

YOUR SPIRITUAL REVOLUTION

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Co-Creation-Part II

Intuition vs Psychic Ability

Clues from the Ancient World

Flowing with Universal Laws

HUMAN AURA

HOW TO SEE, FEEL & READ



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Message From The Executive Editor

I think we all have natural ability to sense overall energies of other persons or even animals and places. Like how we feel 'down' while being in company of some depressed people and how we feel peaceful in presence of saints or loving people.



And also how we get tensed in some places for no obvious reasons and how we love to visit and sit for long hours in places of worship or energetic natural surroundings.

We all can further develop this natural ability to actually see aura with our own eyes; to increase our capacity to feel and analyze a person's bio-energy field which can be even helpful in our normal day-to-day life.

Science and technology are also helping us demystify the secrets of aura. Today sophisticated aura reading devices and computer software are available that are even used in medical diagnosis. Still aura contains lot of information that we are yet to decode.

In this issue, we have tried to provide you with basic information to enable you to learn 'how to see and read aura' on your own. It is not at all difficult. So, don't just read, do experiment!

With Love,

Amitt Parikh

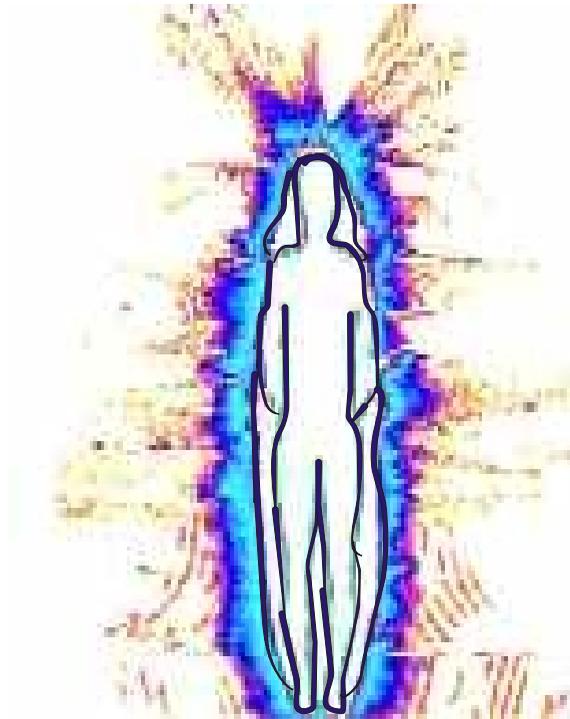
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How to See & Read the Aura

By Dr. Tom J. Chalko

There is nothing “paranormal” in the Universe, except our limited understanding of Nature. What we think we “know” on Earth now is just a tiny drop in the Ocean of Knowledge.

In the distant past, people admired things they could not explain and called them “miracles”. Long ago, people were able to see Auras. Advanced spiritual people such as Buddha, Christ and their immediate students were painted with golden haloes around their heads, because some artists could actually see Auras. In Australia remote West Kimberleys you can find prehistoric cave paintings, many thousands of years old, depicting people with golden haloes (see image on next page). Nature gave us ALL we need to see Auras. All is required is the knowledge how to use your senses together with your conscious effort. If you decide not to try, you will NEVER see the Aura. On the other hand, when you SEE something for yourself, no longer will you

need to rely on believing someone. You will KNOW. And you can use your knowledge to learn more.

Many great people in the past complained that “we have eyes and we do not see”. Further in this document you will discover what they meant.

ANYONE can see auras to some degree. Rather than create an aura of mystery around my newly acquired skill, my approach is to show everyone what their eyes are capable of. When nearly everyone (including children) sees a similar thing, I consider this a part of our Nature and I say that it deserves our attention.

What is the Aura ?

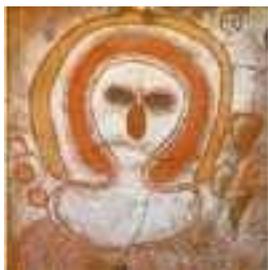
Everything in the Universe seems to be just a vibration. Every atom, every part of an atom, every electron, every elementary “particle”, even our thoughts and consciousness are just vibrations.

Hence, we may define the Aura as a electro-photonic vibration response of an object to some external excitation (such as an ambient light for example). This definition is sufficient for the purpose of reading Auras, providing that we can train ourselves to see the Aura vibration.

The most important property of the Aura seems to be the fact that it contains INFORMATION about the object.

Aura around living (conscious) objects (people, plants ...) changes with time, sometimes very quickly. Aura around non-living object (stones, crystals, water...) is essentially fixed, but can be changed by our conscious intent. Above facts have been observed by scientists in Russia, who have been using Kirlian effect to study Auras for the last 50 years.

The Aura around humans is partly composed from EM (electromagnetic) radiation, spanning from microwave, infrared (IR) to UV light. The low frequency microwave and infrared part of the spectrum (body heat) seems to be related to the low levels of the functioning of our body (DNA structure, metabolism, circulation etc.) whereas high frequency (UV part) is more related to our conscious activity such as thinking, creativity, intentions, sense of humor and emotions. Russian scientists, who seem to be about 3 decades ahead of everyone else in Aura research, make experiments suggesting that our DNA can be altered, by influencing its microwave Aura. The high frequency UV part is very important and most interesting but largely unexplored. And this part can be seen with naked eyes.



Why do we need to see auras ?

Colors and intensity of the aura, especially around and above the head have VERY special meanings. Watching someone's aura you can actually see the other person's thoughts before you hear them expressed verbally. If they do not agree with what this person is saying, you effectively see a lie every time. No one can lie in front of you undetected. We cannot fake the Aura. It shows our True

Nature and intentions for everyone to see.

Also, aura is our spiritual signature. When you see a person with a bright, clean aura, you can be SURE that such person is good and spiritually advanced, even if he/she is modest and not aware of it. When you see a person with a gray or dark aura, you may be almost SURE, that such person has unclear intentions, regardless how impressive, eloquent, educated, "good looking" or "well dressed" he/she seems to appear.

It is ESPECIALLY important to check the aura of any religious leader, "spiritual teacher", "master" or a "guru". Such a person should have a clearly defined yellow-golden halo around the head. If he/she does not have it, you are MUCH better on your own.

Joining a sect or a religion that is led by incompetent people without good Auras is very dangerous for your consciousness. Where is the danger ? When the time comes to really **use** the information stored in your consciousness from this lifetime, there may be almost nothing useful there, if you focus your life on following rituals and the flock of other people. In such case it is necessary to re-learn everything from the beginning. Most sect, religion and political leaders have only two things in mind: money and power to control people. And you can SEE it in their Aura for yourself. Imagine changes on Earth if many people can see Auras of their leaders and start choosing them on the basis of their Auras.



By reading Aura it seems possible to **diagnose** malfunctions in the body (diseases) long before physical symptoms become evident. By **consciously controlling your Aura** you can actually heal yourself.

However, healing of the physical body is nothing in comparison to what seeing and reading auras can do for our consciousness, spiritual development and our awareness of Nature.

Everyone has an Aura. But most people on Earth

have VERY WEAK and dull Auras. This seems to be a direct consequence of their life long materialistic attitude negating and suppressing the development of consciousness, cultivating fear, envy, jealousy and other similar emotions. Such attitude suppresses their True Nature, and their Auras seem to become suppressed too.

When you learn to see Auras, be prepared for a REALLY HARD question: “Can you tell me what my Aura is ?” and the situation when you don't see any Aura or you see something you don't want to talk about. One of the best answers I found is “why don't you learn to see it for yourself? “. And this is one of the main reasons why I teach people to see auras.

When people realize that their Aura is on display and many people are able to see it, they will watch what they think. And they will try to see and improve their own Aura. In the process they will become better and wiser, being able to recognize intentions of other people. Surely, the entire world will become much better if all people can see and read Auras.

Children and the Aura:

Very young children (up to 5 years of age) see auras naturally. Infants frequently look ABOVE a person in front of them. When they don't like the color of the aura above the head, or if this color is much different from their parent's aura, they cry, no matter how much smiling the person does.

Children have much cleaner and stronger auras than most of adults, who are usually completely enslaved by the materialistic world and suppress their Nature by following superficial examples. When I taught my 12 year old son to see his own Aura, he told me that when he was little he was able to see Auras most of the time. But no one paid any attention, so he thought that it was not important and maybe there was something wrong with his eyesight. This is a typical scenario. In my opinion children should learn to see and read Auras in a primary school, so they never lose this natural ability.

How to see and READ the AURA: Part 2

Our Eyes

With our eyes we can sense (perceive) a very narrow range of vibration frequencies of

ElectroMagnetic (EM) vibration corresponding to wavelengths from 0.3 to 0.7 micrometers - from purple to red. A mix of the vibration frequencies in the above range we perceive with our eyes as color. We can measure this mix precisely by recording a spectrum of light, but only using special instruments, called spectrophotometers.

Colors perceived by our eyes are only our partial perception of MUCH more complex reality : complex vibration of light (and other vibrations as well). To explain the above statement, we would need to define the spectrum and explain how we perceive color with our eyes.

How to see Aura: developing auric sight

In an effort to see the Aura we need to:

- ◆ Increase the sensitivity of our eyes AND
- ◆ Extend the range of perceived vibration beyond the visible light.

It seems that we can accomplish the above by:

- ◆ Using and training our peripheral vision
- ◆ Increasing exposure
- ◆ Enhance visual sensation processing in the brain - enhance the communication between left and right hemispheres of the brain

Peripheral vision

Why should we use our peripheral vision? Our retina (the focal plane of the eye containing photosensitive cells) is less damaged there than in the central part. The central part of retina is constantly in use, and over the years suffers accumulated damage from excessive and/or artificial illumination (TV, computers, artificial light etc...). Also we have trained the central vision to be used in certain ways over the years.

Young children see auras much easier, because their central vision is not yet damaged. Once they go to school they are told to use their vision in a certain way, and gradually they lose their natural auric sight.

Increasing exposure

When we want to do a photo of a dark scene, we need to increase the time of exposure of the film. We can accomplish this for our eyes by concentrating

exactly on ONE spot for a while (30-60 seconds).

When our eyes are moving, or a scene moves in front of our eyes, images are averaged by our eye. (25 TV frames per second seems a fluent motion). When we concentrate on one spot, we increase our sensitivity because we average the incoming light, cumulating its effect.

