

YOUR SPIRITUAL REVOLUTION

A woman with vibrant red hair and blue face paint is the central figure. She is surrounded by a complex, colorful background of swirling patterns, including pink, blue, and green. A butterfly is visible in the upper right corner. The overall aesthetic is dreamlike and spiritual.

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Understanding Dreams



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Message From The Editor

Dreams have always fascinated humanity. Spiritual traditions and the science of psychology offer various explanations for the mysterious process of dreaming. Dreams, if interpreted properly, can give us valuable insights and guidance. The cover story in this issue is a spirit channeling that explores the dreaming process, the various sources of dream material, and why dreams often seem nonsensical to the waking mind.



Other topics covered in this issue are the deeper spiritual significance of Halloween, picking the relationship that is ripe for you, a channeling on the ignorance of consciousness, the relation between dreams and the astral realm, the importance of going beyond our conditioned nature to realize our inherent bliss and an interview with spiritual facilitator Divyaa Kummar. A short story and a spiritual poem round off this issue.

Love and Light,

Prabhath P

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Understanding Your Dreams

Excerpted from *Spirit Wisdom II*

By Ramón Stevens

Why do dreams so often seem chaotic and confusing? They seem so because what transpires during the dream state and what is recalled upon awaking are two sharply distinct processes. Recalled dreams represent your conscious mind's best effort to make sense of material of a frequency and depth which it is not designed to process. Raw dream material must be decelerated many levels of frequency to be processed by the conscious mind, losing fidelity and richness in the process. The seemingly random chaos of dream imagery stems from the brain's inability to coherently synthesize the raw stuff of dreams, which operates on a different, deeper logic and order.



If you showed a film by Bergman or Fellini to a small child and asked what he saw, he would deliver a crude plot synopsis stripped of all symbolism, philosophy, and iconography. So it is with the waking mind's interpretation of dreams.

Waking consciousness organizes itself according to linear principles, especially linear time. When you recall an experience, you replay it in from start to finish; when you tell your life story, you begin with childhood and retrace your steps forward. Because linear time is a parameter only of matter-based systems, it plays no part in the greater dimensions where the higher self resides and whence dream material arises. As a result, when waking consciousness forces nonlinear experience into a linear-time sequence, not only will coherence

be lost, but the significance will be lost as well.

The signposts by which the higher self evaluates your life journey are not linear, factual, logical, or rational. They are emotional. That is, the material rising from waking self to higher self does not reflect the everyday mechanics and worries of your life—wealth, health, career—but carries the emotional impact of your life experience. While your conscious mind navigates the material world through reason and logic, it is your heart that records the true measure of your experience. Whatever your life theme and tasks may be, it is your emotional life that generates the most significant milestones of triumph or calamity on the rocky road to fulfillment.

Thus, the higher self evaluates the emotional content of each day's events as its primary source material; the physical wrapping on those events is discarded. Did you feel love, jealousy, fear, enmity, anger, guilt, triumph, or pain? Did you feel nothing at all? Is your emotional life a healthy, rollicking flow of freely expressed feelings, or a bottleneck of choked repression? These are the vital indicators of your life's progress.

With that as background, we can briefly explore several sources of dream material. The first is what might be called Probable Drama School, whose source material is the ego's choices pulling certain probable futures toward manifestation. In the dream state, these probabilities can be projected, as onto a movie screen, and played out, the better to evaluate their potential results. While a soul can perform this on its own, there is a certain joy and camaraderie in joining with other reincarnational and probable selves to create a mutual drama, richer for the greater insights of all involved.

Generally, at least several and as many as a dozen different scenarios will be played out, depending on the apparent strength of crystallizing probabilities. While this process may appear fanciful and inconsequential to your waking experience, in truth *your life is profoundly guided by dreamtime dramas enacted by your soul and authentic self.* In the case

of almost every significant life event, your authentic self *has already played it out and knows the outcome* and your later physical experience is but a “confirmation version” of what has already transpired.

This in no way limits your freedom to make life choices, or denigrates the importance of physical experience, but it underscores the profound effect your authentic self has on waking experience. For the probable scenarios played out in dreamtime are fed to your waking self—crunched down into remembered dreams—and serve as warnings or blessings on the life choices you contemplate. This enhances your freedom and ability to make wise choices as you already carry, in subliminal awareness, the likely outcomes of choices you ponder. Perhaps you can recall such dreams, where you awoke with a powerful emotional resonance and imagery of a future event hovering in the future.

We have focused on the individual soul's use of probability projection, but of course you do not travel life's journey alone; and it is only through joining with others that you generate the emotional experiences central to your life theme. Where two or more are joined in a relationship that carries its own bundle of probable futures, these too will be sorted out and projected in the dream state as mutually created dramas. Each soul can then evaluate its likely experience and feed counsel to its waking self.

On a broader scale, each culture and era plays hosts to certain themes and concepts, and all souls living at a given time are bonded in a communal enterprise, with each waking self allotted a tiny portion. Mass events are organized and projected, and roles chosen, during communal dreamtime councils. This holds for all mass events, from a two-vehicle car crash to world war. All choose to participate, all choose the scenario to manifest, all choose their roles. Inquisitor and heretic, martyr and priest, king and peasant, prisoner and liberator—all participate in dreamtime dramas, choose their roles, and feed their choices to their waking selves.

The Higher Self Report Card

Another major source of dream material is the higher self's evaluation of each day's emotional mementos, judged against a lifetime's theme, tasks, and karma. The higher self liberates its soul fragment at birth and cannot intervene to force it to fulfill its tasks, or even to prevent the waking self from digging itself into deeper karmic ruts. The ego, a curiously obtuse and maddeningly blind creature from the higher self's perspective, holds ultimate authority over the waking self's experience. The higher self can only evaluate each day's events for evidence that the life purpose is being at least partially fulfilled.

The challenge from the waking self's perspective is that life themes are impressed into the personality at a given 'default' intensity which requires concerted effort to transcend. A life theme of poverty-wealth, for instance, may be strongly skewed toward the 'poverty' pole, meaning that scarcity and lack come far more naturally than abundance. A theme of intimacy-isolation, if weighted toward isolation, naturally results in an adulthood of comfortable but not intimate friendships and avoidance of romantic intimacy.

From the ego's perspective, it is more comfortable to remain at its default point, even of poverty or isolation, than to do the hard and bruising work of overcoming that default and sliding along the continuum toward greater happiness. Since the ego naturally seeks pleasure and avoids pain, it shuns the bruising trauma stirred up by struggling to override its thematic default; thus, the ego serves as a hindrance to its own happiness! One cannot ascribe human emotion to higher selves, but there is something akin to bewilderment and exasperation at the ego's bull-headed insistence on remaining in a familiar misery rather than struggling toward higher fulfillment—not unlike the sorrow parents feel when their children fall short of their potential and settle for a lesser life.

One tool the higher self has at its disposal is the

nightly dreamtime communion with its offshoot soul (blessedly stripped of its guardian ego!). Here, in Probable Drama School, are enacted in rich intensity those grand triumphs awaiting the waking self if it would but make the effort. These enticing potentials are fed from the higher self to the waking self and are the source of the constant "if only" chatter in your interior monologue—if only I had more money, more time, more love, more children; if only I were more spiritual, more creative, more healthy, more successful, then I would be happy. The constant yearning for something more, something better, as the key to happiness is the ego's crude way of making sense of whispers from the higher self that your life's highest potential is not yet fulfilled.

