

Mystical Oneness:
A Brief Introduction
To the Soul Level

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The Path of Mystical Oneness

Overview

AT THE HIGHEST level, both Mystical Oneness and Spiritual Enlightenment are identical. Both awaken the spiritual seeker to her true nature—pure, undivided, Consciousness. The difference between Oneness and Enlightenment is not in the final realization, it is in the *path* to that realization.

Mystical Oneness versus Non-Mystical Enlightenment

Nondual teachings (Enlightenment or Oneness), tend to fall into two broad categories: Mystical and non-mystical. Mystical teachings recognize a Universal Consciousness and help seekers *merge* with this Divine Intelligence. Non-mystical teachings dismiss the importance of the supernatural aspect of this Consciousness in favor of “pure awareness.”

Practically all of today’s nondual teachers teach the non-mystical version (enlightenment) and practically all of *those* teachings use the path of *contemplation* (inquiry): Who am I? What is real? What is mind?

Additionally, because the goal is to “lose the self,” non-mystical enlightenment is an all or nothing state. You are either enlightened, or you are not. There is no in-between.

The path of Mystical Oneness differs from non-mystical, nondual teachings in three important ways.

Life as a Teacher. Rather than a practice that focuses on contemplation and inquiry, seekers of Mystical Oneness focus almost exclusively on using everyday life to confront their spiritual “knots.” These knots arise when the seeker’s actions come in direct conflict with their spiritual beliefs—conflicts arising almost always as the

result of prior conditioning. Examining these knots in an honest and open manner naturally loosens them.

The mystic *walks* the walk.

Levels of Development. The path of Mystical Oneness is exactly as the name implies: it is a *path*—a series of steps, or *levels*, designed to help the seeker awaken to her true nature. All seekers start at the Mortal Level, leap to the Soul Level, adapt to and stabilize the Soul Level, advance to the Radiant Level, adapt to and stabilize the Radiant Level, and finally, if they choose, advance to, adapt to and stabilize Oneness (enlightenment). Each step requires the seeker to “let go” of a portion of themselves, softening their identity as they go.

The mystic *fades* into Oneness.

Living as a Mystic. The most profound difference between today’s nondual teachings and Mystical Oneness is the recognition of—and the focus on—our divine nature. Throughout history, nearly all enlightened sages mention—though some only in passing—an intelligent, all-knowing, universal consciousness: Tao, God, The Universe, Cosmic Consciousness, Brahman, Presence, Stillness,.... Seekers of Mystical Oneness (mystics)—rather than dismiss Divine Consciousness as just another object in awareness—seek to *merge* their identity with It.

The mystic seeks to *becomes one with* the Divine.

A Summary of the Levels

The Mortal Level: The Mortal believes herself to be a finite, limited being. Having never seriously examined her inevitable death, the Mortal tends to believe that she “ends” at physical death. The Mortal goes to extremes to achieve security, status, power, and comfort. Fear is a subtle and constant emotion underlying much of the Mortal’s life.

The Soul Level: The mystic, having established a strong belief in herself as a Soul, takes a leap of faith and starts to *live* as a Soul. By believing herself to be eternal, she loses the fear of death, and with it, almost all Mortal fears fall away. Additionally, convinced that her lifespan will exceed 10,000, 100,000, or even a million years, the mystic-as-a-Soul transcends the typical problems that plagued her years

as a Mortal.

The Radiant Level: Having lost most of her fears at the Soul level, the mystic surrenders one of her last and most persistent spiritual knots: *Control*. Sensing that some Higher Power stirs within her, the mystic takes another leap of faith and surrenders control of her life to this mysterious Intelligence. As the mystic fades, the Divine grows and the mystic, feeling like a thin outline of her former self, experiences a powerful flowing movement of Love and Light *through* her.

Oneness: If the mystic wishes to continue on—if she wishes to merge completely with the Divine—then she has only to lift away and drop the remaining thin outline of her Radiant self. In dropping that last vestige of her old identity, the mystic and the Divine become united as One. Love and Light flow outward and into herself and she is Whole and she is Separate and she is One and Many all at the same time. The mystic quite simply... *IS*.

The Soul Level

The Mortal Problem

MORTALS ARE PLAGUED with problems: Not enough money, not enough happiness, not enough status, not enough power, not enough recognition, not enough health. *Not enough time.* To Mortals, if you don't win, then you lose and "not enough" is just another way of saying, "I'm losing."

