

## CHAPTER THREE

### FROM DARKNESS TO LIGHT

*Fear is the path to the Dark-side. Fear leads to anger. Anger leads to hate. Hate leads to suffering. — Yoda*

*It is a frightening thought that man also has a Shadow-side to him, consisting not just of little weaknesses and foibles, but of a positively demonic dynamism. The individual seldom knows anything of this; to him, as an individual, it is incredible that he should ever in any circumstances go beyond himself. But let these harmless creatures form a mass, and there emerges a raging monster; and each individual is only one tiny cell in the monster's body, so that for better or worse he must accompany it on its bloody rampages and even assist it to the utmost. Having a dark suspicion of these grim possibilities, man turns a blind eye to the Shadow-Side of human nature. Blindly he strives against the salutary dogma of original sin, which is yet so prodigiously true. Yes, he even hesitates to admit the conflict of which he is so painfully aware. — Carl Jung, *On the Psychology of the Unconscious**

*The mind can make a heaven out of hell or a hell out of heaven. — John Milton*

George Lewis

*BUT I DON'T THINK I HAVE A DARK-SIDE*

*Every one is a moon, and has a Dark-side, which he never shows to anybody. — Mark Twain*

Millions of filmgoers got a firsthand look at the continual battle between our Dark and Light-sides in the movie Star Wars. Luke Skywalker and Darth Vader provide a brilliant metaphor of good fighting evil in the outer world, as a similar battle goes on within each of them. To be victorious over the outer darkness of the evil Darth Vader, Luke Skywalker had to let go of the Dark-side of 'the Force,' the source of his fear, and connect within to the Light-side of this same force. Though Darth Vader's Dark-side prevails, we are able to see this same battle going on within him as we catch occasional glimpses of his Light-side.

The darkness and the light are of the same force. Star Wars clearly shows that whichever we focus on becomes the more powerful. We must choose consciously between light and dark, or allow our unconscious to make the choice for us. Unfortunately, the unconscious may make the wrong choice.

The reason this film resonated so well with most viewers is that none of us is currently free of this same battle with darkness in our outer and inner worlds. On some intuitive inner level, we recognize the Star Wars metaphor as our personal truth.

*Yes, a Jedi's strength flows from the Force. But beware of the Dark-side. Anger, fear, aggression; the Dark-side of the Force are they. Easily they flow, quick to join you in a fight. If once you start down the dark path, forever will it dominate your destiny, consume you it will, as it did Obi-Wan's apprentice. — Yoda*

HOW DO I RECOGNIZE THE DARK-SIDE IN OTHERS AND IN ME?

<b>Dark-side Qualities Or Attributes</b>	<b>Light-Side Qualities Or Attributes</b>
Our Dark-side, also known as Shadow-self, Dark-side, false pride and ego, alter ego, Yin, devil, Satan, Hell, Mr. Hyde, or Darth Vader, offers perverse motives and actions.	Our Light-side, also known as spirit, higher self, angel, Yang, Heaven, Mr. Jekyll, Light-side, or Luke Skywalker, offers right motives and actions.
Hatred	Love
Wrong	Forgiveness
Discord	Harmony
Error	Truth
Doubt	Faith
Despair	Hope
Shadows	Light
Sadness	Joy
Seeking to be Comforted	Giving Comfort
Trying to be Understood	Understanding
Seeking to be Loved	Giving Love
Self-absorbed	Self-forgetting
Seeking Forgiveness	Forgiving

*Hard to see, the Dark-sideis. — Yoda, Star Wars: Episode I - The Phantom Menace*

Judging individual thoughts, decisions, feelings, and actions may be required to see our Shadow and Light-sides clearly. Most of us do not spend a majority of our time in either side. Instead, we move back and forth between them as we set about getting the things we want and need in order to live our lives. Because of this, we live in an area that is more gray as opposed to light or dark. Use the chart of attributes above to deter-

mine whether you are thinking and acting from your dark or Light-side. Confusion and complexity are ways the Dark-side uses to maintain itself. Using these comparisons will help you to simplify the complex. You need not have specific addictions or problems to benefit from this book—it works for everyone. Following the Twelve Steps enhances every life no matter how good existence might be to begin with. They are the perfect tool for those wishing to create a more solid and meaningful material life and deepen their spirituality, regardless of religious discipline.

The Twelve Steps are a potent set of spiritual tools designed to help us discover and change old beliefs, ideas, and patterns of behavior, which bring negativity into our lives and to the lives of those around us. Twelve Step practice propels each person forward to a turning point of metamorphosis, much like the process that moves the pupa onward into rebirth as a butterfly. In this, we move from darkness to light.

Mastering the Light shows clearly that darkness and light, good and evil, positive and negative, are of the same life force and that whichever we focus on becomes more powerful. In this book, you will find a mighty passageway to tap into your personal power. Using the principles of the Twelve Steps brings you into a condition where making positive choices that are in your best interests becomes first nature. We cease sabotaging ourselves. Practicing this unpretentious and straightforward course of action assures you peace of mind and an altered consciousness. Even as you benefit, you will bring much good into the world. Because we are one, your changed mind will help to alter the mind of all humanity. Once enough minds have changed, a similar transformation in the collective mind of humankind will take place. At this point, humanity will begin to operate in a fashion opposite its current mode, powered by greed and fear. Only then, will the world stop making war to settle its differences.

