

Light Quotient

In spiritual parlance, there is discussion about building one's Light Body or increasing one's Light Quotient. But, what does it mean - carrying a torch around with you the whole time you are incarnated on this earth?

No, of course not. The building of the Light Body has a much deeper and more profound meaning.

However, before we discuss the esoteric meaning, it is necessary to appreciate that in every moment, in every day, you are either increasing or decreasing your Light quotient. With each thought, action and deed you are affecting the amount of light you have within your body systems; Physical, Emotion, Mental and Spiritual.

If you keep your thoughts directed to the Light, you will be increasing your Light quotient. That doesn't mean just having 'Happy thoughts'. For, directing your thoughts to the Light means appreciating that any event, whether appearing to be positive or negative, is just another episode in life - neither good nor bad. Likewise, when something that could be perceived as 'bad' happens and you go into 'victim mode' and negativity, you are doing the equivalent of 'switching off the light'.

So, keeping the thoughts and mind 'steady on the light' requires that you take charge of your life and accept that you are responsible for what you create ... or not. Truly understanding this will change your life as you become more aware of your thought patterns. Am I negative or positive? Do I have respect for other people or do I use their misery to help my own self-esteem? If you are vigilant about what you are thinking it becomes pretty clear whether you are switching on the light or switching it off - or even, taking out the light bulb.

What is this amazing light and where does it come from? Within the Earth Chain and each subsequent reincarnation on this planet as humans, our light comes from our Monadic aspect, the Highest Part of us, the first Principle of the human. Within each incarnation we are linked to this aspect of ourselves through the antakanara (silver cord) and the size and quality of the cord is governed by the volume and quantity of light that reaches us. This volume and quantity of light is dependent on whether we live a very material, purely physical life with little love or limited compassion (not a lot of light reaches us), or if we are caring people, also living a very earthly life, but not just a life of selfishness and 'me,me,me'. The light is infinite and never stops flowing to the 'Children of the most high' (*Psalm 82 - King James Bible*) - what makes the difference is the amount we are able to receive.

Try this metaphor:

You decide that you want to only eat good food and no longer fill yourself with rubbish. so you embark on a diet of only good stuff, but within a day of this 'new you', the headaches start, as the biological body rebels and craves the toxins that it is used to. The cravings drive you nuts as you find your mouth watering with every bar of chocolate that you see. Indeed, most people within a short period of time declare 'living good' is too painful/difficult and they soon lapse back into the old patterns and the body succumb to the will of the human - never really getting the chance to 'feel' good.

So it is with the light quotient:

You decide you want to up your light quotient, which means you have to start being more compassionate and stop being negative with thought, word or deed. The morning goes well, but you are late for an interview and someone calls and they need your help. You may still be in 'light quotient mode' and help them but you miss your interview and the opportunity it may have offered and you spend the rest of the day trying to curb the negative thoughts of resentment. It really is quite hard work and maybe by the end of a day, or at the most two, you have given in and decided to once again look out for yourself and to hell with the rest.

No need to feel guilty, it is just the way it is. That is the way of humanity, which may be one of the reason the planet and the humans are having such a hard time of it. In this day and age it is really hard to be all loving and compassionate and one can only admire those that gave up everything to help others: in the present day - Mother Theresa and in days past - Yeshua ben Joseph (Jesus).

The light quotient is not really concerned with the flesh and blood human, that is only one small part of our reality. In the deeper teachings, it is understood that we all work within a 4-body system: Physical, Emotional. Mental and Spiritual. Each one is linked to the other and the light quotient has to transform each of these body systems in different ways. There are a number of methods to build your light quotient and it can become very complicated, but for this article lets keep it simple.

Physical Body - living a life of moderation with respect and care for the physical body and all the organs

Emotional Body - being truthful and working to clear what caused your negative patterns of thought. Or, even more relevant, starting to recognise these negative patterns with no judgement and really trying to clear them.

Mental Body - just being aware of your thoughts. The mental body, referred to as the 5th Principle of Man called Manas, has a higher and lower aspect. The higher aspect is connected to the Divine part of us, the Higher Soul. The lower part is connected to the grosser thought patterns of the human, the need to judge, gossip, lie and think evil of others. 'Lower Manas' indulges in the negative thought patterns that can dominate our life.

Spiritual Body - the best way to work with the spiritual is to connect to it and this is only possible if we move from selfishness to selflessness and this is only possible if we start to do our own work through meditation and trust and faith in the Higher Angels and Beings.

Trying to work through these 4 -body systems is a full-time job and it can take many, many lifetimes to start to have an effect and for the light quotient or light body to be sufficiently bright that the spiritual path is clear. However, by just becoming aware of the aspect of a Light Body and also knowing the basic steps that are required for you to increase your quotient, can save lifetimes of work. But, it does require discipline and hard work and if you stop at the first hurdle then you are stopping building your light body and that just means that you are making the rest of this life and the next life just a little bit tougher.

As the light body is directly linked to all your body systems; inner and outer, this directly affects how you live your life and the connection you have to your Higher Soul. The less light you can access the darker will be all your body systems. This can lead to a very dark and troubled life.

"As above so below; as below so above;
as within so without; as without so within."

Wisdom of the ancient philosopher, Hermes Trismegistus.

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