The Mortal is always running out of time. She is always in a hurry. She is always under the gun. Even when she wins, she feels compelled to protect whatever it is she's just won. *Even when she wins she feels like she's losing.*

Why is this? Why is the Mortal so *desperate*?

The Mortal thinks she's only got one shot at being happy. She's only got one life and winning seems to be the only thing that makes her happy, so she puts tremendous pressure on herself to get her act together, fix whatever seems to be broken and start *winning*.

The Mortal believes that Death is the ultimate *end* and *that means* she's only got a limited amount of time to be happy and *that means* she has to take her life seriously... *very seriously*.

There is something wrong here. There is a terrible assumption being made. What if the Mortal's core assumption—that *Death is the end*—is a *false* assumption?

What if we don't die when our bodies die?

What would an eternal life mean to our *happiness*?

What would the recognition of a Soul mean to our *spiritual growth*?

The Feel of the Soul

To live as a Soul is to recognize that you will be alive in five thousand years.

Five thousand years hence you will have the same personality as you have now. You will *feel* just as you feel now. You won't *be* the same person—5000 years from now you will much be wiser—but you'll still feel like *you*.

Extend your life even further. 10,000 years. 100,000 years. A millions years. Eternity.

To live as a Soul makes Death irrelevant.

To live as a Soul makes your life much more *interesting*.

The End of Desperation

To the mystically inclined spiritual seeker, *living* as a Soul has a profound effect on the seeker's quest to become one with the Divine. Living as a Soul *softens* the mystic's identity.

To live as if you are *an eternal and endless being* has the effect of negating many of the problems that plague the Mortal. The overwhelming feeling of *desperation* vanishes because the "time limit" is lifted. Many of the problems that troubled the Mortal lose their *importance* because the mystic realizes that they are based on the *false assumption* that death is the end.

This new viewpoint—this new worldview—has a profound effect on the mystic. Suddenly, almost everything that she felt was important... isn't. Almost everything she knew about herself falls away and with the falling, the mystic's very identity—*who she thinks she is*—is dramatically *lessened*.

Much of what stood between the mystic and her beloved Divine suddenly crumbles and vanishes.

This crumbling, this falling—this *softening*—makes the mystic very happy.

Preparing to Leap

Researching the Soul

IN ORDER TO *live* as a Soul, the seeker must first acquire a firm belief that *she is* a Soul.

To satisfy her mind, the spiritual seeker researches materials which provide evidence that supports the Soul's existence. Her goal is to de-condition her mind's *thoughts about death*—to voluntarily re-program her script which screams, "Death is the end!" to a more Soul-friendly script which promises, "Death is a new beginning."

To help her overcome her conditioning that "death is the end," the student seeks out resources—classes, books, websites, groups—on any of these areas that she feels are necessary to help her re-write her "belief script":

- Reincarnation
- Past life experiences
- Pre-natal memories
- Near death experiences
- Tibetan bardo realms
- Astral Projection

The evidence she seeks need not be incontrovertible, but it does need to be *convincing*—so convincing that her mind starts to *still* concerning the subject of death, and her belief in the Soul starts to *deepen*.

The Fork In the Road

What if her mind is not satisfied with the evidence? What if she is simply *not able* to believe in the Soul?

Without the belief that *life continues on after physical death*—the path of Mystical Oneness is a futile endeavor.

Even though the level of the Soul is a *temporary* level on the path of Mystical Oneness, it is nonetheless a *critical* level. Any student who cannot convince her mind that the Soul is a real and integral part of Life need go no further down this path.

Mystical Oneness *requires* the student to progress along a series of steps: From Mortal to Soul to Radiance to Oneness. There are no shortcuts. No skipping grades. Each level is attained by releasing *identity knots* of the level below. Attempting to skip levels is like trying to go from first grade directly to college. It is simply not effective and doomed to failure.

If the spiritual seeker cannot convince herself that she is a Soul, then Mystical Oneness is not the proper path for her spiritual growth and a less mystically inclined school of enlightenment should be pursued.

Contemplating Death

Research and study are required to satisfy her mind of the reality of the Soul, but to truly understand her resistance to death, the spiritual seeker must take an honest and hard look into her body's inevitable demise. The mystic recognizes that she must not only convince her *mind* of the truth of the Soul... she must convince her *heart*.

