

YOUR SPIRITUAL REVOLUTION

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G L O B A L SPIRITUALITY

- *The Awakening*
- *Cleansing with Sage*

- *Divine Matrix*
- *Mind Expansion*



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Message From The Editor

This issue of YSR is a general issue with articles on different topics rather than one theme. The aim of a general issue is to celebrate multidimensionality and diversity. Now onwards, YSR will present general issues also, apart from the themed issues.



Our living planet Earth maintains unity in diversity with an eco-system made of mind-boggling diversity. The destruction of biodiversity endangers the holistic unity of Earth. Similarly, the lack of spiritual diversity will retard our spiritual evolution and revolution. It is important to understand that true spiritual Oneness does not mean uniformity and suppression of differences and choices. Integral unity is in the interconnectedness of unique and diverse aspects. What we need is a harmonious balance of unity and diversity.

The cover story is on Global Spirituality, which highlights the importance of diversity in spirituality. Other aspects this issue explores include mind expansion, cleansing with Sage, the path of selfless service, the spiritual importance of self-love, the Divine Matrix of energy, the paradox of seeking and the Magic Doorway into the Divine. There are also spiritual poems to inspire you as always.

Love and Light,

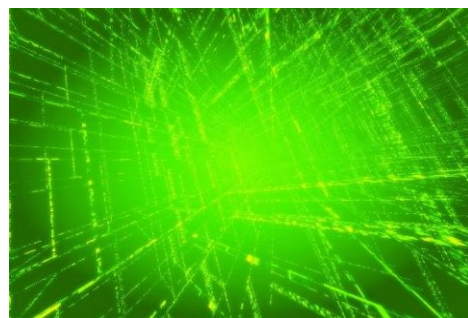
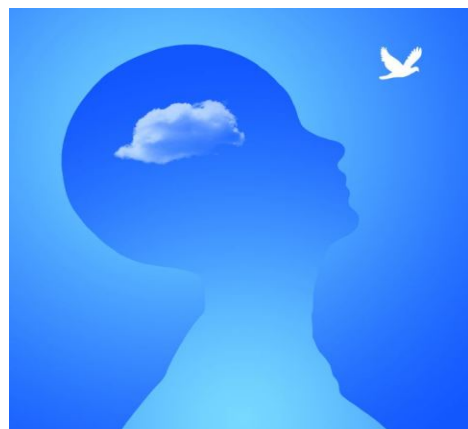
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GLOBAL SPIRITUALITY

By Gordon Wayne



Most religions and spiritual traditions strive to address the eternal question, the great cosmic mystery regarding the origins of reality.

Ancient cultures honor a natural phenomenon that embodies nature's creative essence, western religions revere a divine creative power and Eastern religions celebrate the yin and yang. Assuming we were responding to a multiple choice question, we could respond with any of these answers although our ancestry would probably influence our choice.

In other words, Aboriginals would probably choose the first answer, Westerners would

probably select the second response and Easterners would likely accept the third. Now, we could try arguing that our ancestral choice is the only correct answer, or we

could argue all the above are valid responses to the eternal question. Unfortunately, we do not have a spiritual tradition that allows and encourages us to celebrate diversity. So we need to create a tradition that encourages us to celebrate diversity. That spiritual ideal is Global Spirituality, a spiritual ideal that grants us the liberty to celebrate diversity, the freedom to celebrate multiplicity.

Global Spirituality recognizes the obvious fact that we live in a diverse universe with infinite possibilities

in which everything is possible somewhere, somehow. It does not rest on the conviction that one possibility is better or superior to others, but that all possibilities have merit somewhere, somehow, sometime. Nor is it the immutable conviction that our beliefs are better or truer than other beliefs but that all beliefs have value to somebody, somewhere. It is not the conviction that this religion is superior and others are inferior but that all religions have spiritual merit to somebody, somewhere. Rather than celebrating a singularity, Global Spirituality celebrates diversity because reality is diverse, the universe is diverse, nature is diverse and even humankind is diverse.

Global Spirituality celebrates the diversity that is inherent throughout the universe from the smallest objects like subatomic particles to the largest entities like galaxies. To begin, physicists tell us that subatomic particles come in several varieties such as electrons, protons, neutrons, and other assorted varieties, and they say these entities have different flavors. Although physicists are probably the only people who really understand the theory of subatomic flavors, it is important because it presents the possibility that two electrons can have distinct flavors.

If subatomic particles have distinct flavors and they combine to create atoms, then atoms should have unique characteristics owing to the subatomic flavors. Because of this, hydrogen atoms could have dozens or hundreds of distinct personalities depending on the flavors of their constituent electrons, protons and neutrons. Atoms then combine with other atoms to create molecules, which could have unique qualities that follow from the atom's personalities. After all, if every atom has a distinct personality owing to the subatomic flavors, then every molecule could have unique qualities owing to the distinctiveness of its atoms. In other words, an ordinary water molecule is not so ordinary but a unique creation unlike any other water molecule.

Although this is strictly hypothetical, it does evoke thoughts of snowflakes because no two snowflakes are identical. Every snowflake is a unique creation because water molecules combine to form crystalline structures, and the possible structural arrangements are virtually infinite. Perhaps most snowflakes appear remarkably similar to the naked human eye but human perception cannot perceive molecular structures. Even if two snowflakes have similar crystalline structures, they will have a difference of one or two molecules.

Following this reasoning, the probability of any two structures in the universe containing the identical molecular structure is infinitesimally small, bordering on the impossible. First, every atom within every object has individual qualities owing to the flavors of their subatomic particles. Second, every object is unique because the probability that they possess the same number of molecules is virtually impossible. Third, even if two objects have the same number of molecules, the probability of those molecules combining into the same molecular arrangement is infinitesimally low. Therefore, we can conclude that every object within the universe is a unique creation unlike any comparable object within the universe.

Thus, everything within the universe, whether cosmic dust, comets, meteors, planets, stars, nebula, galaxies or black holes, is a unique creation. Every comet and meteor is a unique creation in its size, shape, density, and composition; every planet and moon is a unique creation in its size, composition, history and relationship to other planets; every star is a unique creation in its size, intensity, history and relationship to other celestial objects; every nebula is a unique creation in its shape, density, history and future; every galaxy and black hole is a unique creation in its size, composition, history and future. One way or another way, everything within the universe is a unique creation, unlike anything else within the universe.

Global Spirituality celebrates this diversity, celebrating the individual features that define everything within this universe as a unique creation. We can celebrate that diversity by lying beneath the

night sky, buying a telescope, or visiting the local observatory, and gazing up at the wondrous profusion of unique objects. Then, we can marvel at the mind-boggling diversity scattering throughout the cosmos and the way in which objects can appear so similar yet possess unique features. For greater understanding of this conundrum, we could take an astronomy course, read a book on astronomy, or watch an educational documentary about astronomy.

If we wish to learn more about the microcosm, about subatomic particles, atoms and molecules, we can study chemistry or plunge into the perplexing realm of quantum physics. Then, we can reflect upon the intriguing enigma in which macroscopic similarities naturally classify objects into groups while microscopic differences ensure every object is a unique creation. Global Spirituality celebrates reality's diversity, the uniqueness of subatomic particles, atoms, molecules, comets, meteors, planets, moons, stars, nebulae, and galaxies.

Global Spirituality is also the celebration of Nature's diversity, the mind-numbing profusion of plants and animals, microscopic and macroscopic, hot-blooded and cold-blooded, thick-skinned and thin-skinned. Our blue planet has bacteria, molds, mildews, fungi, insects, fish, crustaceans, dinosaurs, birds, reptiles, amphibians, and mammals; it has created thousands of plant species, hundreds of arboreal species, hundreds of fruiting species, thousands of flowering species, and thousands of alga species; it has introduced thousands of coral species, hundreds of mollusks, thousands of decapods, hundreds of octopus species, and millions of fish species; including extinct species, it has produced billions of microbes, several billions of insects, millions of amphibians, fish and reptilian species, hundreds of thousands of avian species and thousands of mammalian species.

Some species are diurnal while others are

nocturnal; some species are herbivores, others are carnivorous, some are omnivorous, others are insectivorous, and others are scavengers; some species are migratory species while others are fiercely territorial; some species are solitary creatures while some organize into strict social hierarchies and a few species organize into loose hierarchies or egalitarian groups; although females of most species care for the next generation, some species make the males tend the young.

Organisms live everywhere from mountaintops to the ocean floor, from the tropics to the arctic; some are terrestrial, some are subterranean, some are freshwater, some are saltwater and some are intertidal; some species inhabit deserts while others live in rainforests, some prefer open savannahs while others prefer woodland; some inhabit valleys while others inhabit cliffs; some prefer lakes while others prefer rivers; some keep all their feet solidly on the ground while others are strictly arboreal, some species inhabit the ocean depths while other species cruise the open seas, and some never leave the reefs.