Where once we did not consistently have the power necessary to make right choices and do the right things on a daily basis, and where misuse of our life's force caused all our problems, Mastering the Light teaches us a sure and clear-cut way to use it rightly. Following its uncomplicated guidance we soon find ourselves cruising life's path with newfound power and the ability to use it for our own good and, at the same time, for the good of all those around us. We cease all acts, small and large, that bring

harm to others or us. We begin living a prosperous, peaceful, and joy filled life that is rich with meaning. In doing this for ourselves, the world too becomes a vital, plentiful, and peaceful Garden of Eden for all who dwell in it. The earth finally reaches its rightful state of peace.

*There's a Dark-side to each and every human soul. We wish we were Obi-Wan Kenobi, and for the most part we are, but there's a little Darth Vader in all of us. Thing is, this ain't no either or proposition. We're talking about dialectics, the good and the bad merging into us. You can run but you can't hide. My experience? Face the darkness, stare it down. Own it. As brother Nietzsche said, being human is a complicated gig. Give that old dark night of the soul a hug! Howl the eternal yes!*<sup>1</sup>

#### SELF-CENTERED FEARS—THE ROOT OF OUR DIFFICULTIES

I was born self-centered. This was not something that I became. I was the moment I emerged from the womb. All life is self-centered. Even single cells are self-seeking. It is necessary for survival. Observe any baby for a short length of time and its egocentricity becomes too obvious to ignore. Even though we are all self-centered, at some point, to survive we must come to understand that we are a part of a greater whole and that our continued existence ultimately depends upon group survival. When this realization does not occur, self-centeredness becomes a quagmire of selfish narcissism from which there is often no return.

Before discovering the Twelve Steps, I had no conscious idea that I was selfish and self-absorbed. A hundred logical rationalizations, conceived by my Dark-side, concealed it well. My egoistic indulgences eventually brought me to Twelve Step programs where I slowly began to understand my personal need for group survival. My life depended upon other recovering people. Alone, I was a dead man. The horrible consequences of addiction forced me into this new understanding. Even so, I had no idea that practicing the principles set forth by the Twelve Steps would eventually bring about a profound alteration in my consciousness.

Self-centeredness is the breeding ground for fears of every description. There are two basic worries that make up the vast majority of our distress. First, fear that we will not get something we want and second,

---

<sup>1</sup> Stuart Stevens, *Northern Exposure*, Jules et Joel, 1991  
www.MasteringTheLightCOM

fear that we will lose something we have. Almost all fears trace back to either or to both of these.

One of the first things I began to hear at Twelve Step meetings was that my addiction was not the problem, that my thinking had created every disaster in my life. Unchanged, the way I thought would drive me back to the insanity of my addiction. Those who had recovered told me that I did not need to change much, just everything I believed. This whole idea sounded dreadful. I had no concept then of the magnificent voyage I was embarking on. I believed all I would receive was relief from my addiction. I did not know that peace of mind and enlightenment were the pot of gold at the end of the Twelve Step rainbow. Of course, genuine humility keeps anyone from speaking openly of enlightenment in Twelve Step meetings, but those who have experienced this wonderful transition understand fully that it is the prize for following the tenets of the Twelve Steps.

I am certain the Twelve Steps, originally conveyed to humanity by Alcoholics Anonymous (A.A.), represent America's highest contribution to spirituality and inner freedom. No available course of action deals so effectively and appropriately with our Dark-side.

They cross all prejudicial boundaries where God or the idea of a Higher Power is concerned. They are inclusive of every religious belief known to the human race. The A.A. Service Manual combined with the Twelve Concepts for World Services, written by Bill Wilson, creates the underlying organization necessary to house them. In this, Wilson produced a place of safety and structure for the most democratic society on the planet. *Mastering the Light* offers you the experience and time proven spiritual practice of the Twelve Steps. This course of action, born of mystics, will bring you to a state of safety, security, and peace of mind, all while weaving a safety net capable of saving the world from self-destruction.

If you are not an addict, you may be thinking, — what do I want with the Twelve Steps? This is certainly a reasonable question. Most people believe the Steps are really only for alcoholics, addicts, co-dependents, and people with mental problems. They are far more than that. They teach the very lessons Jesus instructed his disciples, the Godly path taught by Muhammad, the same learned ideas Buddha gave to his followers, the

Hindu path of the ātman, the laws of Moses encapsulated, and the same message all great sages have sought to bring to their chelas. The Twelve Steps as presented in this book are for everyone. They deal specifically with our Dark-side. This work will show that we all have one, and whether we are aware of it or not, we are powerless over it. I did not understand that illumination and enlightenment happened through a change of viewpoint. I am not certain of exactly what I thought enlightenment was. I remember it did seem to be some far-off, esoteric, and mysterious phenomena. Maybe I would become a wizard with the ability to read minds and materialize gold from thin air. I did not know. However, I knew I wanted it. I did think people would see and treat me radically different once I attained it. I did not have a visual of what I would look like, maybe a new being showing forth as much change as Clark Kent after donning his Superman garb. That is not what happened. The changes were slow and unrecognizable by me for a very long time. Believing I would experience an extreme and noticeable outward distinction probably kept me from seeing my transformation that much longer. In front of a mirror, or in the middle of a crowd, the change from being unenlightened to being enlightened is not recognizable. Enlightenment turned out to be so pragmatic, that even after attaining it, I was not conscious of it. I was not expecting it to be the realization of spiritual understanding.

