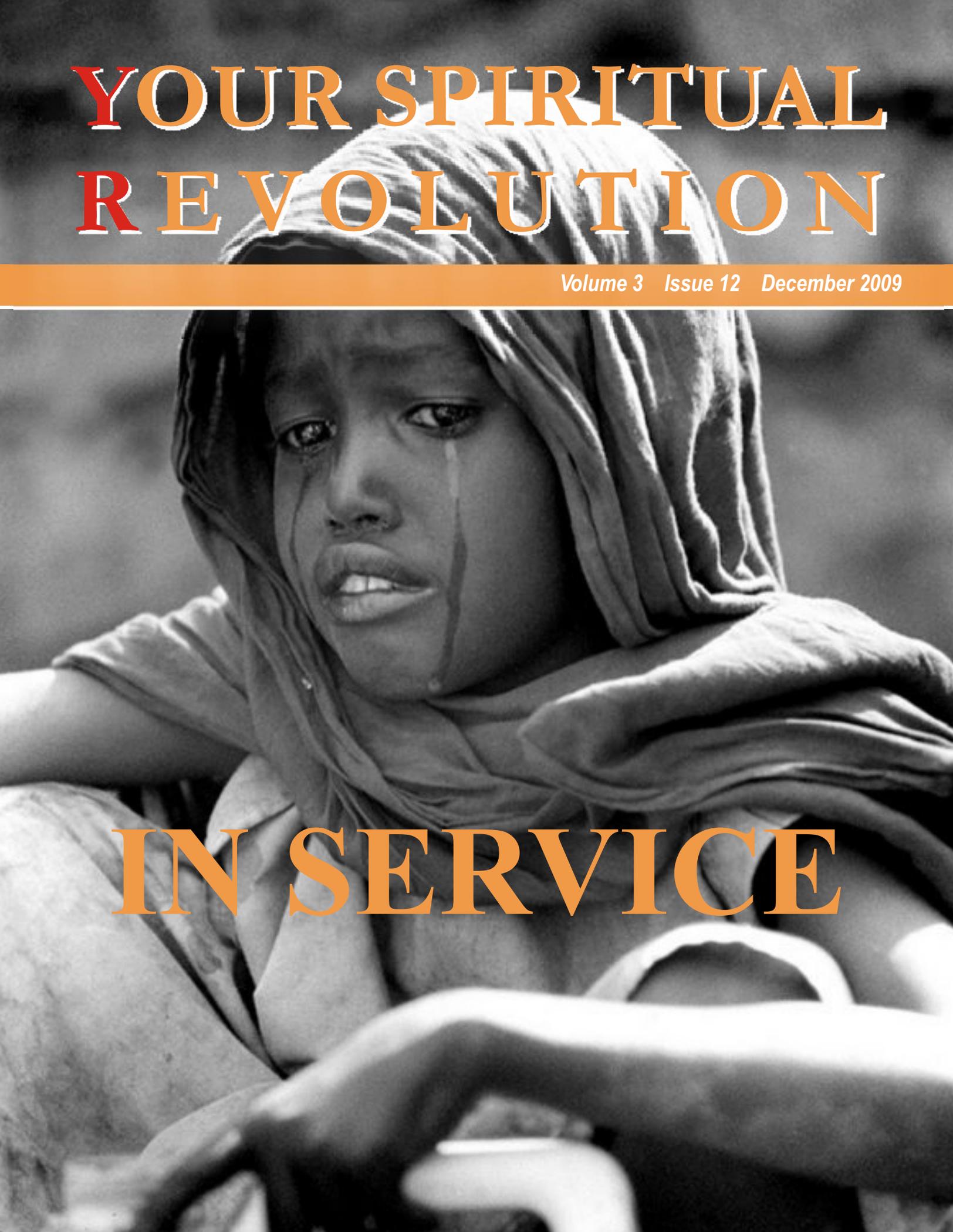


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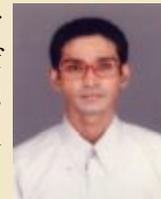
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Message From The Editor

All spiritual traditions consider service as an important dimension of the spiritual journey. However, it is also a word that has been misunderstood and misinterpreted.



The cover story in this issue points out that service is different from duty and responsibility. The different aspects of service and the essential nature of service are explored.

This issue also covers topics like sacred geometry, what is different on planet Earth now, ascension and akashic records, death and rebirth at Christmas, the spiritual pursuit of happiness, and an introduction to intuition. There is also a spiritual poem.

Love and Light,

Prabhath P

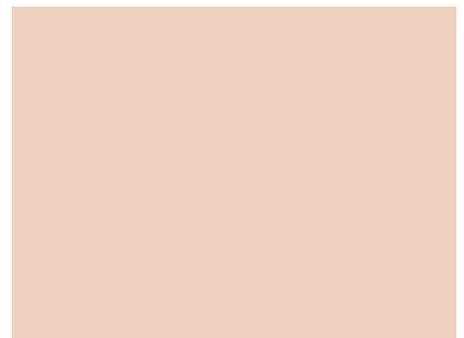
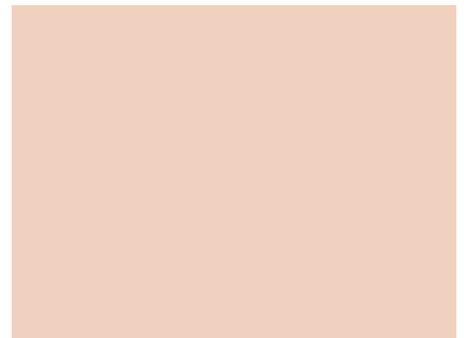
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By Divyaa Kummar



Transcription of a discourse on Seva-Service

True service is when the service serves the server!

I truly serve,
In feeling served through my service,

I best reach out, when I reach within in fulfillment

Service serves the server
Or it becomes other things
Duty, responsibility, charity or the granting of favors

Let me serve in this sweet knowing

And thus to be truly... served
I must play my role in enabling my server, to feel served... through his service!
Be it through appreciation or exchange appropriate to the service.
Or his serving becomes other things
Duty, responsibility, charity or the granting of favors

Service
Serves the server
Remember this as the server... or the served... or it becomes other things.

The word 'service' first caught my attention some 28 years ago! When my family astrologer was doing what we would today call an esoteric reading of my astrological chart, explaining to me through the combination of houses, planets and zodiacs, the purposes of my current life. Somewhere into this fascinating reading (I know now that she had reached my 'sixth' house and its aspects) she pointed out to me 'seva-service' would play a large part in my life...and frankly I thought she was having a bad hair day! For 'service' was far from any ideal I then held...I did not resonate to it...indeed I told her that I was really not the 'seva' kind! I apologetically explained how doing things out of a sense of duty was low on my agenda; I confessed to the many scenarios expected of me that I could not do justice to; I confessed to doing things only when drawn to it from within, even going on a limb then, yes... but not as seva to anyone but because it fulfilled me; because it arose spontaneously from me! I confessed to being perhaps selfish? And as I reeled out examples after examples, I recall her eyes twinkling as she murmured something about this being the seeds of seva, which will roast and grow in their own time and how I would understand her words years later. To be frank, I thought this was just an astrological cop out. The topic was forgotten and we had continued with the rest of the reading.

But yes, I recalled her words, her twinkle, the scenario, the room we sat in with stark clarity when the word service started popping up some 20 years later in reference to my spiritual reaching out; and across time zones my eyes met hers in acknowledgement. And this time I did not 'forget' about it...indeed I introspected, contemplated, chewed it like a cow with cud, but would come up with no real satisfactory answers deep within me. I knew I was suddenly involved in what *seemed* 'service'; sure it *seemed* my 24/7 was about reaching out to 'others'; but I knew deep within me I was doing it for Self. It was *not* some duty or responsibility I had accepted with a large generous heart! I was *not* doing it altruistically to help

'another'! And every time people applauded spiritual service and its 'responsibilities' and 'giving' and 'helping' the world, I would wonder, because for me, this reaching out was simply something that happened naturally, because it was something I so enjoyed, because there was no real giving as much as filling.

And then one day, deep in meditation, the essence of service rained onto me like a chant: *True service is when service serves the server! True service is when the server is served through his service!* And everything went 'click ...click... click' after that - words, concepts, images flooded my being; it took perhaps a few minutes in our time frame and yet when I try to put it into words it becomes layers within layers... and I hope to put into words what cannot be described but only pointed to...

To begin with, I understood the subtle yet all important difference between service, and duty and responsibility. They imply a sense of doing for 'another'; they imply doing something you feel you must, something that is judged as 'right' even if subconsciously, and in that it is not so much a spontaneous action flowing through you but one that is attached to the doer in you. The joy and fulfillment does not arise from within the activity itself but from fulfilling you as the doer through fulfilling some outside source! And true service can only be when the action-service is being done from a sense of fulfillment within it - thus when there is no 'doer.' No, this does not mean we move away from our duties and responsibilities - there is a time and space for each experience. But just be aware, because consistent awareness helps us to move almost spontaneously into that which we are aware about. ***So just be aware that service is when you are being served...or it shifts subtly oh so subtly to duty, charity and the granting of favors!*** Think of this from personal examples: when you are doing something for someone as different from when you are doing something with someone.

