

YOUR SPIRITUAL REVOLUTION

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KARMA

A LIFTING OF THE VEILS



www.yourspiritualrevolution.org

Executive Editor

Amitt Parikh

amitt.parikh@gmail.com
<http://www.amittparikh.com>

Editor

Prabhath P

www.envisionearth.net
prabhath77@yahoo.com

Graphic Design

Gunaji M. Parab

Parikh Info Solutions P. Limited
<http://www.parikhinfosolutions.com>

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Editorial & Advertising Office

24, Shree Hari Nagar, Opp. Palika Nagar,
D. Z. Patel School Rd., V. V. Nagar Road,
Anand 388001, Gujarat, India.
Tel : +91-02692-657582
Advt@YourSpiritualRevolution.org

Message From The Editor

Karma is usually misunderstood by many people as a tool for retribution. Even those who don't see karma as a mechanism for punishment often think of it as a burden that must be dispensed with for progress in the path of spiritual evolution. The cover story in this issue is a channeling about karma aimed at going beyond such limited ways of understanding karma. The channeling asserts that actually karma is a Divine opportunity to progress towards the Whole.



Other subjects this issue deals with include the esoteric characteristics of Leo, Virgo, Libra and Scorpio, secrets for sensitive people to find relationships that work, an interview with a remote healer, a spirit channeling on the future of healing, breathing eternity waves into time and dealing with the daily distractions of life. The spiritual poems section showcases two soulful poems.

Love and Light,

Prabhath P

Prabhath77@yahoo.com

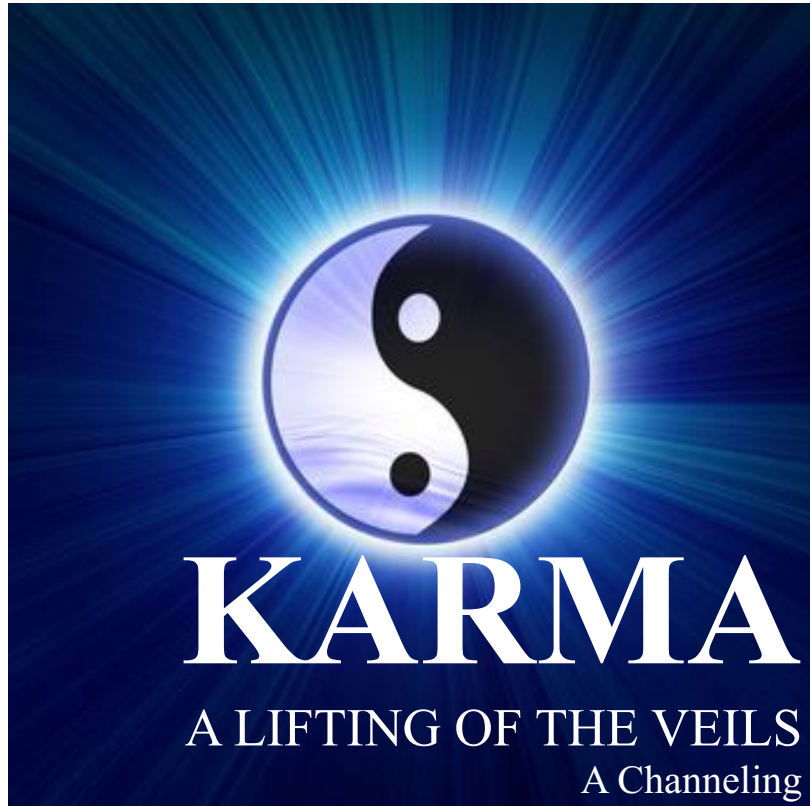




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By Divyaa Kummar

Cause and effect when entered into, deeply shows us that we are the cause, not some outside 'other,' 'fate,' or 'god.' We can call this 'cause' our thinking, feeling, focus, which reflects as outer effects; or we can view it as our energy field, which attracts similar effects; or we can call it karma - what we have chosen to explore, experience and expand and thus meet as outer effects.



Fond Greetings! Today we shall speak to you on karma, as many of you tend to revert to viewing it in limited ways. Yes, most of you have moved away from considering karma as a retribution or punishment; but continue to consider it a burden - something that you need to 'finish' or 'get over' in order 'to progress'! But my dears, we would like to make you understand that your 'karma' *is* the progress!

