy* – enters the spiritual body at the point of the grounding and root chakra. We feel this as high ecstatic sensation in the lower body. It is not sexual from a physical point of view but the sensation may resemble this sort of experience. These sensations become constant and increase or decrease in relation to the solar cycle. When the Sun is at its highest in the sky in relation to

the observer, these feelings will generally increase (summertime). The energy moves up from the lower chakras towards the upper, each one in turn. At each point there are specific lessons in sensation to be entered into and mastered. If the energy moves from one point to the next without a degree of mastery then the energy will become distorted away from its original, pure, condition. The lessons of the root chakra are ones of temptation versus purity. The Divine will allow distortion to occur from time-to-time so that we can learn the lessons of “extremes”. In this way, we learn about the shadows within ourselves through exaggerated sensation. We then achieve balance through knowing how uncomfortable “off-balance” away from the Divine really is. Finding balance is the only goal in relation to spiritual fulfilment and all-important – finding balance is everything – finding balance is very hard and it takes time. Patience and trust in the Divine is needed but eventually the student finds themselves at the eye of the mortal hurricane which is the peaceful *centre* where everyone wishes to dwell.

There are two ways out of mortal suffering and they are outlined above – to recap – the one way has to do with transcending all thoughts – thoughts about oneself, life, and thoughts about thoughts; and the other way has to do with Divine energy leading the way up through the energetic body. Both ways will lead the student into close union with the Divine Spirit – both ways will lead to the “transcended view” and a life with the Divine.

All Pathways Lead to the Centre

One way will always lead to the next way – this is simply the way of things. Physical sensation will lead us into spiritual sensation, and spiritual sensation will lead us into physical sensation, and in both cases there will be lessons of self-mastery to get through. There is no getting away from this and all lessons lead us to the centre of the human experience – *if we are to transcend into higher levels of consciousness we must become wise in both ways of sensation and then let them go* – we must transcend the

“physical” incarnation of sensation and also we must transcend the “spiritual” incarnation of sensation. If we are to become truly wise, and this is our supreme focus, and if we are to master ourselves and our surroundings so that we can become useful to others, then we must transcend that which we call physical sensation, and also, that which we call spiritual sensation, and our studies should be focused on navigating such a path.

a final note from Johnny...

The transcended view of reality, or, the awareness of “Hyper Reality” is very important in relation to our on-going spiritual growth and our advancement along our spiritual paths. It is the source of all inspiration and all revelation – it is the place where all of us really wish to be – whether we realise this or not – it is the place where all life flows from and all life flows to – it is the place of all magic – it is the place of the Divine.

The transcended reality is a hard place to reach from the standpoint of our mind-based reality but not impossible. This journey requires a little knowledge but not too much – this journey requires us to know a little and then to let go, have faith in the supreme mind of the Universe, and act wisely through trust. It is the right focus for us to acquire just enough information so that we are inspired to trust in higher spiritual transformation as the Hyper-Reality is finally entered.

If we completely trust in the Divine, we can then transcend the limitations of the mortal condition – if we can trust, we can then find ourselves at the core of all miracles, and this is the only place where our souls can truly be set free...

Bright Blessings, Johnny David.

*All human suffering surfaces from our desire –
all desire surfaces from our thoughts.*

*Transcend your thoughts
and you will transcend your desire –
transcend your desire
and you will transcend your suffering...*

Taken from “Transcendence”

By John David

Coming Soon!