Our photosensitive cells (Red Green and Blue) operate as vibration sensors, much like 3 radio receivers tuned to 3 "colors" RGB. When you need to achieve a large vibration of, say, a swing - you can accomplish it using a very weak excitation force, but persist with it. Concentrating with your eyes on one spot you achieve a very similar effect: with a very small stimulation you can gradually swing your photo sensitive cells into large vibration, and this results in a visual sensation perceived by the brain.

Concentration exercise 1

Place the picture in Fig 1 about 1.5 m in front of you. Look exactly at the black spot for 30 seconds or so and observe colored dots with your peripheral vision. Resist temptation to look anywhere else but the black spot.

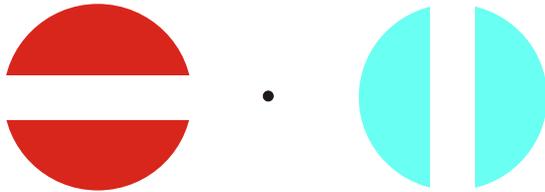


Fig 1. Image for concentration exercise

Note that colored areas seem to be surrounded by the "Aura" of a different color. When peripheral sensors are stimulated for some time, we have color sensations, much different than when we use the central vision. The longer you concentrate, the brighter is the "Aura" around colored areas, because your sensitivity increases. Yesterday you could look at this picture for hours and never see anything. Concentration at ONE spot for long enough is the key. Rather than the true Aura, this exercise demonstrates **the principle of how to look** to see human Auras by making you aware of certain specific capabilities of your eyesight and your perception.

Concentration exercise 2

This exercise aims to stimulate the communication between both hemispheres of the brain, thereby increasing the "processing power" needed to see Auras. Place the picture in Fig 2 about 1 meter in front of you. Stretch your hand forward so that one of your fingers is between and underneath circles.

Change focus on the tip of your finger and overlook the circles. You should see 4 circles. Then aim to overlap the middle two to see ONE CIRCLE WITH A WHITE CROSS on top of your finger, in the middle between the two. Seeing the cross is the evidence, that the left hemisphere of the brain (connected to the right eye) is communicating with the right hemisphere (connected to the left eye).

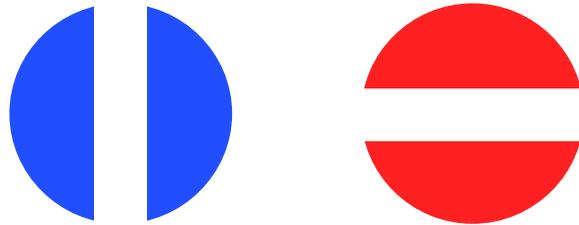


Fig 2. Image for concentration exercise

This exercise turns out to be extremely beneficial: 5 minutes of it seems to **double the size of the electro-photonic** aura as recorded by bioelectrography.

The cross will initially float and seem unstable. Experiment with the distance from your finger to your eyes to achieve a perfect cross. You gain a significant benefit after 3-5 minutes of maintaining a perfectly balanced cross, preferably without blinking, but a magic duration seems to be 45 minutes of concentration at the time, which is said to make a REAL difference to your mental and auric abilities.

In my experience it is best to start with a minute or two and gradually increase the time every week. Short and intensive concentration seems to be better than a longer one, interrupted by the lack of skill.

Gradually, with practice you should be able to achieve and maintain the cross without the finger.

While maintaining the cross try to become aware of the other 2 circles as well as everything around using your peripheral vision. You should see Auric colors around the colored circles above with your peripheral vision. When you can analyze surroundings using your peripheral vision, without losing the cross (and the concentration), you are ready to see and read auras.

Advanced levels of concentration :

One diameter in the cross seems usually "in front" of the other. This means, that one of your brain hemispheres seems to dominate the other. Males usually see the horizontal diameter above (left hemisphere dominates) females usually see the vertical diameter above (right hemisphere dominates).

Try to get the "hidden" diameter in front as much as possible, by concentrating, on demand. The final level of concentration is to achieve and maintain a perfectly balanced cross with all four arms of similar intensity, thereby achieving a perfect balance both hemispheres. Many people experience amazing effects here. Firstly, concentration gets much deeper. Secondly, after 2-3 minutes you seem like losing sight, with bright background becoming dark purple or pink. Your sensitivity and awareness greatly increase.

Several people reported that wearing the **Chakra Shirt** significantly enhances such concentration, and my personal experience confirms this.

Colors and Auric Pairs



In concentration exercises 1 and 2 we noticed that real colors are surrounded with Auras of different colors. These auric colors are not random. Following is a list of Auric Pairs of colors for all clean colors of the rainbow (monochromatic colors).

Red gives **turquoise** aura, **turquoise** gives **red** aura **orange** gives **blue** aura, **blue** gives **orange** aura **yellow** gives **violet** aura, **violet** gives **yellow** aura **green** gives **pink** aura, **pink** gives **green** aura

The above table applies also to intermediate colors, for example yellow-green color gives a pink-violet aura. Note, that above Auric pairs are

DIFFERENT than complementary color pairs, "color wheels" and "color spaces" promoted by the science and art on Earth. Every child can confirm that auric pairs listed above are true. A good look around will prove that the Nature is very fond of Auric Pairs. Take any red colored bird and you can be sure, that this bird will have turquoise body parts too. The same applies to blue-orange, Yellow-violet and pink-green combinations, not only in birds, but in fish, butterflies, flowers etc.. - anything which is vividly coloured by Nature. Occasionally you will see "the next Best" Color instead of a perfect auric match. Have you noticed that MOST of flowers on Earth that grow on trees and are surrounded by GREEN leaves are either violet, pink(purple) or red? Auric Pairs in Nature are very stimulating, and frequently induce an overwhelming feeling of beauty and happiness.

You need to memorize and know well the above Auric Pairs. Why? Because if you see a pink Aura around someone in a bright green dress, there is a strong possibility that you see the "Aura" of a dress, not of a person.

How to see and READ the AURA: Part 3

Seeing the Aura

This exercise is designed to see Aura for the first time and/or practice seeing Auras. Choosing good conditions is important: not only you see the Aura better, but also to gain a confidence about what you see.

1. Situate the person in front of a very softly illuminated PLAIN WHITE background. A color background will change Aura colors, so you need additional knowledge about combining colors. Some combinations of background and Aura colors may cause misinterpretation problems.
2. Choose ONE SPOT to look at. The middle of the forehead is VERY GOOD. This is a location of so called Brow Chakra or the Third Eye. In some cultures (India) they put a mark on a forehead. Such a mark in ancient times could mean the invitation to look and see the Aura.
3. Look at this spot for 30 to 60 seconds or longer
4. After 30 seconds analyze surroundings with your peripheral vision, while still looking at the

same spot. **Continuing the concentration is most important. Resist temptation to look around.** You should see that the background nearby the person is brighter and has a DIFFERENT color than the background further away. This is your own perception of the Aura. The longer you concentrate, the better you will see it. Remember, concentration on one spot increases your sensitivity by accumulating the effect of the Aura vibration reaching your eyes.

Taking a SNAPSHOT of an Aura.

After concentrating long enough to see the aura, close your eyes. For a second or two you will see the Aura ONLY. Be prepared. You have only one second or two until your photosensitive cells will stop vibrating and sending visual sensations to the brain. And if you miss it, you have to start concentrating again. Try to experiment how fast or slow you should close your eyes.

Observing auras of other people

The best is to look directly at someone's brow chakra (third eye or wisdom eye, which is located @1.5 cm above the nose, between eyes) and aim to achieve the state of mind similar to the concentration technique described above for at least 30-60 seconds. I have tried also looking at throat and heart chakras with similar results. However, if you concentrate on someone's chest it looks so unusual that the person concerned is usually very uneasy about it. When you look into someone's brow chakra you can actually continue conversation.

Again, VERY softly illuminated background, with no shadows is best. With practice, any uniformly illuminated background (such as a blue sky for example) will suffice.

How to see your own Aura

Stand about 1.5 m in front of a good size mirror. In the beginning it is best if the background behind you is plain white and there are no shadows.

Illumination should be VERY soft and uniform not bright. Follow instructions above for seeing Auras.

PRACTICE for at least 10-15 minutes each day to increase your sensitivity and develop Auric sight. Remember that practice is required to develop Auric sight.

Auric sight and after-images

One of the most frequently asked questions during my workshops is: "Tom, are my eyes playing tricks on me?" The answer is no, you have just learnt to pay attention to what your eyes are capable of.

Light sensors in our eyes (Red Green and Blue) are vibration sensors which are highly non-linear and they have memory. The consequence of memory is that they can oscillate for up to several seconds after the visual stimulation has been discontinued.

This memory of visual stimulation is frequently perceived as afterimage. Afterimages have a precisely the same shape as original images. Afterimage of an object surrounded by its Aura is larger than the original image.

The increase in such afterimage is due to the vibration of an Aura and actually represents a "snapshot" of an Aura. It is therefore essential to focus at one spot when watching the Aura and resist temptation to change the point of focus, otherwise an image of the Aura may become confused with the afterimage of an object.

Meaning of Aura and its colors

The Aura is a reflection of our True Nature at any given moment. At this point it is perhaps necessary to explain what do I mean by "True Nature" and why some effort is necessary to "discover" it. Our society seems to emphasize symbols, stereotypes, habits, manners, superficial behavior, pretending, following others and submitting free will to some "leaders". Our "education" seems to be based on views and expectations of people who try to control the flock.

Our True Nature is what is left when we recog-



nize and discard all our habits, stereotypes, manners, and pretending, superficial behavior and become fully conscious, truly natural and spontaneous. Note that some people are so attached to their manners and habits that it is very hard, if not impossible, to discover who they really are. The only way to get an instant insight into their personality seems to be by watching their Aura, because the Aura shows their True Nature, behind any facade of superficial behavior.

In general, the more colorful, cleaner and brighter the Aura, the better and more spiritually advanced is the person. Also, the more uniform the energy distribution in the Aura, the healthier and more balanced the person is.

Distribution of the energy in the Aura seems to have the potential of a powerful medical diagnostic tool, but usually requires using a complex equipment. The scope of this article is to concentrate on what we can easily see with our eyes.

Our Aura surrounds the entire body, but the interpretation of colors below relates to the Aura around the head only. Meaning of colors around the head presented below suggested in the literature has been confirmed by the author. When you learn to see Aura well, you can verify it for yourself, by concentrating on certain thoughts while watching your Aura, or telling people what their thoughts are when you see their Auras.