It may help you if you replace the word karma, and all its pre-conceived notions, with the words

learning, knowing, growing, experiencing and yes, even playing. How can you 'finish' learning, knowing and growing? It is your reason to Be! It is what you, as your more expanded self, have chosen towards your very being!

We shall digress for one of your moments because it is imperative for you to understand that separation, or more accurately all perceived separation, from the Whole or whom or what you call God, is out of Divine Choice towards its play or the larger foray of its infinite fulfillment. This is Creation's 'reason to be' if there is any; and what you view sequentially in linear terms as separation, experience and realignment - what you call learning, expanding and 'becoming' 'The Whole' again - is (in different ways) a part of all realms, all journeys, all 'beings,' but which only you as humanity have labeled as 'karma' and view with such alarm!

But beloveds, there is no cause for alarm as karma is a gift! A divine opportunity! For *your* karma are *your* unique ways, *your* opportunities of

(re)experiencing the Whole.

That is all your karma is - opportunities towards expanding and re-aligning your feelings, thoughts and beliefs, with all that you are, already are! Indeed towards a lifting of the veils!

Now pay close attention. The human experience can be more accurately described as the expansion of thought, feeling and belief rather than physical expansion and growth. As humans, you as spirit have chosen a linear physical medium to further experience Self, to practice and hone your thinking and feelings, to expand your very consciousness and in that Consciousness itself! Thus you view and experience your consciousness, your thoughts, feelings and beliefs through their externalized physical counterparts, through action and all that it creates - your relationships, events and things! However, understand the paradox that action, and all that it creates as your tangible physical life and world, are indeed only the outer reflection of the reality that is within you, your consciousness! Yes, your seemingly tangible real world is the reflection; and your seemingly intangible thoughts, feelings, and beliefs are the true reality!

This is why your world is your mirror, because you as spirit chose to explore, experience and expand self through this outer mirror of relationships and life and world events! It is part of your game plan or journey as humanity! And this is why your ancients named your exploration, learning and experience- karma! For karma means action! And actions imply their result! And thus karma at its deepest only means using what is tangibly and physically observable - the action and what it creates - to view, expand and realign your consciousness!

Now...again pay close attention:

The 'cause' of your action is the belief behind the action! Or the consciousness that propels the action!

The effect is therefore of the belief (consciousness) behind the action!

So there is cause and effect, of course there is, but

cause and effect of your beliefs.

You have spent lifetimes thinking the cause and effect are of your deeds and completely missed the interlinking beliefs, your consciousness, which is the missing link, and what karma is really about!

If you understand this well, you will not get bogged down with 'good' and 'bad' karma! Those beliefs that you have already aligned with their higher potentials, those aspect of your consciousness that have expanded into their higher beingness, are what you call 'good karma'! And those beliefs you have yet to align, those aspects of your consciousness that are still in separation or ignorance of their higher beingness, those parts, which are still playing the cosmic game, are what you call your negative karma! And in each lifetime you choose some of this separated consciousness and its limiting beliefs to expand or realign back with its higher aspect! And in each lifetime you bring with you the higher consciousness that you require towards this! That is the only difference between seemingly 'good' and 'bad' karma!

Now understand how this works in practical ways: Good karma is 'good', simply because when a belief is expanded to its higher potentials, when consciousness is expanded, it reflects in a similar action leading to a similar 'effect' due to your universal laws of attraction! This is all that cause and effect really is! There is no 'judgment' or 'reward' implied in this effect! For example: *You enjoy abundance. This is not because you have done, or do, 'good and giving' deeds in this life or any other, but because your beliefs on abundance being in alignment with their higher potentials reflect as good and giving deeds, which lead to good and constructive effects.* Similarly 'Bad' karma is merely made of beliefs that are as yet unaligned with higher potentials, consciousness still in separation from its higher beingness, and thus they continue to reflect in actions of separation and illusion and their similar effects due to the laws of attraction! It is you who call these self-negating experiences 'negative karma', but they are in fact a hint that you are ready

for expansion! Another opportunity! That is all! Again no judgment, no punishment! Pure laws of the Universe! Scientific workings of energy! Simple indeed!

