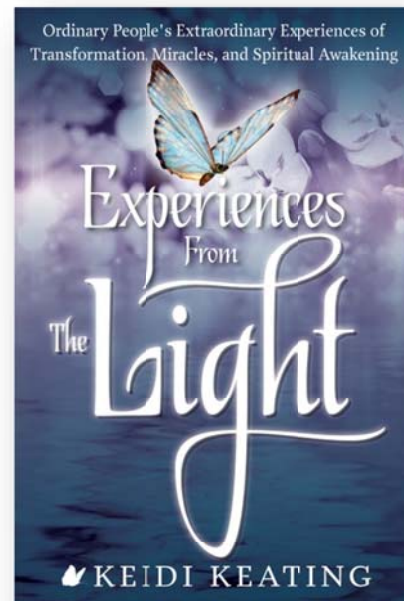


# ARTICLE

## Experiences From the Light

By Keidi Keating  
(1059 words)



**A**s the world operates faster, as stresses run deeper, as the planetary karma grows heavier, as levels of poverty increase, the economy crashes, and wars continue to rage, it's more important than ever that we connect to the Light of God.

Sometimes connecting to the Light in this way is not so comfortable, as when the Light shines onto our issues, all the specks of dirt show up and there's no hiding the Truth. Then when we're ready, and in Divine timing, those specks of dirt can be cleaned away.

I didn't instantly recognize the wisdom oozing from Indian guru, Dada Vaswani when I met him recently in New Jersey. That took a day or two...mainly because I was so entangled in my 'false self' issues. Ultimately, my experience with him was totally soul destroying on one level (until I understood), while immensely enlightening on another. Thanks to the bright Light that shone forth from Dada's heart, a huge part of my suffering in this world healed; a suffering that had been present since childhood.

I was a shy little girl, the youngest in a family of four extremely outgoing personalities. I lived those early years feeling that I didn't have a voice, that I didn't matter, and that no one would ever listen to me. And so, without much choice in the matter, I learned to listen to everyone around me, often feeling practically invisible.

As a teenager I developed severe acne on my face, which even prescription drugs failed to cure. At the time I had no idea that it was unexpressed anger flaring up in the very place that everyone would notice the most. Well, after a childhood of feeling invisible, I did want to be noticed, after all! On a daily basis I endured the nasty comments of other school children and

I couldn't bear to look in the mirror for any longer than necessary. It was a very depressing time of my life. While my friends began to get boyfriends and wear make-up, I'd hide in my bedroom, suffering and feeling ugly.

Now, as an acne-free adult, I can see how all of this led me to constantly feel uncomfortable in social situations. I was so desperate for some form of recognition and acknowledgment that when I continued not to receive it how I desired, my heart would feel heavy. Avoidance seemed like the best remedy, so I stayed away from social gatherings. When I was invited to meet Dada Vaswani in New Jersey (because he had contributed a chapter to *The Light: A Book of Knowing*) finally, after 33 years, I felt that I'd been recognized! As it transpired, my husband also came to New Jersey and we met Dada together. There were cameras and people watching, and immediately that same sense of discomfort surfaced as Dada shuffled to his chair with the aid of his assistant, Sister Krishna. As he sat down into his chair, he looked straight into my husband's eyes and spoke to him with such love and compassion; beautiful, heart touching words that brought a tear to his eye. But as I sat there, feeling naked, exposed, and invisible ego-based thoughts ran across my mind: 'How about me? Why isn't Dada giving me any attention?'

In the space of almost one hour Dada looked at me for perhaps one minute, and spoke to me for even less. For the rest of the time his penetrating Light-filled gaze was fixed on my husband, and he continued to express wisdom-infused words to him. Emotions from deep within began to whip up inside; a storm of anger, disappointment, sadness, frustration, and inadequacy...all while having to retain a peaceful looking exterior as video cameras recorded, and people watched. My biggest wound had been opened in front of a live audience, finally ready to heal.

In bed that night, I couldn't sleep. In between the tears, as I tossed and turned, the same words continued to swirl around my consciousness. "What's wrong with me? Why do I continue to be invisible in this world? Why don't I matter?"

The next evening I attended a Krisha Das concert at which Dada was speaking. When he'd finished I was invited to speak to him backstage. I knelt in front of him on the floor and he touched my head. Then he looked into my eyes and said with an indescribably profound level of compassion, "How are you?" I burst into tears on the spot, as I suddenly realized why all of this had happened in such a way. It was all meant to unfold exactly as it had.

Little by little, the true gift of my experience in New Jersey began to reveal itself and I learned several spiritual lessons, which only a master can bring to the surface. During the time my husband and I spent with Dada, my ego had flared to embarrassing levels, however

that was necessary in order to move past the suffering, and develop the awareness I now have about why I felt these feelings in the first place – and awareness is curative. I discovered that even though Dada hadn't been directly speaking to me with words, instead he was saying so much more to me on another level, for which I am deeply grateful. Also, I'd been looking at the perceived negative aspects of the situation, instead of the countless blessings that were received: Dada gave me countless books that he has written; he blessed my book project, *The Light*; he worked with me to heal a deep rooted pain; he gave my husband and I a bag full of gifts; and the grandest blessing of them all was the honor of bathing in his presence itself.

This was one of my most profound Experiences of Light so far, and yes, it felt very uncomfortable at the time! However, that's what the Light can do for you...and it's a progressive journey, meaning that little by little it shines on you brighter and brighter, leading you to the next point of your destiny. Living in the Light literally takes you a step closer to the Divine, and then another step, and another step, until...

With Love,

Keidi Keating, author of *The Light: A Book of Wisdom* with 22 contributors

[www.keidikeating.com](http://www.keidikeating.com)

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