Usually, people have one or two dominating colors (strong points) in their Aura. These colors (or their Auric pairs) will be most likely their favorite colors.

In addition to dominant colors, the Aura reflects thoughts, feelings and desires, which appear like "flashes", "clouds" or "flames", usually further away from the head. For example a flash of orange in the Aura indicates a thought or desire to exercise power and control. Orange as a dominant color is a sign of power and general ability to control people. Quickly changing "flashes" indicate quickly changing thoughts.

Meaning of Clean Colors of the Aura (colors of the rainbow, bright, shiny, monochromatic colors):

Purple: indicates spiritual thoughts. Purple is never a strong point in the Aura. It appears only as temporary "clouds" and "flames", indicating truly spiritual thoughts.

Blue: Balanced existence, sustaining life, eased nerve system, transmitting forces and energy. People with blue strong point in their Aura are relaxed, balanced and feel ready to live in a cave and survive. They are born survivors. Blue thought is a thought about relaxing the nerve system to achieve the balance of the mind or a thought about surviving. Electric blue can override any other color in the Aura, when the person is receiving and/or transmitting information in a telepathic communication. For example Michel Desmarquet, author of "Thiaououba Prophecy", frequently glows with the electric blue during his lectures, especially when he answers questions from the public.

Turquoise: indicates dynamic quality of being, highly energized personality, capable of projection, influencing other people. People with turquoise strong point in their Aura can do many things simultaneously and are good organizers. They feel bored when forced to concentrate on one thing. People love bosses with turquoise Auras, because such bosses explain their goals and influence their team rather than demand executing their commands. Turquoise thought is a thought about organizing and influencing others.

Green: restful, modifying energy, natural healing ability. All natural healers should have it. People with a green strong point in their Auras are natural healers. The stronger the green Aura, the better the healer. They also love gardening and usually have a "green hand" - anything grows for them. Being in a presence of a person with a strong and green Aura is a very peaceful and restful experience. Green thought indicates a restful state and healing.

Yellow: joy, freedom, non-attachment, freeing or releasing vital forces. People who glow yellow are full of inner joy, very generous and not attached to anything. Yellow halo around the head: high spiritual development. A signature of a spiritual teacher. Do not accept spiritual teachings from anyone who does not have such a yellow halo. Buddha and Christ had yellow halos extending to

their arms. Today it is rare on Earth to find a person with a halo larger than 1 inch. Yellow halo appears as a result of a highly active brow chakra (which can be seen glowing with violet by many people at my workshops). Highly spiritual people stimulate the brow chakra continuously for many years, because they always have intensive spiritual thoughts in their minds. When this chakra is observed when highly active, a yellow (Auric pair) halo appears around it, surrounding the entire head. Yellow thought indicates a moment of joy and contentment.

Orange: uplifting and absorbing. Inspiring. A sign of power. Ability and/or desire to control people. When orange becomes a strong point, it usually contributes to a yellow halo, which then becomes gold, indicating not only a spiritual teacher, but a powerful spiritual teacher, someone capable of demonstrating his/her unique abilities. Orange thought is a thought about exercising power or a desire to control people.

Red: materialistic thoughts, thoughts about the physical body. Predominantly red Aura indicates materialistically oriented person.

Pink (=purple+red): love (in a spiritual sense). To obtain a clean pink, you need to mix the purple (the highest frequency we perceive) with red (the lowest frequency). Pink Aura indicates that the person achieved a perfect balance between spiritual awareness and the material existence. The most advanced people have not only a yellow halo around the head (a permanent strong point in the Aura) but also a large pink Aura extending further away. The pink color in the Aura is quite rare on Earth and appears only as a temporary thought, never as a strong point in the Aura.

Meaning of Dirty colors:

(colors appearing darker than background more like a smoke than a glow)

Brown: unsettling, distracting, materialistic, negating spirituality.

Gray: dark thoughts, depressing thoughts, unclear intentions, presence of a dark side of personality.

Sulfur (color of a mustard): pain or lack of ease, anger

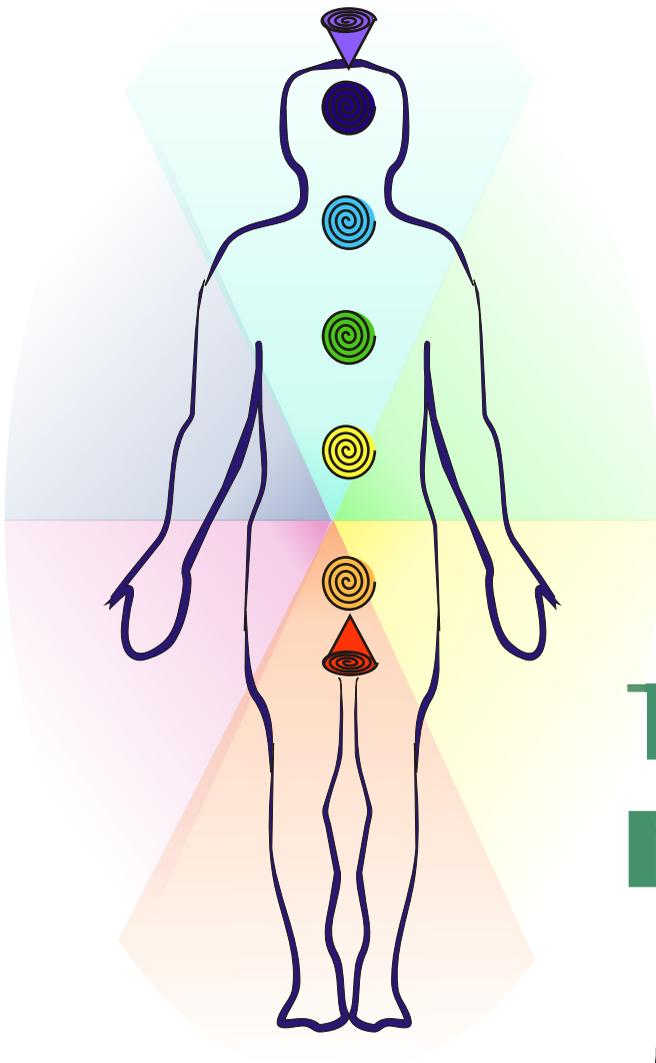
White: serious disease, artificial stimulation (drugs). Why does the white color in the Aura indicate problems? White color is like a noise, rather than a set of harmonious tones (monochromatic colors). It is impossible to "tune" the noise to an orchestra playing harmonious music, hence the white Aura indicates a lack of harmony in the body and mind. Nature, which we are a part of, is harmonious. This harmony comes in discrete vibration "tones" or harmonics, partially described by the modern quantum physics. Several hours before the death, the Aura becomes white, and greatly increases in intensity. For this reason in most cultures "death" is depicted in WHITE (not black), because in the past, people could actually see a white Aura before death. It seems that our ancestors knew much more than we are prepared to admit.

Amplifying your Aura vibration and bio-energy

Things which can greatly amplify your aura are:

1. **Meditation** (purifying your mind from any thoughts)
2. **Concentration exercise** with the cross
3. **Matching your aura with the environment**

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The Human Energy Field

(The Aura)



By Ann Albers

About the aura

The aura is an energy field that surrounds and penetrates the human body. Clairvoyants & healers describe it as an egg-shaped field of lights and colors. The aura extends beyond the body anywhere from a few inches to several feet. A special type of photography called Kirilian photography has even been able to capture the aura on film.

There are many different layers of energy in the

aura, each existing at a different vibration. In order to easily remember the primary layers use the following example:

Suppose someone you know begins to exhibit angry behavior. At first, their angry energy hits the outer or **spiritual layer** or your aura. You shrug it off. You look at them with compassion and assume they must be having a bad day. Now, the next time you see the same person, they are angry again. Their energy begins to filter into the **mental layer** of your

You will think about their behavior and wonder what's wrong, whether or not you did something to upset them, and how you can help them.

If the person continues to be angry around you, their energy will filter down even closer into the emotional layer of the aura. Now you may be upset when you see the person coming towards you. You may feel angry yourself, sad, or simply irritated.

Finally, if the bad behavior continues, even your **physical energy--your body--**will be affected. Your muscles may tense, you may stoop, or straighter up in a defensive posture. Chances are likely you won't even realize that you are actually tensing your body as they approach.

As this example illustrates, the aura can be divided into four very important layers: (1) the spiritual layer or outermost layer that records all of your souls experiences (2) the mental layer that contains your thought forms and deep-seated beliefs (3) the emotional energy body that contains your sadnesses, joys, angers, and all the rest of the human emotions you experience, and finally (4) the physical layer which is your body. Esoteric literature divides the physical layer into additional layers including one close to the physical body called the "etheric body."

Most people who see auras do not distinguish between these layers because in truth they all overlap. Instead the clairvoyants notice the clouds of light -- energy that is moving, stuck, or vibrating with different patterns and colors. The patterns and colors of these clouds of light contain a great deal of information as summarized below:

Sensing the Aura

Some people are lucky enough to be born with the ability to see and sense the aura, however everyone can learn. There are three primary ways of perceiving the aura:

1. Seeing the aura with your eyes open
2. Seeing the aura with your eyes shut
3. Sensing or feeling the aura

1. Seeing the Aura with your eyes open

This method takes more practice than the others. The goal is to achieve a loose and relaxed focus with your physical eyes that allows the more subtle energies of the aura to come in view. There are many books available on the subject, but here is a simple trick given to me by Rev. Judith McClure who runs the Center for Expanding Consciousness

Do this exercise with a friend:

- a. Have your friend sit in a chair with their back against a white wall.
- b. Have them place a small sticky dot or piece of paper in the middle of their forehead.
- c. Sit about four feet away.
- d. Place your hands up in front of your face, and hold your fingers as if you were framing a picture with thumbs pointing inward and your index finger pointing up (Like two "L's" pointing inward).
- e. Loosely focus on the dot on your friend's forehead. While you are doing this, move your hands apart slowly, further and further apart, keeping a loose focus on the dot, and allowing your peripheral vision to follow your hands. If you keep trying this exercise you will soon see a thin layer of light around your friend's head! If you try several times you may even see color. Keep at it! Sooner or later you will see auras.