Hands Across Time

A third significant source of dream material is the communion among reincarnational selves. Because all incarnations flow from a single higher self, with its narrowly focused soul qualities, all incarnations are bound, like blood brothers, to a common unity of purpose. However diverse the lifetime scenarios crafted by the higher self, they all share a deep thematic commonality. Reincarnational offshoots are thus of great value to each other as they exchange experience and wisdom across the millennia.

Because they all share an overriding goal—overcoming their challenges and realizing fulfillment—and because they are bound to a common thematic focus, reincarnational selves share what seems to 'work' and what does not in their respective corners of history. Working with the gradual acceleration of earth's frequency, which carries humanity toward a higher spiritual wisdom, reincarnational selves can 'plot' which choices and behaviors would be most effective in a given age. For example, if a higher self were focused on the theme of slavery-freedom, especially the struggle to overthrow slavery, it would plant incarnational seeds along the linear time continuum to see how those objecting to slavery fared through the millennia. A slave in ancient Egypt or seventeenth-

century America who bitterly and publicly denounced the institution that enslaved him would quickly find himself relieved of the burdens of his captive flesh. The nineteenth century was the richest field of action, with abolitionists finally drawing even with, then surpassing, the forces of inertia, tradition, and racism. A historian railing against the evils of slavery in the twenty-fifth century would draw uncomprehending stares: “Slavery? What was that?”

By plotting the cultural reactions and personal experiences of the slavery-freedom theme in its evolution through time, incarnational selves can determine which cultures and eras best play host to that theme. In ancient Egypt, the protest was futile; in the nineteenth century, it was the age’s fundamental crisis; in the distant future, it will be irrelevant. To fully engage the theme, to steep everyday life in its bitter essence, one must live in an era making the transition between unthinking acceptance of slavery and its abolition. By pooling their experiences, incarnational selves round out the higher self’s store of slavery-freedom experience, and offer suggestions and encouragement to each other as they play out their tiny roles in the broader drama.

Back to the Present

The ideal range for an adult nighttime of sleep is between five and eight hours. Any less and the waking self is cheated of adequate communion time with its authentic self; any more and the body’s vitality flags for its overlong immobility. Any artificial interruption of the waking process—whether from alarm clock or screaming child—sabotages the phase most useful to the waking self.

The process of waking up ideally takes at least an hour as dreamtime frequencies gradually decelerate toward the slower, denser vibrations of matter; and the focus shifts from authentic to waking self. While no active dreaming occurs at this stage, it is nonetheless highly critical, for this is when the

information, advice, and encouragement gathered during dreamtime are gently fed to the waking self. These gentle waves of wisdom wash across the boundary between authentic and waking selves, even as that boundary is fortified by the inchoate ego. The hope is that some tendrils of wisdom will be retained in awareness, acknowledged and acted upon by the ego as it seeks, however clumsily, to steer you toward fulfillment.

The ego is constructed ‘from scratch’ each morning. The higher self follows a standard template of psychological and physiological maturation, which carries the body from infancy to old age, and shapes waking consciousness with qualities appropriate for its body’s age. Each day brings the body and mind one small 24-hour step forward on its journey, and minute adjustments will be made to reflect that growth.

Atop the standard maturational template, the higher self carries the fruits of each night’s deep communion, which it impresses into waking awareness. Finally, the fragments of memory, identity, and purpose—the “who am I?”—left over from the previous day are restored to waking consciousness. This is the ego’s structure—a foundational maturational template, the fruits of deep communion, and memory-identity fragments retained by the higher self. Stitched together upon awaking, this makes you ‘you.’

Here is where the greatest barrier lies to receiving guidance from the higher self. The ego, a cacophonous scrum of fears, neuroses, ambitions, vices, needs, and moral quandaries, has its hands full attending to immediately present experience, and has little time or incentive to shift into a contemplative mood and commune with its higher self. Suffering under the illusion of separation, which triggers constant fear for the body’s security and a sense of want, the ego tends to operate from a primitive, survivalist mode. This is not always the case, of course: when you are relaxed, well fed, in the company of loved ones, your ego loosens to

embrace the fruits of art and culture and relationship. Nonetheless, the higher self must struggle to impress its daily gleanings upon the waking self against an onslaught of sensory impressions and wants/needs/fears consuming the ego.

The same factors that inhibit the soul's full participation in deep communion tend to hinder communication between higher and waking selves as well. A diseased or neglected body, a mind clouded with worry and struggle, a hostile or dangerous living environment, all contribute to the ego's furious chatter drowning out subtle messages from the higher self.

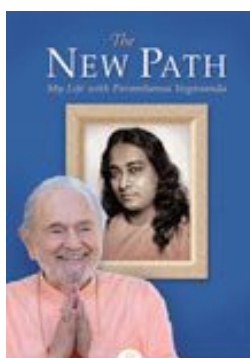
The irony is that those most in need of clear, direct guidance from the higher self are the least likely to hear its gentle counsel, or risk implementing its suggestions for an altered life course. Perhaps you have known individuals who seem trapped in a downward spiral of multiplying crises—physical, emotional, and personal—where each calamity seems to trigger still another disaster. Most often such snowballing crises are triggered because the ego simply will not stop to consider the soundness of its actions; the higher self can only watch as the ego tumbles into despair, the body into illness, and personal relations into heartbreak. Only when they hit rock-bottom do such people become receptive to guidance from the higher self.

Another factor influencing the ego's embrace of its higher self's guidance is cultural conditioning. Where a culture is steeped in a mystical atmosphere of dreams, visions, and a world swarming with spirit, the barrier between waking and higher selves is elastic and permeable. Where rationalism holds sway, and dreams and visions are regarded as hallucinatory fragments, the barrier is rigid and impenetrable. This cultural norm sets the standard for interdimensional communication, atop which each individual either tightens or loosens the barrier.

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Excerpted from Spirit Wisdom II: The Enlightened Warrior's Guide to Personal and Cultural Transformation. Ramón Stevens has been channeling Alexander for over 20 years; their collaboration has produced five books.



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The New Path: My Life with Paramhansa Yogananda

By Swami Kriyananda

The New Path tells the story of a young American's spiritual quest, his discovery of the powerful classic, *Autobiography of a Yogi*, and his subsequent meeting with — and acceptance as a disciple by — the book's author, the great spiritual teacher and yoga master, Paramhansa Yogananda.

Swami Kriyananda is an extraordinary narrator: He recreates the vibrancy of his guru's presence, remembers Yogananda's words with perfect clarity, and communicates to the reader the depth of their meaning. Through Kriyananda's eyes and words, you'll be transported into Yogananda's immediate presence as you learn the highest yogic teachings.



Do What Comes Naturally and You Will Lose Out!

By Rajan Ramchandani



We either make ourselves miserable or we make ourselves strong. The amount of work is the same. - Tony Robbins

Within a few days of our birth, we start getting conditioned by the behaviour of our loved ones, circumstances and our interpretation of them over

time. Although we do not have a choice as children, we sure can and do have a say in the way we wish to live our life as we grow up.

As we grow older, we become firm in our ways of dealing with people that come into our life. This then becomes our nature, or so we think. We react to all life events, circumstances, situations and verbal communications with people from what we think of as our nature. This could not be further than the truth.

As teenagers, we impose ourselves on everyone at home and with friends and get our work done. This affirms our belief that we can force our way through anyone or anything in life.

At middle age, having lived half our life reacting, we think that is the only way to live. Since we did achieve many of our goals reacting in life, we try to get everyone to see things our way as it is, in our opinion, the only right way.

