

Unfolding the Inner Light of Consciousness

Let's start with something that is directly observable by anyone who is conscious. It goes like this:

Inner light is the light that illuminates our nighttime dreams. In the dark room, in your bed, you dream and in that dream the inner landscape is illuminated by an inner light that allows you to see the contents of the dream. This is not actual light from the sun or a lamp. Your eyes are closed, the room is dark; the source of the light is within. Just remember a recent dream and this will be self-evident.

From the outside, when physical light strikes your retina, it sends signals into the brain and this triggers this same sort of inner light experience. The physical light is electromagnetic field energy that itself is not luminous or colorful. It seems like light because it stimulates our inner light of awareness.

Awareness is our capacity to have conscious experience. You might notice that it appears to be in union with the inner light. It is as if the inner light and the awareness of it are the same. Through perception, light takes the form of the things around you. When we have cultivated fully experiencing the inner light, everything we see is vivid in this light. The world sparkles with it.

Oddly, the light also seems to act as an agent of magical transformation. Fully open inner light acts to create a completely peaceful inner experience. The subjective field is pacified by the light.

Two Inner Lights

First, there is the light that illuminates your dreams and mental images. It provides the contrast to reveal edges, shadows, dark areas as well as the luminous areas. It can also seem to emanate from inside all objects, mental and physical.

Next there is a more profound light. This light has no shadows or dark spots. It isn't the light that creates pictures in the mind or physical world, it is the light that lies at the base of all conscious experience. It is just the intrinsic luminosity of consciousness.

Both of these can be experienced by careful observation.

Plunge Meditation on Light

To understand the one-minute Plunge Meditation, read [OM Plunge v6.4.pdf](#). You can download it from sandoth.com/Share.htm.

The Inner Light Plunge Meditation is as follows: Close your eyes and find the light that illuminates mental pictures and check it out completely. You might just view a mental picture (or several mental pictures) and notice the inner light that illuminates them. Focus more on the light than what it illuminates. Notice that light is internal to the mind. Do that for one minute.

Inner Light Dyad

The Inner Light Dyad deepens any experience you may have gotten doing the Plunge Meditation. The dyad is as follows:

“Tell me where the inner light of awareness comes from.”

To benefit from this dyad, you must focus on the experience of inner light with an openness to the source of inner light. Note, though, that this is not an intellectual or speculative process. Leave the discursive and logical mind out of it, or at least keep it as a much lesser part of the process compared with experiencing inner light directly.

Just open to a conscious experience of inner light and see what it says to you. Explore.