



The Secret of Light - Crazy Heart Wisdom

“May each of us discover and find our unique way, and may the world find peace and wholeness. Om Tat Sat! May we be that!”

by Robert Thibodeau of Mayflower

(Editor's Note: Robert Thibodeau is the highly regarded, long-time owner of one of the country's great metaphysical bookstores, Mayflower Bookshop, in Berkley, Michigan. He is also an organic backyard gardener, spiritual researcher, author, and a folk rock 'singer-songwriter' with 2 new cds just released: 'Wonderland, Songs of the Wild Midwest' and 'Second Chance Moons, Songs of the Wild Midwest of the Heart'.)

**“May the rains of lava, blazing stones and weapons
From now on become a rain of flowers,
And may all battling with weapons
From now on be a playful exchange of flowers.”**

-Shantideva, A Guide to a Bodhisattva's Life, 10:9.

It is a Promethean task to wish that all beings find happiness and the wisdom knowledge of the causes of happiness. This is and was the goal of all sages in all ages, to awaken the compassion mind, to awaken the mind light of the spirit self, to awaken co-creativity with the whole of earth, even the future destiny of the world. To participate and be interactive, co-conversant with all the world in freedom and loving kindness, wisdom and compassion, truth and love has always been the highest goal. What happened?!? Maybe Halloween and winter have it right. Maybe the secret is in the dark time, the dark space/time, silence and emptiness.

“The people who sat in darkness saw great light; and to them which sat in the region and shadow of death, light is sprung up.”

-Gospel of Matthew, 4:16

Metaphysically speaking, darkness comes first, then light. It's more than my goddess gave birth to your god. It's more like, how can we converse if there is no silence? Even the gardener knows that, without light, nothing blooms or comes to fruit. But without darkness, nothing germinates, roots, and holds ground. Listening stillness is perhaps selflessness. Open centered emptiness may be the willingness to learn. Silent contemplation and yogic concentration may well be the golden key to unlocking the seven seals or chakras of enlightenment. When we recognize and acknowledge trouble, conflict, and suffering, a compassionate space can be created for compassionate action to arise. Think of the darkness of the garden compost and pulling weeds.

*“In this noisy bright bling world, dark silence is in.
So let's bring on the dark, turn off the light, and wait for the stars.”*

*“After that, it's all about rising and opening to the light.
Making sense, making magic, making wisdom out of this crazy world; that is crazy heart wisdom for sure.”*

“Hello Darkness My Old Friend, I've Come To Talk With You Again...”
-Song 'The Sound of Silence' by Simon and Garfunkel

It's reminiscent of the first rule of yoga from the first book on yoga by Patanjali: 'Listen NOW, YOGA is the ceasing of the modifications or changes of the mind'.

Meditation begins here. In the dark silence, the quiet mind sits still in the heart awaiting the voice of the silence, only then new light emerges, unconditional re-orchestration of the whole life emerges. 'Guru' means from dark to light; you have to get to the dark first. The ancient India Upanishad invocation speaks:

**Lead me from the unreal to the Real;
Lead me from darkness to Light;**

Lead me from death to Immortality.

Have we been going the wrong way all this time? Looking forever for light and love when in darkness of night every garden dreams better futures? In the Gnostic Gospel of *Pistis Sophia*, Jesus reveals to his disciples, "the mysteries of the Light of the Father," and tells them: "Do ye seek after these mysteries? No mystery is more excellent than they which shall bring your souls unto the Light of Lights, unto the place of Truth and goodness, unto the place where is neither male nor female, nor form, but Light everlasting". Many sacred scriptures speak of darkness or ignorance alchemically transforming into the light of love and wisdom. 'Dark Night of the Soul' is one.

