

## **12-4-16 Readings: Holy Light**

Excerpts from *Light is a Living Spirit*, by Omraan Mikhael Aivanhov © 1983, 1986, 2009  
(with gender-neutral language adapted by Patsy Fine)

### **Chapter One – Light: The Essence of Creation** (excerpts)

Have you ever realized that fire is visible only if it is accompanied by light? This is because light is the matter by means of which fire manifests itself. And if we transpose this image onto a higher place we find that light is the substance, which emanated from God, the primordial Fire, at the beginning of the world, when God said, ‘*Let there be light.*’ It is this Light, which St John, in the Prologue to his *Gospel*, calls the ‘*Word*’: ‘*In the beginning was the Word, and the Word was with God, and the Word was God... All things were made through God...*’ Light is the Word uttered by the Creator and by means of this Light God created the world.

The physical world as we know it, is simply the condensation of the primordial Light. God, the active principle, emitted Light and used that Light as the raw material out of which God created the universe. And it is here that one gets a first glimpse of the two principles, masculine and feminine, which are at the origin of the created universe. God, the primordial Fire, the masculine principle, drew from within Godself and project outwards from the feminine principle, Light, the matter with which God created.

We are told that God created the world out of nothing. If we understand by that that God used nothing from outside Godself, then this is true, and it is this that is so difficult to understand, for we human beings can create only by using materials and tools which are not ourselves. The truth is that it is not possible to create something out of nothing; to say that God created out of nothing simply means that God drew the raw materials of creation from Godself. The universe, therefore, is God’s very own substance; it came from God, it has become exterior to God, and yet it is still God. . . . One day, even scientist will discover that light is the primordial matter from which the universe was created, and if humans learn how to set about it, they too will be able to create, like God.

According to the *Book of Genesis*, the very first event in the world was the creation of Light. God said, ‘*Let there be light*’. But what was light? In Bulgarian there are two different words for light, *svetlina* and *videlina*. *Svetlina* designates physical light and has the same root as the verb which means ‘to shine’, whereas *videlina* designates spiritual light and is formed from the root of the verb which means ‘to see’. *Videlina* is the light which enables us to see the spiritual, invisible world; it was *videlina* that was condensed into material form and gave us *svetlina*, physical light. . . .

The light that we receive from the sun is not the Light of that first day of creation of which Genesis speaks. Beyond the visible sun is the invisible, dark Sun, which pours a ceaseless stream of energies into our visible sun, and the visible sun transforms them and sends them on in the form of light. The light that we see is not that which God created on the first day, when God said, ‘*Let there be light*’. The light that we see came later. The first sun emitted the primordial Light, *vidlina*, which the visible sun transforms and sends out as rays of visible light (*svetlina*).

*Videlina*, true Light, only lights up objects that cross its path; if it encounters no obstacle it remains invisible. **The presence of true Light, then, is revealed by the obstacles in its path.** [In bold for emphasis – Patsy]

In the beginning was *videlina*, that first movement within the spirit of God which manifested itself by blazing forth, radiating from the center to the periphery; that first movement outwards from within. Before creating, God encompassed Godself in a circle of light, which we may call God’s aura. The limits of this circle were to become the limits of the universe and once they were established God projected into the luminous circle of *videlina*, God’s aura, images, which then crystallized and took on material form, and in this way *videlina* supplied the matter of creation. And when St John says, at the beginning of his *Gospel*, ‘*In the beginning was the Word, and the Word was with God, and the Word was God*’, ‘*the Word was with God*’ means that nothing was created without the participation of *videlina*, God’s aura. The divine Word is Light. . . .

When God created this great luminous circle God impregnated it with God’s own essence. Trees, plants, animals and humans were all, at one time, images floating in God’s aura. Everything that exists, exists in the

aura of God. As St Paul puts it: *'In God we live and move and have our being.'* We are all immersed in God's aura; it permeates and pervades every particle and fiber of our being. Meditate every day on the power of *videlina*, that living Light that is the primordial element of all creation. . . .

Light is matter in its subtlest, most tenuous form, and what we call matter is simply highly condensed, concentrated light. In every zone and region of the universe, therefore, we have the same fundamental matter – or the same light – in varying degrees of condensation or subtlety. Every that exists on earth in a solid, condensed state, exists also on the etheric plane in a more refined purer form. And this is the whole point of our spiritual work: to learn how to find all the things we need in that subtler, finer state which most nearly resembles their primordial state.

When we go to watch the sun rising in the morning, this is what we are doing: nourishing ourselves with the purest of all foods, light. When Jesus said, *'Blessed are those who hunger and thirst...'* he was not thinking of physical hunger and thirst. He was speaking of the hunger and thirst for truth, wisdom, justice and freedom, of that ultimate hunger and thirst, which ask only for fire and light.

The soul hungers and the spirit thirsts. The soul consumes fire and the spirit light. Fire is a masculine principle and the soul is feminine, and every being is nourished by its complementary element. The soul yearns for a positive, active dynamic principle: it feeds on fire. The spirit, on the other hand, is masculine; it needs the feminine principle, so it drinks light. And just as the masculine principle engenders the feminine principle, so fire engenders light. Light is a manifestation, an emanation of fire. When you light a fire it produces light, and the purer the fuel of that fire, the purer and subtler the light it produces.