The ‘change’ came about through many uncomplicated viewpoint modifications that eventually added up to one sweeping transformation, which altered my life’s experience by way of a fundamental conversion of viewpoint. When I finally realized this, I saw how simple it had all been and yet, for me, how arduous my passage to this revolutionary difference turned out to be. The right teacher might have made this a completely different journey; however, I am sure that my basic problem, the egoism that I know best, kept any illumined teacher away.

*I feel that I am not to be mended, but transformed.*<sup>2</sup>

If you want it and are willing to make the necessary effort, the Twelve Steps offer you the opportunity for peace of mind and its ensuing

---

<sup>2</sup> Seneca

enlightenment. Those truly desiring this spiritual quickening enough to pursue it will find it. It is however, an experiential undertaking, one must take the necessary actions. Simply reading the Steps to gain intellectual understanding does not work. Nevertheless, enlightenment denies no one who takes the right actions.

*AN ALTERED STATE OF SELF-CENTEREDNESS*

Although I remain self-interested, my spiritual awareness has brought me to a place where, paradoxically, my self-seeking presents itself in a kind of selfless manner. I have experienced the aftereffect of service to my fellows. The joy and self-esteem it brings me has obsessed me as much as my addictions once did. Old behaviors intended to satisfy only myself have changed 180 degrees to a point where they now are of benefit to others. My God given, survival oriented, self-centeredness now points in the right direction. Even so, I remain self-governing. I am a conscious and willing part of humanity. I understand my healthy interdependence with all of humankind and fully accept my responsibility for love and tolerance of my brothers and sisters. I do this to the best of my imperfect abilities. I now participate willingly in service to humankind. In so doing, I find all of my needs and most of my wants fulfilled. I am grateful, joyous, and satisfyingly contented the majority of the time. I have discovered and accepted my life's purpose and because of this, I breathe the air of a meaningful and inspired life. Today I have the peace of mind required to live comfortably in my own skin. I respectfully hope this book helps you to decide to follow the Twelve Step way so that you might find the same benefits and more.

*Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other. — Carl Jung*

*DISCOVERING WHAT WE BELIEVE ON OUR OWN IS DIFFICULT*

Without others, and well-designed tools, knowing what we believe can be a truly unattainable goal. To help you with this a companion workbook is available. It comes out of direct experience ferreting out old beliefs. Mastering the Light Companion Workbook softens your journey,

making discovery much easier. It gently guides you into parts of yourself long lost to denial or, to those beliefs we are completely unaware of that we made as children. These can be especially harmful, even though we are unaware of them. Beliefs, positive and negative, absolutely affect our behavior. Until changed, negative beliefs continue to cause us difficulty and leave us wondering why we are having trouble.

Whatever degree of thoroughness you choose, *Mastering the Light Companion Workbook* is all-inclusive and accommodating. For example, the Fourth Step templates contain the exact formula, suggested by the original text of Alcoholics Anonymous, in their first four sections. The remaining sections deal with issues such as feelings, motives, and old ideas. These are all areas covered in the textbook Alcoholics Anonymous. The additional sections are included to help you discover what you believe. The idiom, 'Change Your Mind Change Your Life,' is an unqualified truth. The benefits of a changed mind are enormous. Once old outdated beliefs are uncovered, it becomes possible to decide anew and to alter your mind where necessary or desired. This all means that when you take Twelve Step actions you can expect the kind of miracles happening every day in Twelve Step rooms all over the world. Use the portions best suited to your personal goals and leave the rest behind.

*Mastering the Light Companion Workbook* serves another purpose. Coupled with The Unbeatable DUO, they are complete and thorough teacher, spiritual advisor, mentor, or sponsor's manual that help teachers to make certain all students receive the same information. It has all of the basics and much more, intended to carry users to the furthest limits of their spiritual journeys.

To those who have conquered themselves, the will is a friend. But it is the enemy of those who have not found the Self within them.

Your journey to oneness and spiritual awakening holds a genuine promise of a joy-filled life. The intent of the workbook is to make your passage as simple, and as pleasant, as possible and yet completely thorough.

The vast majority of people living in the United States have a Judeo/Christian background. Because of this, we are affected one way or another by the Judeo/Christian belief system. As you read this book, you will find some small amount of scriptural references. It is not the intent of these

*George Lewis*

to convert, dissuade, or criticize in any way. Their use is only a means of clarification.