Or is it an injunction to transcend opposites? Carl Jung's evocative title to his great work,

'The Mysterium Coniunctionis: An Inquiry into the Separation and Synthesis of Psychic Opposites in Alchemy'. Think of it as the mysterious conjunction of the sun and moon, inner and outer, spirit and matter, purusha-prakriti. Jung knew the secret processes of alchemy, yoga, and healing. First you separate the gross, dark matter, prima materia, from the subtle body; then purify; then a re-uniting or communion takes place at a higher level.

Goethe speaks in Faust:
**“Wedded couples seeking bliss
Let this wisdom guide you;
The recipe for love is this,
that first we must divide you.”**



Patanjali's Yoga Aphorisms calls for a ceasefire, a quieting and silencing of the mind.

This first step in yoga is to stop 'going through changes' and sit still at the center. If full of light, go dark; in stillness, listen. Yes, and if you are too dark, turn on the light of common sense and reason. Look for a new balance. In this noisy bright bling world, dark silence is in. So let's bring on the dark, turn off the light, and wait for the stars.

"In darkness we do all we can, in daylight we're oblivion; our hearts so raw and clear." -Dougie MacLean, 'Turning Away'

The heart is the seat of the soul and throne of true mind. Stopping the noise and chatter of the head-mind and 'world-go-round' is the beginning. Listen to the listening heart for new work, wonders, and powers of 'wish'.

The mind asana of the heart, sitting still in the heart, while observing a spark of starlight at the brow or forehead (*See Robert Thibodeau's cd talk: 'Heart Meditation' or his cd talk 'Divine Yoga Sutras', soon in book form*). Here is an intimate relationship and dance of life. Between head light and the crazy dark wisdom of body, the rainbow appears in the open heart. Many spiritual practices consist of discriminating between the two, purification, and then later, a conversing, re-acquainting, a uniting. There is no need to wait, the time is now. Quick, breathe into your heart, empty everything there and listen!

"With half-closed eyes focused on the tip of the nose, the mind steadily fastened [on its object], and the active prana current of the ida and pingala nadis suspended [by guiding it into the heart's sushumna], thus the yogi reaches the state of realization of Truth in the form of a radiating light which is the source of all things, and the highest objective to be reached. What higher state is there that one might expect?" -Hatha Yoga Pradipika with Tsongkapa's wisdom insight.

It is in the re-creating of heaven (star) and earth (spells heart) that new worlds are born, new opportunities and insights emerge. Breathe in and let go! Winter Solstice, in the cycle of the year, is the deep breath within. It is a journey into the birth of light. Perhaps even the awakening of the old Greek 'Christos', the Solar Logos, the wisdom/love/will of the sun which is a spark awakening in the dark womb of the heart. It is the Festival of Lights, the birth of Krishna, Mithras, Horus, the sun hero.

"On earth as it is in heaven..." -Jesus the Christ, The Our Father

How can one ascend if one hasn't descended yet. All the great ones went down to help those less fortunate. This is why I AM into the descended masters, not the ascended ones. How can one climb the tree unless one's feet are firmly on Malcuth, earth. The way up is the way down sayeth the old Greek philosopher Heraclitus. Only then, from the ground of emptiness, heart, can one then rise.

"Direct your [inner] gaze upon 'light' by slightly raising the eyebrows. Then perform shambhavi mudra as you have learned it. This induces samadhi. Some confuse themselves by the alluring promises of the shastras and tantras, others by the Vedic Karmas, and still others by logic. None of them recognize the real value of this mudra, by the aid of which one can cross the ocean of existence." -Hatha Yoga Pradipika

Until then, crossing, or making the proper passage or 'passover' from head to heart necessitates that you have a head to start with. Seeing the future is seeing the promised land, the heart of wisdom and compassion, the interlaced triangles of spirit and matter, heaven and earth meeting in the heart to birth mindfulness, light, bodhimind, Mana, Spirit-Self (call it what you will). To see, incarnate, manifest such ideal is a first step to root. After that, it's all about rising and opening to the light. Making sense, making magic, making wisdom out of this crazy world; that is crazy heart wisdom for sure.