2. Seeing the Aura with your eyes closed

Work with a friend. Tell him or her to remember a time when he/she felt a strong emotion, but do not allow them to tell you what they are feeling. Close your eyes. Breathe deeply a few times and imagine that there is a line of light connecting the center of your forehead with the same spot on your friend. Just breathe and be calm in this space. Ask yourself what colors and patterns are in your friend's aura. You may have an inner image appear or simply a sense or feeling of what the aura must look like. Report what you have seen to your friend and correlate the colors/patterns with the emotion they were feeling.

3. Sensing or Feeling the Aura

The aura patterns can be felt by those sensitive to energy. Try putting your hands about three inches

above various areas in the body (heart, throat, third eye in the middle of the forehead, and solar plexus, just above the navel) each day and tune into the subtle sensations you feel. With time, you can learn to sense energy. See if you can correlate the subtle sensations with your moods at the time. Sensations

might include warmth, coldness, a tingling sensation like the fizzies in a cola, or stronger buzzing, as in front of a television screen, spiky feelings, sluggishness, etc. On different days you may feel different things as your mood and energy level fluctuate.

Interpreting the Patterns in the Aura

Patterns in the aura indicate general health and areas of weakness. In time you will learn to correlate what you see or feel with the person's emotional health and physical well-being. Practice and observation will be your best teachers in interpreting the aura. Here are a few general guidelines:

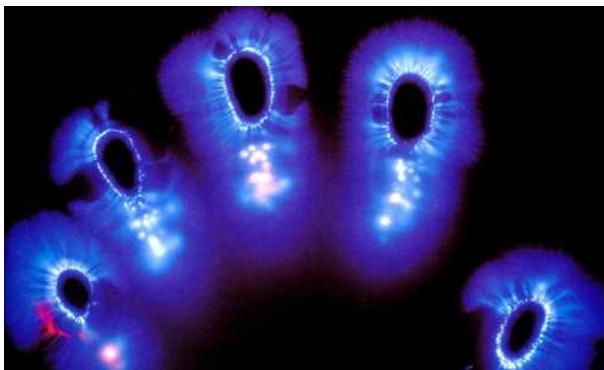
Pattern	Meaning
Translucent, flowing energy; feels pleasantly warm and/or tingly	Translucent, flowing energy typically indicates good physical health in that region, mental clarity, and emotional balance.
Jagged or chaotic energy; feels like an uncomfortable burning or prickly sensation	Jagged, chaotic energy typically indicates anger or a place that is susceptible to illness such as cancer, infection, or auto-immune system diseases. It can also indicate mental confusion. (Remember not to assume a person is ill if you see a pattern that indicates potential to cause illness.)
Sluggish or muddled energy; doesn't feel like much at all	Sluggish or muddled energy typically indicates fatigue, sadness, or depression. It can at times indicate a jealousy or stubborn refusal to forgive, but again, don't make assumptions. It can indicate an area of weakness in the physical body or an area with memory of an old injury. It will point out mental exhaustion or emotional fatigue. (Remember not to assume a person is ill if you see a pattern that indicates potential to cause illness.)
Frozen or crystallized energy with little movement; sometimes feels very cold and clammy or tense	Frozen energy usually indicates fear, a stuck belief, or a chronic emotional pattern. You can remember this by reminding yourself of how you feel when fearful (tense and frozen). The energy looks the same. (Remember not to assume a person is ill if you see a pattern that indicates potential to cause illness.)

Interpreting the Colors in the Aura

Colors in the aura are widely subject to different interpretation. However, there are some general guidelines. It is important to consider this information, but to train yourself to interpret the colors according to your own system of observation. Write down what you see, and as you learn more about the person, keep a log of how that might correlate with the colors you have observed. Experience is indeed the best teacher!

Color	Meaning
Red	A bright candy-colored red can indicate a passionate and energetic nature often associated with people who are courageous, entrepreneurial, or achievers. A deep clear red is often associated with the root chakra and indicates a physical orientation in life, an adventurer, and often a well grounded individual. A muddied or dark red can indicate anger. Orange/red can symbolize sexual interest or passion.
Orange	Orange typically symbolizes a passionate, creative, or adventurous personality. Orange may also indicate sexual passion or ambition.
Yellow	Yellow often indicates a person with intelligence who has a warm and playful, generally cheerful personality. Sometimes yellow also indicates intellectual energy.
Green	Bright green is the color of the heart and indicates healing, or new growth. People with a great deal of green in their auras are often healers and/or counselors. They are social, and love to share. A dark clear green indicates someone who is responsible and ambitious who is likely to work for material wealth and luxury in their life. A muddied green may indicate envy.
Blue	Blue is the color of expression so when it appears in the aura you may be dealing with a teacher, someone who does public speaking, or perhaps someone who is simply self-expressed. People with a great deal of blue are often very sensitive to and supportive of others.
Rose	Rose may indicate that the person is in love, or practices deep spiritual self-love.
Purple	Purple indicates a person who has a deep connection with spirit or is pursuing a path of active spiritual growth.
Black	Black is not always bad, although if it is muddied, clouded, or stagnant this may indicate an area of weakness, illness, or depression. Black may also simply indicate an area of mystery in that person's life.
White	White in the aura may indicate a very evolved being or may be the presence of angels or guides in the aura.
Gold	A person with gold in their aura is an evolved being. Gold indicates a strong connection to the I AM presence of the Divine.
Silver	Those with silver in their aura are often good communicators or are dealing with issues of communication.

Aura Maintenance



My angels once joked with me that we pay much attention to oral hygiene but not nearly enough attention to aura hygiene! In order to keep your aura balanced and flowing smoothly there are a few important tips to keep in mind:

1. Make sure you stay grounded.

Many people mistakenly assume that being grounded means you cannot access the spiritual realms. In fact, you can access the spiritual realms in a much healthier manner when you

are grounded. If you are psychically sensitive you pick up energy and people's emotions all day. You need a means to drain off this chaotic energy in order to receive the higher frequencies of your soul. You need grounding.

Every day (the more often the better), imagine that there are roots growing from your feet and tailbone into the earth. Once you are rooted, imagine golden light coming in through the top of your head and flowing down through your entire body, through the roots and deep into the earth.

2. Keep your physical, mental, emotional, and spiritual energy flowing. Move frequently even if that only means walking a few times a week. Use your mind in a way that makes you happy. If you do not have a mentally challenging job, read, take a class, or have good discussions with friends. Keep your emotions well balanced by seeking out the company of nurturing friends and avoiding the rest. And don't forget to feed your spirit with some sort of regular practice whether it be prayer, meditation, church, or anything that connects you with the Divine.

Maintaining healthy energy will facilitate health, optimism, and balance. You will remain more centered and less susceptible to feeling the effects of chaotic circumstances around you.

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Your Secret Talent to Read Auras Better

by Rose Rosetree



What is the one universal talent for reading auras?

Clairvoyance? No, that's what many spiritual seekers think... to their detriment. Synesthesia is the name of that universal talent.

Over the past 20 years, I have helped students have huge success at becoming aura readers, even if

they have tried and failed with previous approaches. My system is called Aura Reading Through All Your Senses™. It enables anybody who wishes to read auras to do so, and do it in depth and detail.

I find that there is one problem people have as aura readers. This problem can keep beginners from having much experience at all. Or the problem may

limit people later on, where they stop developing their real talents because they are trying to be something they are not, people whose personal Gift Set is like that of somebody else.

So long as people believe their success at aura reading demands a talent that they do not have, aura reading may never be more than a wish—or a secret source of frustration.

Here are some definitions that can help you make use of the gifts you really do have, including synesthesia.

What is an aura? It's a set of energy bodies around your physical body. Auras matter because they contain bits and bytes of data about every aspect of you. That includes thinking, feeling, sexuality, communication, connection to spiritual Source, and more. Auras contain only truth. Nothing can be faked at this level. In fact, faking will show.

Why read auras? Many newbies to the field would give an answer like this, "To see the beautiful colors." That's the clairvoyant approach. According to this idea, the whole point of auras is colors. That's what auras are. People who see them have "The gift."

Here's the big surprise I discovered, teaching successfully aura reading to thousands, and on three continents, in settings as different as Canyon Ranch in Arizona, a Zen academy in Tokyo, and public schools in Virginia (with adult ed. students who sometimes hardly even knew why they wandered into my classroom).

Everyone has a lifelong Gift Set. To understand about yours, imagine a big rectangle. Make it the size of the front door where you live. Different gifts take up different amounts of space on that door. In the popular myth about auras, Clairvoyance is the only important gift. Sure, a very small number of people has this kind of Gift Set: Mostly Clairvoyance plus, a bit of Synesthesia and maybe 5% of other gifts combined. These are people like Doreen Virtue, Barbara Brennan and Sylvia Browne.

Although their Gift Sets match what people expect in an aura reader, it is no better than yours or

mine.. when it comes to delivering quality information, whether for your own wisdom or to do service for others.

In my how-to book, *Aura Reading Through All Your Senses*, I describe 11 gifts in addition to Synesthesia. Your own Gift Set could be mostly emotional insight, physical awareness, subtle touch or taste or smell, pure truth knowledge or other magnificent abilities. That symbolic door you've imagined – it could have 10 percent each of 10 different gifts, or be mostly subtle hearing, or mostly empathic abilities. Any combination is possible. What matters is what is yours.

And now is not when you get to pick and choose how your Gift Set looks. You chose before birth. Your job now is to live it and make it glorious.

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Co-Creation-Part II

by Ilona Selke



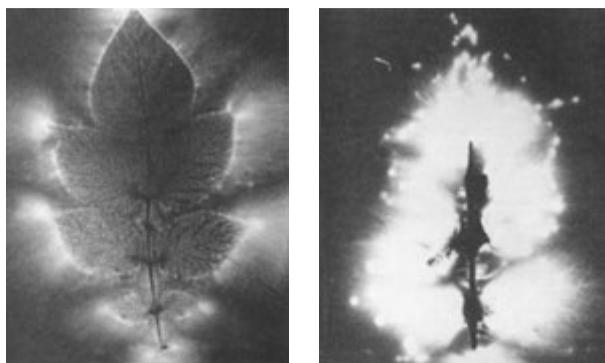
Welcome back!
How did your month go?
Did you exercise your
gratitude? Did you think of
the things you appreciated during
the day as you retired at night?