Service, like all universal truths, can be peeled endlessly like a cosmic onion and understood at several layers, none truer than the other, as each layer makes up the step for the next! Thus it is important to traverse the entire path, understand each step within, make it 'yours' rather than merely academic understanding, and arrive at the point where you view, understand and enter it as a whole ! So come, let's peel the cosmic onion on service:

Simply put to begin with, service implies some activity or exchange between the served and the server. And as true service is when the server is served, let's understand that this 'being served' through the exchange can be in myriad ways! It can be a tangible exchange, yes - money or its equivalent because the money being received 'serves' the server, satisfying him in his 'service.' Thus it becomes something you don't do for the other but for self! Indeed this is the beginning of service, because on the material plane, material fulfillment is a meaningful part of its experience; and through this fulfillment humanity experiences perhaps its initial bhavna/sense of service. Yet observe, it is service, as you are not doing the act for another; but because the exchange (even if material) makes it rewarding to you! *(View the spiritual concept of energy exchange here! For without this fulfillment, it could initially shift from service to feelings of bestowing favors, duties or even begrudging the time or effort spent. But through the energy exchange, the circle of service is complete, it frees both - the recipient from feeling beholden and the giver (be it a healer or teacher or whatever) from getting stuck in that doership trap!)*

Let's also explore the 'service' profession - the so called domestics, employees and others who work in different professions from this point of view! No wonder it is called the service profession! For while these people perform activities for 'another' - even strangers - they are being fulfilled through the energy exchange, in more mundane words, through their salary! Otherwise surely they would grudge leaving their homes and

work for you! Think slavery and the resentment with which they worked and view the subtle differences. Though this kind of service is usually not viewed in spiritual terms, it is the very beginning or initial experience of seva! For through their 'salary' they too are served and indeed in this circle, the others' growth, home or business become part of theirs too! Maybe when we as souls need to embrace seva, we choose a life of service in this manner!

Thus we move to another mode of being served, where the exchange is complete and fulfillment present, not through the material exchange but in more intangible ways - through our emotions; indeed another specialty of our physical plane. Where we are being emotionally served through our serving! In analogy, think of *lovers*, who do things for their beloved - here the seva bhav (essence of service) is prominent as your fulfillment, you being served, is almost total! You can view this deeper in service to your *guru or god of course*, because it is such a delight to you and not service in the term service is usually used! You do not even view it as doing something for another for you really are not - this is pure seva akin to bhakti! You can also view it in other relationships with *children, parents, friends etc.* But be alert: the moment the feeling shifts to "I am doing so much for x,y,z," it shifts from seva! It may then come from a sense of duty, responsibility, or even favors granted; but not true service. In service, *you* are being served! *You* are feeling fulfilled. It's issuing forth from you due to your joy in it, and the gap between the other and you is bridged in this unity of both being fulfilled.

And thus we move to another form of service, where you are served or your fulfillment arises through joy in the activity itself! When it's neither the material nor emotional exchange as much as the joy of the activity that turns an activity to seva! When you write or teach or paint or dance, or do your work, whatever it maybe, however seemingly mundane, because you enjoy it! In this fulfillment, it shifts from responsibilities or duties or charity to

pure seva. It's somewhat like a hobby, but here 'another' is also the recipient of what 'you' enjoy - the circle of joy is extended to become an interconnected chain!

This is where the concept of dharma comes in, a small deviation, yet not! For dharma is not your 'duty'! It is your inner calling! What your nature naturally beckons you towards! We each have our purposes to play in the larger scheme, and indeed come with what is commensurate with that as our very nature, our calling, our desires...! It's all backwards! So yes some are naturally drawn to business or the army or the medical field or teaching or whatever. But because it is your purpose for the whole, it is your calling, thus you desire it, and thus you enjoy it, and thus is it your 'dharma,' and thus the ensuing activity is service to the universe! Indeed, following your dharma becomes synonymous with seva and service rather than duty and responsibility!

In all of the above mentioned ways - material, emotional or the pure joy of activity - service is ensuing forth in different ways. And indeed in all of them, through your fulfillment, you are bridging the gap between 'you' and the 'other'. Very simply put (as simplistic examples for the sake of explanation only, so please go beyond the words): If you are doing it only for the material fulfillment, it is the service akin to the service industry. If your fulfillment is in the joy and fulfillment of the other towards whom your actions pour out, then it is the service of lover to lover or devotee to guru! If you are doing it for the sheer joy of the activity, it is entering the purer realm of seva! Or dharma!

Thus service, which initially starts with doing something for another actually finds its peak when there is no other you are doing it for!

While this linear fashion is good to understand service, your seva or actions are usually a blend of several aspects, taking service into its higher and higher potentials! Take this off the academic blackboard and think about it through personal examples: think of an activity, which serves

you materially, but also fulfills you as it touches 'another' and add to that the joy in the activity itself, what feels so natural, and you can see the different shades of service. Go beyond words, see the many shades. Think of some activity fulfilling to you as it touches, impacts, fulfills another, and because you revel in the activity itself, yet feeling how much time you devote, just because the material exchange isn't there? Think of a teacher who loves her work and what she brings to the children, but is not adequately paid?

Or view the material and emotional being present, but you don't enjoy the activity! Think of a servant who hates to cook as different from one who loves to!

Or view where the material exchange and joyful activity are present, but you don't give a damn about touching the other? Think of a public speaker like this? These are only examples for this article, but you must go beyond the words and think of examples in your life. Where are you in seva? Where has it subtly shifted charity? Or that lethal granting of favors? Or to duty and responsibility? It does not become less or bad - duty, responsibility, charity are valid states of being too. Just don't confuse the concepts. Move into awareness and what you are aware of will move into you!

And so we come to the concept of seva in spiritual life. Most spiritual orders encourage seva through an activity the devotees do for the larger group or community. Yet if you are not enjoying it, but doing it grudgingly because the spiritual order demands it, it is not pure seva... no... and yet it is a way to inculcate it! For those whose path is not gyan, but karma, through action they learn, and thus was 'seva' so prevalent in most Indian spiritual orders! It is a subconscious training, inculcating a deeper essence through actions rather than action through understanding of deeper truths! It was many years after my attempts at the above seva that I understood why seva is a must do in so many spiritual orders! So, yes, perhaps its one more

way, the seva bhav starts as an homage to your guru or because it was spiritually correct, but gurus know that is only a starting point, that this perhaps enforced selfless activity would aid the non-doership in you to become that authentic selfless activity as you first do it for your guru and then for the community and through the process 'you' move out and non-doership, seva moves in, which brings us to the next point!

Because, we are yet at the tip of the service iceberg! Yes even after all these words, all of this makes up only one small aspect of what service truly is. I have thus far only touched on the preliminary aspects of service, and thus all I have said so far is important only due to what it leads to, as the build up to take us where words cannot go!

For service truly touches its higher aspect when an action is being done without volition! When there is an almost choicelessness, when it is just what 'happens' through you! Or what you in this now, seem to choose because it fulfills you for whichever of the above reasons! You can call this a spontaneous beingness, you can call it your dharma, or bhakti. You can view it through the Zen concept of it being as natural as chopping wood and boiling water - whatever you do is then seva.

This is where seva enters the realm of pure being where there is no you, no other, no activity; it's not about what fulfillment comes from where; it's not about non-fulfillment either; its not about doing it for another or not doing it for another, no words, beloveds, so go with it intuitively - true seva is the realm of the flow. Things happen through a 'you,' for you are just a medium the universe or consciousness uses for its own purposes! Thus you seemingly desire it...thus you seemingly find joy in it!

And this is rest in activity! This is play! And in play what motive? What other? Only myriad selves being served in their serving, through participation in the cosmic game!

And even deeper, we get a glimmer how this

seva essence leads to the state of no karma! In pure seva, when there is no other, 'you' never do anything for 'another,' good or bad, and thus there is no binding chain of cause and effect with others! Not even good karma! *And think beloveds, the seed of this starts with seva in the above mentioned simple terms!*

And even deeper when there is no voluntary action, no doership, 'you' are not doing anything anyway and thus there is no 'you' and thus no cause and effect for a seeming 'you'! *And think beloveds... the seed of this starts with seva in the above mentioned simple terms!*

And as there is no other or you... events happen...the cosmic play is on...and seva...service...seemingly such a simple word/action/concept...becomes the stepping stone...the stairway towards stepping out of cause and effect/karma, yes, but out of personal consciousness too...

Into universal consciousness...!

And in all of this the most important point is yet to come - yes! *The awareness that if service is in being served, allow your servers to truly serve you! How? Serve their serving beloveds! Make it fulfilling for them!* Appreciate your servants or workers or service providers! Make their service oh so sweet for them! Materially pay well, do not bargain so hard that the other only makes what he needs, rather than what fulfills him! If it's a larger set up, assign tasks which the other most enjoys! Otherwise you break the circuit of fulfillment and instead of being the recipient of service...seva...the universal flow... you become the recipient of grudge instead. These are only examples, view it in personal ways.

Next time you are being served, remember true service is in the server being served, and in enabling that for your servers, you once again enter the circuit of real service! So serve your servers... to serve you!

When I serve I am being served...when I allow the other to be served in his serving ...the circle is complete. There is no I and you in this circle.

And even after so many words...so much more is coming...this is just the tip...the trigger to awaken the meaning of service within you... and to get a glimmer of how concepts like *service and dharma and desire and surrender and oneness, indeed all the separate concepts we understand piecemeal, are just different angles trying to describe the descriptionless ...one...truth.*

Come, enter into seva and open a door!

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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.



What is different on Planet Earth now?

