

# David's Desk 198

## Audio Companion

### November 2023

**James:** Hi, David.

**David:** Hi, James,

**James:** Welcome to David's Desk 198. Today we're talking about challenges and opportunities with bringing Incarnational Spirituality, and particularly some of the subtler aspects of it, out into the public.

**David:** One of the things that I decided on some time ago when I started doing David's Desk was that I would not attempt to follow the news. There are other people are doing that—there are wonderful columnists and and spiritual teachers who are addressing issues that are coming up in the world. I felt what I wanted to do was to talk about the spiritual path, in particular as it relates to Incarnational Spirituality.

But every now and again, things happen that I feel would be difficult to ignore or not to mention, and the current craziness going on in the Mideast, and the war between Israel and Hamas is one such event. Of course, the war in Ukraine has been going on nearly two years. And then two nights ago, there was this mass shooting in Maine, here in the United States.

So I thought, well, I should talk about in David's Desk how one does subtle activism in response to these kinds of horrific events and situations. I found that it was challenging for me to talk about it, because unless one has an experience of the subtle worlds and

the flow of subtle energy, a lot of it doesn't make sense. It can easily come across as spiritual bypassing.

For instance, in working with subtle energies, for me, it's always been important that they are anchored in the things that we do in our immediate life. So, for example, if I wanted to send blessing or peace or healing to the energy environment of Gaza, it's not sufficient for me to do that in an imaginative or abstract way; I need to anchor it in acts of peace or blessing in my immediate environment. It's a bit like casting out a thread. I want that thread anchored in the physical world, to the extent that I can do so through something that I do. And then the other end of that thread—which is kind of waving in the Imperium, so to speak, it's out there in the ether—it doesn't float off and become an abstraction; it's a reflection of something very tangible that's going on in my life, even though the scale may be very different.

If I say I'm going to anchor this act of subtle activism in doing a Touch of Love with the table in front of me, or I'm going to vacuum the floor and use that as an anchor point of activity for love and blessing, I felt that it could come across as saying, well, I don't really need to do anything for Gaza or Ukraine or wherever; it's sufficient that I'm just loving things in my environment or I'm working here in my little local environment, my home and whatnot.

[It can come across that way] unless one has a sense of how all these subtle energies are interconnected and the way in which what seems like a small and inconsequential action on our part can actually have larger ripples in the field in which we're all embedded. This is especially true as we move away from working with subtle energies to working with presence, which is, in my language, working with the sacredness that unites all of us and is found within all of us.

So I found it hard to write something about working with subtle activism unless I was addressing a group of people who were already familiar with subtle energies, the subtle domain, and presence and so on. I'm never quite sure who the audience of David's Desk is—it's designed to be a more...I don't know if I'd say popular audience, but certainly to go out more broadly than just to people who have taken our classes, although I know that a big part of the audience for David's Desk are people who have been involved with me and Lorian, with our classes for some time.

What I decided on is reflected in the title for David's Desk, which is Responding in Kind. Something that I can talk about without it seeming like I'm engaging in subtle-speak or in spiritual bypassing, is to emphasize the importance of our doing things that enhance the level of goodwill and kindness in our world. If I'm troubled with what's happening in Gaza, rather than stewing in that emotion and feeling anger, feeling helpless, I can go out into my world, in the environment that I can reach and find something that I can do that's a kindly act.

It could be really simple. I go into my grocery store and I pay attention to how I respond to the clerks and to other shoppers and look for opportunities through smiling or voice or action to do an act of kindness. If I understand that we're all in the same pool, as far as energy goes, and that pool is not defined by distance or time or space, then any act that I do that enhances or increases the level of goodwill and kindness—it may not seem like it's a direct antidote to what's happening in Hamas. I don't know whether it will make the suffering less for anybody. But I do know that it increases the energy of goodwill that's available in the pool that we share, and that's something any of us can do at any time. And it's very important—I know from what my subtle colleagues have said, how important just those simple acts are.

And of course, if opportunities arise for us to take more direct action in respect to the suffering in the world, specific areas of suffering, then by all means, we're in a position to do that and we can do that. But we're always in a position to enhance the level of goodwill and kindness in the world, and that is a positive response and a needed one. So that's what David's Desk is about this month, but it's not directly attempting to teach a technique of subtle activism as such.

**James:** There's this image that I'm getting through your words: If we're all in the same pool, we're all in the same energy field. If in my personal internal environment I'm worried and stressed and upset and anxious about a particular event and it's triggering me, that energy of that emotion is added to the pool. I know from psychology and therapy that when a person comes out of themselves and begins to focus on another through an act of service or an act of kindness or even just smiling at someone as you walk down the street, that lightens your mood. Just like news can darken your mood and taking a break from that news and going out in your garden or just doing something for someone else lightens that energy and that becomes added to the pool.

The acts of kindness are really acts of light, in the sense of changing what I am giving out into the world, whether or not I can do something physically. And, as you say, if the opportunity arises, I can also donate time or energy or money. I can choose the way I'm framing this story, I can look for a more kind way to frame it for myself and for others around me. And hopefully it will show in my actions.

**David:** Yes, yes, that's exactly right. You know, if we take a big picture view, which is in many ways the perspective of my subtle colleagues, then humanity is suffering from inflammation. It's an

inflammation of fear and anger and hatred. There's a layer of inflamed energy that's worldwide. Just like an inflammation in the body, it breaks out in forms of disease, or forms of suffering. In humanity's case, that breaks out in wars and acts of hatred and acts of violence and incomprehensible acts like the man who just shot up and killed 18 people in Maine for no apparent reason.

If I'm a doctor, I want to treat those eruptions, for sure. But they're going to keep erupting unless I can address the basic level of inflammation. I feel that when we are increasing the level of goodwill and kindness and mutual respect and consideration in the world—basically we're increasing the level of love, at a very practical level, just an everyday ordinary level, not necessarily great olympian feats of mass unconditional love that we like to read about in our spiritual heroes, but just ordinary acts, as we do that we're actually addressing this level of inflammation. At the very least, we're not contributing to it, as you said.

But it goes beyond that. We are making available a counter-action an anti-inflammatory action. Ultimately, that's what is going to heal the world. We can stop the violence in Palestine, we can stop the violence in Ukraine. But unless the inflammation is dealt with, it's going to erupt someplace else, and it will be effectively the same war, the same violence, the same anger and fear that's appearing even though the outer circumstances may seem different. Each of us is on the front line when it comes to dealing with this inflammation. We may not be on the frontline when it comes to dealing with an acute eruption of it. But we're each in a position in our lives to deal directly with that inflammatory presence both within ourselves and as we act in the world.

**James:** That's a very, very useful reframing. It allows me to see what's happening in the world in a way that says I can do something about it. I can make a difference in myself and I can

make a difference in my immediate environment and I can make make a difference in how I interact with the world. Am I adding to the inflammation? Or am I being an antidote to that inflammation and reducing it—at least in the places where I can make a difference?

**David:** Yes, exactly. And that's a very empowering perspective.

**James:** Yes, it is. Thank you, David.

**David:** Thank you, James. It's always a great pleasure to have this conversation with you.

**James:** As it is for me.