Given the mind-numbing profusion of microbes, plants and animals on this blue planet, we could argue that Nature absolutely loves diversity and loathes homogeneity, uniformity and conformity. We can then argue that the greater the diversity, the more beautiful and bountiful Nature, especially considering the Amazon and Great Barrier Reef are living examples of this assertion.

The easiest way to celebrate this aspect of global spirituality is simply by spending time with Nature, by strolling through a natural environment and discovering the flora and fauna. Alternatively, we can visit the local zoo, read books, watch documentaries, take a biology class, visit the nearest natural history museum or paleontology museum. Assuming we have the resources and opportunity, we can take a safari so we can explore different habitats around the world and discover its denizens.

Global Spirituality is also a celebration of humanity's diversity, a celebration of our physical,

psychological, intellectual and spiritual uniqueness. If we consider personality, character, knowledge, memory, etcetera, then not even identical twins are absolutely identical. Physically, every human has features such as eyes, ears, arms, legs, stomach, and lever that define us as humans, bipedal primates from the mammalian group of biological organisms. Every human has a nose, lips, chin, cheeks, eyes and forehead but the precise topography of the human face is a distinctive landscape proudly presenting our individuality to the world. We all have skin covering our hands and feet but their prints are unique arrangements of arches, loops and whorls. Excluding identical siblings, whose DNA is identical, every human has a unique genetic code, most of which is virtually identical to other humans while a modest 1% is truly individual.

True, identical siblings share the same DNA, yet even they have unique psychological profiles, individual characters and personalities. While their psychological profile may be remarkably similar, even indistinguishable to the casual observer, genetically identical siblings still have unique temperaments, mannerisms and behaviors. If twins and triplets have unique psychologies, then every human is a unique psychological composition of character, personality, temperament, habits, passions, prejudices, hopes and fears.

Like our physiology and psychology, every human has a unique intellect, our individual compilation of knowledge and faculties. Everybody has linguistic faculties though some possess the gift of gab, some have the poet's voice, some the singer's vocals, and some the politician's tongue; some people have the gift of language acquisition, some possess a nurturing tongue, some have the general's voice and some possess quiet tongues; some individuals have a miraculous propensity for mathematics, others possess photographic memories, others have the artist's genius, and some possess analytical brilliance.

Add other cognitive faculties, our knowledge and memories to the mixture and every human then possesses a unique intellect unlike any human intellect yesterday, today or tomorrow.

So far, we have shown that every human is a unique creation, a unique assembly of physical, psychological and intellectual attributes. Since our spirit permeates our bodies, hearts and minds, we can induce that our spirit is also a unique creation. Most religious people believe spiritual compassion is important, so some people express their compassion by visiting sick children in the hospital while others visit elderly citizens in the hospital. Many religious people believe generosity is an important spiritual virtue, so some people graciously serve lunches at the local soup kitchen while others donate money to orphanages around the world. Just as our bodies, our hearts and our minds are unlike any other human, so our spirit and spirituality are unlike any other mortal soul past, present or future.

We can celebrate this aspect of Global Spirituality by toasting family and friends, raising a glass of ale or vino in a salutation to their loops, whorls, and arches; we can toast each other's personality, temperament, disposition, behaviors, habits, and mannerisms; we can toast each other's unique neural pathways, our individual genius and folly; we can toast each other's unique portrait of strengths and weaknesses, virtues and vices, knowledge and ignorance, passions and prejudices, abilities and inabilities, our hopes and fears.

Global Spirituality is also a celebration of our cultural diversity for our species can easily evolve into hunter/gatherer societies or high-tech societies. We humans can create homogenous and heterogeneous societies, hierarchical and egalitarian civilizations, matriarchal or patriarchal cultures, autocracies and democracies. Humans can create aristocratic and plebeian lifestyles, passive and aggressive communities, urban and rural societies, provincial and cosmopolitan circles. Global Spirituality is a celebration of this social diversity, which is a unique

ability without equal in the animal kingdom.

Elephants, whether they are African, Asian or Polynesian elephants, have essentially the same lifestyle, diet and social organization. Wolves, whether they are North American, Asian or European wolves, also have very similar lifestyles, diets, and social systems. Realistically, most canine species have lifestyles, diets and social systems that share more similarities than differences with wolves. While some species such as coyotes and crows can adapt or modify their lifestyles to changing circumstances, particularly to human environments, none can match humanity's diversity.

Owing to our intelligence and ingenuity, our versatility and resourcefulness, we humans can inhabit virtually any environment on this planet, whether tundras, coasts, mountains, valleys, and islands. Just about the only place we humans cannot inhabit is the deep ocean floor, but if we can inhabit space, we can probably establish settlements on the ocean floor too.

While our intelligence is part of the reason we can inhabit any habitat, another reason is that we are omnivorous creatures that can eat virtually anything. We can consume grains, vegetables, fruits, nuts, roots, legumes, insects, rodents, birds, reptiles, fish, crustaceans, mollusks, big game, small game, wild game and domestic game. By applying a little ingenuity and imagination, we can create a mouth-watering array of delectable delights, international cookery, scrumptious comestibles and cultural cuisine.

Another reason we can occupy virtually any habitat on earth is that human intelligence can create shelters to shield our fragile bodies from the sun, wind, rain and snow. We can fashion virtually any raw material including mud, clay, wood, bamboo, grass, even snow and ice into shelter; we can even create our own building materials such as concrete, engineered lumber, fiberglass, plastic, iron and steel; we can build igloos, grass huts,

mud-brick homes, log cabins, enormous coliseums, soaring cathedrals, skyscrapers, fabric-draped airports, and even glass houses; we can create magnificent architectural icons such as the seven wonders of antiquity, the Eiffel Tower, the Sydney Opera House, the Empire State Building, the CN Tower, Notre Dame, and the Taj Mahal.

Also, humanity can inhabit virtually any environment because we humans can even fabricate personal protection to shield our naked bodies from the wind, rain, snow and sun. With our ingenuity, we can turn natural and unnatural materials such as hides, cotton, wool, silk, linen and nylon, into fabrics for fashioning garments; we can create hats, coats, shoes, boots, shirts, pants, scarves and gloves to protect us from the elements; we can create high fashion, low fashion, middle fashion, alternative fashion, spiritual fashions, space-age fashion, utilitarian fashion, fashionable fashions, eccentric fashions, and retro fashions; and we can supplement our fashions with necklaces, bracelets, rings, earrings, nose rings, glasses, watches, gold, silver, semiprecious metals, and precious gems simply to personalize our fashions.

We can celebrate this aspect of Global Spirituality by attending cultural festivals such as Caribbean, Latin, Aboriginal, Asian, African and Polynesian festivals. Perhaps the best festivals are those that celebrate multiple cultures, although if this is not possible, we can attend multiple festivals. Since we are celebrating cultural diversity, then metropolitan centers such as Toronto and New York are probably the most spiritual cities on earth today. Both metropolises are legendary for their ethnic and cultural diversity, so if we cannot attend cultural festivals, then we can visit their ethnic communities.

Assuming we have the resources and opportunity, we should visit another country, preferably one on another continent or one with a different culture. However, since the expense of globetrotting can be prohibitive, we should consider visiting metropolises like New York or Toronto where we can stroll through ethnic communities.

Another option is simply visiting the local museum, an excellent choice especially when they are showing exhibits from another continent or culture, or from an ancient civilization. Individuals seeking a greater challenge can always learn a second or third language, especially if they plan to visit another culture when they have the opportunity and the finances.

While these are excellent choices, the most down-to-earth way to practice this aspect of Global Spirituality is simply by befriending a foreigner, an immigrant, or anybody from a minority group. Employers can also practice this aspect of Global Spirituality by hiring an immigrant or somebody from an ethnic minority. Perhaps the ultimate way to practice this aspect of Global Spirituality is by marrying somebody from another culture and practicing a little Global Spirituality in bed.

Global Spirituality is also a celebration of our religious diversity because no religion has conquered the world. During the past two millennia, some religions have tried to convert the entire world to their beliefs and only their beliefs. Several have successfully converted entire continents to their beliefs and rituals but none has converted the entire world because reality always steps in and diversifies human spirituality.

Part of the reason is the simple fact that every human is a unique creation and our communities are distinct neighborhoods. Although we have underlying universal needs, we also have individual requirements, including unique spiritual requirements. For instance, most humans need to honor a higher power but that is the only similarity because everybody can honor a different higher power. Some prefer to honor a zoomorphic higher power, others prefer an anthropomorphic higher power and other prefer a geomorphic higher power; some people prefer to honor an idealized higher power while others

prefer to honor a colorful higher power; some prefer an authoritative higher power while others prefer an egalitarian higher power. Because of such individual preferences, human spirituality will naturally be diverse.

