



**UNITY OF VANCOUVER**  
3814 Franklin St.  
VANCOUVER, WASHINGTON 98660  
360-696-0996

**“THE TOLTEC & THE MIRROR”**  
Reverend Bernadette Voorhees  
September 7, 2014  
(All Rights Reserved)

---

## **MEDITATION**

**Prayer for world peace by Ernest Holmes**

**I know there is but One Mind, which is the Mind of God, in which all people live and move and have their being. I know there is a Divine Pattern for humanity and within this pattern there is Infinite harmony and peace, cooperation, unity and mutual helpfulness.**

**I know that the mind of man, being one with the Mind of God, shall discover the method, the way and the means best fitted to permit the flow of Divine Love between individuals and nations. Thus harmony, peace, cooperation, unity & mutual helpfulness will be experienced by all.**

**I know there shall be a free interchange of ideas, of cultures, of spiritual concepts, of ethics, of educational systems and scientific discoveries- for all good belongs to all alike. I know that, because the Divine Mind has created all, we are bound together in one Infinite and perfect unity.**

**In bringing about World Peace, I know that all people and all nations will remain individual, but unified for the common purpose of promoting peace, happiness, harmony and prosperity.**

**I know that deep within every person the Divine Pattern of perfect peace is already implanted. I now declare that in each man & woman & in leaders of thought everywhere this Divine Pattern moves into action & form, to the end that all nations & all people shall live together in peace, harmony, & prosperity forever. So it is now. Amen.**

---

## **THE TOLTEC & THE SMOKEY MIRROR**

**Thousands of years ago, the Toltec were known throughout southern Mexico as ‘*women & men of knowledge.*’ Toltec knowledge arises from the same essential Unity of Truth as all the sacred esoteric traditions found in the world. Though it’s not a religion, it honors all the Spiritual Masters who have taught on the earth & like Unity is a way of life & living rather than a religion & a set of beliefs.**

**The Toltec created 3 Masteries to guide us out of the dream of suffering & return us to our true nature: happiness, freedom & love. THE 1<sup>ST</sup> MASTERY, THE MASTERY OF AWARENESS is the 1<sup>ST</sup> step toward personal freedom, because we can’t be free if we don’t know what we are, where we are, or what kind of freedom we’re looking for. In this mastery, we become aware of the fog that’s in our mind as our belief system. We’re dreaming all the time & everybody else is dreaming.**

**The 2<sup>nd</sup> mastery, the Mastery of Transformation, shows us how to change the dream of our life. THE GOAL IS TO FACE & TRANSFORM OUR FEARS. THE result we want is the freedom to live our own life instead of the life of the belief system or what the Toltecs call ‘the Parasite’. The**

**Mastery of Transformation is achieved by changing our agreements & reprogramming our own mind in a new & higher way by making 4 agreements with Spirit & Spirit in each other.**

**The 4 Agreements are: Be impeccable with your word, Don't take anything personally, Don't make assumptions & Always do your best are a summary of the Mastery of Transformation. The result of the 1<sup>st</sup> & 2<sup>nd</sup> masteries is a mind that is Parasite-free & that is the 3<sup>rd</sup> mastery, the Mastery of Love, or the Mastery of Intent.**

**From the Toltec point of view, when all 3 masteries are accomplished, we reclaim our divinity & become 1 with God. Then every action we take is an expression of the One Being. This is the goal of the Toltec & this is our goal as we begin this course of study.**

**Let me tell you a story: 3000 years ago, there was a human just like you & me who lived near a city surrounded by mountains. The human was studying to become a medicine man, to learn the knowledge of his ancestors, but he didn't completely agree with everything he was learning. In his heart, he felt there must be something more. 1 day, as he slept in a cave, he dreamed that he saw his own body sleeping. He came out of the cave on the night of a new moon. The sky was clear & he could see millions of stars. Then something happened inside of him that transformed his life forever. He looked at his hands, he felt his body & he heard his own voice say, *"I am made of light; I am made of stars."***

**He looked at the stars again & he realized that it's not the stars that create light, but rather light that creates the stars. *"Everything is made of light,"* he said, *"& the space in-between isn't empty."* & he knew that everything that exists is 1 living being & that light is the messenger of life, because it is alive & contains all information. Then he realized that although he was made of stars, he was not those stars. *"I am in-between the stars"* he thought. So he called the stars the *tonal* & the light between the stars the *nagual* & he knew that what created the harmony & space between the 2 is Life or Intent. Without Life, the *tonal* & the *nagual* could not exist. Life is the force of the absolute, the supreme, the Creator who creates everything.**