In conclusion, we shall add as we always do that 'older' interpretations of universal truths are not old, wrong or redundant but indeed required for soul growth at different points of the journey. Evolution is both personal and universal and based on both your personal and larger framework, you come across these truths as and when you need them. Karma was viewed largely in terms of cause and effect of your actions as humanity needed to accept responsibility for their 'actions' as a step towards taking 'responsibility' for their thoughts, because as you move beyond the physical experience into finer and what you call higher dimensions, thoughts create instantly and you need to have mastered them. In case all this talk of higher dimensions and finer mediums of existence makes any of you think humanity is inferior in any way, let us hasten to correct you. You need a certain proficiency of

consciousness, a deep commitment to its expansion and love for the game of Self-exploration to 'qualify' for the physical realm! Indeed very much like the Master programs many of you partake in, in your many specialized universities! They do not make you feel inferior surely, and likewise your physical dimension is one of the finest universal universities for Masterhood! And karma is its course material - visible effects that help you expand your consciousness towards Mastery! Visible tools to help you realign with the love, power, and abundance that you are!

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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.



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YOUR SOUL AND THE STARS

Leo & Virgo/Libra & Scorpio (PARTS 3 & 4)

By Ellaeenah

Dreams are like stars...you may never touch them, but if you follow them they will lead you to your destiny. - Author unknown



Dearest Friend, in the YSR issues of September 2008 and November 2008 we discussed the soul journeys of the Ariens, Taureans, Geminis and Cancerians, and of those having these signs as their ascendants. In Cancer, a firm and unshakeable foundation of divine love and nurturing is established, while the mind expands towards the universal family. This firm base of universal consciousness opens the doors for Leo where self-consciousness, as an extension of the universal creative force, evolves for the first time.

The flames of the fiery Leo have to be turned inwards so that it may consume those dark shadows of the personality that hinder the creative expression of the unfettered soul. The impulsive creative urges are held together so that they may be contained in a practical form that enhances human relationships that magnetically draw the lion.

The physically attractive Leo can be a delightful blend of opposites; lazy and energetic, passionate and laid-back, egoistic and yet strangely caring for others. The inspiration that the lion can provide cannot easily be matched by any other sign, but of course, the direction which you are prodded to take by the powerfully assertive Leo is entirely dependent on the level of evolution of self-consciousness reached by him. And it is here that the

leonine structure often comes unhinged. Self-consciousness gives the leonine thrust a positive direction that expresses divine will and intent; self-absorption makes him a manipulative, ego-driven demagogue.

The words of a childhood song appear in my mind as I write about Leo, "*With cat-like tread upon his way he steals, with silent tread his cautious way he feels...*" Although he appears gregarious and loud, the lion often works in a manner so subtle that he leads you to look one way, while all the while his eyes are trained on what you cannot even see. His soul mission is to lead, and whether he does this overtly or covertly, largely depends upon the knocks his soul has received in the path of providing guidance and leadership.

Once his personality has been completely understood by him, the Leo turns his gaze towards god-consciousness, for he sees that the statement "I am God" uttered earlier in boastful arrogance, has a far deeper truth when viewed through the humility of divine vision. His irresistible power is then turned towards humanitarian purpose led by impersonal Love that sees all as equal, and all as reflections of his magnificence. His soul naturally climbs towards higher strata where he meets other leaders who are waiting to form the critical mass that takes humanity into a more refined state of planetary consciousness.

The Leo's powerful Ray 1, the Ray of Power, is well-tempered and 'cooled' by Ray 5, the Ray of the Intelligent Mind. Even as he abuses his immense power, which he is wont to do on numerous occasions before he perfects his personality, his intelligence gives him the awareness of his actions. The two rays can (and do) make the lion opinionated, stubborn, prejudicial, ambitious, critical and judgmental, but the soul-directed Leo is masterful, purposeful, generous, compassionate, very focused, fiercely loyal and dynamic.

Before the Leo can fulfill his soul mission as the Divine Commander, he must transcend his ego and transmute selfish desires into the good of the

collective. When this takes place, the Leo's natural leaning towards recognition and public limelight, lead him to activities that need the strength of his single-minded focus to benefit mankind at large. The daily affirmation for the Leo is "Every day, in every way, the ego goes and the spirit grows."

With the growth of universal spirit, planetary consciousness reaches the plane of initiation through the committed efforts of the hard-working and dedicated Virgo. The Christed Being within, now strains to come forth, to ready the planet as it opens to newer and higher energies. This task is attained by the harmonious functioning of Ray 2, the Ray of Love/Wisdom, and Ray 6, the Ray of Devotion and Idealism. With the insight provided by the purity of love and the penetration of wisdom, the virgin is able to find those right processes and methods, tools and implements that will serve humanity as it ascends the spiritual mountain.