Some people will protest spiritual diversity primarily because they honestly believe that their faith is the only true faith. Perhaps this is true for their spirituality but it is not true for human spirituality. Christianity may be the perfect religion for one person's spirituality but it is not necessarily perfect for their neighbor's spirituality or their grandchildren's spirituality. Hinduism may be the perfect religion for another person's spirituality while Voodoo may be the ideal religion for another's spirituality. This is a natural consequence of democracy, human rights, particularly the freedom of religion, and genetic diversity.

Different people have different spiritual requirements and expectations. Some people prefer praying while others prefer meditating; some prefer reading sacred texts while others prefer singing sacred songs; some prefer spiritual pilgrimages while others prefer giving money to religious charities; some people prefer praying for world peace while others prefer praying for good health and prosperity; some prefer to meditate beside a small stream while others prefer to meditate in a special room; some prefer singing jubilant songs while others prefer somber songs; some believe dances are sacred while others believe dances are anathema to spirituality; some prefer ancient stories, myths and legends while others prefer modern stories, myths and legends, and some find spiritual guidance from both sources; some interpret religious texts literally while others interpret religious texts figuratively; some prefer to develop their spirituality alone while others prefer to develop their spirituality communally; some prefer a cross as their sacred icon, some prefer a tree, some prefer a human figure, some prefer a zoological figure, and some prefer a celestial symbol. Different people have different spiritual preferences, requirements and expectations, and this is perfectly natural.

We can celebrate this aspect of Global Spirituality by periodically visiting another religious organization or spiritual tradition, keeping an open mind and a willingness to learn. If we are truly curious and they are genuinely hospitable, we can participate in their rituals and ceremonies, read their sacred texts and study their beliefs and ideology.

Maybe we will learn to respect each other's differences; maybe they will learn to respect our idiosyncrasies; maybe we will discover that we have comparable convictions or conventions; maybe they will realize we have similar beliefs and rituals; maybe we will learn to honor each other's differences; maybe we will learn something that helps us improve our spirituality; maybe they will learn something from our inquisitiveness; maybe we will become more tolerant and understanding of other faiths; maybe they will realize we are as human as they are; maybe we will all become better humans; maybe we will learn to love them and accept them as they are, and maybe they will learn to love us and accept us as we are.

Global Spirituality is more than a celebration of diversity because it is also a celebration of the consequences of diversity. The most important consequence is that diversity gives us the liberty to develop our personal preferences, which we can illustrate by preparing two banquet tables. The first table has one protein, one starch and one vegetable; the second table has ten appetizers, ten salads, ten soups, ten breads, ten vegetables, ten proteins and ten desserts; the first table gives us little choice to indulge our personal preferences whereas the second table gives us thousands of gastronomic combinations to tempt our tummies; the first table forces everybody to eat the same meal; the second table allows family, friends, neighbors and strangers to indulge their personal preferences. In other words, diversity increases our range of choices, which then gives everybody the liberty to indulge their personal preferences.

Economic diversification also has benefits beginning with a greater choice of careers and greater economic stability. If a town has one enterprise such as a mining operation, then everybody must work for the mine, and the town's prosperity depends on the mine. However, if a town has several businesses operating, then people can choose from multiple career opportunities. Thus, economic diversity gives us the liberty to choose from a variety of careers, and gives our communities the opportunity to survive and rebound from economic slumps.

Political diversity also has important benefits beginning with the liberty to choose our political leaders. In democratic societies with multiple parties and candidates, people can choose their political leaders, allowing them to decide whom they are willing to follow and not willing to follow. In autocratic societies, people cannot decide whom they are willing to follow but must live with whomever the ruling class decides will govern the nation. Thus, political diversity gives ordinary citizens the liberty to choose their political leaders and compels those leaders to concentrate on public issues.

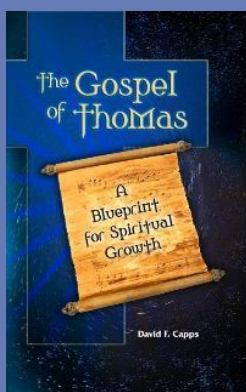
Religious diversity also has important benefits such as the liberty to find a spiritual tradition that is suitable for our individual spiritual requirements and expectations. Whenever a society has one religion or spiritual tradition, everybody must conform to that tradition whether or not it is appropriate for their spirituality. Conversely, whenever a society has multiple religions, every citizen can search for a tradition that is suitable for their spiritual requirements and expectations. If they cannot find an existing tradition that is suitable for their spiritual needs, they always have the option of mixing-and-matching religions until they have something that is suitable. Alternatively, heretical hippies, bombastic bohemians and contumacious curmudgeons can create something that is more suitable for contemporary spiritual needs. As with political diversity, religious diversity forces religious organizations to address the spiritual needs of people rather than demanding people fulfill the expectations of their tradition.

Thus, Global Spirituality is not only a celebration of diversity but also a celebration of liberty because diversity gives us choices. With an array of legitimate choices, we can decide what is best for us rather than having to live with whatever is available; with a spread of culinary delights, we can indulge our personal tastes; with an array of vocational choices, we can choose a career that we want and love; with a variety of political choices, we can decide whom we want managing our political institutions; with an assortment of religious organizations, we can decide which religion addresses our spiritual requirements and expectations. Thus, Global Spirituality is not only a celebration of diversity but also a celebration of our freedom to decide what is best for our personal needs and desires.

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Gordon Wayne is an independent, autodidactic theorist currently developing an innovative and revolutionary theory on human spirituality titled 'Natural Human Spirituality.'

The Gospel of Thomas: A Blueprint for Spiritual Growth ebook



The Gospel of Thomas: A Blueprint for Spiritual Growth ebook (updated 2008), by David F. Capps. Although the book is based on a Gnostic text, the teachings are universal in scope. It helps the reader to gradually progress towards spiritual enlightenment through the inner healing process.

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Looking Within: The Spiritual Gift of Self-Love

By C J Martes

From the time I was a little girl, I could feel a constant flow of energy move into this third-dimensional world through me. From time to time, I would hear an ethereal voice echo in my ears and blow unconditional love through my heart. Soon I began to realize that an angel lay deep within me, yearning to share a deep spiritual love with mankind. I felt sure that I had been born into this world to be a gift to others and share this blessing. Of course at the age of ten, I was not sure what it



took to be a gift, other than giving to people whenever I could.

After I became an adult, I embarked on what I would call my selfless journey. It took really no time at all to feel drained and resentful. I soon withdrew from my mission reflecting that I had become nothing that resembled the child of light I had hoped to be. I eventually realized, after much heartache and tribulation, that I was missing the one vital ingredient necessary to spread this gift of unconditional love -- self-love.

I have reflected for a long time about this concept

of self-love. We grow on this earth, cycling from childhood to adulthood hearing people tell us that it is important to love ourselves. This often becomes confused as we are taught to live in direct opposition to this. We also receive the message from society that we should be selfless and should care for others at the extreme expense of ourselves. This type of love for others is still a beautiful thing because our spiritual motivations behind this type of giving are very pure. Within each one of us is a heart of light with the deep ability to care for others in a non-judgmental, pure and enlightened way. We should certainly give to others from deep within, but self-love must come first.

We learn at an early age how to take care of ourselves and survive on this planet. We are all born with instincts already built in that help us live a good life. These different mechanisms inside each of us are crucial and help protect us from harm. We grow as we overcome and adapt to our third-dimensional reality as life throws us into situations that we must learn to endure. We learn by jumping at life's opportunities, often falling as we make different choices on our journey. This cycle of growth is our basic process.

This simple process can also teach us to live exclusively through the lives of others. As we experience life's trials, it becomes increasingly important to us how well we learn and how others view what we are doing. We begin to worry about the judgments of others and thus begin our quest for acceptance and approval from those around us. Many times our need for approval mixes with our spiritual need to give love purely and completely. As a result, many of us give and give to others without a thought for ourselves and our own needs.

It is inherent to our spirits to love others, yet if we learn to sacrifice or martyr ourselves in the process, we soon lose our way. This was not the purpose of our creation. It was not that we should

share our light and care for others to become a martyr. Instead we should recognize within ourselves the pure expression of beauty and love that is true to our higher purpose. This inner beauty is the radiating, healing light that becomes the true gift to mankind. If we value and love ourselves completely, our love and beauty radiate from our hearts and souls extending beyond the confines of our physical vehicle. We become the greatest gift of love and healing that we could ever externally create. This gift of love to our human brothers and sisters then extends to all living things in the universe. Before we are able to move forward in our evolution as third-dimensional human beings, we must integrate this lesson on love.

It is interesting that this concept would be so mystifying. It eluded me for quite some time. I can recall starting at the very beginning of my journey, experiencing life after life of lessons. I fell a lot more times than anyone could possibly count. It was a gradual process where I eventually began to understand that I was valuable for more than just my good deeds. I finally could understand the value in being a child of light who is part of the unconditional love of the universe. After this realization, I began to experience a new feeling of joy. It was new because since childhood, the trade off had been to experience terrible pain when I selflessly took care of others.