**This is what he discovered: Everything in existence is a manifestation of the 1 living being we call God. Everything is God. & he came to the conclusion that human perception is merely light perceiving light. He also saw that matter is a mirror –everything is a mirror that reflects light & creates images of that light & the world of illusion, the Dream, is just like smoke, which doesn't allow us to see what we really are. *"The real us is pure love, pure light,"* he said.**

**This realization changed his life. Once he knew what he really was, he looked around at other humans & the rest of nature & he was amazed at what he saw.**

**He saw himself in everything –in every human, in every animal, in every tree, in the water, in the rain, in the clouds, in the earth. & he saw that Life mixed the *tonal* & the *nagual* in different ways to create billions of manifestations of Life. In those few moments he comprehended everything. He was very excited & his heart was filled with peace. He could hardly wait to tell his people what he had discovered. But there were no words to explain it. He tried to tell others but they could not understand. They could see that he had changed, that something beautiful was radiating from his eyes & his voice. They noticed that he no longer had judgment about anything or anyone. He was no longer like anyone else. He could understand everyone very well, but no one could understand him. They believed that he was an incarnation of God & he smiled when he heard this and said, *"It is true. I am God. But you are also God. We are the same, you & I. We are images of light. We are God."* But still the people didn't understand him.**

He had discovered that he was a mirror for the rest of the people, a mirror in which he could see himself. *“Everyone is a mirror,”* he said. He saw himself in everyone, BUT NOBODY SAW HIM AS THEMSELVES. & he realized that everyone was dreaming but without awareness, without knowing what they really are. They couldn’t see him as themselves because there was a wall of fog or smoke between the mirrors. & that wall of fog was made by the interpretation of images of light –the Dream of humans. Then he knew that he would soon forget all that he had learned.

He wanted to remember all the visions he had had, so he decided to call himself “SMOKEY MIRROR” so that he would always know that matter is a mirror & the smoke in-between is what keeps us from knowing what we are. He said, *“I am now “Smokey Mirror”, because I am looking at myself in all of you, but we don’t recognize each other because of the smoke in-between us. That smoke is the Dream & the mirror is you, the dreamer.”*

Every day humans create thousands of beliefs or what the Toltecs called agreements based primarily on making assumptions & taking everything personally. By doing this they are using their creative power to create a dream of suffering. The 1st emphasis is on awareness. So what do we need to become aware of:

1. HUMAN SUFFERING BEGINS WITH DOMESTICATION. (our topic for next week) When we’re children, other people hook our attention & teach us to dream the way society dreams. We are conformed to Conventional Wisdom. This is how our attention is used for the 1<sup>st</sup> time to create the 1<sup>st</sup> dream of our life.
2. HUMANS ARE CREATORS, BUT OUR POWER OF CREATION IS INVESTED IN OUR BELIEFS. The power of our word, which to the Toltecs is the same as our intent, our will, our faith, our life, is trapped inside a rigid structure of beliefs. This leaves us with little power to change our dream or life.
3. THE FUNCTION OF THE HUMAN MIND IS TO DREAM, BUT WE’VE LEARNED TO DREAM WITHOUT AWARENESS. Once we’re aware that we’re dreaming, we awake from the dream & recover our power to change the dream whenever we choose. When we discover we have the power to create a dream of Heaven or Hell, we naturally want to change our dream to a dream of Heaven.
4. USING YOUR WILL AND ATTENTION, YOU CHOOSE TO BELIEVE WHAT YOU WANT TO BELIEVE, AND THAT INCLUDES BELIEVING IN YOURSELF. You can then use the 4 Agreements AS A TOOL to change your actions—reactions. EVERY CHOICE YOU MAKE HAS A CONSEQUENCE OR RESULT. WHEN YOU CHANGE THE ACTION, YOU CHANGE THE RESULT & you change the dream of your life.

Just imagine if you could live in a society where the 4 agreements: Be impeccable with your word, don’t take anything personally, don’t make assumptions & always do your best - were a habit for everybody, where this habit *was the way they expressed life*. Imagine living in a society where everybody practiced love until they mastered love. There is already a new dream in this world that is ready to be dreamed by humans. We just need humans to join us in dreaming the new dream.

Deciding to focus on our own freedom isn’t selfish;  
it is the greatest gift we can give to humanity.