By Chitra Jha



What has been happening on Planet Earth of late? We keep hearing the phrases like 'a consciousness shift,' and 'countdown to 2012.' What is all this about? Something is definitely afoot here. If we just look at our own country, we find that in the past decade, there has been a proliferation of spiritual channels on the television. Visit any bookstore in any town (or any book stall at any railway station); the shelves are

lined up with books about spirituality. There is undoubtedly a great demand for spiritual literature. Even the pirated books market has understood this fact! I stand guilty of buying quite a few of my 'spiritual' books in Delhi from the street kids at the traffic junctions and in Mumbai from the footpaths of Colaba. There are quite a few spiritual teachers and organizations around. Some of them even conduct leadership workshops for the corporate world! A lot of people (young and old, educated and illiterate) follow these spiritual leaders (some of

them have become national icons) and listen to their live discourses. They attend spiritual meetings in hordes; but is anything really changing? If you watch the 24 hour news channels, nothing seems to be changing anywhere. Then what is it that makes these times (some call these the end times) different? What exactly is happening? Is the human being changing or is God coming to earth from His high abode? Let us examine some facts to understand this mystery.

It is being said that there has been a shift in energies. In fact, this shift is being touted as the 'shift of the ages.' This effectively implies that there has never been a better time on Planet Earth for releasing all the blocks that deny us access to a higher consciousness. What is this higher consciousness, by the way? These accelerated energies are also known as higher states of consciousness. These words have become a part of everyday lexicon now, while we never heard of them when we were growing up! It is said that a great amount of energies are descending on Planet Earth, which can be harnessed by us human beings. From where are these energies coming? Where were these energies all these years? It is said that these energies have always been here. What has changed is that earlier these energies were available to only a select few, the so-called masters. Earlier they were only accessible at certain sacred spots on the Earth, called the Power spots, like the Himalayas. (No wonder all our yogis and sages of yore headed straight for the Himalayas to meditate and realize God!) Now these energies are available to all of us, right wherever we are. Something like home delivery!! These can be internalized by anyone who wants to do that. Isn't that something?

Science has proven that we are all made of energy. There is nothing else but energy in this Universe. Things look and feel different because they vibrate at a different rate. And since we are made of energy, we can use this energy to transform all our challenges such as poverty, unrest, anger, jealousy, lack of love and lack of self confidence into

opportunities. Is that really possible? What if it is? Shouldn't then we be examining this phenomenon instead of just discarding it as mere nonsense (anything that our five 'senses' can't perceive is considered as nonsense)? How can we connect with these higher energies? How can we make the most of them? Is there something that we need to do in order to harness these energies?

Yes, I believe some cleansing and some clearing are required to be done. What do we need to cleanse and clear? We do clean our bodies and our homes everyday! Well, this new cleansing is not about our externals. We need some internal cleansing and clearing. How do we do that? No one has ever taught us this stuff. Our parents, teachers, neighbors, and grandparents, no one ever spoke about any of this. Well, they didn't because they knew nothing about all this. Remember, this is a recent phenomenon, and even now everyone is not aware of these things.

We are being told that we need to clean our emotional body. We do that by getting rid of all judgments, negative thoughts, and feelings such as anger, blame, resentment, and victimhood. That is easier said than done! But when we know what harm these feelings can do to us, we become willing to release them. Are you aware of the harm that they can do? To begin with, they make us feel bad; (humans that we are, at times we enjoy these feelings!) and in the long run they harm us by keeping us rooted in the drama called life. Thanks to the resulting low vibrations, we keep attracting diseases and misfortune into our lives. As they say, 'Like attracts like.' What we give out comes back to us.

Once we release these negative emotions, we achieve emotional freedom. Emotional freedom cleanses our inside world. It helps us to unite with the Divine One within. It helps us create our own destiny by harnessing higher energies. We become aware of our powers. Isn't that interesting?

When you look back on these times in the years to come, what do you want to remember? Will you

think of these years as having been a time of great opportunity? What are the opportunities that you have? Let us look at some of them.

For one, hidden sacred knowledge is being uncovered. Our ancients knew all about the nature of life, universal laws, and freedom from suffering. Now this knowledge is moving out of secrecy and exclusion. Now it is available to each one of us. Earlier if you were not fortunate enough to be born into optimum conditions required to receive these teachings, you could not receive them. Today, each one of us can discover and utilize these ancient mysteries. We can read books, participate in sacred spiritual teachings, and receive the wisdom. There is a wide range of knowledge to choose from, but we must use our own heart's wisdom to decide what is true for us.

The best part is that we can uncover our own secrets. We can heal lifetimes of dysfunctional patterns that have kept us feeling unworthy and inadequate. We can resolve all the obstacles on our path of growth. Isn't that empowering? This is also a time when change has accelerated. Earlier a person could not hope to progress very rapidly in a single lifetime but now we can choose our own pace for growth.

The old ways of living and thinking are quickly crumbling beneath our feet. The old outmoded structures are rapidly falling away. Remember, what just happened to our financial institutions (the health industry is next on the chopping block)!! Anything rooted in fear and greed cannot last in these enhanced energies. Doesn't that call for some celebration? We have the ability to create a more light-filled world now and we are doing exactly that. We are becoming change-makers. We are remembering that we are indeed Divine. We are here on this planet at this time because we chose to do so. By doing that we are not only helping ourselves but also helping our Planet to move into an enlightened consciousness.

Have you ever wondered why technologies like

the internet and cell phones are in our experience now? These technologies have made the World a small place. Nothing can be hidden by anyone anymore. Things can be communicated across the globe in a matter of seconds. Technology has bridged the gap between people. It has made us connect with each other like never before. Now we understand the intricate connectedness and interdependence of existence. This has made us more optimistic about our future, and this optimism makes us vibrate at a higher frequency. It makes us see the big picture.

This is the time to get our own answers to our own questions, by accessing our heart's wisdom. This is the time to be gentle with ourselves. This is the time to understand our challenges and release our resistance to change. This is the time to listen to our heart and move out of our black and white thinking. This is the time to gain clarity and move into balance by looking beyond our day-to-day life. Remember, massive changes are coming our way. They will touch every part of our life.

In this new shift, we are changing for the better. We are re-visiting reality and re-considering our role in it. We are finally waking up from a deep slumber. We are becoming the Divine beings that we truly are.

What can we do in this new reality, in order to take full advantage of it? In this age, our intention is our tool for creation. So everyday we must set our intention to be open to new ideas. Besides that we can

- Uncover and heal our dysfunctional past.
- Live in the now.
- Look at people and situations as our teachers.
- Be willing to learn our lessons.
- Remember that we can change our self, but we can't change others. However, when we change, everything around us changes.

- Notice what is not working in our life and release it. Let it go without any fear.
- Help as many people as possible without wanting anything in return. Remember what goes around comes around.
- Connect with more people.
- Smile more often.
- Be child-like.

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Chitra Jha is an ardent student and teacher of Metaphysics and Now Consciousness. She offers online coaching in career, health, and relationship related issues through self empowering life skills. She is a Certified Corporate Trainer, Past Life Regression Therapist, and Reiki Master.



Sacred Geometry Part 2

Channeled by Ellaenah On 13-9-2009

Good evening!

We call this period the crossroads of the past, an important time for all on Earth. Let us explain this term: crossroads of the past.



Humanity is beckoned upon two roads currently: the road that you have traveled upon from past to this moment of the Now, and the road that you can now leave behind. The second road is a road where you can re-create a future whose potential humanity has not yet conceived.

To do this, you must know what the past that you still hold within you is. What are the burdens and baggage that you still travel with? Where in your system do they stay lodged? And more importantly, how do you clear these?

Energy blocks, from the past, are like burdens

that you carry upon this road. The larger the number of burdens that you have upon that road, the more difficult will it be for you to choose the road of re-creation. The human race, as a whole, must choose the road of re-creation. The human race, as a whole, must choose to leave behind the road of the past.

Here is a simple, and yet extremely powerful, energy exercise to remove from your energy matrices these baggage, burdens and blocks. And this you must teach to others, for as more and more people clear their energy systems, lighten themselves, the quicker will the road to re-creation appear before the human race. But for you to accept this clearance joyously, you must first be made to understand: what is this road of re-creation and why is it called re-creation?

You have already created this moment of the Now. The road of the past has created this moment of the Now, which you currently inhabit. But this

moment of the Now is fraught with its conflicts and its struggles. You can shift from that reality to re-create a reality which is free, liberated, wholesome. You have the power now to re-create a future that will be free of the human conflict, where the human drama will not be played out with tears and fears, but will be played with the choice, made by one and all, of unity and oneness.

This is what the human race has been seeking: a freedom from war. And we do not refer to the external war as much as we do to the inner war that plays itself out within you at every moment, bringing into your lives those who turn mean and nasty, who attempt to oppress and suppress you, who wish to dominate and tyrannize, who by their actions reveal, yes, dishonesty, but more so the insecurity that lies behind their dishonesty. These inner enemies now the human race must be liberated from, and to do this, we will take you through this energy exercise.

We will, once again, be using sacred geometry. Sacred geometry now becomes more and more significant. Its use, as esoteric concepts as well as practical material objects and forms, will soon gain far more popularity than before. The human race will, by the push and prod of its own unconscious, move towards the practical application of sacred geometry in their lives.

Visualize yourself as a four-fold energy system: the physical body, the mental body, the emotional body and the etheric body. All these bodies need to be kept clean so that there is simultaneous transmutation.

Place your emotional body outside of you. Close your eyes to the reality of your world around. In your inner vision, place the emotional body with its blocks, baggage and burdens. Now, very clearly, visualize a five-pointed star completely encapsulated within a sphere. Attempt to view this as a multi-dimensional sacred geometry: a five-pointed star encapsulated in a sphere.

Now starting from the crown of your emotional body, as it lies before you, roll this sphere along your emotional body, slowly and gently. As this sphere rolls along your emotional body, it will pick up the static of energy burdens. You can do this for yourself; you can do this for others. Let the sphere move over the entire emotional body.

If you are aware of an emotion or some particular emotions, which you would like to be liberated from, ask the sacred geometry to reveal to you where in this emotional body lie these particular emotions. The sphere will show these patches to you like dark patches, shadows. Run the sphere over these shadows more vigorously than on the other parts. The reason why we start the simultaneous transmutation by first focusing on the clearance of the emotional body is because this body is primarily the cause of much struggle, conflict and inner war.