As I started my integration process, I had to be consciously aware of being self-loving and say, "Okay now I should do something nice for myself." It seemed silly at the time to make a point of this, but I noticed as I began to pursue this issue, it became easier. I soon felt freer to express all my feelings not only internally but to others as well. I was able to eventually free myself from my constant fear and victimization. For example, I used to remark that no one would buy me flowers, feeling sad and insecure. Flowers made me happy and I could not understand why others who loved me could not see that. I one day decided to buy them for myself and through that simple act, brought the joy to myself I had wanted from others. I now purchase flowers frequently. I love surrounding myself with fresh fragrant blossoms on a weekly basis. It no longer

matters to me whether anyone buys me flowers because I can now give this gift to myself. These types of exercises begin to grow exponentially from there. Random acts of kindness are wonderful, but are truly infinite if the recipient of your love is you. Until we incorporate this infinite love within ourselves, we are unable to give to others in the way we would like.

To be able to fully integrate this concept is certainly at the core and heart of our journey. This is the beginning of our release and freedom from pain here on earth. When we truly value ourselves as people, our light begins to shine, no longer covered up by doubt of ourselves or fear of others' judgments. We really become an outward expression of who we are. We are infinite in our joy. We shine with the pure light and love of the universe. If you look around, you can spot a person that has integrated self-love. They are happy and radiate this genuine pure light that explodes from inside their souls. They literally glow.

Self-love is a complete and perfect expression of your higher self. From the time of your creation, you are one with all living things. We eventually separate from this connection as we embrace our humanity. To complete our journey, we must undo the residual effects of the lessons we endure on earth and incorporate this concept as part of our gradual process towards enlightenment. As we progress in our lives, we eventually must go within to become whole again.

I have watched the healing grow throughout my life after I went within to uncover the unconditional love of my heart and soul. It became a true wonder to me as it spread purely to the people I wanted to touch in my life. I watched in joy and triumph as I became the gift to others that I had dreamed of. The true healer inside of me soon followed as well. I also realized just how powerful each one of us can be in the light of unconditional self-love.

This powerful light can only continue to grow.

It starts with a single person who honors themselves enough to begin loving, first giving to themselves and then reaching out to others. Then the love expands from there as each person initially touched by the self-love of one, reach out in self-love to others. We then become linked together, like a chain of light reaching to the horizon. This is the very chain of unconditional love that can change the world by truly sharing the gift and loving embrace of our creation.

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C J Martes is an international healer, author and creator of Akashic Field Therapy (AFT). Trained in Vibrational Healing and advanced quantum healing and inspired by Quantum Theories and Spiral Dynamics, her work blends Behavioral and Integral Psychology, Vibrational Medicine, and cutting-edge Western science to produce amazing results.

Seva

The Path Of Selfless Service

By Lawrence Edwards, Ph.D.

If you take a moment and reflect on who you think you are right now, as you go about your daily life, as you get hungry and consider what you'd like to eat, as you face your work for the day, the responsibilities you have, the ones whom you love and those who depend on you, as you look in the mirror wondering whether you like what you see, who are you? How do you feel about yourself? What are your hopes and dreams? Who is it that has these feelings, these thoughts, these hopes and dreams? ME of course, you might think! We're so sure that this 'me' exists. This familiar sense of self is our ordinary ego mind and with this we carry the joys and concerns of our everyday lives. The Swedish poet Gunnar Ekelöf wrote, "Each person is a world, peopled by blind creatures in dim revolt against the I, the king that rules them."



It is this 'I,' this ego mind, which dominates our awareness and activity throughout our lives. For most people, this ordinary ego mind, its formation and what it pursues, defines their entire existence right up until death extinguishes them. In Kali Yuga, it is the ego and its pursuits that reign supreme. Our popular cultures glorify them, power, fame, possessions, consumption, physical looks, and their icons -- the stars of film, music, politics, etc. These ego games even pollute the domains of spirituality. I recently heard of a person who thinks of himself as a 'kirtan walla' who refused to come and do kirtans with another singer because he wouldn't get equal billing! We all have our egos running after their attachments. However, if you're reading this, then chances are you are a seeker, perhaps a sadhaka pursuing

spiritual practices aimed at freeing you from the confines of the ordinary ego mind.

How do we free our consciousness from the tiny jar of this self to know the One? And then what happens to it, to this limited I-consciousness? What purpose does it serve? These questions point to the two highest purposes of human birth -- to know and to serve. To intimately know the Infinite, the Divine, and to serve with the entirety of one's being.

Brother Lawrence, the 17th Christian mystic, wrote, "People seek methods of learning to know God. Is it not much shorter and more direct to simply do everything for the love of Him? There is no finesse about it. One only has to do it generously and simply." This is the sublime path of seva, selfless service offered in love, which brings us to the living knowledge of God and realization of your true nature. It was Brother Lawrence's practice to meet every person and engage in every task as if they came directly from God. He was a great bhakta of the Christian tradition.

Seva is the potent remedy for the illness of ego centeredness. His Holiness the Dalai Lama says, "It is critical to serve others, to contribute actively to others' well-being. I often tell practitioners that they should adopt the following principle: regarding one's own personal needs, there should be as little involvement or obligation as possible. But regarding service to others, there should be as many possible involvements and obligations as possible. This should be the ideal of a spiritual person."

But many discover seva is not quite as easy as it seems. People may piously meditate, do yoga asanas, chant the names of the Divine, practice mindfulness, do pujas, prostrations and on and on, then when they report to the seva supervisor at an ashram or temple, suddenly all their ego stuff hits the fan! The seva

supervisor is the one whose task it is to give out the seva assignments to the volunteers who have come to stay at an ashram. They often hear things like: “You expect ME to clean toilets!” “I didn't come here to pick through the rice looking for stones.” “I really want to be a teacher, where's my certificate?” “Oh God, if I have to stand next to her and wash dishes one more time...” “I'm not worthy of this.” “Maybe the guru (or substitute Rinpoche, Roshi, priest or whoever) will see my humble service cleaning toilets and recognize how spiritual I am.” Ego, ego, ego. Who doesn't have an ego? We all bring these kinds of attitudes and reactions in one form or another to the crucible of seva. If we're really fortunate we will receive seva assignments from the Divine that truly push us through and beyond the ego's ordinary attempts to adapt and master the situation.

Swami Muktananda, the great Siddha Guru and true Kundalini Yoga master, was my guru until he took mahasamadhi in 1982. One of his favorite expressions that summarized his teachings in many ways was, “See God in each other. God dwells within you as you.” Like Brother

Lawrence, Muktananda instructed and inspired people to view all of life as seva, not to think of it as a practice limited to the ashram or to a particular volunteer activity you did.

Back then I was the administrative director of a psychiatric institute and I had the responsibility of identifying and solving the problems staff members were having in an acute care unit. (I wrote about this experience in my book, *The Soul's Journey: Guidance From The Divine Within*.) Everything we do is part of our sadhana,

our spiritual practices, and I wanted to approach this task from the highest, to be able to do what my guru was always saying to do -- to see God in others. But frankly, no matter how I looked at those people, no matter how I squinted my eyes or turned my head, they didn't look Divine! I saw character defects, lack of training, bad attitudes, but not divinity. For days I kept contemplating how does one see God in others, how do I apply such a lofty teaching to this situation? My mind just couldn't figure it out, but one day in meditation I received an insight, a gift of grace, a corollary to seeing the Divine in others: serve others as God, this was the

way to being able to see others as God. Serve the Divine in others, now that was something I felt I could do. In order to make it really concrete for myself I invited the whole staff of the troubled unit over to my house for dinner. I would serve them dinner as if I was serving the Divine.

I was filled with enthusiasm for making dinner for God. Almost the entire staff accepted my invitation, perhaps helped by my reputation as a good cook, even if vegetarian. It was planned for a Friday evening. I went shopping and bought all the food for the meal. While I was shopping I talked to myself

about God coming to dinner, would God like this or that, what would God like to drink, what kind of desert would God like? How delightful for God to have taken on the form of Tom and Holly and all the others. In this way my mind became completely focused on the Divine as my guru had instructed.

That Friday I took the afternoon off in order to cook all the food alone. On the way home, I went to the florist and bought flowers for God to enjoy on the dinner table. While I was cooking I chanted the names of God. I baked fresh bread for God, I made soup,



Swami Muktananda

salad, vegetables and I baked a pie from scratch to serve to God, á la mode of course! I was dancing around the kitchen cooking and singing in ecstasy! Grace was already fully present!