As we grow older, we realize that whenever we do anything that comes naturally we tend to lose out. Why, we wonder, don't our ways seem to work now? Why do others have more than what they deserve and we don't get our share in spite of all our efforts? It is at this stage that we sometimes wonder what our true nature is.

Many people come into our life to tell us, guide us, but we do not get the message. We fight with them and spoil our relationships as they now don't seem to agree with us.

This reminds me of a very near and dearest relative who lost her youngest child to the deadly disease about 10 years back. She continues to carry the burden of loss and probably blames herself for the child's death. She hates everyone who tries to make her see the futility of wasting her life away in sorrow when no one has any power to change what happens. She just shuts them out. She refuses to acknowledge that there is nothing anyone can do to change what has happened. No one can bring her child back.

Another incident that comes to mind is that of an elderly 80 year old lady who, according to certain religious beliefs wants her 81 year old ill husband to take her to the grave before he dies. In a way, she is hanging on to his life as he lies in bed unwell and bound to an oxygen tank. She is willing to serve him in every way but refuses to let go.

It is high time for us all to recognize our true nature that we were born with. As soon as we understand that, we will know that carrying the

burden of a dead body is the same as hanging on to a life that probably wants release. It is not for us to decide: What is right? What should have happened? Why things happen to us and not to others? And why couldn't things happen the way we want them to?

There is a higher order and we are but instruments of it. As instruments we must surrender to the will of the Universe and our true nature.

It is our duty to be and spread the happiness within and without, to all beings animate and inanimate alike.

Our inherent nature is bliss. Peace and love are the natural outcome of bliss.

Be in Joy All Ways No Matter What.

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Blackberry Love: Picking the Relationship That's Ripe for You

By Amara Rose

I'd been living in the wine country of northern California and I grew tired of whining. I needed to segue from sour grapes to sweet, luscious blackberries. This is how blackberry love begins ...



A friend and I were taking a walk near her rural home at sunset. When we'd gone just a few paces, Donna exclaimed, "I've got to stop and pick some of these delicious blackberries." Yet until she said that, I hadn't noticed that there were blackberry bushes all around us. Donna told me the iridologist Bernard Jensen called blackberries, "one of nature's most perfect foods for healing." She suggested that if I wanted to enhance my own well-being, I take advantage of this gift our community offered in abundance.

I was amazed. Here I was surrounded by a potential source of nourishment, readily available, delectable and free, and I hadn't even seen the bushes dripping with ripe blackberries until my friend pointed out what was right in front of me. It reminded me of the quote from *The Little Prince*, by Antoine de Saint Exupery: "It is only with the heart that one can see rightly; what is essential is invisible to the eye." I wondered how many times potential partners or friends might be right there in front of us, yet invisible, until someone points them out to us. "Oh, here's a blackberry, and it's ripe."

So I began to pick blackberries, and to walk the path of wise relationship.

Gift #1: Zen and the Art of Blackberry Picking. We want to look for the berries that are ripe to be plucked right now. In this instance, the mantra

might be, “learn to discern.” If we choose berries that are overripe, they’re going to squish in our fingers and we’ll have juice all over the place. If we choose a berry that’s too red, we’ll have to tug to get it off the vine, and it’s going to be bitter. An old commercial playfully vowed, “We will sell no wine before its time!” Forcing a berry to be yours as it’s clinging steadfastly to the vine will result in whining. The perfect berry comes to you with a very slight pluck; tugging isn’t necessary.

Gift #2: A Grasp That Equals Your Reach.

Conventional wisdom says, “Your reach should exceed your grasp, or what’s a Heaven for?” That’s poetic, but if we live this way in terms of relationship, we’ll be forever hungry, grasping for berries that are always just slightly out of reach, or not quite ripe. After picking berries for several days, I developed a certain dexterity. I became adept at angling my arm in between the thorns to find just the berries that were ready right then, even if they were slightly above my head or a bit of a stretch from where I was standing. I began to get the sense of how to connect with them, and it became this wonderful dance: “Oh, hello berry bushes!” There was a grace, an ease, to my berry picking, and it was fun! Relationships can actually be fun.

Gift #3: Visual Acuity. My resonance, my homing signal, for “ripe blackberries” grew keener by day. Like anything else, you get better with practice. I learned to scan ahead as I walked down a row of bushes. On the way out, I’d pick the ones that appeared ripe. On the way back, I’d notice ripe blackberries that I’d missed the first time. I was enlarging my visual field, engaging my peripheral vision: “Ah, there’s someone Spirit has placed in my path whom I didn’t notice before, that I ought to consider.” Sometimes the choicest morsels are a slight stretch outside our comfort zone. By looking again, we raise our sights to the highest possibility.

Gift #4: Choose Ye This Day Which Berry You Would Serve! My friend’s two dogs trotted along beside me, happily devouring any berries I tossed

their way, ripe or not. There will always be people who are so hungry that any blackberry is better than none. They’re willing to take the bitterness just to have the taste. However, unripe fruit will only give you heartburn. Nourishing berries feed your soul as well as your stomach. Once I started tasting the sweetest, most perfectly ripe blackberries that were ready for me, I couldn’t return to a less discerning method of selection. There was just no comparison with a berry that was right for me, right now.

In this same light, it’s most important to know what kind of berry *you* are. Are you so ripe that anyone who comes within range is going to get drenched in berry juice? Or are you clinging to the vine so tenaciously that if somebody wants to pick you, they’re going to have to tug, and you’re still not going to come loose? Are you hiding on a branch that’s so low to the ground, or so high up, that no one can see you in your ripeness because you’re invisible to the eye? Or are you ripe, sweet, available, and ready to be chosen?

I encourage you to know your ripeness level right now, because that’s going to shift over time. Then, you can forage for the blackberries who are ripe to meet with you at this time, and enjoy the beauty, the elegance, the joy of the quest. When you find the berry who is right for you, there’s going to be a fruitful recognition. And you can savor the sweetness of this remembering for a long, delicious time.

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Amara Rose is a metaphysical 'midwife' for our global rebirth. She offers life-shift guidance, e-courses, CDs, playshops, and a FREE inspirational monthly newsletter. Her eBook trilogy, 'What Shines: Practical Wisdom for Unleashing Your Inner Brilliance,' is available from

www.radiancepublishing.com

IGNORANCE OF CONSCIOUSNESS: A Channeling of Jade Fire

By Ellaeenah

Welcome, beloveds.

There is a word you often use: *lack*. You need to understand this word. What does it really mean? *Lack* is not deficiency, not weakness, not a flaw. *Lack* is the absence of full awareness of Consciousness. When you are ignorant of Consciousness, you are in lack.



Your physical lives are clear manifestations of either your awareness of Consciousness or ignorance of Consciousness. In which areas of your life are you in full awareness of Consciousness? The answer lies in the areas of your life where you face no struggle, no strife, where you can, effortlessly, move from one situation to another. Lack of Consciousness is evident in those areas where the universe, your soul, demands diligent effort. This

effort is prodded forth from you by drawing you into situations you might well consider, strife.

Let us pay attention to some of the universally common areas that humanity, as a whole, needs to develop Consciousness of. The first such area is 'money.' The human ignorance of the Consciousness of money has manifested in the global economic recession. All have asked: when will it end? Our answer to this: there is no end to any situation. There is only continuity or there is transformation. Transformation occurs when there is awareness of this Consciousness.

