

JOY: The Journal of Yoga

Winter 2005, Volume 4, Number 1

Looking for a Mystical Experience or a True Development of the Consciousness?

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Some years back this writer attended a meeting of The Theosophical Society here in Bangkok, Thailand at which a woman described her mystical experience with great enthusiasm to the other people that attended it.

This was quite nice to listen to except that she had told us all the same story previously and that most of us were more affected by her tendencies to impatience and anger that manifested themselves at times during our meetings than in her mystical experience of some years back.

Many of us wish for or want what is thought of or termed a “mystical experience”, thinking that it will make us feel like we are close or closer to God or have some special insight or gift.

We may also look at a mystical experience as being something that will make us more spiritual and insightful or validate the religious or spiritual practice that we are following.

At the same time, we may look at a mystical experience as validating our current lifestyle or it may lead to some greater confusion and conflicts about who we are and what it is we are doing.

Perhaps we think that a mystical experience will lead us to a life that is free from suffering and goes in the manner that we want it to.

Many times we put much energy into trying to get and experience these mystical experiences and when and if we do have one, we think of it as being quite significant.

Unfortunately, we may be putting too much energy into experiencing these things and the energy may be adulterated, corrupted, contaminated and stimulated through the use of drugs and such.

These kinds of mystical experiences should be looked at as being not so much one that is coming from above or within the soul, but as being ones that are brought about through unskillful actions and approaches.

If we have or have had a mystical experience it should not so much be an event which we talk about or equate great significance to, but instead be something that we can learn and grow from and with.

Too many times, this does not happen, and our mystical experience is nothing more than a sensual memory that we did not experience any real growth or change from.

Instead of searching out mystical experiences, we may benefit more if we embark on an approach to life that brings about a real change and true development of our consciousness.

Such an approach to life should be one that encompasses all aspects of our being, that being our thoughts, our words and our actions.

Not only should it consist of practical teachings that are able to be understood and applied to our lives, but also consist of specific techniques and practices that facilitate this change.

Both Buddhism and Yoga provide us with such systems and they have proven themselves effective in bringing about a development of one's consciousness.

In looking at these systems, they require much from us, some of which we can easily adapt to, while other aspects of them challenge us more and we gradually evolve to as we practice them.

In having a mystical experience, we may too many times think that such a thing justifies our current attitudes and approach to life and may not lead us to any real change at all.

In working a path and practice, we are bringing about a change that gives us insight and wisdom.

It is these things that lead us to joy, peace and harmony as both individuals and in our interactions with others, not a mystical experience that was temporary or influenced by the use of stimulants, intoxicants or extreme conditioning or events.

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