Virgo seeks no acclaim and no recognition, content to leave that for the lion that moves towards these positions by divine right. Virgo is here to serve, and serve she does with loyalty, concentration, diligence and hard work. However monotonous and menial the task, it will be performed meticulously and perfectly. And it is here, that many a Virgo falters. How perfect is perfect? Sadly, the Virgo has no answer for this, and strives for the illusion of perfection in the external environment, not understanding that she is attempting to control the inner chaos of uncertain self-esteem.

Due to this, Virgo finds it very difficult to forgive and forget, as Virgo moves through relationships of all kinds looking for Utopia and finding only a world filled with flaws. Believing firmly that all must be shown how to help themselves, Virgo loses sight of the line that sets apart analytical ability from critical fault-finding. It is this that leads to much conflict in the life of Virgo, as a sun sign and as an ascendant sign. It is sad but true, that this sign finds harmony only through the conflicts that beset it. Thus, fearing disharmony, Virgo, paradoxically, draws it into its

life for it somehow knows only this painful method of attaining inner and outer harmony.

The soul mission of Virgo is to heal humanity of self-negation by infusing oneness, truth, and all-embracing love. Though not imaginative like Leo, Virgo has the ability to stand its ground when the strongest Leo gives up and calls it a day. Their endurance stems from the fierce sense of devotion, which when ego-directed turns fanatical, possessive and consumed with jealousy, but when soul-driven is capable of the greatest sacrifice.

Virgo as a sun sign and as an ascendant calls for self-purification, and often this process involves the Virgo having to pass through a personal furnace that heals even as it destroys. The deeper the pain personally experienced by Virgo, the greater is the expression of compassion and affection towards others. The daily affirmation for this universal server is “Every day, in every way I heal myself when I heal you.”

With this realization of universal interconnectedness, Virgo makes way for the spirit to be born again; a spiritual rebirth. At this stage it is important for spirit to stand still and assimilate all that it has uncovered in its journey. This is the stage of Libra. It is a stage of contemplation, of introspection, of self-assessment, of seeking balance between the two realities of duality and unity. This is a fragile stage indeed, as the soul has experienced consciousness of God Presence but has not been able to anchor itself in it. Thus the individual seems to be on a constant see-saw between the strong desires of the personality and spiritual nudges of the soul. The battle between the lower self and the higher self is an ongoing one, when Libra is strong as a sun sign or the ascendant sign.

And where does Libra choose to face this battle in its strongest element? Human relationships! These become the ultimate battle ground of Libra who strives for soul consciousness. Relationships reveal to Libra all its flaws, and all its strengths. The

natural vanity and idealism of Libra glorifies its strengths, while placing its flaws firmly onto the doorstep of another!

Beautiful surroundings help Libra maintain equanimity, and music, art, literature and sculpture are the natural outlets of self-expression. Librans are very likeable because they are always politically correct, often diplomatic to a point of being hypocritical. (Of course you disagree, my charming Libra!).

The soul purpose of Libra is to strike a balance; within oneself and with others. It is an important stage in evolution, for Libra must learn that he is what all are, and all are what he is. Ruled by Ray 3, the Ray of Divine Mind, Libra has the answers to the problems of everyone, but finds it very hard to internalize his own solutions. Though excellent at problem-solving, they do not take lightly to others rejecting their suggestions.

This ray gives Libra the ability to resolve situations that might seem too abstract for the practical Capricornian, but can also make them dreamy and absent-minded.

Once Libra has been able to overcome the hurdles of his personality that make him believe he is always right, he is a wonderful agent for peace and harmony. His genuine compassion for all makes him serve selflessly, though a little sideways acclaim that comes his way is always pleasurable!!!

The purpose of this incarnation is more personal than universal, as it urges Libra to find a balance between the Divine Male and the Divine Female, the mind and the heart, the lower self and the higher self. To help this spiritual hiatus to be moved through with ease and facility, the Libran's daily affirmation is “Every day, in every way, my truth is balanced by an equal and opposite truth.”

