# Living from the Divine Spark

## Meditation and the Awakening of Your Inner Origin

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Michiel A.M. Arens



In these texts, I have used the terms ego and soul.

Here, the ego refers to the soul oriented towards the earthly world, while the soul refers to the soul oriented towards God.

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# Foreword

### The Spark and the Path

Within every human being lives an essence that does not coincide with their history, character, or circumstances. Sometimes you sense it as an undercurrent: a quiet certainty that you are more than what we think, do, or experience. As though, at the centre of your existence, there is a point that remains untouched, even when everything around it is in motion.

That essence is not an idea.

It is not an article of faith.

It is a reality within your own consciousness.

Throughout the centuries, it has been given different names: soul, spirit, inner light, Christ consciousness, spark of the divine. In this book, I speak of the Divine Spark — not as a poetic image, but as a way of referring to a living origin within yourself.

Yet that spark is often obscured. Not because it has disappeared, but because your attention is entirely directed towards life: towards roles, achievements, worries, relationships, possessions, and losses. You become identified with what you experience and forget what sustains you.

This is where the path begins.

Meditation, in this context, is not a technique for acquiring something new. It is not a method for becoming a better

version of yourself. It is a return. A becoming still through which what has always been present becomes visible.

What you seek turns out not to be a future destination, but the very ground upon which you already stand.

• The Divine Spark points towards your origin.

• Meditation opens consciousness to that origin.

• Living from that origin transforms your relationship with the world.

This book brings these three movements together.

The first path describes the essence: what is this spark, what is its nature, why is it there, and what does it mean that it has a purpose? The second path explores the journey: how can consciousness open itself to this essence, how does experience mature, and how does inner silence become an entrance to a different way of living? Gradually, these two paths merge, until insight and experience can no longer be separated.

For ultimately, there is no longer a “spark” and no longer a “path”.

There is only consciousness recognising itself.

When you allow that recognition, your life shifts from control towards trust, from seeking towards receiving, from division towards unity. This does not mean that external circumstances disappear or that your human existence is dissolved. It means that beneath everything, a foundation becomes perceptible that no longer wavers.

The world reflects your consciousness.

Where inner division prevails, outward conflict appears.

Where the essence is recognised, simplicity arises.

The Divine Spark is not there without reason.

It is not a decoration of existence.

It is the purpose of existence.

Meditation is not the goal, but the window through which you become aware of that purpose.

This book invites you not merely to understand, but to recognise. Not merely to read, but to experience. Not to become something new, but to awaken to what you already are in your essence.

The essence lives.

The path is near.

Silence awaits.

And within that silence, the search for a connection with God takes place.

It is something that has existed throughout all ages.

Alone or in groups.

Where does this urge come from?

After all, when you and others are working together, for example, to conquer a large market with your product, you do not gather to perform a ritual of contemplation.

Why, then, meditate?

Why would you meditate, rather than simply sit quietly for a while?

## Gatherings for Reflection, Services

The principle has existed throughout all ages.

Individuals and groups come together for reflection.

And the purpose is always to “find peace”.

Everyone knows that this is essential.

But why, exactly?

Because it enables you to “carry on again”?

Perhaps.

Yet in many cases, attention is directed towards something specific.

We come together, or reflect individually, to develop understanding, create a sense of unity, or open our being to influences from a potentially higher state of existence.

You leave your worries behind, or at least that is what we advise one another to do when we gather.

For worries obstruct the possibility of rising above our ordinary state.

You therefore direct your attention towards one thing, either alone or in a group.

Then you leave your worries behind and surrender yourself.

It may gradually be regarded as common knowledge that the frequency of your being rises when you are able to reflect freely.

Just as it does during a joyful experience.

Or as spiritual literature sometimes describes it, “ascending the mountain”.

The opposite happens when you worry. Anxiety, concern, and fear are states of mind associated with a low frequency, and they bring a higher frequency down.

During reflection, you open yourself to influences from outside.

Because this openness is experienced as a vulnerability, you always do so in a safe environment.

Texts that you read, or that someone speaks aloud, evoke associations and, inherently, the energies connected with those associations.

You direct your attention, or the group directs its attention, towards a particular subject, and whatever receives your attention grows.

In other words, it attracts the energy associated with it.

Directing attention, particularly when a group is involved and the attention of everyone present is focused on a single point, determines the extent to which calling forth an idea and its associated energy produces a result.

There is always a response.

Focused attention always results in the mobilisation of energy.

This mechanism can therefore also be used to mobilise the energy, the activity of the Divine Spark.

For a further explanation, see my book entitled The Divine Spark.

By attuning yourself to that inner source, divine energy is called forth.

During reflection, whether individually or as a group, we open ourselves to that radiating activity.

We absorb that radiation into our consciousness. Our consciousness receives it according to its capacity, automatically filtering out whatever we are unable to relate to.