Light is the raiment of fire and this is why light is always associated with matter. In the sublime regions on high, light is related to matter and fire to the spirit. This is why God, the primordial fire, first created [transmuted a part of Godself into] Light, and Light then created the world; nothing that was made was made without Light. Every time you light a fire, the story of the creation of the world is being re-enacted before your eyes.

## **Chapter Two: "The Sun's Rays, Their Nature and Activity" (excerpts)**

The source of visible light is the sun.... Sunbeams do not arrive on earth empty-handed: wherever they go throughout space, they take with them all the elements necessary to the life and growth of plants, animals and humans, but they also convey many much subtler elements that we can use to further our spiritual development. . . .

[The] circulation of the sun's rays in space finds its replica in humans.... The circulation of the blood in the veins and arteries of our bodies is simply a reflection of the circulation of sunlight in space. For the solar system is a body: the sun is the heart and the light is the blood, which this heart pumps out to the members and organs of the body for their nourishment.... Each ray of sunshine is a source of energy....But the energy contained in sunlight is not purely utilitarian: Light is a living Spirit which comes from the sun and which establishes a direct relationship with our own spirit. When a ray of sunshine strikes an object, whatever it may be, it gives it something.... In animals, the sun's rays are transformed not only into vitality, but also into a form of sensitivity....In humans, the sun's rays are transformed into intelligence, for it is only in humans that light finds a host sufficiently receptive to enable it to manifest itself as thought. The spirit, which speaks through the mouths of humans, is an emanation of solar light. It is light that thinks, speaks, sings and creates, and as it gradually clears a passage for itself within the human soul, light is reflected in the form of intelligence, love, beauty, nobility and strength.

The sun's rays are the only things that are capable of sustaining, nourishing and increasing the flow of life in humans, but we have to learn to absorb them. If we open ourselves wholeheartedly to the action of the sun's rays we will feel that they begin to work for our regeneration and resurrection. If we want really to sense the power of the sun's rays to feel the full force of their purity and their godliness, we must continually prepare ourselves in advance, every day, for our encounter with them.... Everything we need is there in the sun's rays.... We must organize our lives in such a way that light plays an increasingly large part in us. But, more

important still, we must become constantly aware that it is already present in all created things, and in this way we will be in a position to benefit from it more fully. If we are conscious of the fact that cereals, fruit and vegetables we eat are a condensed form of the sunlight to which they were exposed as they were growing, we will be creating the ideal physiological conditions for those rays to be absorbed and diffused throughout our bodies. If we breathe, convinced that with every breath we are drawing light into ourselves, we will be preparing ourselves to receive that other light, the Light from heaven, the Spirit of God. We must not forget that the visible light of the sun is only the most material form of light. Above and beyond the light we see, are other, subtler forms of light, which, if we know how to make contact with them, can bring us the gift of eternal life.

In the morning, when you contemplate the rising sun, remember that those rays of light are living creatures who can help you solve all the problems of the day ahead. But only that day's problems, not those of the next day or the day after! The next day you must go and seek their advice again and, once again, only for a day at a time.... After all, you eat every day, don't you? Today you eat for today, and tomorrow you will eat for tomorrow. And it should be the same thing with light, for light is a food, which we must absorb and digest every single day so that it can become thoughts, feelings and inspirations within us. Light, like food, has to nourish us every single day.... You imagine that you are drinking the sun! Instead of just looking at it and breathing it in, you eat and drink it, thinking all the time of the light that is spreading through all the cells of your organs to strengthen, vivify and purify them. ...

Throughout the ages, initiatic science has always considered the physical sun as the sign and symbol of the true spiritual sun, Center of universal Knowledge and universal Power, manifested in the seven rays of light. This is why, if you want my advice, you must leave everything else to one side and devote all your attention to the study of the sun's rays. I tell you, no one on earth, not even the greatest scientist or the greatest genius, is as intelligent as a ray of sunlight!

So concentrate on the sun's rays: long for them, seek them out, love and cherish them, open up your hearts to them, and you will begin to understand the meaning of creation; your own lives will become creative, meaningful and full of wonder and fulfillment. There are spiritual beings dwelling in each ray of sunshine and they manifest themselves differently according to the different colors: red, blue, green, yellow and so on. This is why it is so important for a disciple to learn to work with light.

#### References for Chapters 1 and 2 of *Light is a Living Spirit*

'Let there be light' – *Genesis 1:30*

'In the beginning was the Word' – *John 1:1*

'In God we live and move and have our being' – *The Acts of the Apostles 17:28*

'Blessed are those who hunger and thirst' – *Matthew 5:6*

*Angels and other Mysteries of the Tree of Life*, Izvor Collection #236, Chapter 6, 'Ain Soph Aur, unlimited light' and Chapt 8: 'When god drew a circle on the face of the deep'; Chapter 11: The body of Adam Kadmon.

*The Splendour of Tiphareth – The Yoga of the Sun*, Complete Works, vol. 10, Chap. 1: 'All that exists on earth exists etherically in the sun'; chap. 2: 'Obtaining etheric elements from the sun.'

*The Mysteries of Fire and Water*, Izvor Collection #232, Chap. 14: 'How to light and tend fire.'

*The Yoga of Nutrition*, Izvor Collection # 204, Chapter 3: 'Food, a love-letter from God.'

*Respiration – Spiritual Dimensions and Practical Applications*, Brochure #303.