When my guests arrived, some were a little awkward being at the “boss's” house for the first time. This passed quickly. A beautiful recording of kirtans played in the background. Inwardly I welcomed each one as God and did all I could to attend to their needs and comforts. I remembered being welcomed into the homes of devotees of my guru's in India. As devout Hindus they treated me in just this way and I was deeply moved by it. My staff were seated for dinner and I went to the stove to ladle soup for them. As I turned from the stove to bring the first bowl of soup, I was stunned by what I saw, where each person had been sitting a moment before, now all I could see were golden orbs of Light -- exquisitely beautiful, scintillating forms of Divine Light. God had come to dinner! Or rather, by the power of Grace flowing through the practice of seva, I was able to perceive the Divine Presence. I was completely shaken, nearly overwhelmed. Tears of joy and gratitude streamed down my face. Quickly I turned back to the stove. I knew that somewhere in those Lights were my staff and they wouldn't understand my tears! I looked back over my shoulder and I could see their forms re-emerging from the Light. I recovered as best I could and went on with the evening, which was filled with grace. A great deal of the disharmony was healed. I certainly had an entirely new way of viewing them and virtually everyone I met.

Thomas á Kempis, the 15th century Christian mystic wrote, “Without love external work produces nothing, but whatever is done for love, however small and contemptible, becomes wholly fruitful, for God considers more the purpose with which you work than the actual work done. He does much who loves much.” We can find the same perennial wisdom in the Bhagavad Gita. Shree Krishna says, “Worshipping the Lord

with the flowers of one's actions, man attains perfection.” This is the way of Seva, the sublime way of selfless service borne of Love, the way of saints, sages, and bodhisattvas of all ages.

May all our practices truly benefit everyone and may all beings quickly gain complete freedom from suffering.

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Cleansing with Sage

By Stephanie D. Harper, BA, MH

“Why should a man die whilst Sage grows in his garden, if not because nothing can stand against death?”

- Hildegard of Bingen, 12th century naturalist, philosopher, physician

Sage, Salvia is from the Labiatae (mint) family. Salvia, in Latin, means ‘to be saved’. Other common names of Sage are known as Garden Sage, and True Sage. Sage is a member of the 900 multi-species Salvia genuses, found mostly in dry, hot, or stony areas that grow a height of three feet. Sage is rewarding to grow as it is beautiful, aromatic, and has many medicinal and cleansing uses.

History

Sage is native to the Mediterranean region and was introduced to North America in the seventeenth century, where it continues to grow throughout the regions. Traditional Chinese Medicine started to use Sage in 206 B.C., to increase physical strength, mental equanimity, alertness, and body heat. Sage was so valued in seventeenth century China that Dutch merchants discovered the Chinese would trade three chests of their China tea for one chest of Sage leaves. Native Americans massaged their gums and teeth with Sage and also used it for healing skin sores. As a cooking herb, Sage is considered to have a slight peppery flavor in the West. In Rome, Sage was used in the bathing houses for aching muscles and venereal

diseases. Folklore said that if you want a wish to come true, you write it on a Sage leaf and sleep with it under your pillow.

Smudging

Smudging or burning Sage is a Native American tradition. Sage is used medicinally in Native American culture as well as others, but more specifically Sage is used as a cleansing aid in religious ceremonies. The original meaning behind burning Sage came from the rising smoke that carried the request up to the Spirit, as it is said to have a power of special value, given by the Great One. Smudging and other forms of incense are used to cleanse the matter of negative energy fields into positive energy. Native Americans began Smudging to cleanse their minds and their homes.

Matter

Whether matter is electromagnetic or emotional energy, matter will affect its surroundings, including your body, mind, and spirit. You should Smudge whenever you feel negative energy is affecting you, your possessions or your environment. Smudge whenever you feel you need to create or enhance positive energy around you. Some people also Smudge as a religious ceremony, or as a part of their meditation practices or relaxation techniques.

Sacred

Smudging uses the majestic qualities of the Herb. You can Smudge yourself by starting the lit smudge stick burning at your feet, moving up the torso, and ending at your head. While you are doing this, you are concentrating that all of the energy is light and positive. You will come to learn your body in this process, and begin to feel where extra attention is needed. When I Smudge myself, I concentrate on my body Chakras (YSR January 2008 Issue) and incorporate other herbs into the

smudge stick to help balance out energy.

Environment

It is especially good to Smudge a new living space, to clear the area of past negativity as well as the thoughts others had put into it. After the Smudging, your environment will be in sync with your energy field and thoughts. You can do this by starting at the bottom floor walking east in a circle (as is tradition). Whatever your purpose, you concentrate on this and visualize all negativity being smothered away by the smoke as the smoke twirls around the environment. Visualize all negative energy being taken over by the positive energy of the smoke. When the smoke is gone, that space has now been completely cleansed.

Making a smudge stick

Making a smudge stick is easy. Gather some fresh Sage to dry out (two weeks before a full moon) and a ball of yarn. When the full moon arrives, gather up your bundle of dried sage in a bouquet (if you want to incorporate other scents, simply add to the bouquet). Leaving room for your fingers to hold the smudge stick, wrap the string starting at the stems and up to the flowers nine times, then back down to the stems nine times. Now, fold the bundle in half. Wrap the string again criss-crossing the string nine times. Finally, wrap the string again just at the base of the smudge stick nine times, tie, and cut off the access string. When you are ready to Smudge, you simply light the tip of the stick until it becomes a glowing amber, not a fire.



Safety

When you are finished Smudging, you should place the smudge bundle in a metal bowl (keeping watch of it) until it burns out. This way it is reusable. If you do not have enough left to reuse, you may run some water over it and give it back to the earth as an offering.

Smudging is something that becomes personal

and feels different to everyone's consciousness, try it & open up your consciousness and let it take you on your own path.

Other benefits of Sage: Tried & Trusted Remedies

Body:

- ♦ removes excess mucus in membranes & stomach
- ♦ mouth rinse for ulcers, gum disease, bad breath, and mouth problems
- ♦ treats diarrhea & eases gas pain
- ♦ aids digestion
- ♦ stimulates appetite
- ♦ breaking fevers
- ♦ antiviral
- ♦ induces sleep
- ♦ aromatherapy

Mind:

- ♦ strengthens the brain
- ♦ promotes wisdom
- ♦ promotes concentration & memory
- ♦ slows down ageing process & fortifies nervous system
- ♦ combats depression, mental exhaustion, and nervousness

Women:

- ♦ suppresses menstruation
- ♦ treats estrogen deficiency & hot flashes
- ♦ dries breast milk
- ♦ keeps sexual organs healthy

Men:

- ♦ relieves headache
- ♦ relieves gas
- ♦ keeps sexual organs healthy
- ♦ improves circulation to the heart

Cosmetic:

- ♦ Bath to soothe sore muscles
- ♦ shampoos to cleanse the scalp and stimulate hair growth
- ♦ soaps to cleanse and restore ageing skin
- ♦ hair rinses to promote shine and get rid of grey hairs (in dark hair)

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Seeking: Its Inherence, Beauty and Pitfalls

By Ellen Davis

'That' which is 'always and already,' 'That' is innate and inherent, as well as 'That' which moves towards its infinite self-experience and knowing. Moving into diversity of experience and towards self-knowing and self-realization in all its guises is the nature of the One in its Play in manifestation. This measurable, relative universe provides the opportunity for us to experience Self in relationship with itself. So we are at once always and already complete. Yet the nature of manifestation is to experience this and in order to do that there is a here to a there; a process, which leaves open the possibility for our seeing the illusion that we are other than what we move towards or aspire to, and that we can be more or less 'That.' When we believe that what we are reaching for is other than what we are, we

concretize our perceived separation from it and obscure the awareness of the divine suchness, which is always and already innate in all. Adding on top of that the illusory notion of 'enlightenment' as a measurement of realization ends up further obfuscating 'That' which is innate and our birthright, into something apparently unreachable, or possibly reachable with exceptional grace and 'hard work.' In a sense, it makes rare something that is very natural and ordinary, and obscures from our awareness the always already suchness in all of life including the mundane.

We feel a separation from what we aspire towards when we do not recognize ourselves as the same and one with what we are seeking. The more that we 'seek' what we believe is other than ourselves, the more we concretize or reinforce the very illusions of separation

that stand in the way of realizing our aspirations. This sense of separation is fed by our identifying solely through our individuation.

Our Divine Nature calls to itself from within to be realized, which is such a beautiful expression of the Divine Will in action. Yet through our habits and illusions of separation, it is translated like a nag that wants something it is not, which can then distort things.

This distortion is compounded by our tendency to identify ourselves through the effort of our aspiration and then the need to invest more and more in that effort to validate ourselves. When we have a vested interest in what we have built, we tend to continue to fortifying it with our beliefs. Within the momentum of that dynamic, non-effort or stopping is not even a consideration because of the fear of failure, of the unknown, of non-being or of ceasing to exist. Our actions and thoughts then become defenses against that. Defending ourselves against the unknown is a path enmeshed in preconceptions and away from the realization of Truth. Our mental associations and representations of what we see further obscure or add story to what is.