Go ahead and give your self a moment right now. BREATHE.... Sit back for a moment and think of 5 things you are grateful for at this moment in your life.... The text will wait... Good.... What are five things you are grateful for in your life right now, large or small?

How do you feel right now? You may want to just look around and notice how everything has a different glow around it, or more color, or are things smoother, softer?

As good as reading information is, it is most important that we change our inner energy field. The left brain gives us a bearing on reality, the external world, but the miracles and the ability to co-create reality comes from actually being in the states of consciousness that promote higher functions of our intuition. Gratitude will open your heart flow and your intuition is tied in with this energy flow through your body.

We are beings that are only partly a body. Next we are clothed in a field of energy, which is known as CHI in the Asian world. It can be seen with Kirilian photography. Here is a picture of a leaf before and after it got ripped apart. Even though physically there is only the stem left, you will notice that the second image still has a good portion of the shape of the leaf as it had originally.



This energy, known as CHI, reflects the energy which runs through our body. It is also well depicted in the paintings by Alex Grey. The book “Sacred Mirrors” has a beautiful collection of his paintings.

Next we have another kind of energy body around and within us, which we experience as emotions. It is known as our astral body. Some people see it as a field of color around people, especially around heads. In our body we can feel our emotions more so in specific places. Anger, typically, is felt in the stomach area. It is also called the Solar Plexus, which is a Chakra, or translated: a wheel of energy. This energy wheel is feeds energy into your body.

By focusing on gratitude or beauty around you, you will make the Heart Chakra spin faster. By doing so your will affect the CHI flow in your body and you will have more 'electric current' running through you. This subtle electric current 'feeds' your organs and gives you stronger feelings as well as energy.

The next stage in medicine will focus on increasing the electric charge in your body for healing purposes. Dr. Bob Beck among others, has pioneered electro-medicine. The BT-7, also known as the Braintuner, has helped thousands of people to get over depression, addictions, anxieties, stress related symptoms, simply by introducing a small electrical

current, similar to electro-acupuncture, behind the ears. No chemicals necessary.

So, by feeding your mind with thoughts of gratitude, your energy bodies will increase in power, strength, resilience. It reflects in better health, and most of all it opens the doors to your higher mind.

We will need to have a greater supply of energy to be effective co-creators. The people who are able to visualize a desired goal and have it come true almost instantly in their lives, are the ones that have a clearer and stronger flow in their energy field.

Here is another way you can affect your clarity and strength in your energy:

Every day notice how you perceive the world around you by consciously using your senses. We have five physical senses and one extraordinary sense. Here are some suggestions. Every day take some time to consciously look around you and notice which senses you use to perceive the world around you.

- How much do you notice with your eyes? That means, are you seeing colors, noticing your world a lot through your eyes? How much do you notice?
- How much do you notice via your hearing? Do you hear the sounds around you a lot? Do you hear the birds when you step outside? Do you hear the shuffling of your or other people's feet?
- Do you notice the smells around you?
- Do you feel your bottom touching the chair you are on. Where are your feet right now? Can you become aware of your sense of touch?
- How about your sense of taste? Can you really pay attention to the tastes when you eat?
- As an additional sense, you can practice your sixth sense. This is the part of you that either “feels” the vibes around you, or just knows things that are “up”, or “sees things” coming. This is the inner sense that has no physical sensory organ, but nevertheless you 'feel' things. It may be that you notice sensations in your stomach, or in your heart, when you are with others. Just take this month and become more consciously aware how often you actually are feeling, knowing or seeing things, that are not part of the ordinary senses.

During the coming month, as many times as you can, become more aware than usual, about your perceptions of your six senses. Notice how you can increase your perceptions simply by paying attention. Simply increase your awareness this month, expand your ability to notice. Usually we run our perceptions in ruts, and lose much joy in life, just because we are 'sampling' our environment at a very low rate. We do it to save energy. But it is a sacrifice to our soul. By paying more attention you will feel more alive, you will feel your energy body expanding. With practice you will have a greater aura around you, because you are calling your self to wake up.

The highly intuitive people pay attention to the many signals around us more than others. They can make better choices that produce better results because they listen to their inner world more.

Try it right now:

Feel yourself sitting here, reading the words. Then just check in with the field to your side, and behind you. As if you could feel the air around you, pretend as if you had little tendrils, little antennas in the field around you. How much space around you do you feel as you do this experiment?

Try to make it just a little bigger. Come back to the spacing around you that feel right. Next month we will talk about charging this space up with positive energy.

If you want to be more effective and can spare a few minutes to train your intuition, keep notes every few days about your increased perceptions. Just make short entries in your special "Co-Creation" Training Journal. This will give your inner mind the message that you are willing to pay more attention. Your intuition will really enjoy this and it will start rewarding you with more insights that will help guide your life from a higher place. It is because you are listening more and more to your subtler inner mind.

Now here is a master-technique:

Practice being grateful and then notice the world around you with your six senses. Do the exercises I described above, where you notice the field around

you after you did the gratitude exercise.

You will notice changes in your energy flow in your body, changes in the colors, changes in the amount of things you will be able to perceive and process. You will notice ideas, insights that are even more helpful in your business life and your personal life.

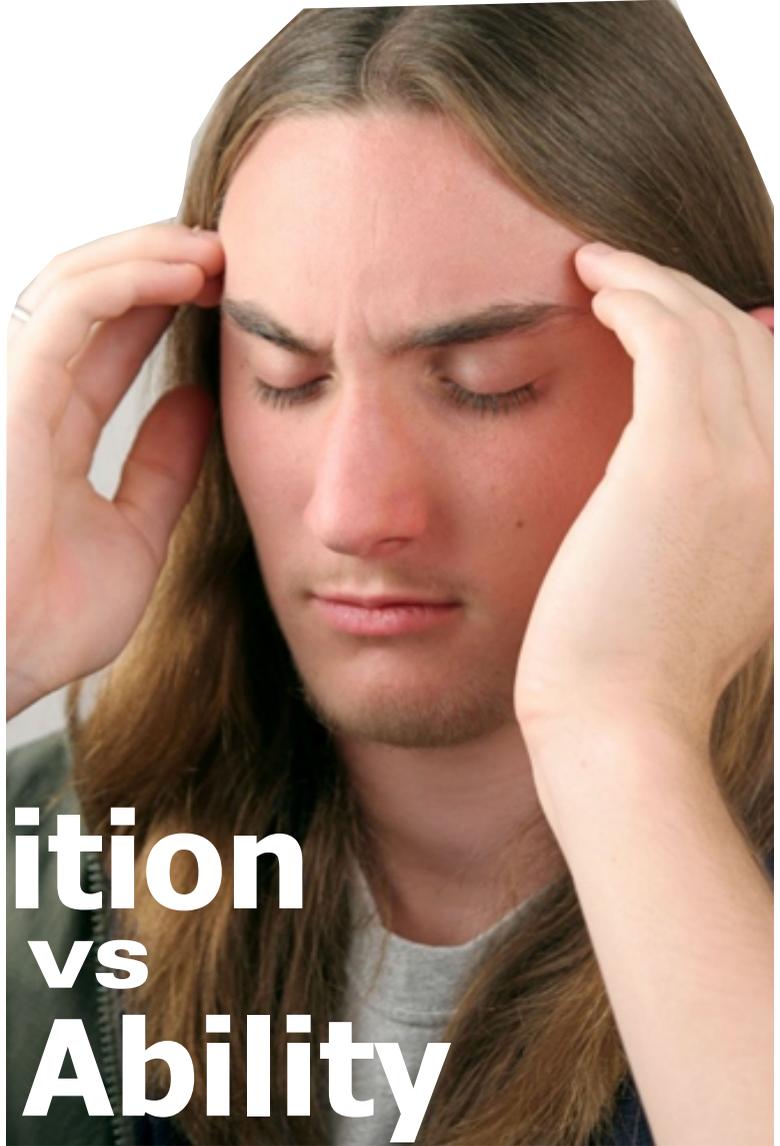
Let's recap:

- ♦ Use your five senses more consciously in special moments.
- ♦ Pay attention to how often in your daily life you are actually utilizing your sixth sense.
- ♦ Keep a log every few days of some of the highlights
- ♦ Practice gratitude and THEN notice how your six senses are even more heightened, and how you feel better, and get useful insights for your life.
- ♦ Sense the energy field around you, like the cocoon around you, especially after you did the gratitude exercise.

I wish you a great month!

Yours Ilona Selke

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Intuition vs Psychic Ability

By Ellaenah



EVery human being on

Earth has the treasure of intuition. It's not limited to any one person, one race, one sex. It is at its most heightened when you are a child. The older you get, the more conditioned you get. You begin to pick up people's fears. You begin to pick up the biases, prejudices of your elders.

When a child is in its formative years, the conditioned structure has still not been built; the child is acting largely out of its spirit essence.

As the ego structure is built, this intuition resides in the four walls of the ego. How does one develop one's intuition? The more place you have in this ego structure, the more will intuition have free room, free space. So what does one have to do?

We first learn to recognize the structure. We have to recognize our ego; recognize our conditioning, our belief structure, our attitude, our moral standards. Understand your conditioning. Use external situations to see your reflections. These external situations are what make you study these internal walls. If you are *truly* interested in studying your structure, every day the universe will present you one with at least situation .

The more you embrace it, the easier is it to study the structure. And then, at a future date, whenever you wish to make more space for intuition, the walls can slowly get thinner or be broken altogether.

Intuition is your spirit essence that gives you access to universal wisdom.

If it has more room to be able to run around in, it will be able to access more wisdom that's lying latent around you but which we can't see.

Psychic ability is the ability of the mind. Intuition is spirit; it is not ability; it is spirit. It is the freedom you have given to your inner spirit to flourish.

Psychic ability is training the mind. It is a concentrated, deliberate, conscious training of the mind.

How does one train one's mind? Step one has to be the same as intuition: the thinning of walls. The mind is trained to expand to a reality that is out there but is not freely available to the conscious lower mind. That is psychic ability... being able to access a level that is higher than the conscious lower mind.

Once you start thinning down, breaking the walls of ego, and the greater and greater free space you have, along with the intuition's free play, the mind also begins to expand.

Psychic ability has no 'end'. It merges and becomes one with intuition, which then becomes 'complete' SPIRIT when all the walls have disappeared, when you can be very comfortable and live easily without the structure.