However, through focused reflection, our consciousness can temporarily expand, allowing us to absorb aspects of that radiating activity that would normally lie beyond the reach of our awareness.

You probably know that feeling.

The feeling of experiencing something elevated, as it were.

Of being lifted, raised above the ordinary level of everyday life.

And afterwards, you always need a little time to “come back down to earth” and “return to yourself”.

If the purpose of gathering is to discuss the redevelopment of a residential neighbourhood and its green spaces, the height of the frequency that can be reached is not really a matter of concern.

However, when directing your attention towards the activity of the Divine Spark, reaching the highest possible frequency is of great importance.

A deeper silence.

A silence throughout your entire being.

Silence in thought, emotional states brought to rest, a relaxed body, and a will that, for that moment, ceases to want anything.

A balance between thinking, feeling, acting, and will. Equilibrium within your being.

Not something you have managed to achieve just for that particular moment, but something that has become part of your being and can be brought into readiness for a gathering.

It can also be very helpful to have undertaken a thorough clearing away of attachments.

Attachments obstruct free access to your consciousness.

Attachments, together with the judgements that accompany them, colour pure awareness.

Your consciousness, which you so deeply wish to elevate towards the exalted level of the Divine Essence, should be as free as possible.

Open and, if possible, free from judgement.

Meditation, both individually and in a group, is a means of allowing the radiating activity to penetrate your being as fully as possible.

Its effects are healing for your soul.

A soul that can once again grow towards its original divine-human nature and destiny.

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# 1 The Spark That Longs to Be Recognised

## The Essence at the Centre

Within every human being lives an essence that does not coincide with their thoughts, emotions, or life story. It is not the product of upbringing, culture, or belief. It precedes all of these.

This essence — the Divine Spark — is not an addition to who you are, but the most essential part of your existence. It is the point of origin from which you live, think, and act. Even when you are unaware of it, it remains active. Even when you have forgotten it, it remains present.

Most people do not experience this essence as something clearly defined, but rather as an undercurrent. An intuitive knowing that there is more than the visible surface of life. A quiet longing for truth, for unity, for a peace that does not depend on circumstances.

That longing is already a sign of the spark.

For the essence has a purpose. It does not merely want to exist — it longs to be recognised.

## Why You Cannot See It

If this essence is so close, why do you not experience it continuously?

Because your consciousness is usually directed entirely towards the outside world and the story you tell yourself about who you are.

You identify with your roles, your achievements, your fears, and your desires. You live in reaction to whatever presents itself.

Gradually, the feeling develops that you are a separate “I” that must hold its own in a complex world.

From that identification, you try to create security, gain recognition, and maintain control.

Yet it is precisely this constant outward orientation that obscures the essence.

Not because the spark is weak, but because your attention attracts energies that form, as it were, a heavy cloak of lead, obstructing the radiating activity of the Divine Spark.

The experience of separation is not proof that you are separate — it is the consequence of unconsciously living from the outside world rather than from the centre of your being.

## The Path Inward

This is where meditation begins.

Meditation is not an attempt to create something new. It is a temporary stilling of the movement outward. It is the conscious withdrawal of attention, allowing what is essential within you to become perceptible once again.

When you become still, the first thing you notice is restlessness. Thoughts continue to arise. Plans, memories, judgements. Sometimes it seems as though meditation creates more noise than peace.

But that noise was already there.

Only now do you hear it.

If you do not try to suppress or control it, something subtle happens: you discover that within you there is an observer who is not identical to your thoughts. Something that watches without being drawn along.

You begin to realise that you are not your thoughts, but that you observe your thoughts. That you are not your emotions, but that you experience them. In that shift, space opens up.

And within that space, the influence of the Divine Spark can make itself felt.

## The Purpose of the Spark

This inner source was not given to be admired, but to be lived. Its purpose is not for us to withdraw from the world, but to stand in the world differently.

When the essence is recognised, our point of departure shifts.

You act less from fear and more from trust.

Less from a sense of lack and more from inner fullness.

Less from defensiveness and more from openness.

This does not mean that life no longer presents challenges. But your relationship with those challenges changes. A quiet foundation emerges beneath everything that moves.

The spark recognises itself in silence —

and expresses itself in everyday life.

## From Experience to Stability

At first, the experience of the influence of this inner essence may appear as a moment of peace. A sudden clarity. A feeling of profound presence that cannot be captured in words.

Then ordinary life returns.

That is not a loss. It is a process of maturation.

The purpose is not to collect extraordinary experiences, but for consciousness to become gradually anchored in that centre. This requires repetition, honesty, and patience.

Each time you meditate, you return to the same simple movement:

not forcing, not improving, not striving — but being present.

Gradually, your identification shifts.

No longer entirely towards the outside world and outward appearances, but increasingly towards the essence of your being.

What was once a glimpse becomes an undercurrent.

What was once an undercurrent becomes a foundation.