The first truth of this Consciousness is that money does not make you rich. You are not as rich as your bank account, and you are not as poor as what is missing from there. You are as rich as your ability to fulfill your potential as a spirit beingness for which you have taken birth. If you are living, let us assume,

with 95% of your potential fulfilled, you are most definitely a very rich person, even if there is nothing in the bank. If you are living with 10% of your potential, you may have the corporate world at your feet but you are very poor. Thus Consciousness of money reveals to you that you are neither rich nor poor because of money.

The second truth is that abundance is not about prosperity and wealth. Many talk of their desire to manifest abundance, when all they wish to manifest is money and wealth. Money, wealth and possessions cannot be manifested. You may try as you might, you may pray, you may chant; if your prayer asks for money or possessions, it will not be answered, for Consciousness brings abundance, not possessions. Let us explain this in greater clarity. Let us assume that you really wish to have 5 million rupees to fulfill a desire. The universe is with you and joyously tells you: "Go ahead. Fulfill that desire." The 5 million rupees is yours to command. But **you must have the abundance to command it**. The 5 million rupees are already there; to bring it down to your vibration level you must have the required inner abundance.

What is the Consciousness of abundance? It is the Consciousness of your spirit potential. You have come to Earth for a purpose. You may say, "I do not know that purpose" and we will reply, "Untrue!" The answer is lying with you. And no, not within you; it is lying outside of you so that you can see it very easily. But where will you look? Look in those areas of your life where you are facing the greatest strife. There lie the reasons why you have taken birth. That is where your spirit potential has to manifest in 100% expression. That is abundance. If you are abundant in your area of strife, you will naturally be abundant in every other area. Of course this is not easy, for strife and conflict move you towards judgment and criticism, blame and envy.

What is 100% of spirit potential? **To see all as you!** The less you see others as you, the greater lack there is in your life. To see others as you is not

merely an intelligent exercise. You have to **experience** the other as you, for that strife, which occurs in your life in order to encourage you to attain this 100% spirit potential, will only get more intense if you resist the truth of oneness. In every conflict, at every moment, you must experience the other as you.

Conflict arises because of the absence of the awareness of the Consciousness of Unity. The extent of the rift between you and spirit potential is manifested in the strength of the struggle in your life. The result of a struggle does not lie in personal victory or defeat. In order to win, you have to be separate from the other. In order to lose, you have to be separate from the other.

Your desires also tell you whether you are in the fullness of Consciousness or in the ignorance of Consciousness. There is no person in living embodiment, today, who is in complete ignorance, for humanity has evolved to a significant level where the awareness of Consciousness has expanded.

How will you know how much of this potential you have already tapped into? The answer is simple: Look outside! How many areas of your life give you joy? The greater the number of areas, the greater is the potential you have tapped into. While looking into these areas, don't forget the vital areas that many take for granted: your ability to digest food, your ability to breathe without a problem, your ability to walk, your ability to sit, your ability to think, your ability to speak.

When there is no strife, your awareness of Consciousness in that area is full and complete. Sometimes, you confuse one area of your life with all of life itself. You might have a relationship struggle with **one** person and though it may be a very severe struggle, it does not mean that you have a life of strife and conflict. Put it in perspective. It is one **area** of your life. Be aware in gratitude of the numerous other areas where spirit potential is manifesting joyously.

We are certain that if you were to sit and pen down the areas in your life where there is lack of the full awareness of Consciousness, and then pen down areas where there is full awareness of Consciousness, your list of conscious development will be far longer than the list of ignorance. And that is how rich you are. As soon as you are aware of how rich you are, you become a magnet for universal abundance. You have often questioned what abundance is. **Abundance is knowing *I am rich*. Abundance is knowing that there is no lack, no deficiency, no weakness, no flaw, in the universe.** That is how you manifest abundance: when you know you are rich, even when you perceive you have no money to pay that bill. And the miracle is: when you **know** you are rich, you cannot not have the money to pay that bill. But you will still say, "I am poor". Why? Because you have Rs.5000 to pay a Rs 5000 bill, and after that you have nothing. So you will instantly start worrying about a bill that will come a fortnight later.

When you are rich, there is no area of your life which will not be fulfilled. So a fortnight later, when that bill comes around, in the same post will come a cheque exactly of that amount. But you will still say you are not rich because you don't have that in your bank account. Beloveds, what is significant is not how much you have in that purse, but how powerful is your ability to draw it to you, whenever you need, however much you need.

Consciousness of money makes you a vibrant magnet of abundance and when a need arises, it is fulfilled instantly. But your lack of the full awareness of this Consciousness makes you constantly worry where your next buck will come from, makes you hold on to your possessions. How do these make you poorer or richer? The truth, beloveds, is: the more you possess, often the poorer you are.

Now let us turn our attention to relationships: what is the Consciousness of relationships? No, beloveds, it is futile to only consider intimate

associations as 'relationships.' Very often more vital relationships are had with acquaintances than with your own children. So let us view human interaction at large.

The truth of the Consciousness of awareness of human interaction is unconditional love of yourself. Once you have accepted yourself, then you will not judge another, you will not feel separate from another, you will speak kindly, you will relate well. Do you still not see that each time harsh words are exchanged, it is because the other has forced you to be aware of a flaw which you unconsciously believe is present within you, but which you do not wish to recognize? You, therefore, blame the other for becoming the undeniable prod.

Unless the child knows that he doesn't know, will he be open to learning? And does he feel ashamed that he is in the 5th grade but his older brother is in the 10th grade? Isn't human interaction exactly that: development of your awareness of Consciousness? Why are you so ashamed of, and resistant to, those areas where there is ignorance? This leads to the continuity of conflict instead of transformation.

When you pray for a situation to be resolved, beloveds, who do you pray to? **Only the Self can give you answers; only the Self can resolve.** Yes, the higher energies are present, the universe is present, but their role is to give you the strength, the courage, the power, to recognize. Inner vision is empowered. The more aware you are of Consciousness, the more enriched life is. Consciousness is not an abstract, esoteric term. Consciousness is life itself. (A member of the group coughed at this moment). We will take her as an example. She coughed. Is she aware of the Consciousness of this cough? Is she aware that she coughed because something in our words has activated her throat chakra where she has uttered harsh words out of the ignorance of Consciousness and the cough has been emitted to draw her attention to this?

Consciousness is life itself; but you allow life to bypass you, even as you pray for a long life. It is not how many years you live; it is whether you have lived at all. Life is not about running down another; it is about uplifting all. You are not al-one; you are all-one. That is the fullest awareness of Consciousness, and that Consciousness can be awakened only when there is unconditional love for yourself.

When you do not unconditionally love yourself, it expresses itself as mean and selfish acts. When there is unconditional love for yourself, it expresses itself as the greatest human service you can give. In this service, there is no element of self-negation, no element of self-sacrifice.

Attempt this! Attempt Consciousness till we meet again.

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www.jadefirelight.com

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.

INTEGRAL CONSULTANCY SERVICES



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Knock, Bump and Whoosh!

By Marlene Buffa

Halloween brings to light our memories and our apprehensions and enlivens our imagination. Each year we honestly portray ourselves as something other than who we are, and venture out into the night fearlessly asking for what we want from strangers and friends. The chant, “Trick or Treat!” resounds on neighborhood streets, with a telltale confidence that our abundant rewards, sweet and freely given, fill the largest container we dare to hold. Life, too, offers us the opportunity to boldly request our desires from others as well as the Universe. Just as our expectations of creepy “things that go bump in the night” sometimes come to fruition at Halloween, other evidence of things outside of ourselves interjecting with our humanity, finds its way into our daily experience.