When you find that your emotional body has been cleared completely, place the mental body in front of your inner vision. The mental body, with all its mental convolutions, confused thoughts, rigidity of thought patterns, old and outdated belief systems lies before you.

Within a four-sided pyramid stands a three-sided pyramid. This double pyramid is used to move along the mental body; the outer pyramid, the four-sided pyramid, clearing up the old and non-useful, the inner pyramid, the three-sided pyramid, implanting the new, the more elevated thought systems that bring forth the potential of the road of re-creation. Once again, if you are aware of thought patterns that you would seek liberation from, ask the pyramids to draw your attention to the energy blocks of thought patterns by converting them into shadows. Place the pyramids upon these shadows for a longer period of time.

This is an extremely effective tool that you, beloved healers, can use, as you liberate others from the strictures of their past, from addictions, from obsessions, compulsions, and fear-based thought patterns.

And now, if you have completed the clearing process upon the mental body, it is time to clear the etheric body: that energy field that lies closest to your physical structure. And its very nearness to your physical structure makes it very important for it to be kept clean so that the physical structure does not reel under the trauma of a blocked etheric body.

Place the etheric body before your inner vision. The etheric body is often the most densely populated energy field, filled with thoughts and feelings of others, which you have absorbed, filled with your own negative emotions, fears and constrictions, filled with dis-ease bearing conflict. To clear this body we use a twelve-pointed, multidimensional star. Allow this twelve-pointed, multidimensional star to move over the etheric body. The points of this star act like magnets, drawing deeply from the etheric body all that causes trauma to the physical.

As you are in the process of clearing your etheric body, let us take this opportunity to urge you to carry with you, at all times, a multi-pointed, three dimensional star. This object, when carried with you, creates a force-field around you that prevents the debris of others from entering your energy system.

After clearing the etheric body, we now turn our attention to the physical body. From the core of the Earth, draw up a strong channel of energy into your own central column of light. From the cosmic core above, draw down a strong channel of energy into your own central column of light. The two channels of energy combine and now begin to expand within you and around you. As you are encapsulated by light, the central column, running within you, fills up with liquid golden light. This liquid golden light runs up and down your physical structure, removing any denseness that it might encounter in its flow.

The physical structure often is harmed by the very medication that the human race consumes to cure itself of its innumerable ills and ailments. But that which is meant to cure results in a complete imbalance between the acidic and alkaline

composition of the physical structure. This balance must be righted, if not daily, certainly very, very regularly.

We will now proceed to show you how to right this balance energetically, and though it might seem an esoteric, energetic exercise, we assure you that you will be able to physically right this imbalance.

Breathe in, slowly and deeply, the energies of the water bodies of Mother Earth. Continue breathing these energies in till you experience that within you is nothing else but water, the ocean. As the energies of the water bodies of Mother Earth fill your physical structure, they remove the excess acidity. You can liken this to an energy purging. Some, who are more visual than others, might even find that the energies are getting murky.

Once you have experienced that all cleansing of excess acid has been completed, breathe out these energies completely, making your exhalations longer than your inhalations. Breathe out completely. Do not allow the murky energies to stay within you.

When you are certain that all the energies have been exhaled, breathe in the energies of the Sun. And yes, beloveds, before you can ask, we inform you that this energy exercise can be done at night for the energies of the Sun are present everywhere, at all times. Fill your beingness with the energies of the Sun, purifying yourself.

When you are completely filled with the purifying and rejuvenating energies of the Sun, turn your attention to the abdominal organs. Fill your abdomen and all the organs within it with golden liquid light. Wait a short while for the golden liquid light to bring your physical structure to a right balance of acid and alkaline. As the golden liquid light brings the acid and alkaline into balance within you, you may feel a certain sense of being slightly disoriented. It will pass very soon.

With this four-fold energy system clearance, you are in a position to shift from the crossroads of the

past to the road of re-creation. As the energies of the past clear from you, they take away patterns that have held you back, patterns that have been your hurdles, your restrictions, your constrictions.

If there are spaces that you wish to clear and bring back to health, the sacred geometry that will be most effective for spaces is the sacred geometry of a square held within a pyramid held within a sphere, all completely held together by a six-pointed star.

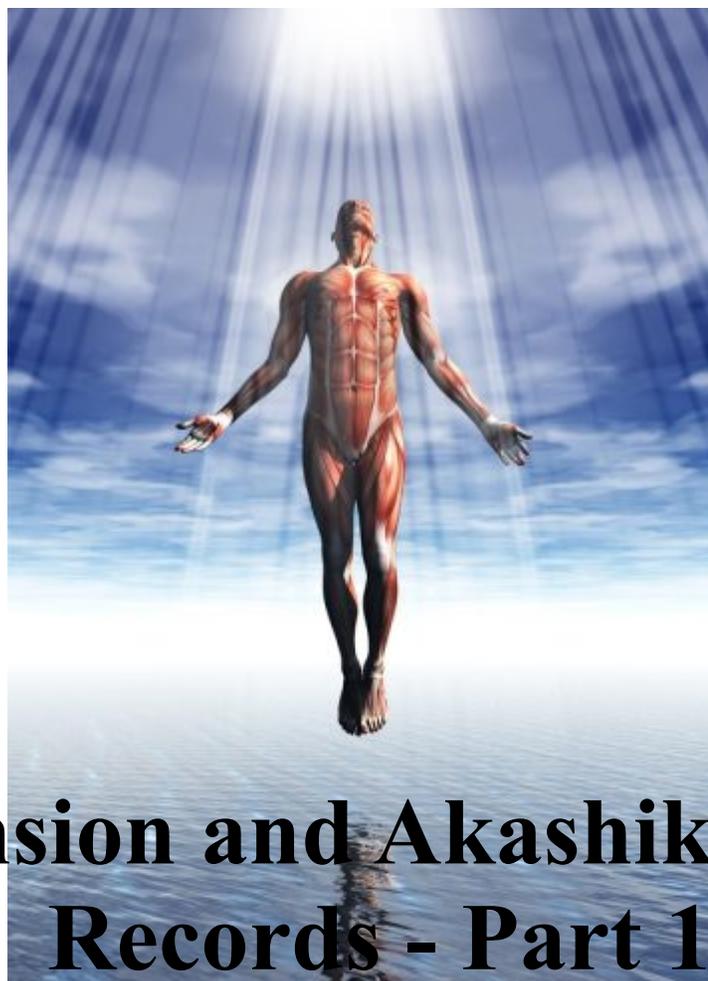
This sacred geometry can very easily be constructed by you as well. You can even construct it with simple white paper and hang it up in a corner of your home or offices or any space that needs your clearance, rejuvenation.

Be transformed. Be anew. Be light.

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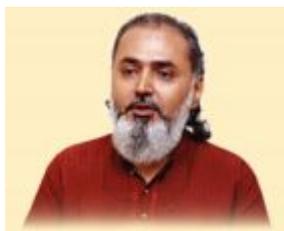
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Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by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



Ascension and Akashik Records - Part 1

By Prem Nirmal



First let us understand what ascension is. Ascension means to go to high frequency realms where you are not affected by your karma.

In those high frequency realms, you are not part of the cause and effect law of nature. Those who drop out from the wheel of birth and death, those who drop out from the karmic effect of the natural law of cause and effect, such people are known as Ascended Masters.

Ascension means to go beyond the circle of birth and death. There are two types of ascensions. One is the etheric ascension, the person physically disappears into the high frequency realms and the

best example is Tukaram. The second type of ascension is called spiritual ascension where in the physical body you live like a Jeevan Mukta and a lot of work can be done on the planet earth. This is a far more important aspect of ascension. All Jeevan Muktas are Ascended Masters. They are in physical body, but they are ascended. They are no more part of the karmic effect. What we are discussing in this series is the total technology of ascension. How everybody can come to a level where you can drop out from the circle of birth and death. If you can come out of the karmic effect, you can come out of the karmic bondage. This is what we are discussing.

In this context, we have to understand akashik records. Clairvoyants are able to see various subtle bodies around the physical body. More than 100

years ago, a great team of spiritual Masters came together under the banner of the Theosophical Society. Madame Blavatsky, C W Leadbeater, Annie Besant, they were all great clairvoyants and all of them were capable of seeing the subtle bodies. Around the physical body there is the etheric body called aura that is the second body. Around that there is the colored aura called astral body. That is the third body also known as emotional body. All our emotions reflect as a particular color in the astral body, astral aura or colored aura. Around that there is the fourth body called the mental body where all our thoughts are seen. The thoughts have form, texture and color and they can be seen in the mental body. The fifth body is the causal body, karana deha. Causal body has all your karmic files, all your karmic records, not only of this birth but the karmic records of all your previous births. All these things are there in the causal body and all the clairvoyants are able to see your karmas in your causal body. Beyond that when you drop out from these things, there are two more bodies called cosmic body where the expansions are felt. That is the body from where the yogi utters Aham Brahmasmi, I am the Brahman, I am the Cosmos. Tattvam asi, you are also that; that is cosmic body. Where the total dissolution happens, there is no coming back and that is called nirvanic body. Nirvana means 'no desire.' When you are left with no desire whatsoever, you are in the nirvanic body, where other bodies are totally clean and there are no further desires. After death, that divine spark because it has no desires, there is no body required and it is gone forever, ascended. That is the meaning of ascension, there is no coming back to the planet earth.

