

# David's Desk 193 Audio Companion

## June 2023

**James:** Hi, David.

**David:** Hi, James,

**James:** Welcome to another David's Desk Audio Companion.

**David:** Thank you. As always, it's a pleasure to join with you.

**James:** Well, today we're talking about your David's Desk number 193. And you've titled it Spectrums and Ladders.

**David:** Yes, that's always one of the great challenges I face every month is to come up with a title.

**James:** Well, that's a nice pun. It just occurred to me as I was reading it that it's snakes and ladders.

**David:** I was thinking about that, too. [*chuckles*]

**James:** Yeah. It's nice. So we'll be talking about spectrums and highs and lows and distinctions and differences and how we as human beings tend to put a value statement on those words—bigger and smaller and higher and lower.

**David:** Yes. This is a topic that, for me, is at the heart of Incarnational Spirituality because it deals directly with the love that we bring to the world around us and, by implication, our ability to see ourselves as worthy generators of that love, instruments of that love. And to recognize that this world is not a place of exile or a place just to bide our time like in school until we can graduate to the real world. It is a realm of light in its own fashion and has its own value and is as much a part of the sacred as any other place in the great cosmos.

I think this is the challenge, as I've understood it from conversations with my subtle colleagues. It's like a thoughtform of the nature of the world and the nature of ourselves that actually gets in the way of our being fully present. I was thinking of it like a marriage—you marry your sweetheart, but in your heart, you're really in love with somebody else, a more beautiful woman or handsomer man, and so it's hard for the marriage to come together and to fully develop because there's always this desire to be with someone else.

I think that even if philosophically or religiously we don't have in mind the idea that this is a lower plane and there are higher planes where we would rather be, just the challenge to the soul of being incarnated, the difference between this dimension and the native realm of the soul is such as to induce a certain amount of shock [*chuckles*]*—*how do I navigate this place, how do I handle the particular characteristics that the physical plane imposes upon me as a soul? So I may still love the world and yet struggle with being here.

**James:** I feel like the Spectrum of Love—one of the foundational practices within Incarnational Spirituality—helps a lot in this process because it is a spectrum, it's all about love. It asks, what can I do in this moment? Can I open myself up [only] this much or can I open myself up a little bit more to whatever is happening? There's a way of allowing myself to take those little steps to become more available to what's offered in the physical realms and the physical world that we find ourselves in right now.

**David:** Yes, I agree, it's a wonderful tool. It's certainly one that my wife Julie has found of great value in the classes that she teaches, with people expressing how useful and eye-opening the Spectrum of Love has been for them.

In the title, Spectrum versus Ladders—again, going back to what you said at the beginning—it's a movement away from an evaluative perspective, that equates lower with somehow of lesser value, or of being less real, of being less important. The the low frequencies of

radio waves are no less real than the high frequencies of x-rays; on the electromagnetic spectrum, they're just two different aspects of one great phenomenon. The earth is a particular aspect of the great phenomenon of the Sacred.

**James:** I like that as well. There's a phrase that came to me as I was reading your David's Desk here prior to our conversation—"God is an infinite sphere, a conscious sphere whose center is everywhere and whose circumference is nowhere." If I try to wrap my head around that, everything is the same—there is no difference of high and low. There may be a difference of vibration, as you say, or a difference of frequency. Those are the uniquenesses that each one of us carries. It's that diversity that allows for the expression of all that is, or all that could be expressed, or the potential of what can be expressed next. That's a very different perspective than saying, I want to leave the physical plane and I want to go back to my home in the spiritual realms, because that's where I feel I belong. There's a reason for us being here.

**David:** Yes, indeed, and if we see it as such, this is as much a place of wonder and miracle as any other. I sought to convey that in saying imagine all that's going on in our bodies as we take the simplest of actions—this this amazing cascade of connections and partnerships and collaborations that make even the slightest movement possible.

You know, James, I realized that a lot of my perception in this area, my perspective, comes from many years of being aware of the action of subtle beings—not necessarily humans, but of the devic realm, the nature spirits, and so on. Even as a child, even though I didn't have names to give to them or concepts really with which to express the experiences, I was aware of this flow of energy and life in an extra-physical way, in a metaphysical way. What it did for me is it gave me a sense of the subtle worlds as an ecosystem. I've said that many times in the past—that I view it really as a kind of an ecology, earth's second ecology, in which you have niches. Niches are environments in which certain things can happen—certain organisms can thrive, other organisms, not so much. An alpine meadow provides a very

different environment than a rainforest or a jungle, and the desert is different from that. When I lived in Arizona, the desert had its own ecosystem, which could be very beautiful, but it was very different from what I find here in the Pacific Northwest. And so I wouldn't say the desert is a higher level or the Pacific Northwest has a higher level than the other, but they definitely evoke different things and I have different experiences in the desert than I do here.