Knock Knock

More than just a childhood formulaic riddle, spirit knocking on the door of our consciousness forces us to awaken to new possibilities. My friend Ann's condo, replete with sounds and noises from unearthly visitors, resonates with a loud knock, or rap on her wooden front door. The wooden door is closed and behind a locked metal security door so no one can make contact with the wood, yet the sounds echo throughout her living room - loud enough that her neighbors hear it, too! Ann gave up going to the door to see her anxious caller because after dozens of times, she found no one there.

Spirit knocks on our door, too. Many times Spirit is there asking for an invitation to enter our lives, yet finds us not home to answer. Over and over, we hear the call to a greater life, and either ignore it or find we cannot face the greatness it offers. We must

prepare ourselves equally to knock on the door of opportunity and to answer the call when opportunity beckons us. Take the initiative to dare for a great life and you may just receive a 'treat!' you weren't expecting!

Bump

From fender benders, to bumper cars, we often equate a bump with a collision in transportation. We've all heard the "bumps in the night," which startle us from sleep, yet we dismiss such noises as the house settling or our pets rousting about. Bumping into unseen forces, we sometimes feel a hovering entity or looming feeling surrounding us, daring to collide with our circumventing comfort zone. With our bodies as vehicles transporting us on the planet, collisions occur naturally with others and with Spirit around us.

Nothing to fear, these gentle bumps into our beingness serve to remind us and alert us of the awakened world in which we roam. Like the bumper in a pinball machine, Life stands there, solid and immovable, waiting for us to bump into it. We dart off in a different direction, most times not due to any epiphany of understanding, rather from the shock of the bump itself - the bump we created.

When Life or Spirit bumps into us, it renders a touching reminder for us to awaken to the events and emotions around us while we make our way on the planet. From the premonitory diversion to avoid an accident, to the gentle nudge into something better, Life reminds us of the power of the Infinite as a gentle teacher.

Whoosh!

The older we grow, the quicker time passes. Our perception and vantage point change as time reflects against the accumulation of our experience. Time, as we interpret it through man-made dials and clocks, remains constant and some say, circular or infinite. Unseen thoughts, entities and even energies wrap around us, check us out, and whisk away - in an instant. The indescribable feelings of déjà vu, or the

instinctive choices we make, represent our higher selves responding to Life.

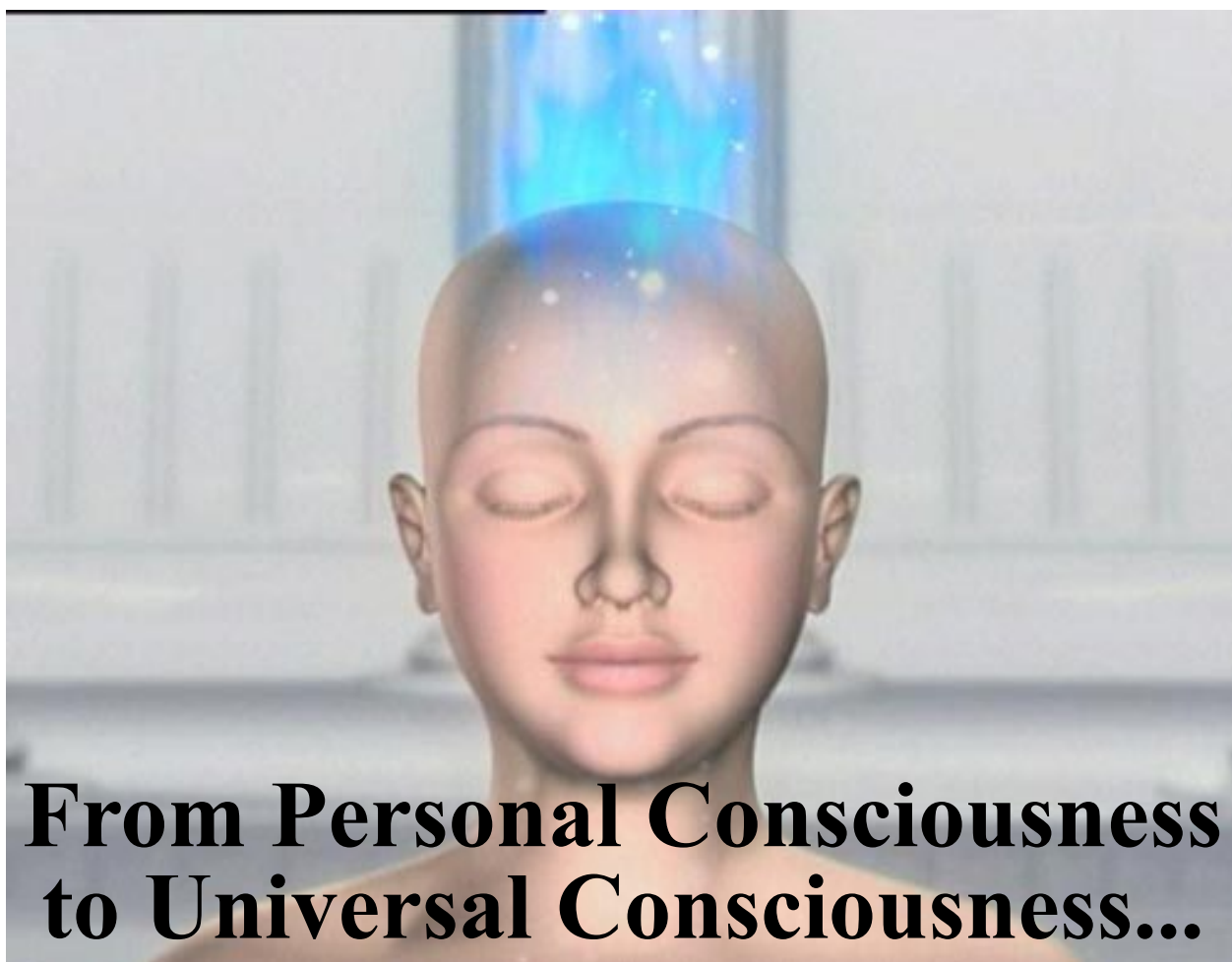
When life streaks by us in our unaware state of the daily banal, we waste precious time in the coma of disengagement. Awaken from the sleep of drudgery and live the life you want to live! Too often we 'wake up' and we find our children getting married - wondering where did their childhood go? Could twenty years pass without your conscious awareness of it? Worse yet - did those years whoosh by without our enjoyment and fulfillment of precious moments?

Halloween reminds us to step outside of our normal persona to experience something new. With the eerie knocks, bumps and whooshes, we attract that which we fear but know is real. It's easy to blame playful ghosts for the pranks they often wield on us, when our true fears lie within us - and we're too afraid to face them. As nurturer of our spirits and benevolent guide, Life knocks on the door of our consciousness offering us a deeper existence, bumps into us and diverts us onto a higher path and whooshes by us reminding us it's never too late to wake up!

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www.wordsofmind.com

Taking a quiet sideways glance at life, Marlene offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways.



From Personal Consciousness to Universal Consciousness...

**Divyaa Kummar interviewed
By Hemamalini Reghunathan, Executive Editor, Starteller Magazine
Reprinted from Starteller, May 2008.**



We all have explored every nuance of karma, freewill, destiny, desire, fears, beliefs, purposes etc. and ultimately have realized that they were only different terms explaining one thing...or different views from different windows looking at one place.

As our understanding increases, awareness amplifies and the larger picture unravels, we begin to see a lot more into all that we had thus far understood. Many concepts begin to merge and blend into a composite whole, and this 'new' whole

launches us into a fresh awareness.

