

## A Candle light in the Darkness of the Universe

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Scientists<sup>1</sup> do not use just any star to investigate the vestiges of time. They focus on Type 1a supernova, white dwarf stars that have exploded.

When a star is about to go supernova it first begins to simmer, and when the star ignites it is like a fire running through a forest. Eventually the star explodes and what we see is the radioactive debris from the explosion.

Scientists use the light produced by these supernovae as probes that they call standard candles to determine distances in the universe.

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<sup>1</sup> NATIONAL IMPACT SERIES:  
TWINKLE TWINKLE SUPERSTAR  
By Stacy W. Kish, (202) 586-5278  
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Distance is no small matter, because many scientists believe that the universe is expanding at an accelerating rate. In order to accommodate this expansion they believe that much of the universe is composed of dark energy. But the name does not have menacing implications.

"It is called dark energy, because it is not something that is easily observed" stated Amber Boehnlein, program manager for Scientific Discovery through Advanced Computing (SciDAC).

In order to study this elusive energy, scientists use the nearly uniform light curve produced by the standard candles like a tool to measure distances, but like any tool, the standard candle must be calibrated.

Just as scientists use supernova candles to calibrate and navigate matter in the Universe, humans use the small candle of personal consciousness to navigate the infinite realm of the personal and collective psyche, the Unus Mundus. Once we light the flame of personal consciousness, the light from that small candle travels to the ends of the universe and back. It lights up the whole universe, albeit in a subtle light, and this light gets impacted and informed by the wisdom of the universe before returning to us and all of human fellowship. The exponential impact of the light of personal consciousness is profound. It has the potential to change the whole universe in a latent manner-for better or worse. This offers us tremendous opportunity and responsibility as the pacemaker of the world consciousness, what Carl Jung called the "Unus Mundus".

Each one of us must take the task of evolving our personal consciousness seriously as a sacred task since it impacts the whole universe. When we work on our problems, complexes, relationships, symbols and purpose of our life, we not only improve our health and wellbeing but heal the whole universe in a significant manner. This may be attained by a spiritually informed and reflective life. Daily we must work on amplifying the small candle of our personal

consciousness by prayer, reflection, journaling, attending to our dreams, relationships, meaning of our medical and psychiatric symptoms, addictions, and emergence of our personal symbols that guide us onto our path to our soul and spiritual purpose in this lifetime, our Dharma.

In India, the Hindus celebrate the annual festival of lights or Diwali every fall. After month long preparations, on new moon night, the darkest night in the year, every home lights dozen of candles in every home to honor goddess Laxmi; the deity of peace, prosperity and plenty. The lamps lit in every home echo the stars in the sky. When each one of us lights the candle of our personal consciousness, we can light up the whole universe in peace, prosperity and plenty. Each one of us must nurture the gift of personal consciousness and attend to it as our sacred responsibility add to the energy of the Unus Mundus.

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Dr Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical

College of Wisconsin in Milwaukee and the President Elect, a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault treatment center at the Aurora Sinai Samaritan Hospital, Dewey Center at the Aurora Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.

Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website

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Ashok Bedi has been in practice in Milwaukee for over thirty years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual "In the Footsteps of Carl Jung in India" study group to several centers in India under the auspices of the New York Jung Foundation.