Clairvoyants had always been able to see these things and now that the technology and science is developing with modern kirlian cameras, aura/chakra scanning and PIP photography, they are able to see the second body, the pranamaya kosha. The third body called astral body or emotional body where you see the aura, they are able to capture in the camera. They are able to see the chakras also. They

are not seen but are simulated in a way, which is quite closer to how the clairvoyants would see the chakras. So the technology has been developed to this level already and it is becoming quite popular.

In the next level of technology with cameras, you will be able to see the mental body and causal body. The scientists will very soon develop this technology where you will be able to see the karmas and get the karmic records printed - you will get a hard copy. Like the horoscope, you have auroscope. After seeing your aura colors, they give you the printouts regarding various aspects of your life. Similarly, you may have karmascope, which will give you the details of karmic effects you are suffering from, if the technology develops to that level. The clairvoyants have always been able to see and these people have helped the scientists to develop the technology. The scientists are now developing new sensors with which they are able to capture very fine frequency vibrations. That is what these subtle bodies are. The higher up you go, it becomes subtler. If you can capture that subtlety, computers can reproduce it on the screen. That is what technology is all about. So technology is becoming more and more subtle. So you are able to capture subtler things. That is one aspect.

Where are these bodies? For this we need to understand a concept. In the physical space there are lots of subtle spaces. Each body is in that particular corresponding space. This space is not ordinary space. Time/space dimension is the physical space. In the physical space there are subtle spaces known as sukshma akash. So when you see the aura, in which layer of akash do you see the aura? Prana akash. There is prana, but why isn't everybody able to see it? But in this institute (TAO), there are more than 1200 clairvoyants. Probably this is the world's biggest group of clairvoyants ever on the planet Earth. So you can see the pranamaya kosha. There is a special space in which you can see. Everybody does not see. It is very easy to see. It is very close. It is almost physical. In fact, in Indian scriptures, annamaya kosha and pranamaya kosha are

considered together. J. Krishnamurthy talked about aura as the heat of the physical body and it is very true.

In which space do you see the colored aura? There is a space in the space. Inside the physical space, there is subtle space that is astral space. In the astral space you see colored aura. If you develop the subtlety to go to the astral space, then you can see the colored aura. In an aura workshop, everybody is not able to see the colored aura immediately. It takes quite some time because your ability to see has to increase. It has to become more subtle. Only when you come to that level can you capture the colored aura, otherwise you will not be able to capture. So there is a space inside the space, you have to capture that. Your eyes have to develop the capacity to see the subtle and this is the physiological process. With your two eyes you see.

There is one more space, which is called mental space where your thoughts are hovering right now. If you can detach yourself and be a witness, sakshi, you can see your thoughts. Those thoughts are in your mental space, chitta akash and the clairvoyants can see directly. Thoughts are seen around the physical body, in the mental space. Every thought that you have has its own form, texture, color and till the time it moves, the thought movements can also be seen by the clairvoyants. That is why mind reading becomes possible. We have developed the habit of manifesting in this world twice. First you manifest in your mental space, then you work hard on that, put a lot of effort and you manifest that in the physical space. For example, architects visualize the building in the mental space first. Then they start working on it and put it onto the paper. Then the builder starts building according to the plan and the building comes up in the physical space.

Everything in this world is created that way only. So, first you create in your mental space, put a lot of effort, and then you create in the physical space. This is a known phenomenon of manifestation. It is

because of this that creative visualization became very popular in the new age because that is the way you can manifest. So as a manifestation technique, creative visualization became popular all over the world and even today it is very popular. Whatever you want, you create in the mental space, then you put a lot of effort and then it gets created in the physical space. That is the process of manifestation. It is called chitta akash, mental space.

Beyond that there is karana deha, causal body. In that space, all the karmic files are there, in the causal-aura. The causal body is much bigger, about 8 feet around your body and in that causal body you see the karmas, karmic files, karmabij. All karmic records are there in that body. To understand this causal body concept there is a beautiful story in the scriptures. It will make a lot of sense now when we are talking of different spaces. There is the concept of Chitragupt in the puranas. In the story, they say that when a person dies, he appears in front of God, after death. God has his accountant who keeps all your records and that accountant's name is Chitragupt. A Chartered Accountant will understand what trouble that guy must be having, how much stress and tension he may be facing. There are millions of people and the records of everything that you do including what you do in the bathroom, are kept by Chitragupt. Just think what staff he must be having, how big his office must be and what his tension must be. So many people die and every time the file has to be produced. But it is said this process has been going on for thousands of years in a very meticulous manner. Chitragupt has never failed even a single time.

All the records are maintained in a very proper manner and based on those records you go to different realms called swarg (heaven) or narak (hell). But there is nothing like that. They are all different frequency realms. If you have done good karmas, you go to higher realms called heaven, if you have done bad karmas you go to lower realms called narak that is hell. There is nothing like hell. It is a lower frequency realm. Who is this Chitragupt

who keeps the record?

There is a scientific understanding of this story. Whatever we do is captured by our own self that is consciousness and the memory of that remains in our consciousness in the form of images. Let's make this simpler. In the modern scientific way, you keep huge records like the NASA that maintains huge scientific records in what is known as microfilming. Our consciousness also has small pictures. There is a microfilm and those pictures remain in our consciousness that is called chid akash and that memory is called chid akash memory. The mental space is called chitta akash, consciousness space is called chid akash smruti, which means your consciousness has its own memory and that memory follows the law of microfilming, so every time you do something, your karmic file picture is being taken and that picture remains in the consciousness. There is no hard copy, there is only soft copy. Now-a-days even ordinary offices do not have hard copies.

So all the soft copies are there in your chid akash, your consciousness, and that memory is there in the form of microfilm. That is why this word Chitragupt has been used - chitra means picture and gupt means hidden and it is hidden in your consciousness. They are hidden pictures, hidden at the level of consciousness. Chid akash smruti means your consciousness has its own memory. The hard memory does not go to higher realms; it goes away when the body is burnt. Whatever experiences are there, those files are zipped at the end moment when the person dies and those zipped files get into the software bundle called sukshma deha, the subtle body. The physical and pranic bodies are here only, the pranic body dissipates in 13 days and goes back to the Sun. The three bodies astral, mental and causal (the upper two bodies you need not consider), make up your sukshma deha, where all your zipped files are. Depending on the frequency of this bundle called sukshma deha, you will go to the particular realm in the astral world. This process has been described by the scriptures as the jiva going to swarg or narak. In the story format, this technology has

been explained by the puranas for a common man to understand.

There is a proper technology if you understand how this bundle goes to the subtle lokas and those lokas are the different frequency locales. What we call lokas, in scientific terminology, is known as different frequency locales. There are different realms or bands of frequency. Depending on the vibratory frequency of the bundle, sukshma deha, the subtle body will go to that particular band. That is the natural law. There is no person called Chitragupt. It is just a natural law. Your own self has the memory and your own self, based on the quality of that bundle will get attracted to a particular band based on the principle of 'like attracts like.' There is no God and there is no Chitragupt. It is only you, the consciousness, who decide. Your awareness is the God and your Chid akash smruti is the Chitragupt. Both are in you only. There is no God and no Chitragupt sitting up there and there is no up and down. It is only different frequency locales where you get into. That is the technology, which you have to understand in a proper manner. So there are various akashas and in these subtle akashas, there are subtle frequency aspects of the consciousness. This is the background needed to understand akashic records.

Akashic records are the zipped files in the causal body. Your causal body is eternal. Ever since the divine fragment separated from divinity and developed, the ego is called Jivatma; from that point until you once again merge with the God, all of that is available in your causal body. Those records are known as akashic records. Many people think that akashic records are somewhere up there in the sky. That is a myth created by the words. Akashic records are in the subtle space, that particular frequency space, which we call causal body. All the records are there and clairvoyants can read them directly and then you wonder how they know about you. They are reading your akashic records. Let me explain this in a simpler way. There is a big file. All your karmas and everything are there, so you can just go through

the file and read. There is something called the sanchita karma, which is like a bank balance of all that you have done so far. Out of that something pops up and it starts bothering you or you enjoy if it is a good karma. That karma, which is presently bothering you or you are enjoying is called prarabdha. That prarabdha is there because you have done something and accordingly you get its fruits.

The entire humanity has got caught up in this law of karma. Anybody who goes beyond this law is called an Ascended Master. That is what ascension is all about. Ascension means to go beyond the effects of the law of karma. Then the question that arises is how we got into this law. The root cause of all the troubles, the cause behind the cause is in the causal body. Ultimately everything can be traced down to the karmas. Because you did certain karma, now it has become the prarabdha karma, so you have to suffer and you can do nothing when you are suffering. Life is beautiful, everything is going very well and suddenly one karma from the sanchita pops up in prarabdha. You feel a bit uneasy and you go to the doctor. The doctor asks you to go to the hospital for a complete check up and cancer is detected. With that report, the whole life changes. It was there in the zipped format, but now it has started manifesting in the physical body. The cancer was all along there in the causal body. Only when it comes into prarabdha does it reflect in the physical body.

Similarly, all the karmas are there and are carried by us and wherever we go, all the subtle bodies are there with us all the time. That is what clairvoyants are able to see. The manifesting aspect happens because of prarabdha and that is why Indian astrology has become so precise. At what time, which prarabdha will bother you and in which way, this can be predicted because your stars will decide. Which sanchita karma will become prarabdha and what kind of fruits you will get are predictable because those fruits will be decided by the dashas and antar-dashas of the planets and that is how prarabdha gives you the fruits. It is a beautiful technology available to those who understand.