Divyaa kummar is a spiritual facilitator, reaching out to many in Mumbai. She spreads her message as a fellow traveller, through channeling, discourses, workshops, meditation groups, writings and daily personal sessions. She blends deeper spiritual truths with how they can be inculcated in the day-to-day modern world, so that 'spirituality' and life need not be two separate compartments but a joyous whole, pervading our very being. Her focus is on presenting these truths passionately and easily, so that self-empowerment 'happens' naturally and with ease; indeed “automatic” is a favorite word her students

use in reference to how they enhanced life and sense of Self!

How and when did you start taking interest in the deeper side of life, like “knowing the self,” “inner journey”, “touching the theta state of being” etc.?

It might sound a paradox, but at one level I was always interested in the deeper side of life; and at another level it all happened suddenly! It was around the year 2001. Life had thrown me a curve, and to be honest I dived more deeply into the spiritual aspect, only to find a quick-fix method out of my troubles! I had no idea that this exploration would actually have nothing to do with the fixing of these mundane problems...but indeed lead to a complete inner shift...to a desire for not merely a smoother life but for enlightenment.... to not only imbibing spiritual truths but spreading them!

On hindsight, I realized it was not as sudden as it appeared, for I was born into a deeply spiritual (not religious, for we were the opposite of that!) large joint family...with my mother and aunts each resonating to different gurus; and thus I was exposed to a wide range of satsangs and living Masters since the earliest of days. In fact, the spiritual was a regular aspect of life...I read voraciously....and indeed even as we the younger lot (of cousins) would get together, the conversations would often veer to such topics... and I guess all that was the fertile soil... for the 'sudden' flowering to happen. It was especially beneficial that I was not exposed to one guru or spiritual belief but many... for indeed my current reaching out is exactly that - blend of all into a larger universal wisdom or path.

How did you realize that you can be a channel (Medium)? Could you share your personal experiences in channelizing?

I did not know anything about 'channeling' till 2001, when I read my first channeled book - by American author Jane Roberts “channeling an entity called Seth.” It is seemingly an abstract, complex

book...and yet I somehow 'understood' its deeper essence almost immediately. Indeed it became a 24/7 for me... I would only be thinking, speaking, even dreaming of its truths! The moment I read the book, I knew that it was my purpose to be - to channel, to receive spiritual understanding, and spread the word as a modern young woman enjoying a full life, and thus showing by example how the two need not be mutually exclusive states. Yet at that point, I had no idea why I thought so and how it would happen!

And even as I began speaking about all that I understood with friends, more got interested and the circle grew... and in order to explain it better to them I started writing all that I had grasped...but somewhere in this process I realized that what I was writing was beyond not only the Seth material, but far beyond what I as Divyaa knew...! Even then I did not think that I was 'channeling.'

After that, it was paradoxically both a completely uncanny and a completely natural process. I started sitting in 'meditation'- without any guidance or teacher or systems indeed. 'Seth' would be so palpably present... 'speaking' to me, other masters started appearing and explaining; even sleep became about learning on some inner plane for I awoke with so much gyan...sometimes I thought I was mad...but I began to receive so much universal wisdom that the doubts decreased and confidence grew! Initially I required validation and when I come across what I had got from within, in the spiritual texts or the words of revered Masters, I would feel somewhat assuaged. Being impacted by the messages, I felt I was doing something right!

Not coincidentally, I met a bonafide channeling group in Mumbai; the 'Jade Fire group' where two mediums channeled universal wisdom and Master energies publicly. When I started attending their public meetings, the Masters asked me to become one of their channels! Again doubts had assailed, for receiving wisdom within or through my writing was one thing, but sitting up there on a platform and

channeling in public was quite another...and yet it happened. I focused firmly on where I wanted to be and somehow the words came, energies built up, confidence came and thus the flow became easier and the energies more palpable. After that, it all just became more and more automatic. I channeled as part of the Jade Fire group, reaching out to hundreds...which then led to energy work, healing, tarot, theta and higher states of meditation and eventually to giving discourses, without the need to 'channel' anymore.

I realize that the 'channeling' part of the journey was a sort of opening within me... yet now with the gyan (wisdom) more consciously a part of me, the channeling has taken a back seat. I reach out through discourses, classes, meditation sessions and even personal sessions for people.

Have you tried Seance? We'd like to hear your comments on that.

Actually there is a subtle difference between mediumship and channeling. As a medium, you connect with the deceased through séances. As channels, we focus on receiving universal wisdom by linking with universal consciousness and the many aspects within it. Of course, there are no clear dividing lines, and I have on occasions connected with the deceased of clients if required; but my work is wholly focused on being a receptacle for 'gyan' and spreading that grace. A séance is a group of people who meet to connect with the deceased. A channeling session is more like a satsang, like-minded people gather to hear universal truths!

Channeling, simply put is connecting to a higher or vaster source of 'knowing' than your current conscious one! It is not as exotic as it appears, for anyone can do it, indeed everyone does it at some level... everyone 'channels' at different points in their life: inspired books, art, movies, even inspired day-to-day decisions, or the surprising strength and motivation to deal with situations is often 'channeled'. These persons are unconsciously connected to their higher aspects! The only

difference in channels is that we do it on call; with a specific purpose, to receive and spread gyan or healing! As you expand your energy fields and merge over time with this aspect of self, more and more consciously, the need to link or channel falls away and we speak as us. In Vedic terms, as you expand from (or remove the boundaries between) manas and buddhi and aham and chitta, it is channeling! It is said that many ancient scriptures are channeled... when the rishis heard it within them it was channeling!

How did you grow spiritually?

Tapas, clarity, awareness and contemplation!

I refer not the tapas as in sacrifice or hard work, but tapas as in passion. When there is passion, it becomes effortless effort! Where there is passion, there is focus! The root word of discipline is 'disciple'- and when you are a disciple to something, a person or goal, or self growth, discipline is automatic and not enforced! With this passion and focus and discipline, the right tools come along; the combination works like a life force! One doesn't 'do' much ...things happen! In my case, I did not have an outer teacher, but the inner legion just unfurled.

The second word I would emphasize is clarity! I was very clear of where I wanted to go and that was deep within! For going deeper or higher is actually the same! And with this clarity, choices became so clear; anything that didn't fit in with this just fell off without effort. Let me give you an analogy...if you know that you are going to the best 5-star restaurant for lunch, you won't eat the bhelpuri on the way; you won't stop for a sandwich; because you know that you are going to that great place! There will be no desire! There will be no sacrifice!

The 3rd word I would use is awareness, because really it's all about awareness. Indeed I call my workshops "The larger picture," for when you expand your awareness from the microcosm to the macrocosm, you see things from a higher and larger perspective. You literally change the way you think,

feel, act - automatically. Let me explain this through analogy: if you fall in my house on the way to an important meeting and fracture your leg, you will be angry; but when you become aware that your car blew up in the meantime, the anger will automatically go and indeed turn to thankfulness. If you are driving by and see a man drag a young girl off the street, you will be upset; but if you walked into the hut and saw it was a movie set, then there will be no anger to control. In the same manner, when you become aware of the larger picture behind your life-events and people, and see your personal scenarios through the macroscopic view of the soul, it all changes automatically. As you expand your lens, you expand the way you look at self, the other, life and God. This leads not only to a better life here and now, but to claiming your Godself!! You realize that you are the creator and your thoughts create your world; by changing that you can improve it. Awareness of all these is required or how can it become yours? Here is an analogy: if your neighbour was giving away gold for free, and you did not know it, you could not be the recipient. Yet someone who heard about it from another part of the city would come to receive this abundance, purely because he was aware of it!

