

THE
MARRIAGE
of
SPIRIT

Enlightened Living in Today's World



LESLIE TEMPLE-THURSTON

with Brad Laughlin

A B O U T T H E B O O K

Leslie Temple-Thurston grew up in South Africa at the height of the oppressive regime of Apartheid. She experienced firsthand the extreme polarizations in human consciousness that can divide people and that can drive them to the most inhumane policies and conduct. It created in her a desire to discover and to help heal the root cause of such divisions.

Her search became a life-long spiritual quest that combined long periods of meditation and spiritual discipline with the study of ancient wisdom teachings, as well as modern psychological thought. What she discovered, as have other teachers before her, is that these divisions are based on the polarizing structure of the human psyche.

We must first experience *unity consciousness* if we hope to heal the many divisions that separate us as people, if we hope to live in inner and outer peace in the world and if we hope to truly learn how to love. In 1988, Temple-Thurston gave her first seminar, which encompassed a set of principles and *processing* techniques based on the ancient mystical teachings of the *unification of opposites*.

The techniques of *The Marriage of Spirit* are filtered through modern psychological thought and emerge in an original form designed for the busy western lifestyle. They are a simple and very fast way to recreate balance and harmony in our ordinary, everyday living. They help us to bridge spirituality and the material world and bring us into greater levels of love, compassion and empowerment.

These techniques don't just rearrange the ego but help transform and clear it so that we can live a truer expression of our own inherent divine nature. In a world torn apart by polarization, they offer hope for a third way, that of unity amidst diversity.



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The illustrations opening each chapter are *yantras* by artist James Emery.
Yantras are ancient mystical symbols for transforming
consciousness in gazing meditation.

*This book is dedicated to the divine essence
at the core of each one of us.*

ACKNOWLEDGEMENTS

Although neither of my two former teachers, Frances Stearns and Frederick Lenz, would have wanted to feel bound by a formal lineage, each has seeded me with different aspects of the information birthing into fruition with this book. *The Marriage of Spirit* is a synthesis of what they both impressed upon the soft clay of my awareness.

They each expressed their devotion to the perennial philosophy and to humanity in different ways, and it was left to me to meld their different viewpoints of truth into the one, coherent form that was my destiny to find. They validated the truth that was trying to birth in me, gave me a vocabulary, a sense of structure and much more. What they asked of me in no way equaled what they each gave. I thank and bless you both.

To my inner guides, the many masters who were midwives to truth—I bless you and thank you—we live together eternally, as One.

To birth the Marriage of Spirit and to teach it with my own voice has taken more than three decades, yet it is something I feel sure all my teachers wanted. I have no words for the depth of gratitude that I feel toward them all.

Nothing happens in a vacuum, and the making of this book is no exception. So many wonderful individuals contributed their expertise. Brad Laughlin, my dear friend and partner in writing the book, whose voice stands alongside my own—thank you for your unshakable support, selflessness and endless endurance. I love you and bless you. My love and deepest gratitude to my children, who can take much of the credit for motivating me and who constantly impacted me with Generation-X viewpoints. Also my love and gratitude to the CoreLight staff who work faithfully as a team to hold the work of spreading the *dharma* and who helped move the book project forward in so many important ways.

The editors for *The Marriage of Spirit*, Diana C. Douglas, John Lyons-Gould and Brad Laughlin, deserve special praise. Editing what I gave them was not an easy task and they all rose to the occasion.

To all the others who helped in the many phases of the book production—designing; illustrating, critiquing; reading; proofing; researching;

writing testimonials; donating time, energy and money—especially James Emery, Cyndi Laughlin, Christine Arundell, Linda Garcia, Tanya Sydney, Christine Johnson, Kathy Sparkes, Holli Duggan, Judith Baker Miller, Raymond Diaz and Celeste Magers—we could not have done without you—thank you.

To all the blessed souls who have shared *darshan* and Marriage of Spirit classes with me, lending their own unique processes to the birthing of this material—thank you for being the final inspiration for this book

My love and blessings to you. You are all amazing grace.

THE MANY NAMES OF GOD— DESCRIBING THE INDESCRIBABLE

The Absolute	Light
All That Is	The Lord
Allah	Love
The Atman	Nirvana
Beingness	Omnipresence
The Beloved	Oneness
Brahman	Presence
The Clear Light of Reality	Pure Awareness
The Cosmic State	Seamless Awareness
Deity	The Self
The Divine	The Shining Void
Divine Mother-Father-God	Spirit
The Divine Presence	The Source
Energy	Sunyata
The Enlightened State	The Superconscious
Essence	The Supreme
Eternity	That
God	The Unified Field
Goddess	Unity
Grace	Unity Consciousness
The Ground of Being	Yahweh
Higher Self	

For the sake of readability, *God*, *the Self* and *the Divine* are the only names capitalized throughout the book, but many others are referenced throughout the book interchangeably. Out of respect for the varied traditions that are seeking to describe the same indescribable fact, we have listed them here, capitalized.