It is a science of possibilities because there are probabilities. Nobody can say that it is 100% true. This is so because your awareness has the capacity to change that, as the time for ascension is fast approaching since the planet earth is getting ready for ascension. We have high frequency vibrations on the planet earth now, so if you put a little more effort from your side and if you understand the technology of ascension, ascension will become very easy and mass ascension will be possible. The vibratory frequency of the planet earth as it gets closer to the photon belt is going higher and higher. All of us can go out of the clutches of karma and all of us can ascend together. It means that we can drop out of the clutches of karma.

For the Ascended Master, all the karmabij - that is the seeds of the karmas - are roasted. They are roasted in dhyagnagni and gyanagni. Dhyagnagni means the fire of meditation and gyanagni means the fire of awakening, the fire of awareness and not informative knowledge. The roasted seeds, when they are planted, will not germinate. That is the way to ascend as all your sanchita karmas will be roasted and nothing can germinate, which means you go out of the clutches of karma. If there is nothing in sanchita, nothing can pop up and bother you. So with this technology, you can go out of the effect of the law of karma. If you do so, you are called an Ascended Master. All the ascended Masters have gone out of the effect of the law of karma.

So the akashic records are in the subtle akash. There are many layers and you are a multidimensional being. Your physical body exists in the physical akash, your pranamaya kosha is existing in the prana akash, the emotional body exists in the astral akash, the mental body exists in the mental akash, and the causal body exists in the karana akash. So there is subtlety of the space, akashic sukshмата. The space becomes subtler and subtler and we exist in all simultaneously. So we are not one-dimensional beings. We are multidimensional beings. Everybody is a

multidimensional being. So when a person dies, only the physical body is gone, the other bodies are there and that is the software, which gets a new hardware. That is how we are caught up in the karmic cycle of birth and death.

Ascension means to break away from this habit, to roast all the seeds of karma, which is there in the kitty of sanchita and come out clean so that nothing can germinate. Then there is nothing left and when there is nothing left, there are no compulsions for you to come again, which means your ascension has happened. That is the technology of ascension and that is how it is connected to the akashic records.

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Prem Nirmal is a modern scientific-mystic and is known for his cutting edge western scientific approach balanced by deeply insightful eastern wisdom. He is the founder Director of Tao Anand Spiritual Centre (TASC) at Thane and Tao Pyramid Dhyan Kendra at Kalyan in India.

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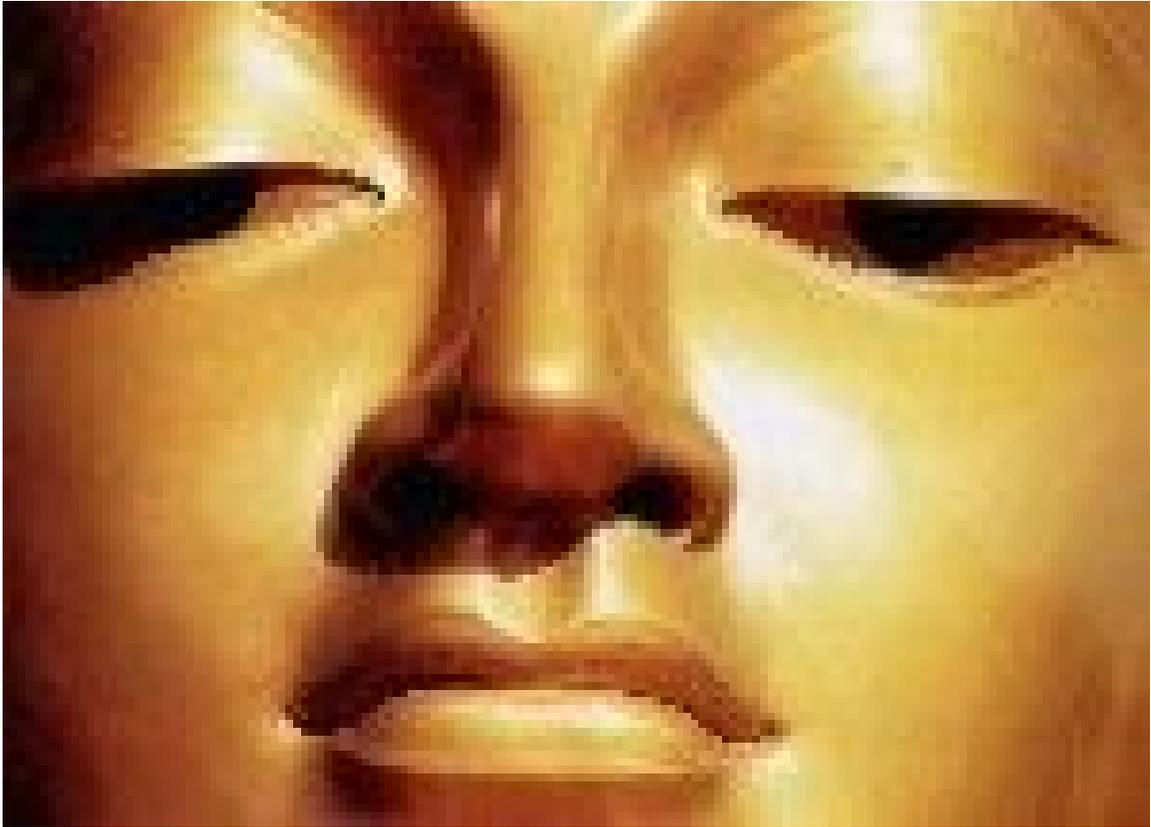
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In Pursuit of Happiness

By Margo Kirtikar Ph.D.



More and more I seem to encounter people who are busily in search of happiness. They visit workshops, hire coaches, gurus, and healers; they even adopt other religions looking for that elusive state of happiness that seems to evade them no matter how much they try. I googled 'happiness' and promptly had zillions of websites offering me happiness. Tips on how to find Happiness; Happiness Formula; Welcome to Happiness Online; Authentic Happiness; The Happiness Project; Happiness Quotes; Happiness Poems; Books on Happiness; Happiness Movies; Happiness Psychology; The Way to Happiness Foundation. There is, believe it or

not, even a Chief Happiness Officer, the list is endless. With so many offers online selling happiness, we should be living, one would think, in a deliriously happy world. The reality however is very different.

Someone asked me today, "how do I find happiness? I've tried everything and it hasn't worked." Well, let me tell you, looking for happiness outside yourself is a waste of time. No lover, no friend, no meal, no money, no job, will bring you happiness. One or more might bring you comfort and joy for a while perhaps, but that is not a true state of happiness. I personally believe in the saying that "Knowledge of self is one of the main keys to true happiness." Why do I believe that? Because it is obvious you cannot buy happiness, not for all the

riches in the world.

Nothing and no one is as near to you as your own true self. Knowing who you truly are, where you have come from and where you are going, to have a purpose for living is what gives meaning to your life. Knowing your whole self both within and without. Your perishable physical body is a part of who you are, but it is not all. There exists another part of you, your true self that is invisible and eternal, your soul. Then you have your heart, and here I am not talking about your physical heart but the spirit. I am talking about that invisible faculty, which expresses itself through the instrument of the physical body. Your true self, which does not belong to this world, but is here as a traveller just passing through. That is who you truly are. It is the knowledge of this entity and its attributes that you should seek. You have many attributes, some are divine, some less, and it is up to you to discover these, which of them you are born with, which you have acquired along the way and how to accept and enhance the good attributes that you have or accept and change the less desirable attributes that are also a part of you. Until all this work is done, it is not possible to find real happiness. True happiness is being in unison with the cosmos and this you can only be when you know your true self. This is knowledge that is acquired through self-discipline and perseverance.

For this individual spiritual journey, in pursuit of happiness, which is after all a spiritual pursuit, the body can be looked at as the kingdom, the soul as the king, and the senses and faculties as the army to do your bidding. Reason is the divine mind that keeps passion in balance so that it does not run amok. As long as you allow the lower faculties of passion, i.e. anger, hate, resentment, envy, jealousy, fear, worry, greed, self pity, and other such negative feelings, to dominate your being and your reason, you will not succeed in finding happiness. We find happiness when we fill our being with love, kindness, generosity, empathy and other such good feelings that are healing. It is the cultivation of the positive attributes that purifies the heart and sets us free on

the direct path to happiness.

Our five physical senses are our windows to the physical world, but our heart (again not the physical heart) has a window to the unseen spiritual world. When we are asleep, our five senses are dormant, and this window of the invisible heart opens for us to receive impressions from the invisible realms. Sometimes when we are too preoccupied or attached to the material world, the impressions we receive are not clear. When we cultivate the faculty of intuition, we are able to gain insight into this invisible world while awake. The more we clear ourselves from the negative attributes the more insight we gain. Every child is born with this attribute, which gets lost to most as we get more involved with the physical world, but it is an attribute that can be recalled and cultivated at any time. When we wish it, we can do it.

While in pursuit of happiness two things are necessary, the protection and nurturing of the soul, the true self, as well as the protection and nurturing of the physical body, the temple of the soul. Nourishment for the soul is cultivating union with the spiritual world, the force, the Almighty, God, Love and this opens the doors to happiness. Too deep attachment to the material world and enhancing negative attributes is detrimental and brings the ruin of the soul and hinders one from finding happiness.

To summarize in simple words, live with less anger, hate, greed and self pity, get rid of resentments, practice forgiveness, kindness, and open your heart to one and all. When we talk about being detached from the material world, it does not mean, stop living, stop eating, stop enjoying yourself, stop having nice things around you for yourself or family. Unless you want to live the life of a hermit, in which case you need to take off to a cave somewhere in the mountains, or live in a monastery, stay right where you are and be active in your life in every way possible. Just try not to be a slave to the desires, or to circumstances. Instead, live as a soul person, reflect on things as a soul person, see things as a soul person. A soul person does not complain,

criticize nor judge anyone or anything. A soul person just accepts things as they are, if they cannot be changed. A soul person lives with the awareness that everything is nothing but a passing experience; a soul person is kind, generous and understanding. Above all a soul person is full of love, love for the self and love for others. A soul person does no harm and wishes no harm. A soul person is always content and grateful and remembers to connect with every breath with the Eternal Force, the Almighty, the Absolute, God if you like. It does not really matter what name you give this Force. This is how you find true happiness, a state of happiness, that no one can take away from you.

