

The Seven Steps of the Path of Light

The casual spiritual seeker is often confronted with a bewildering amount of terms and goals which she should strive towards. Ofcourse each method presents itself as a panacea for all spiritual troubles making it harder for the seeker to find what she is looking for. The system outlined below has been used for many centuries in esoteric groups throughout europe and asia. I was introduced to this system when I myself was bewildered and directionless and it has been a valuable roadmap to me on my path of spiritual development. It is my hope that you will benefit from the insights it offers as much as I have.

The system postulates that our universe, which is separated from other universes, can be modelled as a step pyramid with seven tiers. Each tier represents a different layer of awareness. Each tier is a separate cosmos. Although each cosmos is separated from the others we exist in multiple cosmosses at the same time, but are generally unaware of the higher cosmosses until we reach a high enough level of development or through the aid of a psychoactive substance. Although the cosmosses are separated from eachother events in one cosmos will cause changes in another, but this is not a direct relationship. To understand this think of a cosmos as the surface of the earth on which we live. Events in a higher cosmos, the sun, moon and weather will have an influence on the beings restricted to the surface. Unless we develop ourselves we will never reach the clouds, planets or stars, but we can feel their influence none the less. In a similar way beings and events in higher cosmosses, such as spirits, deities and angels can change the conditions in our cosmos and affect us, while not being here or part of our cosmos.

While each tier is different the transition is gradual so there are no clearly defined borders. As we progress spiritually we will be able to expand our consciousness to farther and farther realms. So even though the structure of our universe may be modeled as a step pyramid, our personal consciousness may be shaped quite differently depending on how we direct our efforts. It is generally advisable however to develop in line with the structure of the universe because power in higher cosmosses without understanding of the effects of this power on lower levels can cause undesired results. There are however three important thresholds which have to be crossed if we seek to expand our consciousness beyond them.

The first threshold gives us access to the bottom three cosmosses. The first threshold is defined by the 'death of the ego'. As long as we are controlled by our ego, we are controlled by our self-preservation instincts. These include sex, power, wealth, status, security and while all these things are by themselves desirable too much focus on them will hamper our spiritual ascention. The problem is that they focus our attention towards the physical world, which is our tool for creating or finding these things. But if all your attention is absorbed by a struggle for limited resources we become slaves to our position and possessions and they will dictate our thoughts and actions. To cross the first threshold the ego has to submit to the spirit and decide to cooperate with it. You have to learn to listen to your spirit and not allow it's voice to be drowned out by your thoughts, emotions and instincts.

The bottom tier is the physical world, including the etherical realm which contains the life force. Here we need to build a foundation for growth. Lower energies and impulses will always push out higher impulses. Just like pain can distract from emotion and emotion can disable thought the impulses from the lower tiers can prevent us from noticing higher tiers. So to be able to grow we need to have a strong, unobstructed life force to fuel our transformation and allow us more deep experiences. Also we need either to change ourselves or our surroundings so they will not distract us from making contact with the higher tiers of our universe.

The second tier is called the astral plane. This is where we dream and exist before or after we have a

physical body. It is in this place that the essence of our personality and emotions exists. The astral plane is also the meeting place in which beings from higher tiers create projections of themselves in order to communicate with humanity. Here we can also learn to communicate with our spirit guides and with the spirits which have a different kind of consciousness than humans, such as animals, plants, stones and even spirits of nature itself.

The third tier is called the collective consciousness, sometimes also referred to as the akasha chronicles. Once we learn to disidentify with who we are in our current incarnation we can merge better with the collective of which we are but a manifestation. By doing so you can begin to understand the role humanity has to play in regards to other collectives and what role you have chosen to play within the mission of the human race. While it is possible for every human to reach this level of awareness the percentage of people who realize their purpose on earth is still quite small at present. For the human race to reach its full potential this percentage will need to become much higher. At the moment many humans still waste their lives wandering around aimlessly or trapped by their ego's. It is hoped that over time more and more incarnated humans will be able to reach this state of awareness so we may eventually become a blessing to all other beings.

The second threshold, which gives access to the fourth and fifth tier, is called the 'death of form'. To be able to pass into the higher tiers one needs to cease associating and thereby limiting one's essence with something which has a form. The higher tiers are not localized so they do not pertain only to our planet or solar system, but to the universe in general. Unless we are able to change our focus and scope, losing ourselves and thereby realizing we are but a minuscule part of something greater, we cannot interact with these tiers directly. To have a fruitful life it is not necessary to rise above the third tier.

The fourth tier is home to the forces which we relate to as elements, planets and deities in order of rising complexity. These essences are the building blocks and driving forces which manifest and transmute the cosmoses of form. We ourselves are but a crystallization of these energies resulting in principles such as equality, freedom, brotherhood and compassion or their opposites if we lack the impulses from the higher tiers.

The fifth tier is the place where our soul resides. Reaching this level of consciousness is associated with a sense of liberation of the self. Realizing that all other sensations and manifestations are impermanent. This is the layer in which both personal and cosmic enlightenment can be experienced.

The third and final threshold is called the 'death of will'. On the fifth tier we are free of anything, but not free from ourselves, our own souls. To cross the third threshold we need to give up the very essence of our being and be willing to allow it to return to the Source. We need to stop following our own will and maintaining our own being, but rather to follow the will and serve the manifestation of the Creator or Source.

The sixth tier is where the essences exist which are manifesting the Source. Although the word angel only means a messenger, many people have come to associate unfallen angels with essences from the sixth tier. Beings which exist as direct manifestations of the plan of the Creator. Beings which are given a purpose by some higher authority and have no will or desires of their own.

The seventh and topmost tier of our universe is reserved for essences and beings which are in harmonious unity with the Creator and are not called upon to manifest themselves.