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Flowing with Universal Laws

By Margo Kirtikar PhD



This book is the result of over 35 years of my research and study of hundreds of spiritual and ancient wisdom books. These laws have been known and taught throughout the ages but the more humanity became materialistic the more we forgot the laws. I believe that it is now time, for us to rediscover these laws again, to remember them and to live by them. 'Flowing with Universal Laws' Cosmic Laws, Universal Laws, Subsidiary Laws detail 245 universal laws that govern life on earth and influence our present and future. When we flow in harmony with a law, we experience harmony and success in our life achievements. When we, however, go against the energy of a universal law, we experience disharmony and pain. It behooves us,

therefore, to study, to reflect on and to understand the way these laws work and to live by them, in order to minimize our suffering and to maximize the quality of our lives both personally and professionally, physically, emotionally, mentally and spiritually.

Introduction

The Tales of the Arabian Nights, the 'One Thousand and One Nights' are revelations of Divine Laws and are much more than folklore for children and adults, when the tales are truly and correctly understood. The inner implications of accomplishments are perfectly possible when one is sincere, worthy and humble enough to be trusted with the power and the truth that they reveal. The great master 'ignorance' and his close friends 'pride, doubt, fear, ridicule, scepticism' and many of such useless

parasites, have fastened themselves upon the mentality and feeling of humans making them blind, holding them slaves within their own self imposed limitations. If it were not for these negative traits which act like vampires, humankind would be able to see and to know that within the light that animates the physical body, exists an intelligence and a power that can and will carry out perfectly whatever the mind directs. This can be done when harmony is maintained and all that is thought and aspired for is of a constructive nature.

'In Him we live and move and have our being.' The cosmic energy in which we bathe surrounds us, so we can say that we live in God's energy, known as the Akasha, the ethereal substance that permeates everything. Cosmic Law rules everything in the cosmos and Universal Law rules everything on earth. Cosmic and Universal Laws are spiritual and, therefore, invisible, unchangeable and eternal. These laws make our world what it is. The laws manifest themselves through energy and we humans have been given the freedom, the intelligence and the will power to activate these energies and to make them work for us. But in order to activate these laws, we need to be aware of them and we need to understand them.

The more we are able to integrate attributes of universal laws into our daily lives the more harmony we have in our life and we experience what we refer to as 'going with the flow.' When we live against the energies of these laws of nature we experience a disharmony in our life where everything seems to go wrong for us. We have been given the freedom of choice, to do one or the other, to work with or against these invisible laws. We all know deep inside us of the existence of these spiritual laws, if we would only take a moment to listen in silence to the spirit within. It is never too late to study the universal laws, to contemplate and to understand them the best way we can. It is never too late to apply them in our daily life so that we can make things change for the better in our world. Any moment can be the right moment to begin. The universal laws assure us of that.

Who We Are

To truly know who we are we need to understand our complete human identity, our origin, our direction, our purpose and our duty as humans. Through self-knowledge we can create a state of health in which our spiritual and physical resources are equally active in balance working in harmony towards a common goal.

We are created as multi dimensional beings to experience life and to manifest our true nature and essence, the spirit, through a physical form. Our original home is in the spiritual dimension. Our purpose here on earth as we complete our human journey back to the spiritual dimension, is to develop, to strengthen and to refine our human qualities. We are meant to evolve in the physical world because the conditions in the tangible world are non-existent on the spiritual realm. In other words imagine the earth as being our stage and playground and through each of our earth life we are going through a specific training in order to evolve. The challenge is for us to progress and to refine our character while being completely involved in the physical world, using our physical senses. Our challenge is that as we go through our earth life, we are meant to remember our spiritual identity and origin.



Being the dominant species on earth, we are entrusted with the responsibility of being the guardians of the three lower kingdoms, the mineral, the plant and the animal worlds. Both our internal state of being and our external behavior and actions affect all life on our planet. If our world is out of balance, as we are experiencing now, it is because something has gone wrong within us. We have created a crisis in our relationships with all forms of life on earth and no amount of science or technology can correct this imbalance. Both the problem and the solution relate to our individual and collective state of being. None of what we humanity are experiencing now are acts of nature or done unto us by God. The destruction of our environment, our competitive and materialistic behavior, the poverty, the social injustice, crime, wars, exploitation of

natural resources, are all symptoms of the huge imbalance in our own human nature and our development. We humanity, collectively, have no one to blame for all of our misfortunes but ourselves. We are the cause of our misery.

The chaos and the suffering that we presently experience is the terrible price that we must pay for breaking the laws of nature and the universe and for neglecting our spiritual faculties causing a disparity within us. Granted we have made gigantic progress in scientific and technological knowledge in the past century but in the meantime, we have sadly also created a chaotic world. The only way to correct this is if we change our individual and collective state of consciousness. To the average human life is an enigma, a deep mystery, a complex and an incomprehensible puzzle. But mystery is only another name for ignorance and everything that is unknown and not understood is a mystery. Once we understand, what once appeared to be mysterious is suddenly no mystery any more. Therefore, it is knowledge plus the understanding that is the key to the puzzle and the mystery of life.

The human is a creature of constant growth living in a boundless ocean of progress to be discovered and conquered by developing and cultivating one's inborn powers. The progress of the individual is mainly determined by the ruling mental powers that regulate one's actions and direction of one's faculties and powers, the sum total of which determine each one's personal fate. The ruling state of mind that is adopted by the individual is in accordance with the experiences and perception of the events in one's life. If one's predominant state of mind and attitudes are broadminded, harmonious, aspiring and positive then all energy will be directed towards constructive channels. If, however, one's disposition is negative, uncontrolled and disharmonious then all forces will be misdirected. Nature has no problems because she is orderly and disciplined and so when we have a problem, it is simply because we are not cooperating with a law of Nature or the Cosmos.

Many of us today in the more 'civilized' part of the world suffer from a particular disease, namely an over developed intellect. Our mental activity dominates our inner feelings. While thinking is necessary and valuable to organize, to plan and to

structure our life, it is an incomplete way to experience our life because we experience only a part and not the whole. Our thoughts must be coordinated with our inner feelings because it is through our feelings that we identify our human needs and those of other life forms. The other 'malheur' that many of us suffer from is our neglect of the spirit within and this has created a vacuum within our very being. We have managed to fill this vacuum with an over stimulated intellect and we have the tendency to think rather than feel our way through life. Unless we can balance our thinking with our feelings, intellect and heart, to be sensitive to our needs and to the needs of others, we reduce ourselves to being materialists, competitive, inconsiderate and egoistic. It is this vacuum that is now actually experienced as a deep empty hole in the chest area. It is this ache that we now desperately try to rid ourselves of, as we turn our attention to find solace in spirituality. We have finally realized that the material world is not the answer to everything and we are beginning to think that there might just be something else out there beyond our physical world.

Universal Laws transcend all Religions

The nature of spirit is an individual philosophy for each and every one of us. No matter how diverse our beliefs or philosophies are, we in the physical world are all bound together by our thoughts, feelings, dreams, aspirations and actions. Universal laws are the basic principles of life, which transcend the diversity of individual beliefs. These laws apply to whatever our belief system or philosophy is. When applied correctly the universal laws allow us to reach our maximum spiritual potential and greatly enhance the experience of our manifestation in the material world. Understanding, universal laws enables us to review and see why our life is the way it is, if and where we might have gone wrong and how we can amend things.

Various Prophets appeared throughout the ages to all corners of the world to spread God's teachings to people of different cultures and tongues. Each of the Prophets and their disciples, some well known others less known and long forgotten, carried a particular message from the Higher Powers, the Source, God, suitable to that particular time and in accordance to the needs of the masses. These

teachings eventually developed into the many religions and beliefs that are existent today. If we make an in-depth study of the essence of each of these original teachings, however, we would find a great similarity and a common thread running through all the disciplines. In fact we find all religions to be basically the same in essence. The theme of loving and honoring one another is the foundation of all alike. Any differences of opinions found in religions are usually misinterpretations of the truth, and these distortions have been largely imposed and forced upon the minds of the people by ignorant, power-hungry or misguided men with one intention only in mind: to keep the masses under their control through fear.

The essence in all religions talks of non-violence and ethical values, truth and purity, justice, control of the senses, honoring our parents and treating all other living beings as we would treat ourselves. Following are some examples:

'A man should wander about treating all creatures as he himself would be treated.' Jainism. Stutrakritanga 1.11.33.

'Not one of you is a believer until he loves for his brother what he loves for himself.' Islam. Forty Hadith of an-Nawawi 13.

'You shall love thy neighbor as thyself.' Judaism and Christianity Bible, Leviticus 19.18.

'The heart of the person before you is a mirror. See there your own form.' Shintoism from Japan.

'Whatever you wish that men would do to you, do so to them.' Christianity. Bible, Matthew 7.12.

'One should not behave towards others in a way which is disagreeable to oneself. This is the essence of morality. All other activities are due to selfish desire.' Hinduism, Mahabharata, Anusasana Parva, 113.8.

'Try your best to treat others as you would wish to be treated yourself, and you will find that this the shortest way to benevolence.' Chinese. Confucianism. Mencius VII.A.4.

'One who takes a pointed stick to kill a bird should first try it on himself to feel how it hurts.' African Traditional Religion. Proverb Nigeria.

'Whatever affliction may visit you is for what your own hands have earned.' Islam. Qur'an 42.30.

'Suffering is the offspring of violence. Realize this and be watchful.' Jainism. Acarangasutra 3.13.

'Our body in Kali Yuga is a field of action, as man sows, so is his reward. Nothing is determined by empty talk. Anyone swallowing poison must die. Brother, behold the Creator's justice, as are a man's actions, so is his recompense.' Sikhism, Adi Granth, Guri Var, M.4, p.308.

'All who take the sword will perish by the sword.' Christianity, Bible, Matthew 26.52.

'Benevolence, humaneness towards others, honesty, love, trustworthiness' are the highest virtues in Confucianism, China.

'Ashes fly back in the face of him who throws them.' African Traditional Religions. Yoruba Proverb Nigeria.

'Unrighteousness practiced in this world, does not once produce its fruit, but like a cow, advancing slowly, it cuts off the roots of him who committed it.' Hinduism, Law of Manu. 4.172.

'Men who acquire wealth by evil deeds, by adhering to principles which are wrong, fall into the trap of their own passions and fettered with karma they sink further down.' Jainism, Uttaradyayana Sutra 4.2.