'Not knowing' or not giving energy to mind and its constructions is a path towards getting beyond mind's limitations, but when aspirants deny or refuse Knowledge that comes through Silence and beyond mind so as not to give energy to knowing, they can stop a very divine flow and remove themselves from the very essence of the Truth of their being as the Allness that Is and Is Not, that Knows and Knows not.

Speaking to the Seeker in Conflict with Seeking

Trying to deny seeking is chasing your tail in one direction, and seeking for what you believe you are not is chasing your tail in another. Not allowing this innate aspect of yourself moving towards self-realization in form because of feeling

that it will obfuscate self-realization, is creating for yourself a double-bind.

You are at once 'always, already' 'That' and there is nothing that you can do or you need to do to BE 'That' – AND you are 'That' coming to realize, know and experience self as the many faces of 'That' in manifestation. If you allow both as they arise in your awareness, you will not create division around it. My sense is that depression comes as a result of suppressing one, and not accomplishing your ideas of the other while judging yourself for it.

You are at once 'always, already' 'That' and there is nothing you need to do in order to BE 'That' AND you are always realizing Self through all of life. Realizing depression, Realizing joy, Realizing peace, Realizing sleep, Realizing unconsciousness, Realizing bliss, Realizing forgetting, Realizing suffering, Realizing awakening, Realizing something, Realizing nothing.

Can you find any place in your awareness which is undisturbed or unaffected by your seeking? Can you find that which is unperturbed by seeking or not seeking or what appears to be the conflict between the two and could include either or both?

Seeking is an innate aspect of Consciousness as a force of play in this relative, material, space-time universe. Consciousness, the Divine, God, seeks to know and experience ItSelf in Its infinite diversity as and through us. Where it becomes a paradoxical bind in the experience of the seeker, is when what is seeking perceives itself to be not of the same substance in its essential nature as that which it is seeking. It is then when the seeking separates oneself further in experience and identity from that which one aspires towards.

It is like trying to deny the inherent nature of the Divine within manifestation to deny the essence which seeks for or moves towards more of ItSelf. Every cell seeks to be realized. When speaking about 'letting go,' 'stopping' and the 'always already' unconditioned self without acknowledging this, we set up a paradoxical bind in our beingness, which creates a tension and

conflict when 'doing' or the desire to perfect or achieve happens, even if it arises out of this essence which moves to realize more of ItSelf.

Essence seeks for more of itself or moves towards its self-realization in manifestation. In manifestation this 'seeking' or moving towards is innate. There is nothing but 'That;' all movement can only be 'That' being itself and whatever direction we might perceive it going, it is 'That' going towards itself, either in awareness or in ignorance. May it be in awareness. All eyes open to awareness dancing itself.

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MIND EXPANSION

By Divyaa Kummar

Discourses, books, workshops and mind-expanding material are all around us these days and yet most of us are unaware why mind expansion really helps or what it truly does within us, or how indeed it translates so effortlessly to enhanced living. Most think of mind expansion in its abstract connotation, and today I want to show you how it is about literally stretching the mind!



Firstly let's understand that the mind is not the

brain! The brain is only the physical counterpart -- the apparatus through which the mind interacts with the body, an interface if you like! In analogy, electricity (the mind) comes into the bulbs (of your body) through the circuitry board called your brain. We think of the mind being 'up there' in the brain because this is where this interaction takes place!

In fact the mind is not physical at all. It is pure energy vibrating at the different frequencies (commonly known as brain waves) of your many thoughts, feelings and beliefs! We all have thoughts of

different frequencies through out our day and they make up what we call the lower mind, higher mind, intellect etc! Thus your mind is actually your energy field! More importantly, as 'energy,' the mind is not a segregated fixed section demarcated from the rest of your energy field, and thus even though it is not physical, it is contained in or operates through your body. Your mind is in your toes, in every organ, every cell, and every particulate, and as energy permeates all that is, your mind is not limited to your physical body but extends forth infinitely!

And as you expand your 'mind', what you are really doing is expanding your energy field, literally extending it to blend with higher and finer energies all the way to Universal Consciousness itself, the one mind, God if you choose! And as these purer energies become part of your personal energy field -- the frequency of your thoughts feelings and beliefs -- you increasingly find yourself in sync with the love, wisdom, power and abundance immanent in universal consciousness!!!

Imagine operating from universal mind! Beyond duality, love is a state of being, not something to be found! In its oneness blame, judgment and the like become naturally redundant! In its empowerment, you claim your Creatorhood more and more naturally! And thus there is 'automatic' growth through gyan yoga, the path of mind expansion! For as you expand within and operate from your higher potentials, they reflect likewise in the enhanced outer reality that you call your life and its people, events and things!

Indeed, mind expansion is not merely a cerebral path as often thought, but automatically encompasses love and bhakti well within its purview! One always thinks of the heart as separate from the mind, but now you will grasp the import that if the mind is contained in (or operates through) the body, then your heart is also part of your mind! Thus mind expansion implies

expansion at the heart centre too! And just as the brain is merely the physical counterpart of where the larger mind (vaster energy fields) meets the body, the corporeal heart is the physical counterpart of where pure consciousness meets your personal energy fields! Thus mind expansion, over time implies merging your personal energy field into pure consciousness and what can only be described as Love. This understanding was a big eureka for me. I understood for the first time why mind expansion leads to an automatic 'change' in heart! Why one automatically becomes more compassionate, accepting and non-judging; why one automatically begins to feel centred, joyous and at peace; why one increasingly moves into finer and purer ways of being! True mind expansion is not devoid of love, Love in all its nuances for self, others, and the divine happens automatically through it!

More importantly, the heart centre is part of what we call the subconscious mind because though we are aware of our feelings therein, we remain mostly unaware of the host of thoughts that give rise to these very feelings! There can however be no feeling without the critical mass of beliefs that give rise to them, but as these are unobserved, they become part of the subconscious mind. And this expansion of the subconscious mind becomes vital, as it is a moment-to-moment energy signature that you are unknowingly emitting and thus drawing towards you as your reality and its relationships and events!

And there is more, for mind expansion goes even deeper! For having understood that your mind is your energy field, you will better understand that your chakras are also part of what you call your mind. Just like the brain and heart are physical counterparts of where your mind meets your body, the chakras are an etheric interface. Each chakra is related to a certain frequency, a certain range of 'thoughts', and describing what each chakra symbolizes is out of the scope of this article, but if you know what each chakra stands for, you will understand that thoughts that correspond to each chakra are thought from that part of your mind! For example, when you think about material security

it's through your root chakra, if you are thinking about your power issues it is from the solar plexus. And thus, what is interesting in reference to this article is that with mind expansion, you are cleansing, balancing and expanding your chakric system! Without any direct energy manipulation, meditations, pranayam or Kriya! With mind expansion, your centre of operation moves to higher (and higher) chakras and what is really happening is an automatic movement from (ego) personal separation based consciousness to I AM universal consciousness! You are indeed removing the veils! Merging back with source!

Thus mind expansion is not some abstract endeavor! Thus does it help in practical ways! Thus does it help you become more loving and compassionate! Thus does it help in deeper ways! And thus does it become a 24/7 spiritual service, for as you vibrate at a higher frequency than critical mass human consciousness, you are like a radio station emanating those frequencies from wherever you are -- at work or play or asleep! You become a 'light worker' automatically!

And for those of you who sometimes wonder “where does all this growth and expansion lead?” “Where does it all 'end'?” May you now understand that there is no 'end.' Universal Consciousness is a kinetic dynamic state of beingness, ever-expanding and thus there is infinite scope for our energy fields to extend; for our beliefs, thoughts, and feelings to evolve and for us to create better and better realities, ad infinitum, 'outside' us! In our personal lives yes, and in the world at large, but even more, as we continue to expand our energy fields, we get a larger and larger canvas in which to create advanced realities till we indeed become creators each, of a unique universe itself!

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Divyaa Kummar, from Mumbai, India, is a spiritual facilitator reaching out through discourses, writings, tarot workshops, personal energy sessions, and meditation groups blending ancient dhyana and tantra techniques with a more current approach.



A Divine Matrix

You and the Universe

By Ellaenah

For the sake of easy understanding, visualize the universe much like you see it in text books; as a round sphere with other round spheres, and flotsam and jetsam of odd shapes and sizes. Those of you who know more of science will say, “Aha! What about all the different galaxies?” Put those in as well. Everything that you have read or heard, or seen, put it all into this picture.



Now over this picture place a thin diaphanous fishermen's net; so thin and delicate that you can barely see it. That net is the energy matrix of the universe.

This net holds within its strands, energies from within the universe and energies from beyond our

universe. What is more important is that the energies of every single living being on Earth are also held within these strands. Thus the synergy is complete. The Universal Matrix strongly influences our personal matrix, and our personal matrix determines the strength of the Universal Matrix.