Last but not least is contemplation. Reading, hearing etc. can take you only so far. Contemplation is internalizing it, making it part of your energy fields, your vibration! Till then it is intellectual knowing and not your truth, for anything to be your truth, it must resonate in your energy fields. As it does, your energy fields expand and merge with higher consciousness and its joy, bliss, wisdom and love become a part of you.

Please tell us how to inculcate optimism in a person, when he feels let down or feels depressed.

I could give you a variety of tools, but they are all mere tools! Very useful and needed only initially. Once you expand your thinking, beingness and beliefs, you don't need tools. Tools are like instructions to energy and they work. Positive

beliefs are like a power of attorney and they work 24/7 without the need to instruct energy, as your focus is innately positive! For example, as a woman, you would not need to say an affirmation 'I am woman I am woman I am woman'...for you know you are! Yet you may need to say 'I am rich I am rich...' and this positive affirmation can work, but in the long run.

Here are some quick tools: The best starting point is to remain in thankfulness. When you feel thankful and appreciative, your focus is on the positive in a heartfelt way. You will attract further, because energy works on the principle "like attracts like." At a deeper level, it also implies that energy resists its opposite, so as you create a positive joyful energy field, it resists the opposite. Sorrow and depression cannot come your way! Discover new aspects to appreciate in the usual and customary around you. This is true value addition! Try viewing the gift of each day before you go to sleep. Begin and end each day, with a focus on all that you have to be thankful about; as you keep doing, the list will become longer.

Try Visualization: Build up an inner collection of feel good DVDs and your personal 'dreams come true' visualizations. These are effective homing devices for those moments, when things seem askew and you wonder how to switch your focus to something positive! Insert one of these into your inner DVD and achieve the double benefit of shifting your focus and its attracting power from unconstructive thoughts, to your highest visions of self!

What are Tuesday sessions about?

We meet in an informal, at-home lighthearted ambience, discussing a range of such topics. The feel good factor is palpably present and all those who attend swear it has changed their life or beingness.

The group is eclectic, ranging from teenagers and those of us in our prime to senior citizens. The timings Tuesday, 2.30 p.m. to approximately 4p.m

sometimes less sometimes a wee bit more...but punctuality is appreciated. You may however quietly leave whenever you need to.

You may come to try it out, or as and when you feel the need, or as most do: you may come every week to change the labels and laws you live by...view life afresh...create new pathways and unleash the genie within! Naturally continuity aids you...and old timers view 'repetition' in terms of their tilled soil being able to take the same words deeper; in terms of the many contradictions being wordlessly addressed within over time; in terms of the larger picture endlessly opening up its nuances and unveiling its secrets...till it all somehow 'fits'!

As a newcomer, you must email me, call 9821180556 or come with a friend! There is a token energy exchange. You are welcome to be a part of our lovely 'Tuesdays.'

What kind of participant do you reach out to?

These meetings help both those who are currently 'seeking' due to problematic lives, for which they find no lasting ways towards redressing their issues; and the many who are seeking to complement their already full lives!

Moreover, there are many looking to combine our spiritual heritage with a fresher approach. They are looking for a more updated and universal spirituality that reflects their East-West synchronized lifestyles and mindsets!

I feel that spirituality correctly engaged in, must lead first to better current realities, and not only be concerned with the 'hereafter'! Joy and fun are often ignored as being part of spirituality. These classes, and indeed its energy, convey that the hallmark of true spirituality is how 'joyful' one can be here and now. Spirituality, self-growth and the inner journey can be joyfully blended with our day-to-day lives.

www.divyaakummar.com



On my own steam



Short Story

By Amy I. Ramdass

Dear World,

The farthest I have ever been on my own steam is probably three days. Mmm...three whole delicious, empowering days. Psst. Okay...make that two...becuz you see...I cheated on the last day.

However, since no one was any the wiser, let's call it three days in case the-Guinness longest-record-keeper-guys ever decide to ...er...um...ahem...record me.

My three-day-food-strike was not done to bring neighboring countries to their knees nor was it engineered to soften God for great crops and neither



was it attempted for all the snakes of the forest to suddenly drop dead ...rather it was for a trifle more outrageous reason. My starvation spree was my brilliant strategy to keep my parents off my 'book' case for good!

You see, they made the mistake of threatening to burn all my storybooks! Books that belong to the school library!

The nerves!!

You know, they would have gone insane if they had to raise kids in the x-box and you-tube age! (No wonder Life gave them x-small challenges, and one in the form of a daughter who was addicted to storybooks and nature....and oh yes, daydreaming;-)

I mean...where on my forehead was it written...okay...never mind my forehead...where in the commandment is it written that "thou shall not read too much?"

The blatant nerves!

First my parents brought me into this story-infested world, (against my will) filled my head up with Wynkyn and Blinkyn stories and then tried to take the Nod part away from me...like what the heck???

And if you had parents like mine, you would see it the same way, trust me. And the way I saw it was that it was a drastic situation and there was no other way to reason with them except through drastic Gandhi-like-starvation measures...

....Oh, fine, alright, I admit it!!! They were not 'bad' parents, but to a 10 year old, trust me, they were book-terminators in human habit!!!!

Anyway, since I hated cooked food in those days, the food-deprivation spree was easy-peasy...and psst, while I gave my parents the silent treatment, I hid under my bed and read all the same old, same old storybooks I had *borrowed* (another word for 'keeps'...either that or leave the books at the mercy of the field mice;-) from my school library donated by the Ranfurly Library, a British service that donated new and used books to developing worlds...

God. I still find it hard to believe that my parents gave me everything except books ;-)

Sigh. Lack of material to read was not my only problem. I got blamed for every unsolved mystery.

There was this time when my house almost burned to the ground and yours truly got blamed because when the cry of "fire, fire" hit the silence, instead of running towards the fire like my moths-to-doomsday siblings, she ran to the kitchen, filled a large bowl with water and ran up the stairs to rescue her books...

And mommy/daddy of course remembered this incident. Instead of applauding their daughter for her insight and bravery and trying to save her precious books, they put two and two together and came up with 'carelessness.'

Yes. 'Carelessness.' Go ahead and gasp if you need to...but they claimed that I left a lamp burning haphazardly....oh who knows...with the kind of imagination that possessed them, I bet they saw me reading under the bed with a night lamp...

The awful nerves!!!

Ya know!! There was this time when my mom gave away a whole third of my wardrobe to the needy folks without asking me!! So why was I upset about skirts and dresses if all I cared about was books? Hello!!! My books were hidden in that very same box of unwanted clothes!!!

God! I gave my mother the silent treatment for two whole days with plenty of poisonous glares in between, letting her know loud and clear that I put her right up there with field mice (bloody self-proclaimed paper shredders of Nature!!!)

...Ya think mother learned a lesson from my silent treatment?

Nope...she never did.

Ya think I learned from my experience? Er...yes....but my kids will demand to differ. You see, when they were younger, I kept on giving away their toys to the salvation people without asking their permission.

Oh for Elmo's sake!!! What's the point of asking them anyway, they would only say 'no!!!! I mean which kid really knows the true meaning of 'clutter...' or the 'joy of giving.'???

Zero!!! That's how many!!!