'As you plan for somebody so God plans for you.' African Traditional Religions, Igbo Proverb Nigeria.

The following passage is perhaps the most significant because it refers clearly to the energies of Cosmic and Universal Laws that one cannot escape.

'Not in the sky, nor in mid-ocean, nor in a mountain cave, is found that place on earth where abiding one may escape from the consequences of one's evil deed.' Buddhism. Dhammapada 127.

The God Almighty is referred to as the all seeing that one cannot hide from. Today we have the intelligence and understanding to realize that the 'All Seeing God' and the 'Cosmic and Universal Laws or Energies' are one and the same.

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Restaurant Universal A Simple Aid To Manifestation

By Divyaa Kummar

This article entails our going to a fine restaurant! And if you wonder what fine dining has to do with a spiritual article it is time to acknowledge that spirituality and 'life' are not separate compartments-one not only aids the other, but for either to be 'thriving' it must be reflected in the other. Let us thus extend beyond books and discourses at the wisdom imparted by day-to-day life.

So lets make our way to the restaurant. Before

reaching however, lets keep in mind that we would have chosen the restaurant with due consideration; as to which one will give us an enjoyable experience, keeping in mind several factors that must 'fit': our budget; the cuisine we choose to try, a time and a day when the restaurant can accommodate our reservation to mention a few. Also more often than not, we have some plans of the friends we will meet, perhaps even what dishes we want to try. *And this is exactly how we choose to be 'born'- selecting from a range of options what we feel would be optimal as a life experience!*

Lets jump ahead and into the restaurant where we decide what we want, state the order, and then forget about it, enjoying ourselves till the food is placed before us to relish! *And this is exactly how we manifest our personal realities- and to hone these skills of manifestation lets go within and visit our 'Restaurant Universe' instead!*

Look through its vast menu and choose what you want. But you have to choose! Surely you don't leave it to the restaurant to get you what they want? So use that same surety of mind, that 'knowing' what you want, for more than your taste buds! And then place your 'order' as you would in your earthly restaurant: we confidently and politely state what it is we want; we don't plead, pray, beseech the waiters and chefs! We don't constantly keep 'reminding' them! *Spiritually this placing of the order is your 'intent'. Just as affection would work better than arrogance in your dealing with the restaurant staff, 'intent' must be laced with gladness in the heart...*

And just as any restaurant encourages -we can choose as many dishes as we like! We sometimes get stuck in old belief patterns that we don't deserve to have it all, or that its not realistically possible-but it is this belief that prevents us from enjoying more fulfilling realities! Moreover just as we are conscious of not ordering more than we can consume, confident that if and when we so desire we can always order 'more', *lets repose the same confidence in the universe: there is always 'more'; we do not need to hoard its abundance. Manifest what you want in the now....*

Lets take further clues from our more tangible restaurant: having placed our order, we do not (hopefully!) follow the order into the kitchen and instruct the chef and his team exactly what to add and how to make it and which dish to serve it in! We trust they know their job, and leave it to the 'inside' to deliver- and likewise *-surely we can trust our universal self and its team of guides, helpers, and Master chefs? Indeed you have perhaps observed that not interfering with the smooth functioning of the restaurants inner dynamics in delivering your order works better and those who fuss and instruct the chef on how to do his job are the one's most dissatisfied with the mish mash that comes!*

And don't forget consistency! Once we learn that

we can indeed manifest our life events we often become like a child dithering in a candy store: changing our mind and visualizations moment-to-moment. *Transfer this scenario onto your earthly restaurant and you don't need much of an imagination to visualize the confusion you'd 'create'.*

Also be aware that dishes ordered cannot be changed once the cook has 'materialized' them from the potential of it's being in the menu! You have to then 'accept' them gracefully! Whether you choose to enjoy and digest them or not are your choices but it definitely becomes a part of your bill. Infact we all feel somewhat compelled to partake of the items presented in our billing, and on occasions when we don't one s left with a nagging feeling! We even pack it up and take it home to make some use of! *So lets make use of all that we have manifested in our lives.*

This analogy is just an idea to glimpse the much spoken about art of manifestation in a practical, day-to-day, user-friendly perspective! Observe yourself in a restaurant next visit- are you usually unsure of what you like and merely make do with whatever you 'get'? Are you confused and prevaricate endlessly ending up with dissatisfactory meals? Are you confident of what you want and usually land up getting just the right dish! *Translate an elegant dining experience into the fine art of manifestation! Hit the right note of divine nonchalance!*

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Your Immortal **Body of Light**

By Dr. Mitchell Earl Gibson, M.D.

Chapter 2



Clues from
the Ancient World

The value of history is that it teaches us what man has done and thus what man is. " - R.G. Collingwood



The history of mankind is filled with stories and myths about the exploits of great masters and mystics. These stories could be easily dismissed as tall tales or as teaching stories meant to impart ancient knowledge to eager disciples. However, the occurrence of legends regarding the Body of Light in ancient texts would go a long way toward helping the world understand the history of this phenomenon.

The vast majority of literature that exists on the subject of the human light body is found in the Orient. India, Tibet, Nepal, and Malaysia seem to be the most fertile ground for the recording of such legends. Western literature has almost no mention of the human light body. However, when I expanded my search to include ancient Indian and Tibetan texts, I found a treasure trove of information on the subject.

According to legend, a number of ancient spiritual masters have dissolved their physical bodies into pure energy. Most used special exercises and techniques that had to be applied over a period of years. The application of these techniques resulted in the total transformation of the physical form into a form of self-sustaining light energy. The new light form was immortal and indestructible.

The Body of Light represents a complete and total and radical transformation of one's status of being, a rediscovery of what was primordially present. This condition is permanent. This may be compared to the various Christian notions of transfiguration, resurrection, and ascension.

There exist in history many examples of the successful completion of this process. Even in recent years there have been a number of Tibetan Lamas, both Buddhist and Bon-po, who attained realization of the Rainbow Body (ja-lus-pa) at the end of their lives. Some of these occurrences were witnessed by Chinese Communist officials. Let us

start by examining several legends from various parts of the world.

Garab Dorje, The Original Tulku

In the Land of Uddiyana, on the island Dhanakosha, was a great temple called the Deje Tsekpa, which means Blissful Tower. Deje Tsekpa was surrounded by 6800 shrines. In this tower lived King Upa Raja and his consort Queen Radiance. Their daughter, Sudharma, had taken novice vows and lived on a small island with her maidens in meditation.



One night she dreamed that an immaculate white man came to her holding a crystal vessel sealed with the mantra OMAH HUNG SVAHA. He placed it on her head three times and light shone out from it. Soon after the dream, Sudharma gave birth to a son. She was ashamed that the baby had no father and she sought to conceal it by throwing the child into a pit of ashes.

Light and music emanated from the ash pit and after three days the mother retrieved the baby. A number of gods and spirits came to Sudharma with offerings to honor the child. Sudharma was not aware that the baby's father was the great divine being Adhicitta, the emanation of Vajrasattva who had taught Dzogchen in the heavens.

The child was a healthy strong boy. He grew quickly. When he was seven years old, the boy defeated the five hundred panditas of the royal court in debate and they gave him the name Prajnabhava, Wisdom Being. The Panditas were learned and enlightened men who had given themselves to the service of the king. The king called him Acharya Garab Dorje and by that name he became renowned. After the king gave him his new name, the boy recited the sutra "The Vast Spaciousness of Vajrasattva".

Garab Dorje renounced his parentage and palace and journeyed to the mountains which were inhabited by ghosts, demons, and gods. He spent thirty-two years meditating in the residence of a

Mountain God. After thirty-two years of meditation he achieved realization. His body then turned into light and the earth shook seven times. When word of his feat traveled to the Hindu king, soldiers were dispatched to apprehend him. When the king's soldiers arrived, Garab Dorje ascended into the sky and escaped.

At the completion of his period of renunciation and ascetic practices, the Bodhisattva Vajrasattva gave him the initiation and empowerment of the Bestowal of Awareness and permission to write down the 6,400,000 Dzogchen verses and the oral tantras. Garab Dorje then journeyed to Bodhgaya to the terrible Sitavana cremation ground, where he remained for the rest of his life. He met his disciple Manjushrimitra there and taught him for seventy five additional years. He attained his final transformation, parinirvana, in a mass of light and left the world forever. Before his departure, he bestowed upon Manjushrimitra a tiny golden casket containing the Dzogchen verses. (1)

Jampel Shenyen (Manjushrimitra)

Born into a Brahmin family in a town west of Bodhgaya India, Jampel studied the arts and sciences and quickly became a learned teacher. He sought out the Master Manjushri and received a prophecy. He was instructed to go to the Sitavana cremation ground near Bodhgaya and there he would ultimately find the teachings that would lead to his enlightenment. When he arrived, he met Garab Dorje and during their seventy five years together, he received the full oral transmission of Dzogchen.

After Garab Dorje went into full nirvana, Jampel divided the sixty-four hundred thousand verses into three parts-Mind, Space, and Secret precepts. At a later time, he further divided them into oral and explanatory sections. According to legend, he then went into the Sosaling cremation ground to the west of Bodhgaya. There he taught his disciple Shri Singha. Jampel, now known as Manjushrimitra, stayed in meditation for nine hundred years and



ultimately attained the jalus-pa, the body of light. After he had completed his meditations, he completely dissolved his physical form and created a brilliant golden light body that ascended into the heavens. (2)

Shri Singha

Shri Singha was born into a good family in Sokhyam somewhere in Chinese Central Asia. In his youth he studied with the Acharya Haribhala. After three years he was an accomplished scholar. Then the Bodhisattva Avalokitesvara appeared to him. The Bodhisattva advised him that if he really wanted to attain Buddhahood he should go to the Sosaling cremation ground in India. But Sri Singha procrastinated, thinking that first he should study the Chinese system. So he went to China and studied for thirty years. Then Avalokiteshvara again appeared to him, and gave him the same advice.



Shri Singha then speed-walked to the Sosaling cremation ground. There he met Manjushrimitra. Manjushrimitra accepted him as his disciple and gave him his entire Dzogchen instruction over twenty-five years. When Manjushrimitra achieved a body of light, Shri Singha received the master's final testament. Meditating with those instructions, he realized the essential meaning of Dzogchen.

