

How to Tell the Difference Between Light and the Mind: A Guide

This guide will help you to see the difference between the experience of light and the mind so that you will know where you are at any given moment. That is, whether you're coming from your essence as light, or from your mind.

I've created the guide based on my own personal experience of enlightenment which I share in the book, *'Return to My Soul: My Journey from Darkness into the Light'*, plus all that I've learnt about spiritual enlightenment from direct experience during the last 20 years.

Light-love

Light is our essence, our true nature. It is what we are.

Other words for light are love, spirit, God, the Divine. It is the non-physical, non-mental, non-emotional part of us.

The light that is our essence can be experienced directly. It can also be experienced as pure awareness, knowledge (ie. knowledge that is inaccessible to the mind), clarity, oneness.

Light, pure awareness, knowledge, clarity, oneness are not separate from each other. They are the same. They are all light.

As light, we are beautiful, peaceful, powerful beings, whole, unchanging, eternal.

The Mind-personal identity

We come into the world as light, but as we grow, we develop a mind.

The mind becomes a 'vehicle' for living in the physical world.

It consists of beliefs, thoughts, emotions and the body. All these parts of the mind are constantly interacting with, and affecting, each other.

Unlike light, which is whole, the mind is divided. The main division of the mind is between opposites. Then, there are further divisions in the form of nuances: the mind sees division, separation, everywhere.

The mind is in constant motion, always moving from one thing to the next. However, what the mind sees is limited. It can only focus on one thing at a time.

While light is infinite, the mind is finite.

There is no good or bad in relation to light and the mind. They are just very different from each other.

Differences in the Experience of Light and the Mind

<u>LIGHT</u>	<u>MIND</u>
<p>Light: white, golden, silver, crystal clear – we don't need to experience the light directly to know it's there. The light is always there because it is our essence, our true nature.</p>	<p>No experience of the light that is our true nature, soul. Unaware of our true nature as soul.</p>
<p>Sense of lightness, airiness, of having no substance at all. Absence of personal identity. No 'I', 'me', 'mine'. Absence of all ideas, beliefs, thoughts, emotions. Unaware of the body. Time and space cease to exist. Nothing exists but awareness.</p>	<p>Feel concrete, solid. Focus on the details of the world around us. Think in terms of a personal identity, of 'I', 'me', 'mine'. Presence of ideas, beliefs, thoughts, emotions, a body, all of which we relate to, live from. We believe this is who we are. Think in terms of time and space. Constantly thinking 'about' something from the past, or 'about' something in the future. Constantly jumping from one thought to the next; thoughts trigger emotions that can influence behaviour. Emotions can also trigger thoughts. External events can also trigger our emotions, and affect our behaviour.</p>
<p>Experience of beauty, peace, power.</p>	<p>Pain, fear, guilt, shame. There are many other emotions, but these four are the most important because they underlie our other emotions. For example, fear lies at the root of jealousy.</p>

<u>LIGHT</u>	<u>MIND</u>
<p>Knowing what is right for us without having to think about it, without being able to explain it, without needing to explain it.</p> <p>An inner knowing that everything is going to be alright, despite any thoughts or worries that we, or others, may have. Inner knowing doesn't change because it is always true. Always knowing this.</p> <p>Grasping a deep truth about something. Free of making interpretations, analysing, scepticism, judgements, assumptions, expectations, drawing of conclusions, criticism.</p>	<p>Difficult to make decisions from the mind. Constantly doubting, questioning, never being sure of what is right or wrong for us.</p> <p>Often interpreting, analysing, being sceptical, judging, making assumptions, having expectations, being critical, drawing conclusions, distrustful.</p> <p>Because the mind is always doubting, questioning, we cannot know what is true from the viewpoint of the mind.</p>
Free to be one's real self.	Can feel held back, restricted, imprisoned. Can feel afraid of being one's real self.
Experience of vastness, expansion.	Feel bound, contained.
Know that we are safe at all times.	Feel unsafe, threatened.
Absence of fear, stress.	Fear, stress.
Experience of being at one with others, with animals, nature, the world around us.	Experience of being a separate individual.
Images (pictures) that suddenly appear to show us something we need to know, for example a warning about something.	Unable to trust what the mind tells us because the mind is always doubting, questioning.
Experience of wholeness. No boundaries. No barriers. Just 'seeing'. Unaware of details (details not important)	See things separately, division eg. right/wrong, good/bad etc. See boundaries, barriers. Get lost in details.
Contentment.	Discontentment. Feeling that there is always something wrong/always something to fear.

<u>LIGHT</u>	<u>MIND</u>
Remain unaffected by external environment, ie. people, events.	Affected by external environment, ie. people, events.
Harmony.	Disharmony.
Inner stillness.	Restless.
Nothing to justify.	Always trying to justify ourselves, our actions.

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I truly hope the guide will be helpful to you.

If you have any questions or comments, send me an email at info@gabriellebergan.com

You can also connect with me on facebook, <https://www.facebook.com/SpiritualEnlightenmentGabrielleBergan/>

I'd love to hear from you!

Warm wishes,
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