

# SOME THOUGHTS ON PURIFICATION

-Karun Das

## WHAT IS PURIFICATION, AND WHY IS IT IMPORTANT IN THESE TIMES?

Those of us who are called to the spiritual adventure of this age, are called to first connect with That, with Spirit, in whatever way that our souls call us to do. And in that there is complete freedom – freedom to accept and embrace the soul's leading and guidance, or to follow the promptings of our lower nature. But even when we choose to be led by our higher nature, the old habits and patterns that have been built up over the ages, and over a lifetime, are not that simple to overcome or to bypass. Overcoming by an act of will can only take us so far, and then, like a rubber band that is stretched to its limits, the old habits can come bounding back as if they were never gone. And if we try to bypass these errors and darkness by rising up into the higher levels of mind and spirit, in the end all that is accomplished is that the darker parts only get lulled to sleep, or hidden away, not truly transformed. As a result, we lose the ability to access those parts of ourselves that are cloaked in that darkness, and as it were “throw the baby out with the bathwater.”

Only by taking the time, the effort, and having the true courage that it takes to really face the difficulties and raise them up into the Light and Love of our Divine Source can we truly and finally integrate these lower parts and raise them up into the Wholeness of our higher Selves. This is what we call purification.

And Purification is more essential now than ever before. This is true because the times we are in are those of an intensification of Light in the earth in a manner never seen before in human history. The process of Evolution of Consciousness has been brought forward by the Leaders of the Evolution in such a thorough and profound movement that the entire earth, not just one individual or group, is feeling the pressure of the Light and Consciousness-Force pressing down from the higher realms, which at the same time is oh! so quietly, like the sap in the tree in Spring, rising up through the body of the earth Herself, and pushing all the previously hidden and secret elements of darkness and revolt out of their hiding places and into the light of day, in order that they may be transformed or dissolved in Light.

This is the reason we see such horrors and shameless actions, the rising of the sub-human, anti-progressive movements and pure Falsehood that we never thought would be repeated in our lifetimes. These are the darkest elements in our collective human nature that resist the Light, resist the transformation of human consciousness into Divine Consciousness, the elements that normally remain hidden when the Light of the Spirit is abroad, waiting their turn to come back out and re-infest our lives with their unclean natures. But now they are being forced out into the New Light that brooks no refusal, admits no exceptions, allows none to remain that revolt or resist the expansion into Spiritual Truth and Love.

And in order to be in harmony with this New Light upon the Earth, we need to both open to That which is pressing upon us to emerge into the Light, and be determined to reject all that resists, all that hinders, all that deceives and twists the heart's purity, the mind's wideness, the body's openness to Peace and

transparency. Only in this way can we become aligned with the new Rhythms of the transformational movements in the earth and in ourselves, and truly walk the Sunlit Path.

## THE HOUR OF GOD

[SELECTION]

“...In the Hour of God cleanse thy soul of all self-deceit and hypocrisy and vain self-flattering that thou mayest look straight into thy spirit and hear that which summons it.

All insincerity of nature, once thy defense against the eye of the Master and the light of the ideal, becomes now a gap in thy armor and invites the blow. ...”

Why does it invite the blow? Because in the Hour of God the descending shakti is moving powerfully to accomplish That which has been foreseen, and must clarify and remove all that stands in the way of Her Divine desire.

In addition, at this time in human history the Supramental Consciousness-Force is also ascending through the material basis of matter, insisting on the clarification of the lower creation and thereby forcing into the Light those energies, previously hidden, which seek to block or reverse the evolutionary movement in order that they may be converted or dissolved.

## Guruji-Ma: What is Purification?

What is Purification?”

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...”Purification is a multilevel phenomenon whose domain can involve every aspect of one’s being – physical, mental, emotional, and spiritual. Which aspect will gain prominence in the course of individual experience cannot be determined in advance or by comparison with others. The relationship between the outer self or personality and the soul-self and between the personality and the subconscious or unconscious self is a hidden one for the most part, and so what light will reveal as areas in need of healing or directions for growth and expansion will be unique to each embodied being. What is common to all, however, is the integration that purification furthers, namely, to bring the identity and consciousness of each embodied being into a unity of wholeness within itself and with God. This unity is based on the harmony of love, and no longer contains those inner elements that create separation from the Divine or from one’s true self.

In relation to the inner life, the action of God's light illuminates consciousness and purifies the body where hidden emotions are often held. As a result, attitudes, motivations, and feelings that were formerly concealed are now exposed to the light of awareness, and things one may have suspected about oneself but never perceived clearly are increasingly revealed.

As part of this revelation, the body itself may also begin to release both physical and emotional impurities, often in a way that allows consciousness to know for the first time the intimate connection between the emotional and the physical. The releasing of formerly bound energies in many cases allows one to sense the positive purpose served by a particular physical limitation or symptom, which is often chosen on the soul level prior to incarnating in order to serve one's embodied life.

On the physical level, the intensification of spiritual light causes a separation of energies within the body which allows God's light to be perceived more often and with greater awareness, even while healing is still taking place and unhealed portions of the self are being brought into consciousness.

The physical process of purification is greatly aided by the willingness to care for one's body - to be discerning about the foods that are eaten, the substances that are used to affect energy level or psychological state, the activities that are engaged in. The desire for purity can become a motivating force that transforms one's entire consciousness: diet, physical activity, relationships, the balance between work and rest. As it draws one toward God and the deeper truth of one's inner being, it has the potential for altering an entire life.

On the emotional level, expanding spiritual light brings one from a more surface awareness of thoughts and feelings to a deeper and more refined perception of the emotional energies that influence behavior. Increased awareness has great rewards, but it also carries great responsibilities. It requires disciplined attention to one's feelings and motivations so that a choice can be made regarding which feelings or attitudes one is willing to express, and which need to be contained because they are not in the highest light. The positive benefits of fuller emotional awareness are many. Feeling more allows a deepening of relationships with others, removes the obstacles to greater love, and nourishes and deepens one's relationship with God.

On the mental level, purification discloses the underlying attitudes by which each embodied soul lives. In the presence of greater light there is greater clarity. As a result, thought patterns become more apparent, and whereas before one may have believed one was perceiving 'reality' as it is, it soon becomes apparent that much of what one sees is perceived through 'perceptual filters' – lenses that shape reality according to our inner needs, fears, or desires. These 'filters' were originally created by human beings long ago to serve the purposes of the ego in its protective function. As spiritual reintegration takes place, a true relationship with the Divine begins to replace this ego-function, and that which has served the individual as a mechanism of self-protection or defense is no longer needed or wanted. Sometimes, however, these habitual ego-mechanisms do not let go immediately, and patience is needed while the new ways of relating to God and life are emerging.

Ultimately, purification allows one to become whole within oneself and free, not to be limited by ideas one was taught as a child, nor by fears that are inherited, nor by personal traumas of the past. Each soul has such events in their life and they create limitations which can be removed as the process proceeds.

In the end, what each one becomes through the Divine and holy process of purification is a being of light who is fully aligned with their Divine identity and purpose. This is God's intention for all souls - that each recognize their uniqueness and significance within all of Creation, yet at the same time experience their oneness with others and with life. Such a development of inner wholeness and unity allows the soul to emerge within physical life in a way that has never before been possible. As a result, all of life can now be lived in the oneness of the Divine, ending forever the separation between spirit and matter, and between the outer self and the inner being."

Guruji-Ma