Though the path of Mystical Oneness focuses more on *doing* than on *thinking*, this phase of the path requires the mystic to *deeply contemplate* her physical death in order to solidify her belief that *she is a Soul*.

Various meditations are practiced: from imagining a terminal illness, to contemplating her last moments on her death bed, to spending time in a cemetery visualizing the bodies and bones under the graves and reading their headstones. Each practice is designed for one purpose and one purpose only: to make the death experience *feel real*.

Mystical Oneness: A Brief Introduction to the Soul Level

Society views death as heart wrenching and terrible. This conditioning is so great that to even *imagine* our own death is considered taboo. Society has *programmed* our minds so that to even *think* of dying feels disturbingly morbid. The “death practices” above, because of this conditioning, may feel deeply emotional, uncomfortable, and disheartening.

Death is inevitable though, and the spiritual seeker resolves not to avoid this issue. “Death will soon be happening to me. One day soon my body will be dying. One day soon, my body will be dead.”

While focusing on her death, sadness may arise. Regret may arise. Attachment may arise. But if she pushes deeply enough, the contemplation of the *inevitability* of her own bodily death will produce a relaxing, a softening, a surrender. With this surrender, a profound release will be felt and the spiritual seeker will quite suddenly see through the prevalent *clinging* that was so prominent in her *Mortal* life.

When this release is felt—when the pale face of Death has been honestly examined and his visage holds no new terrors for her—the spiritual seeker is ready for the next step on the path of Mystical Oneness.

She is ready to take her Leap of Faith. She is ready to stop living as a *Mortal*... and start living as a *Soul*.

Living as a Soul

The Leap of Faith

THE SPIRITUAL SEEKER, believing herself to be something *more*, recognizes that she is *eternal*. She takes a leap of faith and commits to live her life *authentically*.

She vows that from this point forward she will think of herself as a Soul—she will *live* as a Soul—and she will give her *all* to transcending her antiquated, conditioned, Mortal fears.

The spiritual seeker is no more. She has stopped seeking and started *living*. Death has lost His grip on her and Life has opened Her arms. The seeker has transformed—she has become a *mystic*.

Adapting to the Soul

To her mind, it seems such a simple thing to live life as a Soul, but soon she realizes that what she *thinks* and what she *does* are often at odds.

The path of Mystical Oneness is a path of *practice*. It uses Life to teach us our lessons. The mystic is quickly confronted with her own conditioning and must constantly ask herself, “Why am I *reacting* this way?”

The answer is almost always, *conditioned fear*.

Her Mortal life has left her conditioned—programmed—to be afraid. *What if I get fired? What if he leaves me? What if I get sick? Who will take care of me?* Her conditioning *controls* her actions.

So initially, the mystic uses the challenges in her life as a teacher. When Life presents her with a spiritual “knot”—a tension where her beliefs conflict with her

fears—she treats the situation as if Life Herself is reminding her to live authentically. To live as a Soul.

For many years—as a Mortal—her mind and emotions were saturated with fear. Fear based on the belief that life was short and everything mattered. As a Soul though, life is long and need not be taken too seriously. A simple, Soul-centric question such as “Will this affect me in 5000 years?” acts to help re-program her conditioned fears by putting the issue into perspective. It helps rewrite her conditioned scripts about what is truly important in life.

Unlike the Mortal, the mystic does not try to *solve* her fear-based problems, she simply seeks to *transcend* them—transcend them by seeing them from a much vaster and expansive point of view.

Living as a Soul

As time goes on, as the power of the old Mortal fears fade, the mystic starts to push her boundaries. Since fear holds little power over her, there is little stopping her from living true to her desires. An unrewarding career is left. A new career started. Unhealthy relationships are dropped. Cherished relationships are nurtured. Freedom and Authenticity become her guidelines. Simplicity and Ease become her ways.

The mystic, having fully adapted to life as a Soul, starts to get a sense of her Karma, of *why* she is here on this planet, in this life, at this time. Patterns emerge, synchronic events skyrocket and—maybe for the first time—the mystic begins to feel a sense of clarity and purpose.

As her very being stills, as her identity softens, as each day she fades a little more, the mystic—if she is quiet enough—will begin to discern a subtle *movement* to Life. Behind every sound, within every object, driving every action of every living being and raindrop and cloud, the mystic begins to *sense* something—something *alive*. She starts to sense an *Intelligence* behind it all.