

The Principles of “Light” and “Dark”

*(and misunderstandings
regarding “darkness”)*

*Adapted Writings from
“The Mystic Path”*

by John David

The eternal battles between light and dark are echoed throughout literature and ancient history as well as modern storytelling. From the Bible to Star Wars, the struggle between these two forces takes centre stage. It is important to understand the interplay between these two opposing forces and the variations that exist between both light and dark – we need to acquire this type of understanding if we are to proceed wisely on our spiritual journey.

There are many confusing factors and many misunderstandings regarding this subject. The root of the confusion seems to be strengthened by a lack of understanding between that which we call natural darkness, that is found in Mother Nature (a force that balances and accomplishes equilibrium), and the darkness that comes from mankind - a force that accomplishes nothing other than destruction and serves the impulses of greed.

What follows is a brief explanation regarding “natural darkness” and “unnatural darkness”. These two very different forces are often grouped together as the same thing. In actual fact, they could not be more different. In truth they are like oil and water and as such they do not mix together at all.

Natural Darkness

Firstly I would like to address the darkness found in Mother Nature and explore how this natural force finds a level ground with Light in order for the greater whole to achieve harmony. When looking from a purely spiritual point of view, there really is no darkness in natural things - *only the Light*. What I mean to say here is whether the energy is “dark” or “light” it is all *“of the Light”*. This is because all things in nature spring from the Light. In the interest of discussion, however, and the breaking down of nature’s integral parts, let us look for, and identify, those things that, as human beings, we might perceive as “light” and also those things that we might perceive as “dark”.

The Light is easy to identify for all anyone need do is open their eyes and gaze upon the majesty of the natural world in all of its immense beauty, richness, and wonderment. When we experience the

lush green rolling hills that adorn our landscape, the sweetness of the summer breeze, the delicate fine beauty written in the changing colours of the trees in Autumn, the wisdom that is found in Mother Nature as the seasons close in winter allowing life to rest and gather strength for the spring; the subtleties of life's energetic wheel forever turning to make a-new; the heart-felt warmth of life regenerating in the spring, and then the long anticipated bloom back into summer; the changing landscape along with the cycles recognised and adhered to by all of the natural world and the wildlife therein, and the perfect symmetry that is found amongst these systems of natural balance, are all *obviously* of the "Light".

When we talk of darkness in nature, however, we tend to focus on events that, from our perspective, "appear" destructive; those events that *take* life rather than *give* life. In fact, the whole subject of

death could be considered a dark one, although, viewed on a broader scale, taking into account the higher levels (the Blessed Realms) physical death is seen as a transformative cycle into a pure higher vibration energy, and in spiritual terms we very simply call this higher energy "*Light*". So we can conclude that even the transformative process of physical death can be understood as a process of Light. Just as the Autumn leaves fall from their branches, their substance returns to the source on the warmth of the gentlest Divine breeze. At the risk of repeating myself I will reiterate that, this being the case, we can still view certain elements of nature as *dark*. I feel it is important, though, to understand that the darkness found in nature is carefully balanced against the Light and this whole system of balance can be felt as being of the Divine.

Let's try to simplify this - another example of balance regarding light and dark in nature is found

in the rotating of the Earth on its axis bathing the planet with equal amounts of sun and granting rest and healing through the night. Everything that exists on planet Earth relies on this daily cycle and the balance that surfaces from this cycle. This is a clear example of Divine balance that relies on natural darkness just as much as it relies on Light. Consider the buzzard that catches its prey and only takes that which it needs in order to live and thrive. Those animals lower on the food chain find a balance amongst their species regardless, and very often *because* of the predator. Like water finding its own level, the forces of natural light and dark find a balance within the whole system and work to balance the energetic forces throughout the whole of the natural world.

Unnatural Darkness

And so we can clearly see there is such a thing as “natural” darkness - as natural as the night following dusk, bringing much needed peace and rest after the action of the day; and this completes a “Yin and Yang” energy pattern on a global scale every 24 hours. So what is “unnatural” darkness? We know it must exist due to the present state of the world and the dystopia the world is fast becoming. The darkness that causes us to tilt away from Divine balance and encourages a chaotic system rather than one of equilibrium is “*the darkness of man*”. Put plainly – this kind of darkness is generated by the improper use of man’s “free will”. If man were to observe the natural cycles of Mother Nature and stay within the boundaries of his limitations then balance of the greater whole would be continuously maintained. Unfortunately

though, man's drives tend to be selfish or greedy and nearly always unwise. These selfish drives turn into darkness and this darkness is not of the natural world at all. Unlike the darkness found in nature that mixes with Light, interacts with it and establishes uniform harmony, the darkness of man does not mix with the greater whole. Instead, it creates an out of kilter effect that spirals ever downwards pulling in the natural world and ultimately destroying it. This kind of energy does not mix with Light, it simply consumes it and does not give back. There is no balance to be found in man's darkness, no wisdom, no Light. It cannot be reasoned with and a compromise cannot be struck. This kind of darkness does not respect, care for, or even acknowledge the greater whole or the natural world around us. Modern man tends to view the natural world as a bonus rather than a necessity. It is true that mankind could live or, rather, *exist*

whilst being separate from the natural world but in any scenario with this set of parameters his spirit would die. In time this would lead to serious mortal trouble for the physical cannot remain healthy in “body and mind” without the spirit of man being present. In time, if mankind was separate from Mother Nature the human organism would become sterile and unable to reproduce. The darkness of man does not blend with Light as night following day but instead should be thought of as previously described - as “*oil and water*”. No amount of mixing will blend the two together. This kind of darkness has no place in natural creation. Man’s darkness will inevitably lead to the destruction of Mother Nature and the Divine spirit within the human race.