**THE FOUR AGREEMENTS – LESSON 1**  
**September 7, 2014**  
**THE TOLTEC AND THE SMOKEY MIRROR - POINTS**

- The Toltec created 3 masteries to guide us out of the dream of suffering & return us to our true nature: happiness, freedom & love.
- **1<sup>ST</sup> THE MASTERY OF AWARENESS:** We can't be free if we don't know what we are, where we are, or what kind of freedom we're looking for. In this mastery, WE BECOME AWARE OF THAT WE'RE DREAMING ALL THE TIME & THAT EVERYBODY ELSE IS DREAMING.
- **2<sup>nd</sup> the Mastery of Transformation:** THE GOAL IS TO FACE & TO TRANSFORM OUR FEARS. THE result we want is the freedom to live our own life instead of the life of the belief system.
- **The 4 Agreements summarize the Mastery of Transformation:** 1. Be impeccable with your word. 2. Don't take anything personally. 3. Don't make assumptions. 4. Always do your best. The result of the 1<sup>st</sup> & 2<sup>nd</sup> masteries is a mind that is Parasite-free & that is the 3<sup>rd</sup> mastery, the Mastery of Love, or the Mastery of Intent.
- When all 3 masteries are accomplished, we reclaim our divinity & become 1 with God. Then every action we take is an expression of the One Being.
- EVERYTHING IN EXISTENCE IS A MANIFESTATION OF THE ONE LIVING BEING WE CALL GOD & human perception is merely light perceiving light.
- Everything is a mirror that reflects light & creates images of that light & the world of illusion, the Dream, is just like smoke, which doesn't allow us to see what we really are. *"The real us is pure love, pure light."*
- THE FUNCTION OF THE HUMAN MIND IS TO DREAM, BUT WE'VE LEARNED TO DREAM WITHOUT AWARENESS. Everyday agreements are created based on making assumptions & taking everything personally. We use creative power to create a dream of suffering.
- HUMAN SUFFERING BEGINS WITH DOMESTICATION. When we're children, other people hook our attention & teach us to dream the way society dreams.
- HUMANS ARE CREATORS, BUT OUR POWER OF CREATION IS INVESTED IN OUR BELIEFS. The power of our word, which is the same as our intent, will, faith & love, is trapped inside a rigid structure of beliefs. This leaves us with little power to change our dream.
- Once we're aware that we're dreaming, we awake from the dream & recover our power to change the dream whenever we choose. Using your will and attention, you choose to believe what you want to believe, and that includes believing in yourself.
- EVERY CHOICE YOU MAKE HAS A CONSEQUENCE OR RESULT. WHEN YOU CHANGE THE ACTION, YOU CHANGE THE RESULT & you change the dream of your life. Deciding to focus on our own freedom isn't selfish; it is the greatest gift we can give to humanity.

Next week Chapter 1 Domestication and the Dream of the Planet



- The function of the human mind is to dream but we've learned to dream without awareness. Everyday agreements are created based on making assumptions & taking everything personally. We use creative power to create a dream of suffering.
- All human suffering begins with domestication. When we're children, other people hook our attention & teach us to dream the way society dreams.
- Humans are creators but our power of creation is invested in our beliefs. The power of our word, which is the same as our intent, will, faith & love, is trapped inside a rigid structure of beliefs. This leaves us with little power to change our dream.
- Once we're aware that we're dreaming, we are awake & recover our power to change the dream whenever we choose. Using your will and attention, you choose to believe what you want to believe and that includes believing in yourself.
- Every choice you make has a consequence or result. When you change the action, you change the result & you change the dream of your life. Deciding to focus on our own freedom isn't selfish; it is the greatest gift we can give to humanity.

---



---

### PRACTICE & DISCUSSION IDEAS FOR MASTERING AWARENESS

Record your thoughts & answers to the following questions. This exercise will help you to uncover distorted images others projected onto you as a child.

I. List your earliest memories of what your mother, father & closest family members told you about yourself. List what people outside your family projected onto you—friends, teachers & others who influenced you. Pay attention to your emotional response to each question below. Which agreements come from fear and which come from love?

1. What images did others project onto you? When I was a child, I was told I was...
2. What limitations were you told you have? I was told that my limitations were. . .
3. When you were a child, what did others tell you about what it means to be a girl or a boy?  
I was told that girls should always. . .  
I was told that boys should always. . .
4. Did you fit the ideal image of what it meant to be a girl or boy?
5. What do you believe today about being a woman or being a man?  
I believe that a woman should always. . .  
I believe that a man should always. . .
6. List all the qualities you were told you should have. I was told should be. . .
7. Make a list of all the qualities you believe you have. I believe I am. . .
8. List the qualities you believe other people think you have. I believe others think I am . . .
9. Make a list of all the qualities you lack, but wish you had. I wish I could be like. . .