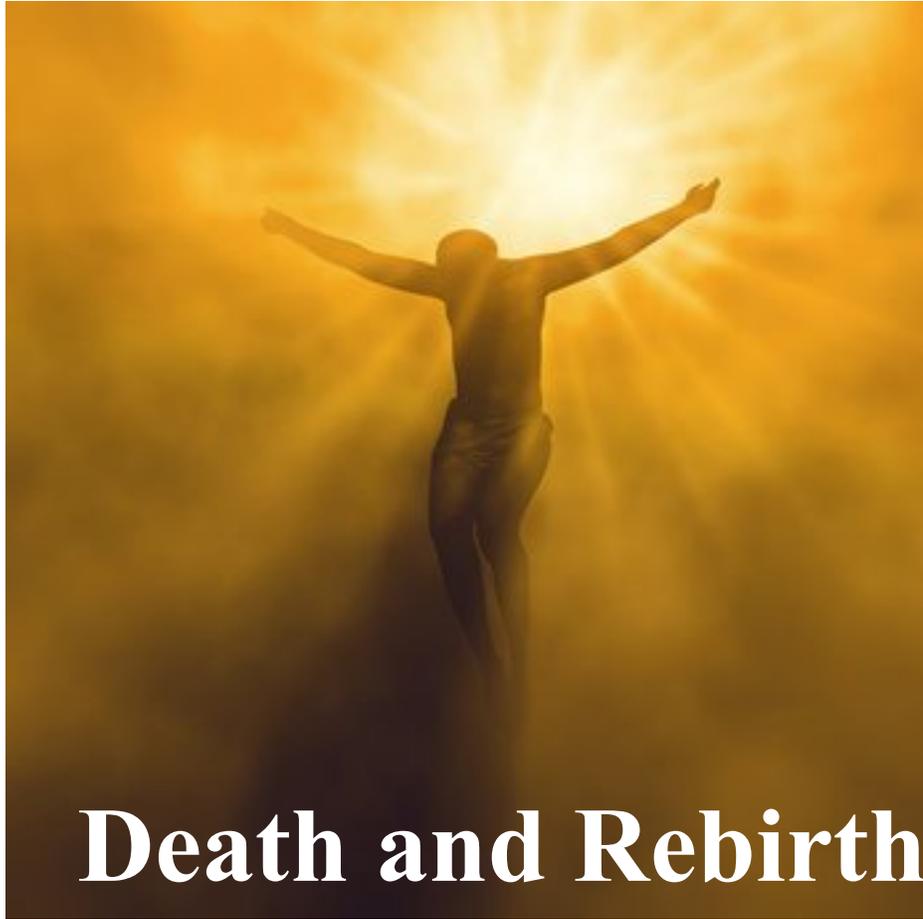
The Christmas season is at our doorstep, and yet another new year. I doubt that there is anyone out there who does not have a problem or more to deal with. Nevertheless, decide to be happy and joyful, give joy to everyone around you, spread love around you, and just watch how much of it will come back to you to warm your heart, There is so much misery in this world, pain, violence, so much ugliness and suffering, we hear nothing but bad news from the moment we wake up in the morning until we go to sleep at night. But we don't need to focus on that, we know it's there and there is little most of us can do about it. We should give just as much of our attention to the many many good things in this world. We need to be aware that there are millions of people who are doing good in this world, on a large and on a small scale. Let's help them by focusing on the good. Ignore the media who thrive on bad news. Our world is full of beauty, our life is full of beauty, we should look for the good, appreciate that and be grateful. Lend a helping hand to those near to you who have less than what you have, empathize with those who suffer, spread happiness around you. Instead of losing ourselves in the darkness, let's look for and focus on the light, for that is the only way how we can help to make our world a better place. Don't be a slave to your thoughts and feelings. Let your true self shine through to take command of your thoughts and of your feelings. Let your soul live to its full

potential. This is why you are here and there is a good reason why you are here at this time of the cosmic calendar. Remember you always have two choices. You can choose to be happy or you can choose to be unhappy. The choice is yours to make. Sorry, there are no ifs and buts. It is as simple as that.

There's a lovely lovely short film on You Tube that you have to see if you belong to the group of people who are occupied with the search for that evasive quality of happiness. It's in Italian with English subtitles, so it's not difficult to understand. Log into You Tube and search for "grazie al cielo di andrea joblin con Lisa Galantini." Watch this short video, it's nurturing for your soul. It will bring guaranteed a smile to your face and hopefully will make you reflect on things.

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Margo Kirtikar, a futurist, visionary, teacher, writer and artist, coaches and guides individuals in the art of living and loving. Her goal is to empower people for life in the challenging world of the 21st century. Her strength lies in her ability to translate complex ancient esoteric knowledge into powerful modern and practical tools for self-transformation. She believes in the unity of head and heart, and that love is the fuel of life that unites one and all. Margo currently lives in Switzerland by the lake of Geneva.



Death and Rebirth at Christmas

By Marlene Buffa

No matter what your religious or spiritual beliefs, the irony of a divine birth in the middle of the winter of earthly death inspires faith. Harvest complete, farming dormant, our earthly cycle of seed-to-life lays at rest in the winter months.



Instead, the birth of a heavenly idea springs forth each year in the midst of a barren blanket of cold and dark, and our faith in the world renews itself. Death of earthly life - whether animal or vegetable or human - merely represents greater spiritual cycles. The symbols of true power lie not in the longest lifespan or fertile soils, but in the resilient spirit within each of us to perceive and experience an awakening of greater good amidst our darkest days.

Plant new seeds

After the harvests each year, the cycle of sustenance begins anew. A waiting period for the planting season provides the opportunity for us to reflect on the harvest and plant the seeds of food we prefer and need to sustain us. Freely and deliberately, we plot out rows of seeds, carefully balancing between various edible families of food to ensure our crops provide variety and succulent nutrition. Measuring distance between the seeds, our sowing allows for growth and development of the plants so they thrive when the time is right. We tend the garden with nourishing water and fertilize the soil to provide the opportunity for an abundant harvest. Then, we wait for our effort to sprout and

grow.

In our Spiritual gardens, we must also take great care to plant only the seeds of thought and desire that will result in our greatest crop of abundance in the future we choose to create. We must consciously align the rows of beliefs and intention, and allow room for what we truly want in life to blossom and grow to the fullest potential. We tend the garden of our faith with careful reaffirmation of positive thoughts and appreciation, knowing that the seeds of our prayers will flourish under the loving attention of our spiritual work. And then, we rest while the Infinite grows all the components into place.

Harvest your greater good

The Winter Solstice signified regrouping and giving thanks for food for the winter. In colder climates, the solstice marked the beginning of the starvation months of January through April, and a celebration including feasts, slaughtering animals for food and storing crops strengthened chances of survival. People stored wine, food, grain and more to sustain them in the harsh months.

Like the agrarian society of centuries past, our Spiritual farmers use the Christmas season to regroup and give thanks. We face the New Year soon after the solstice, and with it comes the uncertainty of survival of new ideas and experiences. Under the shining star of wisdom, we give birth to new possibilities and ways of thinking and soon after, we leave our past behind and dare to use the resources of our soul we stashed away for the cold days of our life's work. We celebrate the end of one way of life in the present year, and move forward, sometimes reluctantly, into new beginnings knowing no matter how intensely we dig our heels into the old calendar and our old ways, time progresses and we must move with it. While we build upon on our past collection of beliefs and practices, we find when we harvest our greater good, it appears differently than before. Transformed by time and aging, our spiritual good fermented like fine wine into greater blessings than we imagined.

Like good stewards of the crops of our life work, we bless the ideas healthy for us, and discard any notions diseased with the mould of self-doubt and negativity.

Give thanks for bountiful cycles

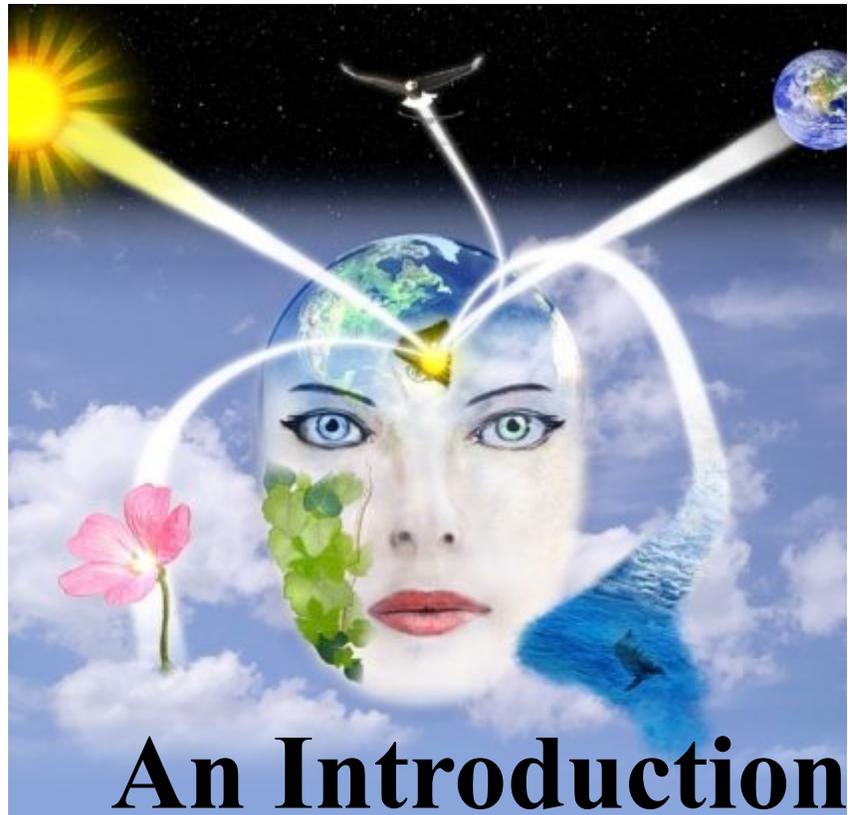
From Christmas to Easter, to Summer and Fall, we recognize and enjoy the life cycles of time and earth's gifts. Similarly, we must remember to appreciate the cyclic nature of our awareness as it shifts naturally with maturity and responds to life experience. At every turn, gratefulness enhances our lives and enriches the soil of our contented hearts.