There should be no mistaking the difference between *natural darkness* and *the darkness of man*. Once these two separate entities have been explained it should be entirely obvious that they

should never be classed as the same thing. Bottom line - natural darkness mixes with Light and unnatural darkness does not. Put yet another way there is good darkness (as found in nature) and bad darkness (as found in man's improper actions) - natural darkness comes from God - unnatural darkness comes from man.

Although the mystic will work with natural Light and dark alike, they will never attempt to work with *unnatural* darkness for there can be no fruit from such interaction. There are those that do attempt to work with this bad darkness on an energetic level but they are allowing their ego to lead and are unwise to do so.

Those of the Light do not attempt to mix with those of the dark. The darkness in man feels like an empty bottomless pit that attempts to suck Light in. Such people can be felt at a distance by the mystic, and the true mystic will shut themselves down so

that they become spiritually invisible to such persons. To give Light to such people would be like pouring a beautiful liquid rainbow down a dirty filthy drain. Even though there can be felt a concentration of darkness in certain people, the darkness itself is not limited by any restrictions and can move freely from one source of low energy to another. When referring to this bad energy on a large scale it can be viewed as a powerful enemy of the Light, or as I sometimes refer to it "*The Dark Knight of the Soulless*".

The Dark Knight could be referred to as the Devil in Christian teachings and goes under countless other names throughout spiritual and religious teachings. The Dark Knight is responsible for all religious prejudice and has caused all conflict and all war throughout history.

Discernment is Heart-felt

Within the whole sphere of spiritual and religious understanding, the only way to be sure of that which is Light and that which is dark, when considering the subtleties of various deceptive dark energies, is to use the *heart* in which to feel. I had to disagree with a certain religious group not so long ago - and I choose to use the word *religious* rather than spiritual - when they argued that the heart of man is too easily corrupted and so to feel with the heart at the expense of the mind is to be spiritually lost. I put forward my experiences on this subject in order to give them food for thought. I told the group that even though the heart of man is easily corrupted, and is full of mortal weakness, the heart *naturally* speaks the language of God whereas the mind can be coerced down an incorrect path - as with brainwashing. There should be a distinction

made between those who follow physical desire and lustful ways and those who follow their heart and pure ways. The two things are very different. *Whoever feels the kingdom of Heaven within their heart is identifying with the Divine heart rather than the flawed heart of mortal man.*

I also tried my best to explain that if we attempt to find our way, through the *mind* alone, then we are entirely open to the deception of illusion. The mind can be tricked and conned by clever misinformation but the heart has the ability to cut through such deception. If we presume to live and experience life solely through mental means then we are living a one dimensional life surrounded by the illusions of man - and we will lack the empathic tools of the heart to know what is right and what is wrong.

The response from the group leader was to point out that to give up our mind to our heart and our

emotions is to give up our gift of free-will. To which I replied – “To let go and to *feel* first and *think* second is not to give up our gift of free-will for the mind and the strength of our mind has nothing to do with free-will. For example - a person might choose a certain course or direction in their life, they might know it is the correct direction to take, and they may have more than one opportunity to pursue this direction but they may lack the mental strength to make it so. It requires conviction of the heart to do anything in the world that is of worth. To use the heart first and the mind second is to lead a compassionate life that is full of worth - that is all.” The meeting came to an abrupt end shortly after due to insufficient counter argument from the group leader.

This was a minor altercation but it shows how readily a group of enthusiasts will single out and attempt to demonise one particular way - even the

wise ways - and the Dark Knight is at work in such confusion. I believe I finished the discussion by saying - if you can feel darkness with your heart then you can identify it and defeat it, but if only the mind is used to try and understand such things then you will be defeated time and time again for the Darkness that exists in the world is far cleverer than man.

*If you can feel darkness
with your heart
then you can identify it
and defeat it.*

*Do not dwell on that
which is wrong
but rejoice in the truth...*

*The Divine is the truth
and The Path is the Light.*

The Key to a Blessed Life

"Feeling" through the pure connections of the Divine heart is the process at the core of spirituality. We must stay grounded as we work and show our respect for Divine energy. Being grounded means being able to make sense, with our minds, that which our hearts feel. The purity of Divine sensation is experienced within the heart but can be reflected off the mirror of the mind in perfect clarity in order to help others reach a point of Divine sensation. If we do not feel these things then we cannot help guide others towards such things. Institutions that lean on only the intellect in which to understand Divine revelation are attempting to lead blindly. They are in fact the blind leading the blind. The human mind is a powerful engine of understanding but will not, and cannot know God - mankind's mental understanding cannot bridge the

gulf between earthly things and Divine things. The *heart*, however, *can* bridge this gulf, for the Divine has placed in each man's heart the key to eternity - *the key to Heaven*. All that's ever required is for each of us to reach inwards with faith and unlock the doors to an eternal life.

"Feeling" is everything.

*To "feel" is to
show the Universe
that you are ready to serve...*

*Many Blessings for the New Year,
Johnny David.*