Shri Singha was able to withdraw the texts Manjushrimitra had hidden in the rocks near Bodhgaya. He divided the Secret Precept series of instruction into outer, inner, secret and uttermost secret cycles. These four were to be accessed through the four Dzogchen empowerments; elaborate, simple, very simple and most simple.

Upon his return to China he hid the first three cycles in the pinnacle chamber of the Bodhi Tree temple. He then retired to the Silying cremation ground where he stayed in meditation and taught the demonic beings that honored him. He had fulfilled a major part of his destiny.

Shri Singha's primary meditation activity was to live in cremation grounds transforming himself into the various forms through which he could teach. His

disciples were Vimalamitra and Jnanasutra. Finally, on his way from the Bodhi Tree Temple to visit the King of Khotan he achieved rainbow body and gave his last testament to Jnanasutra. (3)

Jnanasutra: Yeshe Do

Jnanasutra was born an outcast of Chandala family in the land of Kamashila in Eastern India. The Chandala family served as executioners for the state. Jnanasutra wanted no part of the family business. Jnanasutra left Kamashila, became a scholar monk, and traveled to Bodhgaya. There he met Vimalamitra. Vajrasattva appeared to them both and instructed them to go to the Bodhi Tree Temple in Central Asia to meet Shri Singha. Jnanasutra obeyed Vajrasattva's injunction only after his friend Vimalamitra had returned from Central Asia with glorious news of success. Again Shri Singha taught the three outer cycles of the Secret Teaching instruction but this time he passed on the texts.



After twelve years, Jnanasutra prepared to leave Shri Singha. Before he could depart his master exclaimed, “But I have given you nothing!” At that moment, Jnanasutra received an even deeper level of enlightenment and begged the master for the entire transmission. Shri Singha taught him the uttermost secret cycle of Secret Precept instruction and gave him the increasingly unsupported initiatory empowerments.

Finally, seven days after Shri Singha had left him to visit the King of Khotan, Jnanasutra saw Shri Singha appear in the sky and knew that the master had passed on. The final testament he received from his master was a finger-nail sized casket containing the verses called the “Seven Nails” (*Zerbu Dunpa*). He also received instructions to take out the Heart Essence Secret Precept Instruction from the Auspicious Tashi Trigo Temple pillar and to meditate in the Bhasing cremation ground in India.

According to his master's last command, Jnanasutra returned to India to the Bhasing cremation ground and taught the Heart Essence (*Nyingthik*) teaching.

This teaching was founded on the all-embracing nature of mind. Here he transmitted to his friend and disciple Vimalamitra, the uttermost secret cycle of the Heart Essence. He also gave him the books of the entire Oral Tradition. During his final meditation, he achieved a body of light and vanished. According to legend, he left no trace of his body behind. (4)

Vimalamitra

Vimalamitra was born in Hastisthala in Western India. He was a scholar monk versed in the three approaches to Buddhahood. He was also a tantric master who attained mahamudra as a disciple of Buddhaguhya. While he was living in Bodhgaya he met a monk of similar mind called Jnanasutra. There the Bodhisattva Vajrasattva himself appeared to them both and told them that through five hundred rebirths as scholars they had achieved nothing. Vajrasattva further stated that if they aspired to ultimate realization they should go to the Bodhi Tree Temple in China where they would find their master, Shri Singha. The Master Shri Singha would then give them the instruction they required to attain Buddhahood in this lifetime.



Leaving his friend behind, Vimalamitra, immediately set out for China. He found Shri Singha as Vajrasattva had predicted and over twenty years he received instruction on the outer, inner and secret teaching of the Oral Lineage (*Mangak nyingthik*). Completely satisfied and enlightened, he returned to India. Meeting Jnanasutra, Vimalamitra related what he had received and accomplished. Jnanasutra then immediately decided to go to meet Shri Singha.

Years later, Vimalamitra was visited by Dakinis, enlightened female spiritual beings, who instructed him to go to the Bhasing cremation ground if he wanted to receive the Dzogchen Heart Essence instructions. At Bhasing he met his old friend Jnanasutra from whom he begged for the instruction he had missed. From him he received the initiatory empowerments and activities of the Secret Teachings. After the fourth empowerment he saw the naked nature of mind.

He also received the texts from him. Vimalamitra meditated on this for ten years before Jnanasutra achieved rainbow body and left him with his final legacy, a tiny jeweled casket containing the verses called “Four Profound Methods” (*Zhakthab Zhi*). This was Jnansutra's greatest legacy.

Vimalamitra then wandered through northern India. For a time he resided in Assam as King Haribadra's priest. He then went to Bhirya and became a royal priest. He also went to the Prabhaskara cremation ground where he taught demonic beings through magical activity. He made three copies of the *Zhakthab Zhi* texts: one he hid in Uddiyana on the Golden Strand Island, one he concealed beneath a rock called Serling in Kashmir, and one he gave to the Dakinis in the cremation ground. He attained the rainbow body of supreme transformation during his final meditation and passed completely from the world. (5)

Nub Namkhai Nyingpo

Namkhai Nyingpo was one of the five great spiritual teachers that King Trisong Detsen of Tibet chose to send to India in search of several great secret tantras. Nub Namkhai Nyingpo, was ordained by the abbot Shantarakshita and trained in the Sanskrit and Tibetan languages.



After many hardships, Namkhai Nyingpo and his group recovered the great teachings. The king and ministers disbelieved their fantastic stories of magic and hardship, and exiled the men to distant parts of the country. Namkhai Nyingpo went to Garuda Grove.

Namkhai Nyingpo meditated for one year in the Garuda Grove at Golden Rock, before he saw the vision of the male and female entity Yangdak Herukas in union. Upon experiencing this vision, he attained both ordinary magical powers and achieved the supreme realization of the light body. He then decided to return to Tibet.

King Trisong Detsen received him gratefully. Namkhai Nyingpo proved to the King that he had

achieved the vision of Yangdak by cutting open his torso from top to bottom with a silver knife. When he did this, he revealed forty-two peaceful Buddha-deities in his chest. There were also fifty-eight blood-drinking entities in his stomach. The King immediately made Namkhai Nyingpo his high priest and received instruction from him before jealous conspiring ministers had him exiled to Chakphur Drak, near the Bhutan border. There he left the imprint of his body in rock and demonstrated his realization by penetrating a boulder with his phurba. He could spontaneously ignite butter lamps and he could travel riding on the sun's rays.

The King, meanwhile, became seriously ill. The rites performed for his recovery were made to no avail. Likewise all the activity of astrologers and exorcists proved futile. A diviner advised him to recall Namkhai Nyingpo from exile, which he did, and Namkhai Nyingpo cured him by magical means. His opponents at court continued to conspire against him.

Commanded to dress the king's hair just before sunset with promise of dire punishment if he failed to complete the task before the sun set, Namkhai Nyingpo stuck his wooden phurba into the crack between light and shade, delaying sunset for half a day while he completed his task. When he had finished, he told the servants to put the animals into their byres and corals. He then pulled out the phurba from the line between light and shade. As the phurba pulled away from the line, the sun suddenly set.

At the end of his life, Namkhai Nyingpo caught a thunderbolt on the tip of his finger, transformed into a ball of light, and flew away into the heavens. (6)

There are hundreds of legends such as these. There are several main precepts that run through the legends. These precepts point to the general way in which, according to legend, the light body may be achieved.

1. Rainbow Body of Light (ja'lus pa') is attained at the time of death by means of long meditation and practice. One's physical body is dissolved into its subatomic constituents and becomes pure radiant energy, leaving behind only hair and nails. The process generally takes seven days, during which time the body progressively shrinks in size.

Transmission of a specific energy and teaching by a Master greatly accelerates the process. During the process, one's health and lifespan are greatly increased.

2. The Body of Light (od-lus) is realized at the time of death by means of practice of Thodgal, as was the case with Garab Dorje. Following physical death, the body dissolves into light.

3. The Great Transfer (pho-ba chen po) is accomplished also by way of Thodgal, but there is no necessity of going through the process of dying. Padmasambhava and Vimalamitra are examples according to tradition of individual masters who realized the Great Transfer. Using this method, the body need not die in order for the transfer to take place. The individual continues his normal life span and may at any time transfer the physical mass of the body into light. The Great Transfer confers great mystical and physical power to the Master. (7)

Legends have a tenacious habit of being based in fact. If there are Masters from ancient times who have accomplished this extraordinary feat, we should be able to find some examples of this ability in modern times. With any luck, they may have even passed on this extraordinary skill and knowledge to their disciples.

There should be a lineage existent in some part of the world where this knowledge is enshrined and protected. After several years of long and arduous research, I found that there is such a lineage alive and well in our modern world. This lineage continues to generate the miracle of the human light body with startling regularity.

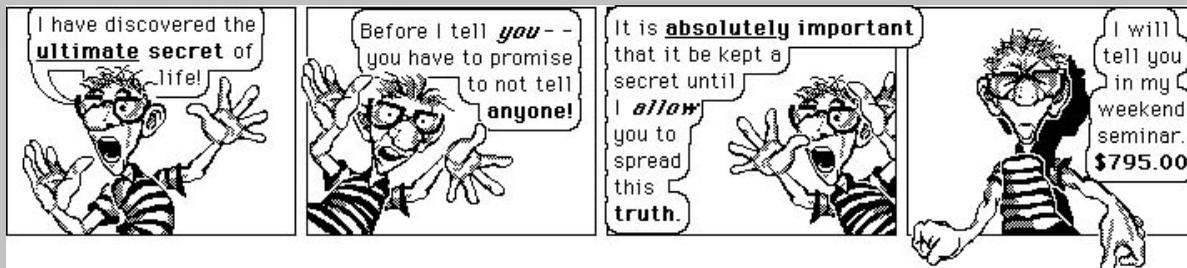
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You are a Miracle!

By Amitt Parikh

Your finger print is *unique*

Your eyes are *unique*

Your face is *unique*

Your voice is *unique*

Your thought at this moment is *unique*

Your handwriting is *unique*

Your breathing is *unique*

Your body smell is *unique*

Your DNA is *unique*

Your personality is *unique*

Your qualities are *unique*

Your talents are *unique*

Your dreams are *unique*

Your understanding is *unique*

Your likings are *unique*

Your experiences are *unique*

Your expressions are *unique*

Your entire life is *unique* – *no one exactly like you has ever lived or will ever live in the entire Universe – You are So Special!*

You are Unique! You Are Magnificent! You are a Miracle!