TABLE OF CONTENTS

PREFACE

HOW TO USE THIS BOOK

SECTION ONE —

THE MARRIAGE OF SPIRIT PRINCIPLES

One • The Story of a Reluctant Mystic

Two • The Alchemy of the Marriage of Spirit

Three • Knowing God

Four • The Nature of the Separate Self

Five • Judgment and Mirrors

Six • The Witness

Seven • The Human Imprint

SECTION TWO —

THE MARRIAGE OF SPIRIT TECHNIQUES

Introduction to Section Two

Eight • Polarities

Nine • Triangles

Ten • Squares

Eleven • The Deeper Power of Processing

REFERENCES

GLOSSARY

ABOUT THE AUTHORS AND CORELIGHT

PREFACE

*Softer than the flower where kindness is concerned;
and stronger than the thunder where principles are at stake.*

—Paramahansa Yogananda

When Leslie asked me to help her write *The Marriage of Spirit*, I was deeply honored. I feel very privileged and excited to assist in bringing forward these amazingly simple, powerful, and life-changing principles and techniques. Having worked with them for more than 10 years, using them myself and teaching them to others in workshops, I have watched them help to illuminate, balance, and transform the lives of thousands of people—including my own—very quickly.

The Marriage of Spirit principles and techniques serve a wide spectrum of purposes: from helping people move beyond apparent limitations; to healing past mental, emotional, and physical traumas; to achieving success and excellence in the material world; to assisting with spiritual growth. They help us transcend the swinging pendulum of consciousness—seemingly uncontrollable patterns of feeling off-balance and trapped in cycles of negativity, anger, pain, and fear which prevent us from living a fulfilled life.

For example, people use the techniques in a concrete and practical way to manifest more fulfilling relationships and careers, to reach higher creative potentials, and to create more abundance and happiness in their lives. Spiritually, the Marriage of Spirit assists us in living in a paradigm of higher consciousness, more in a flow of love, truth, joy, wisdom, compassion and true connectedness to all things. It becomes possible to bring the soul's full expression into the world, to know more of who we truly are, to touch the Divine.

Based on the metaphysical principle of the unity of all things, the roots of the Marriage of Spirit teachings are at least as ancient as recorded history. These specific teachings resonate with the core of all major truth teachings, traditions, and religions—such as Buddhism; Hinduism; Christian, Jewish and Islamic mysticism; Taoism; Tantra; and the ancient Egyptian mystery schools, just to name some of the more familiar.

Formerly shrouded in mystery and reserved for the select few who dedicated their lives to isolation and monastic discipline, the ancient wisdom teachings have been revamped and made simple and practical for the modern world. As the evolution of human consciousness accelerates, many are finding that the old methods of achieving spiritual awakening are inadequate for life in the modern, fast-paced, material world. New tools, like the Marriage of Spirit techniques, are being brought forward now to help us.

The Marriage of Spirit also bridges the ancient metaphysical principles and modern psychology, as much of the teachings are about actively bringing balance into our lives by clearing the ego, or releasing inner limitations. The distinction between the Marriage of Spirit and modern psychology, however, is that the Marriage of Spirit relies not only on our untying the knots of the mind, but also on the gift of grace—on giving up the whole lesson to spirit's mysterious healing power in order to effect transformation in our lives.

Another important distinction is that the purpose of the Marriage of Spirit techniques is not about rearranging the ego into a more congenial, healthier form—as modern psychology can be. Rather, their purpose is to transform and to clear the ego so that the clear light of reality shines through it and so that we can live a truer expression of our own inherent divine nature. As Ram Dass once said, the ego is a prison, and so in order to know the truth of our spiritual nature, we are not concerned with rearranging the furniture inside the prison, but with breaking down the prison walls to let in the light that is always present. The Marriage of Spirit brings down the walls of our own inner limitations by making the unconscious conscious, by bringing the shadow into light, and by marrying spirit with matter. It is a course in awakening, in becoming conscious of the luminous core of enlightenment that is within each one of us.

Leslie's own magical story of awakening is unique and inspiring. Chapter One gives us a brief glimpse of her journey as a Western woman embracing the life of a mystic. She shares how she was taught the Marriage of Spirit principles by spiritual guides (both inner and outer), the insights and awakenings that this led to, and how it eventually culminated for her in the late 1980s in the full realization of the Self.

It was my good fortune to meet Leslie in 1990, during a time of intense soul-searching. She is the wisest, most compassionate and illumined soul it has ever been my pleasure to know. Her life, an embodiment of humility, generosity, grace, and unconditional love, is fully

dedicated to the service of God and humanity. My respect for her continues to deepen over the years as I am graced daily with her living example of purity, heart, trust in the Divine, and unshakable dedication to truth.

It is a blessing beyond words for me to be able to participate in the creation of this book, and I am so very grateful for the miraculous transformations and soul-stirring awakenings that have come to me throughout the process of writing and working with Leslie. My role here has been to help compile this book from Leslie's writings and transcripts of her talks, and by summarizing our conversations over the years about key concepts.

With love and respect, I present this aspect of Leslie's life's work—a modern version of ancient spiritual and metaphysical truths—to people who are truly hungry for nourishment, fulfillment and spiritual awakening in the busy, technological, modern world. May every reader receive as much from this book as I have.

— *Brad Laughlin*
January 15, 2000
Santa Fe, New Mexico