Two energy strands meet one another at a point, which meets a third, which meets a fourth, and so on. So every energy strand, though it carries with it the energies and essences of a certain aspect of universal and beyond universe energies, finally merges into one structure, which becomes unique in itself, and we will call it the Universal Matrix.

I have given you the visualization of a thin fishermen's net, because I need you to understand that just as the fisherman is always busy weaving in more and more strands into his net, strengthening it further

and further, so also the Divine Fisherman is constantly weaving strands into the Universal Matrix. Of course, the Divine Fisherman is YOU, but let's leave that for another day. As more and more strands are woven in, more intense beyond universe energies need to be drawn, pulled into the Universal Matrix. This is done through a STARGATE.

Who opens this STARGATE?

The Universe does with its own power. The Matrix is complete in its structure. If it wishes to modify itself, it must take a conscious action, much like some of you take conscious action of drawing into your matrix higher energies and thus empowering yourselves.

How do our matrices affect the Universal Matrix?

For this we must turn our attention to the meeting points of the strands in our personal matrix. These convergent points are the vital areas. When debris collects in an energy matrix, it only collects at the meeting points. It does not collect upon the strands.

For those mathematically inclined, think of the 90-degree angles. Dense energy, which cannot be assimilated within the strands carrying higher energies, will remain in the 90 degree corner. As each corner begins to collect more and more of that energy, it forms a 'heap'. The corner becomes 'bigger' and 'heavier' than the strand at these points.

The fewer corners that are heaped up, the smoother will be the flow of the energies.

If at this stage, you are unable to clear these corners, whether due to ignorance or inner resistance, the heaps collected at the four corners come together due to their collective mass. This blocks off energy flow to four strands simultaneously. As soon as this takes place, your inner beingness will create a situation outside of

you or in any one of your subtle bodies, in order to clear it. A blocked area of a grid cannot be allowed to remain. This is because the collected debris forms a three-dimensional structure and it is out of alignment with a multidimensional grid.

The more you resist tackling the debris, the more situations do you create in the environment around you which will compel you to pay heed to the resolution required within. These situations are unpleasant, to say the least, because they arise out of issues unresolved and unheeded. They could manifest as conflicts, power struggles, relationship blows, loss of friends, property, work, and so on. It is easy to blame another when we face such situations, but spiritual responsibility lies in the acknowledgement that these are self-created in order to clear the personal matrix of its debris. Prayers, meditation, chanting, energy clearance, sound energies, flower energies, aroma therapy, inner child work -- all help to clear the debris without much resistance.

As more and more corners are completely cleared, you become ready to access the Universal Matrix.

Each individual matrix that is modified, instantly modifies the Universal Matrix as well.

The radiance of your grid can only move outwards because it is vibration. Vibration moves outwards and draws towards itself, 'like' vibrations, and those other vibrations that are not 'like' vibrations, but which can be easily assimilated into it. This radiance empowers the Universal matrix, which, in turn, empowers your personal matrix.

There comes a point in the Universal Matrix, when its energies reach out, attract 'like' energies and other energies that are not 'like' energies but which can easily assimilate into the present grid -- the Star-gate!! Thus, my dear friend, you can now see that the person responsible for the strengthening of the Universal Matrix is YOU. This is the evidence of your Godhood. The more you acknowledge the God you are, the less will you react as a three-dimensional being, and the more powerful will the flow of higher energies be

within your Matrix.

A daily energy exercise to clean your matrix

Visualize a golden chalice in front of you. In the centre of this chalice is a large, brightly burning violet flame. Breathe the energies of this higher violet flame into you, through your nose, taking slow, long and deep breaths. Blow out this energy into your matrix, which can be visualized as a closely woven, shining net around you. Blow out strongly through your mouth. Do this seven times.

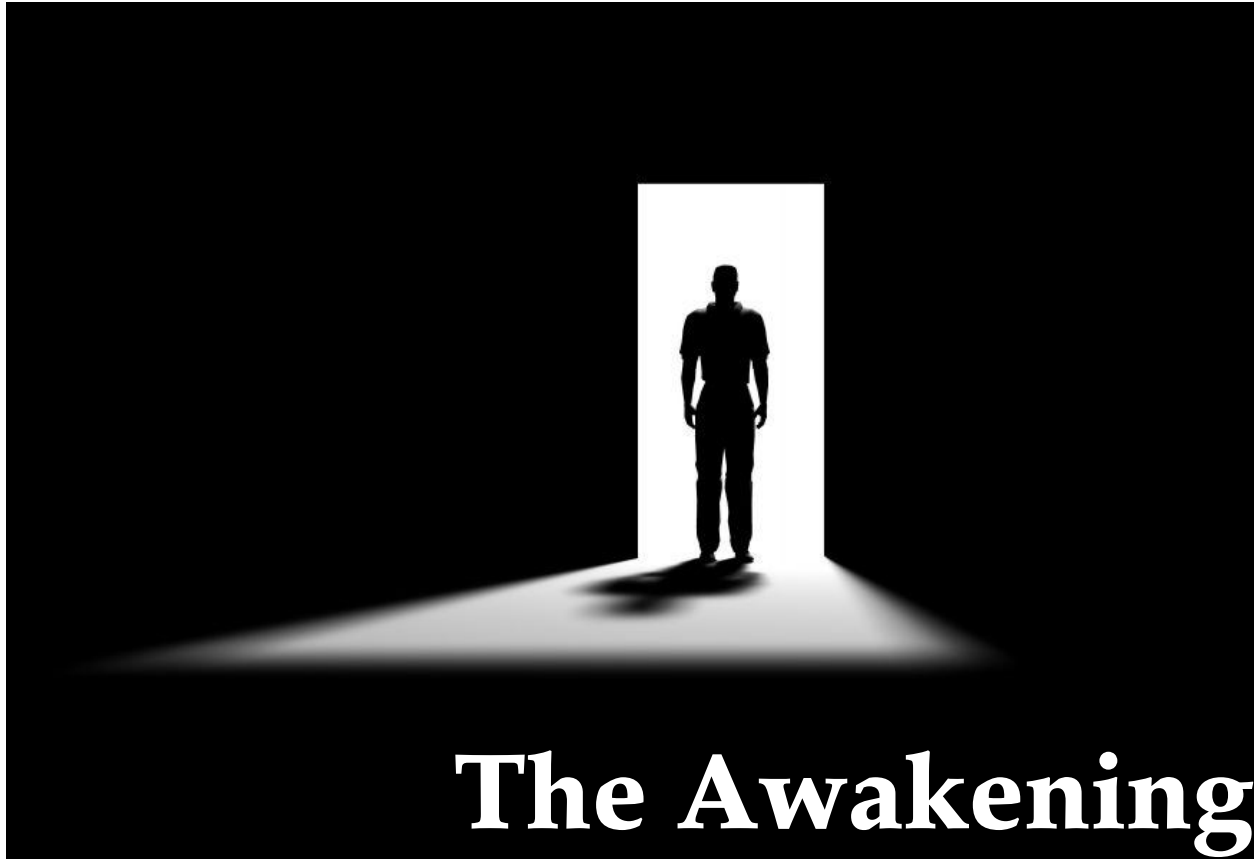
Now lock your root chakra by tightly contracting the muscles around it. With the root chakra locked, breathe in the higher violet flame from the golden chalice, through your nose. Release the lock and breathe out the energies, through your mouth, into your matrix. Do this seven times.

Now visualize a brightly radiant platinum net encircling your personal matrix. This is the Universal Matrix. Focus your full attention upon your solar plexus, your seat of power, and blow out through your mouth into the Universal Matrix. Each time you blow into it affirm strongly I RECLAIM MY GODHOOD. Do this seven times.

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Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by consciousness of thought, word and feeling, to bring about self-empowerment through complete recall of one's Godhood.



The Awakening

The Magic Doorway into the Divine

By Devrah Laval

I guess it was my time or, rather, God's time. I was 29 years old. I had a good husband and I was a successful model and dancer. By conventional standards, I had an enviable life and yet I felt somehow empty. Something was haunting me. Then, during a routine check-up, my doctor told me that my uterus had completely dissolved and I would never menstruate again. I would never have any children. I was devastated by the news and was telling a friend about it when she told me about an upcoming workshop designed to take participants to enlightenment, provided they were willing to apply themselves. I



felt a surging force of desire, stronger than anything I had ever known. My simple response was "I must go." We both forgot about my uterus.

Getting myself to the workshop was surprisingly difficult. When I told Jeff, my husband, he said, "You can't go." He had never tried to prevent me from doing anything before, but this time he was not only adamant, but angry. I felt that I was fighting for my life. I told him I was going anyway. The next day I asked my boss if I could take Saturday off, but he refused. Like my husband, he was adamant. I told him I was sorry but I must go. By the time I left for the weekend, I had no idea if I would have a job or a marriage when I returned on Monday. But I felt as if something greater was driving me and I had no control over it.