That's a wonderful way, I feel, to look at these distinctions between different subtle planes, the different areas of incarnation and manifestation. To go back to what I was saying a moment ago. In all my experiences of the devic lives, the nature spirits and elementals that I sense working in the world around me, none of them have a sense that they're operating in a lower plane. They all have a sense of working with light, of working with the presence and the energy of the sacred, even though it's constrained in ways that might not be there if I were looking at the realm of the soul or higher realms. I think that gives me a certain perspective of the world that I've always felt challenged when having to fall back on these metaphors of higher and lower—they just do not approximate the reality that I experience.

**James:** Well, the the metaphor of the ecosystems is actually something that people do have experience with. We are traveling around. I have friends who are living in the high Arctic, I have other people who are living in the high desert of Arizona. One is not better than the other because of where they live there. And the experiences that I have when I go there, as you say, are different. That's a much nicer and more palatable metaphor to use when we're talking about this—the niches of function and the niches that are there in our experience when we're interacting with those in those environments, not higher or lower, but different. That difference, that diversity is very important for us and our experiences. Even when we go to a different part of town—it's not a higher and lower part of town, it's different on these qualities that we're learning to interact with. I like the concept that you have a bushwhacking. There are times that feels like we're bushwhacking through an ecosystem like a dense jungle or some issues or problems in our

lives. And other times it feels like there's a flow, like we're gliding down a river on an inner tube, you know, drinking our lemonade or something on a very nice summer day.

**David:** Yes, exactly. Nobody would deny that being in physical incarnation is without challenge, and at times, those challenges are really extreme—they carry a lot of pain and suffering and discomfort on many levels. And like you say, other times they're gentle and they're like going down the river on an inner tube with your lemonade.

But what we don't have a good idea about is what are the challenges that are met in the so-called higher dimensions. They would be different for sure, but perhaps no less pressing and challenging for those who are encountering them. To the extent that I would be familiar with them, their challenge is of how to assimilate and resonate and integrate greater degrees of light. To attempt to do that before one is ready can create the subtle equivalent of pain and disruption. It wouldn't be the same kind of pain that we experience through our nervous system physically here, but it would be uncomfortable nonetheless.

I think we are an error if we say that the physical plane and the earth is the place of challenge and hardship. It's a place of a certain kind of challenge and hardship, and there are consequences to that. But we don't know enough to say that the so-called higher planes are entirely free of that kind of challenge.

**James:** Well, if you look at it as a continuation of learning, of experiencing, of refining, of building, as you say, learning to work with different qualities of light, we're we're learning to work with different qualities of love or compassion or respect or truth. In terms of the experiences that we have, they may be physical experiences, but one of the outcomes of those experiences is we shift our perspective. If we bushwhack our way through, if we make it through those challenges, we've changed, something in us has changed, our experiences have changed and maybe we have a

different quality and relationship with the world around us and that's something that we carry forward.

**David:** I totally agree. When we get down to it, the heart of the matter is being able to bring love to where you are and to do so in a way that honors the environment in which you're in, that understand what it has to offer and is able to connect with it in whatever ways are appropriate. That would be as true if I'm operating at the level of my soul as it is operating at the level of my personality. I am a potential agent for the wholeness and the love of the Sacred. And that's true wherever I am. The challenge for me is how to express that in whatever environment I'm in.

**James:** I like how you end here: "This is why incarnation is a spiritually rich endeavor, a sacred endeavor. When we stand in this realization, we change and the world changes around us for we see with a vision that is spacious and loving, not constrained, constricted, or wishing only to climb the next rung and forget this one ever existed." We're changing we may be at this part of the spectrum, the spectrum of lovingness, the spectrum of being able to love in this situation, and we are changing and we are evolving and we're moving forward. It's a lovely, a lovely piece you have here, David,

**David:** Thank you, my friend. I hope that it resonates in people's hearts.

**James:** I do too. Okay, bye for now.

**David:** Bye bye.