"He was not that Light, but was sent to bear witness of that Light. That was the true Light, which lighteth every man that cometh into the world." -Gospel of St. John, 1:8.

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P. Blavatsky. The second was the Word, Christos, Logos, Buddhi-Manas, Life Spirit, the love of Dharma or duty. The third was the Holy Spirit, the Spirit-Self of Rudolf Steiner, the Manas of Blavatsky, the light of dharma for the Tibetans. Each of us is the Fourth Way. We are the four-fold initial ordering revealed in the gospel of St. John the Divine, the Four Noble Truths of Buddha, and Steiner's 4 fold Foundation Stone Meditation. It is hidden and revealed everywhere in sacred scripture: open always and all ways to the wisdom eye of the heart. It is the Tetragrammaton, Pythagoras' Tetraktis. It is Plato's cross upon which the World Soul, humankind, is hung, strung, and en-nobled. It is the Native American's four directions, the four Vedas, the four elements. Plato said, circa 500 BC: "The World Soul is crucified in time and space within each individual". Thus, the World Spirit/Soul is rose rooted or rosy crossed in every human heart, in every mindstream continuum. We are spiritual beings with a body and soul. May the physical body find its soul in the world of virtuous merit. May the soul find its light in the Spirit of the World. May the World find itself in each and every Heart awakened in love and truth.

"I am not pushing any particular religion. I think that when the crazy heart wisdom awakens, all the religions make sense. Our job is to put virtuous ideals into our will, our actions. Our job is to willfully think. Our job is to be heart-centered in our going, coming, flowering; in our ability to still listen."

"Words are mere sound and smoke, dimming the heavenly light."
GOETHE, *Faust*

"The terrible truth is, until everything disintegrates, unless one truly meditates, one can't see the light. Let your virtuous deeds melt the world in truth and love."
-Trebore Tau Bodhi

Yoga and Meditation can quiet the mind into the heart of understanding. Here, light and universal word (logos) kiss in the dark. Here, World Word vibrates in the heart of darkness, matter. Spiritual psychic surfers, dharma verb bums in akashic science and arts, write the poetry of eternity on each moment. The voice of the silence reverberates orgasms of insight and future proclivities of art, science, and the religion of street reality, as well as in kings and queens. Here, one cannot err, one always converses with plants, trees, the total environment. Sleep reiterates the spirit verbatim, the resonance, the truth of a love making all meaningful.

There is a worldly materialistic light wherein we see differences and act out of separateness causing unnecessary suffering due to not understanding the true nature of self. The self being the MIND of light and love, wisdom and compassion, always dancing in a mother/father relationship of redeeming the past and birthing the future - here now is crazy heart wisdom. Think as fast as you can, it's always past. Everything one does with the lower third of the body, food/exercise/sex/limbs/metabolic/will, is the future. The heart is NOW, the present; the child of the past and father/mother of the future. Be here now is the power of now.

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There is a light born within the dark that awakens the light of virtue and joy. There is a holy quiet listening spiritual darkness within that can be betrayed by anger, jealousy, hatred, ignorance and delusion. There is a rainbow of possibility open to each of us to explore our own spirituality in freedom and joy. There is an open road, and dharma for limitless joy and compassionate truth. It is each of us waiting in the stillness, the dark, the crazy heart.

May each of us discover and find our unique way, and may the world find peace and wholeness. Om Tat Sat! May we be that!

May the Light of Truth Eternal, whose echo throughout the ages keeps alive each heart, enkindle spiritual imagination and inspiration of the way. May the highest intuitive truths enlighten our mind and quicken our hands and feet, incarnating compassion's loving kindness in this dark world of electric lights. May all beings find joy, happiness and dharma (freedom) mind. May the Light of Truth Eternal, whose echo down the ages keeps alive the spark of Spirit, enkindle our soul minds with spiritual courage and crazy heart wisdom energizing our each unique way to the party. The secret of light is that we make it shine. Be still and know...

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