

Darshan — Visualization

When you are in the presence of someone who has spiritual realization, you will likely find that spiritual light shines from them and blesses you. Merely in being in their company you find greater spiritual awareness and blessings on your life. Whether you're in the presence of a rabbi who knows the Lord, or a nun, or a wondering monk, there is beautiful *darshan*. Darshan means the light which emanates from the soul of a person who is spiritually realized. To put it more accurately, darshan is the spiritual light of God shining *through* a person who is God's instrument of love and light.

Many people credit the darshan experiences of their life as the key contributor to their own spiritual unfoldment. At first darshan helps seekers to recognize there really is such a thing as God and spiritual Truth. Then subsequent darshan helps a seeker to process the spiritual path and meditate at deeper and deeper levels of awareness. Then, often darshan helps in the awakening process and in the enlightenment of the seeker. And then the darshan helps the newly-enlightened seeker to consolidate the spiritual awareness with the art and the task of daily living.

How to Practice

There are not many spiritually realized people available. Hence, darshan visualization in this great technique. You simply visualize or use an actual picture of the Lord of your heart, holding their form — the form of their body — before your physical eyes or before your mind's eye. You adore them and visualize that love and light flows from their being to you and over your entire being. Simply visualize that love, light, the Holy Spirit, moves through their form, which is full of spiritual light, and radiates you — especially at first radiating your face, your chest, and then all of you.

Benefits

With practice you may become, through this visualization, so attuned that you will actually receive darshan, the spiritual light of God flowing through the beloved One whom you are visualizing.