## Living from the Essence

When the influence of the source is not only experienced but also recognised as your true foundation, something fundamental changes.

You seek less confirmation outside yourself.

You feel less need to prove yourself.

You experience less need to control everything.

Not because you become indifferent, but because you know that you are sustained.

Meditation then ceases to be a separate activity and becomes an attitude. A way of being present in conversation, at work, in conflict, and in silence.

The essence does not live in isolation from life.

It longs to become visible in the way you speak, choose, and act.

## The Quiet Certainty

One day, the realisation may arise that the influence of this essence was never absent. That it was already there before you began searching for it. That meditation has not added something, but has revealed something.

Then your perspective shifts completely.

You still live in time and space, with responsibilities and relationships.

But beneath everything there is a quiet certainty: life is not sustained by you — you are sustained by life.

What you were searching for was your origin.

What you found was yourself.

And the path turns out not to have been a distance to travel, but a remembrance.

## Practice: The Spark in Everyday Life

It is a perfectly ordinary morning.

I get up. There is something that needs to be done. An email that needs answering. A conversation I might rather postpone. A responsibility waiting for me.

I notice a slight tension.

Thoughts begin to circle:

What if it is not good enough?

What will the other person think?

How am I going to manage all of this?

So far, nothing unusual. This is life as we know it.

But then something small happens.

I decide not to react immediately.

I remain seated for a moment.

I breathe.

Not to solve anything. Not to improve myself. Simply to be present.

And in those few seconds, I notice that there is something within me that observes. That sees thoughts arising. That notices tension forming in my body. Yet is not itself tense.

That silent observation is not an achievement.

It is not a technique.

It is a shift.

I am no longer completely identified with my reaction.

There — in that small moment of space — the influence of the inner source becomes perceptible.

Not as a flash of light.

Not as a mystical experience.

But as a quiet certainty:

I am more than this thought.

I am more than this tension.

From that place, I answer the email differently.

I approach the conversation differently.

I take on the responsibility differently.

Perhaps nobody notices the difference.

But I do.

What happened here is simple and profound at the same time: my attention shifted from outward circumstances towards what is essential within me. From identification towards consciousness.

The activity of the Divine Spark did nothing spectacular.

It was simply no longer overshadowed.

And that is precisely where its purpose lies.

Not to remove me from everyday life —

but to make a different foundation perceptible in the midst of that life.

# 2 The Veil of Separation

### The Story We Call “I”

If there is an essence within every human being — an essence connected to the Original Kingdom of God — a question naturally arises: why do you experience this essence so rarely? Why does your life so often feel like a personal struggle, a constant effort to hold your own in a world that is uncertain and continually changing?

Throughout your life, you have developed an identity: a story about who you are, shaped by your experiences, expectations, and the reflections of others. That story was necessary. It gave you direction, helped you function, and made relationships possible. Yet, almost without noticing, you began to identify with it. You came to believe that this story represents the whole of who you are.

This is how a sense of separation develops. You begin to see yourself as an independent “I” that must maintain its position in relation to circumstances, other people, and sometimes even life itself. From this conviction, you try to maintain control, create certainty, and protect your existence. Yet this constant effort rarely brings genuine peace, because it is rooted in a deeper assumption: that you are separate from the source that sustains you.

## The Belief in Separation

This assumption forms the veil of separation. It is not a tangible boundary, but a way of perceiving reality. You experience yourself as a separate entity standing apart from the world, while the essence of our existence is rooted in the same reality that also gives rise to your own small world.

The Divine Spark has not disappeared; it has merely been overshadowed by your identification with roles, achievements, failures, and expectations. As this understanding gradually takes hold, something fundamental begins to shift. You discover that you do not stand apart from life, but are part of it. That you are not the one who sustains existence, but are yourself sustained.

This shift does not immediately change your external circumstances, but it does change your relationship with them. You continue to act, choose, work, and love, yet the feeling that everything depends entirely on your personal abilities begins to loosen its grip.

## The Role of Silence

This is where meditation finds its meaning. Not as a technique for acquiring something new, but as a space in which what has always been present becomes visible. When you become still and your attention is no longer completely absorbed in your thoughts, you begin to notice that thoughts appear within your consciousness, but are not consciousness itself.

There is something within you that observes without being carried away by every movement of your human mind. That observing consciousness is undivided and does not engage in conflict. It is simply present.

This is where uncovering begins — the removal of what has been covering what is already there.

As inner division diminishes, your perception of the world also changes. What previously seemed threatening or hostile loses its absolute character. The world continues to move, but you remain more at peace.

## A Necessary Phase

Perhaps the experience of separation is not a mistake, but a phase in your development. You first had to come to know yourself as an individual before you could consciously return to the discovery of something essential within you: the influence of the inner essence, which you had not recognised and which can once again become active in its original way.

Once again in Unity.

A Unity originally intended to exist in Freedom.

The veil does not disappear through struggle, but through understanding. And understanding grows in silence.