

Things to Think About

Stephen Levine *Leaning Toward the Light* article

UUSpiritLife Conversations

Oct 21, 2023

Judy Robbins facilitator

1. Levine opens with a story about a camp director who comforted him at age 13, saying “It’ll be alright” as little Stephen sobbed. “There, there, it’ll be OK” are familiar words we use for comfort but what does this really mean? Can we ever assure someone that things will actually be OK? Yet these words worked for Stephen so well that he remembered the moment decades later. What made these words work for Stephen?
2. Levine says that he hasn’t the foggiest idea of what God means yet somehow God infuses all things. Is there a way to make sense of that paradox?
3. What do you make of Levine’s experience of Jesus appearing much to his protest that he was a Buddhist?
4. On our recent retreat with Nicholas Bartoli, there was much talk of non-duality. Levine says “God, guru and Self are one.” How can this be?
5. Levine equates God with Truth...therefore all who seek Truth are actually seeking that which we call God. Does this feel true or false to you?
6. He says we are all homesick for God and that all of our worldly strivings are merely an attempt to *lean toward the Light*. We can never be truly happy with worldly things. Does this ring true for you?
7. The mind cannot know God. In fact, the mind is what separates or distracts us from God. We can only know God in the heart. How is he using heart here? How might the mind keep us separate?
8. The mind tries to create a “false solidity.” How does control factor in? Could we actually be more satisfied if there were no solidity? What would take the place of the “false solidity” that the ego creates?
9. What does Levine mean by *the hum of being that underlies all the phenomena of life*?
10. Levine says we need to go beyond the mind. How does meditation/prayer work in this regard?