Sleeping bag in hand, I was dropped off at an old

retreat lodge for monks outside the city. Everything was white and austere. No flowers. No colour. There was one tiny closet for everyone's clothes. Each small bedroom had eight hard bunk beds. It was an icy night in November and everything felt harsh, cold and naked. I just wanted to go home, but I also knew I had already crossed the line and there was no returning.

I was ushered downstairs to the workshop room with the other participants where we were welcomed with herbal tea and honey. All of our valuables were collected, packaged and stored away for safekeeping. We were not allowed to wear watches, jewellery, makeup or cologne. Nor were we allowed to drink coffee or eat anything other than the macrobiotic food provided.

We were told that during the workshop we would be paired off and face our partners for one-hour intervals in which we would take turns asking each other one question, "Tell me who you are." We would have an uninterrupted period of time to answer and then we'd switch roles. After an hour, we'd change partners and continue. This would go on for 18 hours each day, apart from breaks for meals and to rest.

The first night we did a few exercises to prepare ourselves, to get to know one another and to learn the technique. At the end of the evening, we collapsed into our hard, cold bunks. Nobody slept. We were awakened at 5 AM. It was horribly cold, I got up, stumbled to the bathroom and made my way to the workshop room where I sat across from a half-asleep stranger who said, "Tell me who you are."

I was miserable. I am not a morning person and have a great aversion to talking to anyone without at least a cup of tea first, but then breakfast arrived. I had a chance to shower and returned to the routine. The sun slowly began to shine and I began to feel better. Even my partners became more interesting and alive as they too began to warm to the routine. Alternating every few minutes, we

continued with "Tell me who you are."

I enjoyed baring my soul in this very safe environment, however, the facilitator warned us: "Stay focused on experiencing and communicating the absolute truth of who you really are." Hours went by, lunch came and went, more cleaning, more exercises. The room began to take on a palpable quality of otherworldliness. It was surreal. Day turned to night and I was exhausted. My head began to ache, but I had to keep going. "Who am I? Who am I?" over and over again. "Who am I?" became my mantra.

By bedtime, I was so sick and exhausted I thought I would die. I fell into the bunk and slept a bit. At 5 AM the morning bell rang, announcing the beginning of day two. I couldn't believe that we could be so tortured. To the bathroom and then down to the workshop room to sit in front of another partner with bad breath saying to me, "Tell me who you are."

I was getting angry and the pain in my head was getting worse. I thought of running away, but there was no transportation back to the city. Breakfast passed, showering, more partner work, lunch. The pain and frustration were getting worse for all of us. Many had vomit bags next to them. The pain in my head was unbearable; I felt as though it was about to explode. Finally, at about 4 PM, every cell in my body felt like it was being crushed. I couldn't bear it anymore. My partner said, "Tell me who you are."

Looked him straight in the eye and said with the most rage I had ever expressed in my life, "Who the hell do you think I am?" Then with great force, I screamed out, "I am me." At that moment, I heard a huge cracking sound at the top of my head. Suddenly, I was free of all of my aches, pains and limitations. Perhaps this is how death feels.

I became a very large presence. The facilitator noticed and came rushing over, asking, "Who are you?" I replied, "I am me." I couldn't describe in words this all-pervasive experience of freedom and knowing, but the 'me' I felt was not my body or personality. "I am God!" I said. Then I pointed to myself and said, "This

is God. I am!”

The facilitator laughed heartily. I began to laugh uncontrollably and fell off my chair. I rolled around on the floor in fits of ecstasy, laughing at all of the lifelong beliefs that I was just this body and its desires, hopes and dreams. I wanted to share my joy with some of my other partners, but they just sat there looking at me as if I were insane. They remained in the same great misery that I had just come out of. I realized in that moment that I was having a deep inner experience, not anything visible except for the light that some could see emanating from my body that divine day.

For the rest of that day and night, I was bathed in light and felt love toward everyone and everything. All the things that I had hated the day before were now luminous and beautiful. I spent three hours weeping as I looked at my hand and arm. I was awestruck at the miracle of the body that I lived in. I felt great reverence for the power that lay behind this magnificent creation, even though I now knew that I was that power. I was experiencing the divine union of my body and soul. Nothing has ever come close to the supreme

joy of that state. Every person who sat before me was God. And by the end of the weekend, I knew that I would never be the same again.

When I arrived home, my husband was happy to see me and I still had a job on Monday, at least for a while. Each person I interacted with at work felt divine. Looking deeply into their eyes, I felt tremendous compassion for them as they shared their problems with me. I knew then that God knows everything about us and has infinite patience.

But the most unexpected and shocking change was that I began to menstruate after five years. My doctor was curious and concerned and ordered some tests. A few days later, he called and told me that my uterus was completely whole and perfectly healthy. I knew that a miracle had taken place.

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Vancouver-based Devrah Laval is the author of 'The Magic Doorway into the Divine.' She has been a spiritual counsellor and has facilitated numerous groups and workshops.

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Spiritual Poems

God As Host

I tried to think of everyone I knew
But memories arrived of only you
I had no time to stop for a present
All I had was my love filled presence

Somehow I knew you would not hesitate
To welcome me graciously at your gate
There was sheer joy in your reflection
You received me with love, affection

You gave up your space and even your bed
Making sure I was happy and well fed
You served me with sweet hospitality
Way sweeter than the Nectar of Immortality

The timeless tale of Sudama arriving at Krishna's palace
Judging his rags, the guards were insensitive and callous
But to their astonishment, Krishna welcomed Sudama in
And personally pampered him to the fullest brim

God as guest, Krishna's sacred philosophy
But God as Host is more deserving of this trophy
Krishna's divine teachings are agreed upon
For in you, his reverence for a guest lives on

You hosted me in your heart; a cherished place
Uncle and Aunty, a warm welcoming space
In the shadows of my wall, for the first time I stood tall
May God as Host forever permeate your sacred hall.

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(This poem was inspired by my aunty and uncle during a visit to NY. I learned the true meaning of hospitality when they pampered me with unconditional love to the fullest brim. I was reminded of a timeless tale, where Krishna treated his guest Sudama as if he was God. And then it dawned on me. Our hosts are really God/Goddess in another form.)

Channeling from Archangel Michael

Let go of all negative things,
Be centered in who you are now
Let it flow from all your decisions now.

Live life like there is no tomorrow,
rejoice today for what you have and what you have
gained or learned.
Speak wisely over things from your centered self
and be positive about your life.

Be careful not to think too much about negative
things or people
You just have to believe in yourself and to
trust your feelings on the next choice in your life.

As difficult as it seems, you do have to make the choice.
There are no wrong choices, just lessons to learn from.
Be wise enough to know
and let go of what is not for you.

Bring light to your heart,
your body, your house and your life.
Be joyous and know you are on the right track.
Find your center and your flow
and work from that balance.

Let your energy be all you can be,
rise up and meet life's challenges.
Enjoy the good and the bad.
It is a process taking you into the future.

Bad things happen to help you
change and realize what you are not.
Lessons will be learned from the outcome.

Be sure to look after yourself and drink enough water
and feed yourself,
your body is a true temple of light.

Treat it like that temple and feel good about it.
We are all here for a reason
and we all love to help others.

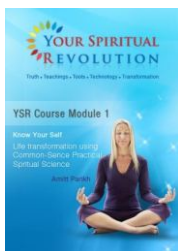
Ask yourself, what is your reason....
listen to your guides and then be....

Seek like minded others who share the same process
and help each other.

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Truth - Teaching - Tools - Technology - Transformation

*"If you can start exploring possibilities,
you will start surpassing all known boundaries!" - Amitt*



What you will explore...

- ♦ Know Your **Self**
- ♦ Your **Desires & Dreams**
- ♦ **God** is Everywhere
- ♦ **Truth** leads to Peace & Happiness
- ♦ Art and Science of **Balance**
- ♦ Brain is in the **Mind**
- ♦ Love and Fear - **Duality** in Design
- ♦ **Awareness** Transforms
- ♦ Consciousness + Energy = **Reality**
- ♦ Law of **Attraction** - Act to Attract
- ♦ **Freedom** of Choice - Evolution vs Entropy
- ♦ Law of **Karma**
- ♦ **Time & Space** - An illusion
- ♦ **Psychic / paranormal** abilities exist
- ♦ As above so below: Microcosm vs **Macrocosm**
- ♦ **Change** is the only constant - **Evolution**
- ♦ Enlightenment - **Immortality**
- ♦ Law of **Abundance**
- ♦ **Illusion** vs Reality - Analyzing Dreams

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- Significant improvement in your **intelligence**
- Significant improvement in your **relationships**
- Aligning your thoughts & activities with **life goal**
- Love, peace, happiness and **abundance** in your life
- Development of **divine ego**
- Development of dormant **psychic abilities**
- **Lucid dreaming & astral travel**
- Aura viewing, **time travel**
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- **Living** the Truth

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