At Christmas, we reflect upon what we grew this past year through the garden of relationships, for the crop of consciousness serves as building blocks for the coming year. When we reserve enough good in the storehouse of our soul, life finds a way to sustain us through difficulties and challenges. Death of old dusty attitudes and ideas offers us the opportunity to sweep away what no longer serves us and clears the path for new information and enlightenment. In the center of the clearing, lies the opportunity for a rebirth of Spirit, moving us ever forward toward an abundant future.

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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.



Painting © Alex N. Moyer

to Intuition

By Judith Orloff M.D.

Adapted from Dr. Judith Orloff's book: *Second Sight: An Intuitive Psychiatrist Tells Her Extraordinary Story and Shows You How to Tap Your Own Inner Wisdom*



I'm defining Intuition as a potent form of inner wisdom, not mediated by the rational mind. Accessible to us all, it's a still, small voice inside. It's an unflinching truth teller committed to our well-being. You may experience intuition as a gut feeling, hunch, a physical sensation, a snapshot-like flash, or a dream. Always a friend, it keeps a vigilant eye on our bodies, letting us know if something is out of synch. We each possess an intuitive healing code within us that contains the blueprints for our health, happiness

and survival of everything that is good here on earth. This code is written in a language of silence, metaphor, imagery, energy, and knowings that may seem alien until we are taught to decipher it. I want to share what I know of this code with you, although I'm always learning more. As you begin to understand its nuances, its secrets, the code will seem like the most familiar language of all, one you uttered before you ever had a memory of anything material, one that doesn't require a spoken voice to comprehend.

My expertise is as psychiatrist and practicing intuitive. My wish is to introduce you to practical techniques I use in my life and teach to patients every day about using the power of intuition to heal. You can learn to truly listen to your body's needs. You'll recognize warning signals and act on them to

prevent illness. I'll give you skills to access vital information from meditation, dreams, and remote viewing (a way of intuitively tuning in), to make sense of your life when it's most confusing. The insights you gain from these techniques will lend reason, compassion, and meaning to events such as illness, loss, or despair that the rational mind alone has a limited capacity to appreciate. You'll be shown a method of utilizing your body's subtle energies to heal pain, panic, depression and other symptoms.

Reach back in your experience. See if you can't remember a special time when you listened, really listened, to what seemed invisible, yet felt so true. Maybe it was an inner call to enter a career, a sudden inexplicable attraction to the person you were destined to marry, or simply a strong impulse to contact a good friend you haven't seen for years. That indisputable sense of rightness is an echo of the code I'm speaking of. You deserve such certainty about all decisions. Even if you feel out of touch with it now, let me help you find it again. This is the kind of intuition I've built my psychiatric career and personal life around. Without it, I don't feel complete. Without it, my patients only get a fraction of who I am as a healer, and suffer as a result. Without it, I miss the joy, clarity, and vision to positively catalyze changes in my patients' lives and my own.

This is not a fringe phenomenon. It has gone mainstream. So many of us are tired of staying numb and asleep and long for the kind of exhilaration only intuitive and spiritual awakening can bring. Come wake up with me. Begin to lift the veils before your eyes. Heaven is not some far away place, separated from life. Intuition will enable you to see the beauty, passion, and exquisite light that have always been there.

I'd like you to think of healing in the broadest terms. It may involve a complete resolution of symptoms, a 'cure,' or it may not. On a profound intuitive level, it also pertains to the self-knowledge and soul growth achievable during illness, or as

death approaches. Our perception of these passages is key. In good health or ill, if we aim for self-compassion and a deepening link with the divine, we're engaging in an act of love, one that is inevitably transformative.

There comes a time when we must decide if we are committed to a life based on the heart. If so, then with regard to healing, this means coming to compassionate terms with the light and dark forces that shape us. Nothing is excluded. Remember this when you greet all the angels and beasts on your path. As your heart opens, so does your intuition. Your intuition will teach you how to see and how to love. It instills in you a renewed faith to face anything.

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www.drjudithorloff.com

Judith Orloff M.D. is the author of the new book 'Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life' (Harmony Books, 2009). Her first book, 'Second Sight: An Intuitive Psychiatrist Tells Her Extraordinary Story and Shows You How to Tap Your Own Inner Wisdom' (Three Rivers Press) will be re-released in March 2010. It is the perfect book to awaken your intuition and inspire you to act on it. Dr. Orloff synthesizes the pearls of traditional medicine with the cutting edge knowledge of intuition and energy medicine.

Spiritual Poem

Late Bloomer

My backyard was really no fun
A tree would shelter my guests from the sun
So off I went on a shopping spree
To hunt for the perfect, shady tree

I saw many trees 'cept the one in my mind
This tree I was looking for was one of a kind
It had to be perfect, not too tall, not too short
The exotic kind that you will find in any resort

Gardeners patiently showed me tree after tree
But the perfect tree I was unable to see
Finally, I was shown a tree that was quite rare
I was not impressed; its branches were too bare

My neighbor purchased the said tree and left
For some reason or the other, I felt bereft
Eventually all the trees were soon sold
I decided to wait for another year to unfold

A few weeks later I discovered a sight to behold
My neighbor's yard was shining like pure gold

Branches of golden flowers lit up the dawn
The scrawny tree had transformed my neighbor's lawn

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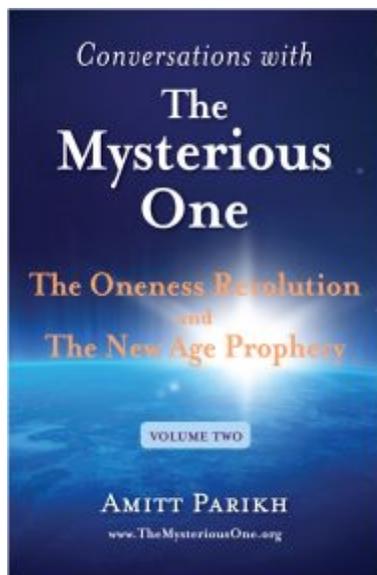
www.amyramdass.com



The Oneness Revolution and The New Age Prophecy

Conversations with The Mysterious One - Volume Two

By Amitt Parikh



Ahhh... It feels so great that now humanity is ready to transpose all its illusionary ideas and ignorance and face them squarely. Although it sounds a bit risky, this will go a long way in your speedy transformation. It's only when you experience the result of your own doing, do you realize the errors in your beliefs and work towards transcending them. This is no lesson or punishment. This is the way it works, dear.

I welcome you on the threshold of this agitation, this realization, this conflict, this transformation... to hold each of you in MY arms and celebrate the victory of humanity over its own dark forces. Victory of immortality over death. Victory of love over hatred. Victory of peace over violence. Victory of oneness over the illusionary separateness of All That Is.

Till then work on yourself, work for your brothers and sisters around, work for the nature around, work for The One all around you. As you start reading the chapters focusing on different aspects to be worked upon for the coming times, know that all aspects are to be worked out. Do not keep thinking there are people - specialists, government, leaders - to do it, to take care of it.

Nay. You are The One humanity has been waiting for - each one of you. Recognize and honor the hero within you, the shakti within you and join the Oneness Revolution - Now! Be active more than ever during this period while being with the Silent Witness in all the moments of Now... to ride over the tide and reach the horizon to witness the Dawn of The New Golden Age!"

- The Mysterious One

Testimonials

"The maternal and paternal voice of the Mysterious One arises to assist, instruct, warn, encourage, scold and comfort us on our spiritual journey. The title of second volume - 'The Oneness Revolution and The New Golden Age' - unveils the direction of the journey: 'I AM' makes use of vivid metaphors and concepts from nature, biology, cosmology, technology, economy, as well as Eastern and Western religions to prophesy a Golden Age of love, justice, and peace for all. The author manages well to hold the balance between apocalyptic mood and hope, social activism and individual development, unity and diversity, evolution and revolution – the formula to realize the Golden Age is playful spiritual activity inside and outside, while being conscious of the metaphysical unity of all appearances. This is an excellent work of edification for everyday life whose positive messages let us pause, think and smile."

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

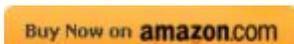
"If you have picked up this book to read, you can be sure, that within its pages lie some truths that you need to imbibe. Not everything may be what you need, but you will know when you reach those special pages that will answer your hidden questions and give you solutions that you have long sought. May this book continue your journey with truth, so that your conversations with your inner god may become more meaningful and significant for you."

- Ellaeenah, An energy intuitive, healer, teacher and writer.

"A delightful mystical smorgasbord – yet a sum larger than its parts – and as you keep dipping into it, you find just what fills you at that moment!"

- Divyaa Kummar, Spiritual Facilitator and Author

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