My kids are a lot older now but they still look at every 'garbage bag' awaiting pick up with high suspicion....and there are even times 'deja vu' happened for each time I tried to ship Elmo off for

adoption, I got the feeling I had done this before (either Elmo jumped out of the sack or someone sneaked him back in the house when I wasn't looking ;-)

One item my kids get to keep for always....yes you guessed right....I cannot bear to part with any of their storybooks ;-)

Yours truly has *truly* run out of steam...
Amy :-)

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www.amyramdass.com

Amy I. Ramdass lives in Canada and works full time in the accounting field. When she is not pampering her family, writing online or working on her novels, she is outdoors sowing seedlings of happiness. Her book 'Goddess Thoughts' has over 260 romantic poems on the secrets of life.



Dreams and Astral Realm

By Amitt Parikh

Question: “How are the dreams generated?”

“Autonomous processes are kept away from your conscious control (for most cases) to sharpen your memory. Living out expectations / desires / fears would otherwise make it impossible for your mind to cope up with the energies. This acts as a psychological therapy to prepare your mind as a 'blank slate' again recording the previous day's most emotional and troublesome scenes within the mind game. This state was also designed to carry important messages from the realm of knowledge to guide and support your earthly endeavor, if you listen. Dreams are biological in nature with neurons fired to create the scenes, memory writing, responses etc. But this is secondary, for at first they are created in the causal plane to be played out in the astral plane unlike other scenes, which are written for your 3D physical plane.



The astral plane provides a unique personal flexible 'universe' where you can create temporary sets, characters, story line etc. to teach or release stress or provide hints or just have fun. Remember that like the physical world being a multiverse, the astral world is also a multiverse where you can play within the 'local theatre' that you create as well as roam around in the 'general creations' created by group consciousness or the higher dimensions created by evolved souls as learning centers...

The dreams are also multidimensional in nature, starting from the non-local causal plane to very specific bio-chemical activity in the brain as well as several organs of the body taking part in living out the experience. The process is exactly the same as 'Earth Dream' or 3D world physical dream, which is a bit more fixed in the general world and takes much more efforts and focus to customize it to suit your needs!

Sleep is good if you have total control over it. So I

Emphasize again and again to take back the conscious control of your sub-conscious realm, your dream state, deep sleep state and Turiya state to become a complete man!”

Astral Realm

“Energetic structures within the astral realm/dreamscape are as 'real' as this 3D world structures. Postpone a thing there and you postpone it here. Decide to take on fears here and you square them off there. Both worlds are intermingled just as everything else in this multiverse.

So you go to a place in this world. You go to similar places there. You associate with a demon there, and you find similar scary forms here. You meditate and recall your past lives here. You live out the residual karmas of past life there. Karmas are spent and balanced off there too if they do not have too much energy. Strong karmas need physical experience in this realm. Uncommon situations lead to newer possibilities. So being aware of minute things and energy fluctuations here will make you

aware of the minute differences in reality and energy there.

Pardon a relationship here and you play it out and balance it there. Have an unexpressed grudge for someone here and you fight it out in the dreamscape and further exaggerate the situation in this realm.

For true, fast progress, you take conscious control of both realms with the same level of commitment, courage, faith, and help the evolutionary forces unveil your higher version on both realms - Higher Self manifested in astral as well as 3D world.”

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Excerpted from *Conversations with The Mysterious One - Vol. 1 : Practical Wisdom for Everyday Evolutionary Living* by Amitt Parikh. Amitt Parikh is a mystic and an intuitive trainer offering Your Spiritual Revolution course and Everyday Evolutionary Living workshops.

Spiritual Poems

Stars for Grandma

Grandma at teatime, Grandma sparkling prime
Grandma comes over to play all the time
Goddess on cue, Gypsy in the dew
There is nothing my grandma cannot do

Grandma lovingly scattering seeds
Grandma gently pulling up weeds
Regal as a queen, her crown sparkling bright
Grandma treats me like a princess day and night

Always encouraging me to sing along
Sweet as sugar, her voice is made for songs
She lets me spin and dance and twirl
I love her more than the whole wide world

When it is time to make my debut
Grandma will be there to help me through
She is the greatest; I have always known this
My grandma fills my world with royal bliss

On the wings of her love, I will fly to Mars
And bring my Grandma a bowlful of stars

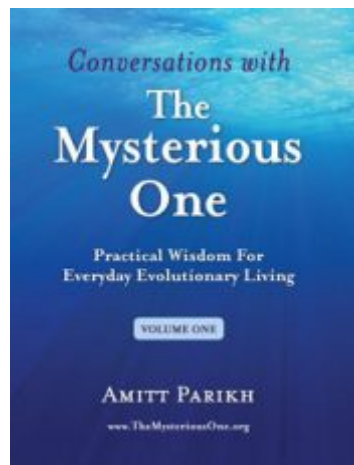
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Conversations with The Mysterious One - Volume One

Practical Wisdom For Everyday Evolutionary Living

By Amitt Parikh



Religion or Spirituality? Faith or Science? Oneness or individuality? Death or immortality? Money or moksha? Who am I? Who is God? Where is God? What is Enlightenment? Who designed this universe? What is the purpose of my life? What is meditation? What is yoga? What is Samadhi? Who is a true Guru? What is spiritual evolution? How can we attain holistic health and wellness? How to leverage the power of dreams? Are miracles really possible? What is The Truth? More Questions?

The Mysterious One offers practical wisdom for these and many more eternal questions that any seeker of Truth encounters in his/her journey of life. Come... Let's know, understand and live The Whole Truth from the highest, widest and deepest perspective.

The purpose of this book is your awakening, your Enlightenment, your gnosis, your atonement, your realization of the power within, your understanding of the Brahman, your conscious evolution, your yoga with *Atma*, your declaration of *Aham Brahmasmi*, your connection with the God within.

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Testimonials

As I read *Conversations with The Mysterious One*, I was enthralled and captivated by the poetic and powerfully, symbolic word play. It moves from sensitive, gentle prodding to electrifying and powerful truths – all wrapped in a wonderful energy of deep wisdom. It will make a great tool for those in search of the key to the map – I would recommend to all travelers on the journey-without-end to pack this book into their kitbag!

- Sri Jothimayi Ma, Pranashakty

"Reason or emotion? Body or mind? Ecstasy or asceticism? Duality or singularity? Family life or hermit? In his book *Conversations with The Mysterious One*, Amitt Parikh looks after these and further questions which have to be settled by any modern practitioner of spirituality. From the beginning, the silent wisdom brilliantly lets the variety of cultural, religious and scientific knowledge of past and present, east and west, merge into the simple and meditative realization of 'I AM'. This book is not only a fascinating spiritual edification and a guide, but also a plea for ecological, economic and social responsibility."

- Floco Tausin, author of *Mouches Volantes: Eye Floaters as Shining Structures of Consciousness*

"*Conversations with The Mysterious One* is a book that goes beyond the ordinary into the extraordinary and yet, does it in such a skillful way that the reader cannot wait to explore all the topics covered. The author, Amitt Parikh, brilliantly weaves the wisdom of the East with the pragmatism of the West to create a remarkable document, which not only bridges cultures, but even time itself. You'll want to keep this book among your favorite volumes for years to come so that you could return to its wisdom time and time again."

- John Harricharan, award-winning author of the bestseller, *When You Can Walk on Water, Take the Boat*

"Amitt's *Conversations with The Mysterious One* is in turns, philosophical, personal, humorous and wise! More than finding a good book, it was like finding a good friend walking alongside your personal path of discovery and having everything in his knapsack that you could possibly need!"

- Divyaa Kummur, Spiritual Facilitator and Author

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Jothi Activation - The cosmic activation method

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To reserve a place, contact

email: retreat-india@pranashakty.org

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