Having thus contemplated upon the order within chaos, and the harmony within conflict, the soul is ready to emerge as the spiritual warrior in Scorpio. No warrior shies away from proving his mettle and

this is true with Scorpio as well. Tests of endurance and crises of transformation pave the ground upon which walks this warrior of enlightenment. The first battle, and often the only one, that Scorpio fights is the fierce attack upon the personality by the soul. The last vestiges of darkness will be ripped out so that divine light can irradiate every aspect of the life of Scorpio. The first bastion of personality that will come under this fierce onslaught is that of passions and emotions. No zodiac sign feels as strongly as Scorpio, and while it can be the greatest strength, it is often the most debilitating weakness.

If the personality wins the battle against the spirit, Scorpio will revel in vengeance, obsessions, emotional manipulation, and criminal activity. But soul will not give up the fight till Scorpio has seen the light of transformation and emerges as the flying eagle, the golden falcon of Christed Glory. Then Scorpio becomes the transformer and the warrior, working intensely to illuminate the dark minds that hold humanity captive. The dark depths of the human psyche fascinate Scorpio, as pain, sex and death reveal their regenerative powers. From these depths arise profound philosophical truths that irradiate the mind of humanity with divine truths that are practicable and within the reach of human intellect.

Thus Scorpio transforms its very ray, Ray 4, from the Ray of Harmony through Conflict, into the Ray of Divine Beauty. By purging itself, Scorpio heals others by wielding Divine Power as a tool for enlightenment. This is the sign of victory, for the spiritual warrior within the heart of Scorpio will not rest till personality has been tamed by the embodied spirit, and that which is unconscious has been brought up to the light of consciousness.

Money and power are double-edged swords for the battling Scorpio, as they can be used as potent weapons of destruction by both, personality and soul. The crucial question facing Scorpio is “What do I destroy?”

Forgiveness issues make personal relationships

very trying for the Scorpio, for the natural inclination of the scorpion is to hurt those who are the cause of or catalysts to personal pain. Thus, the spiritual warrior must fight himself before he can battle the forces of darkness that threaten humanity. In his victory lies the victory of us all, as he affirms daily, “Every day, in every way, I transform darkness into divine light.”

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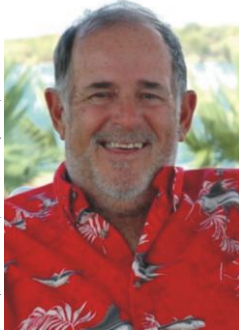
Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by consciousness of thought, word and feeling, to bring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

REMOTE CHANNELED HEALING

An interview with Remote Healer John Cate

By Marlene Buffa

I recently met with remote healer John Cate. We sat down in Sedona, Arizona, itself a mystical and spiritual location, and I asked John about his gifts and abilities. For quite a while, I wondered how anyone could heal unseen, but realized that most things we take for granted in our lives revolve around things we can't verify or witness first hand. Electricity comes to



mind. We can't see it, but we all know it works, and we don't know how it works, we simply accept that it does. John impressed me with not only his trusted abilities to help others overcome problems and situations in health matters and life matters, but also in his sincerity. He clearly hears and conveys information in a loving way, and if followed by the requestor, the solutions he puts forth are successful. He laughed when he told me, "The disease is the easy thing to cure. It's the patient that's the hard part!"

What is a healer?

A healer is someone who has the ability to alter frequencies and vibrations on the earth plane to correct all types of situations. Frequencies and vibrations are energy fields in all things, mental and physical. Quantum Physics opens up a world of possibilities. The world is beginning to measure these fields in a scientific manner to prove their existence. It is similar to light and sound produced by frequencies. So, in healing, we change the situation by changing the vibrations and frequency of the situation that is being asked to be changed.

All healers have different abilities. Some work in the present with the person hands-on, and some work through long distance without the need of the person being known or present. The source of the healing is the same although the healer may be different.

What do you do?

I receive information from a higher vibrational source to determine which direction is best acceptable for the issue at hand. I sense energy and frequencies received from that loving source, which determines a manifestation of the best possible situation for what is being asked to be healed. Types of treatments vary according to the individual person and situation.

How do you work?

My work is done on a one-on-one basis. I also work on a group basis. Most of my work is done remotely, over the phone, using my connection to the loving higher power. I don't need to see the person requesting a healing in order to help them. Most people can't comprehend the 'remote healing' work, however, Spirit knows no boundaries or distance.

Think of a radio station frequency that travels long distance. It's invisible, but it's there. And it reaches long distance! The energy I tap into, gets directed out to the person.

How can you help others?

The very fact that someone asks me for help is the first step. A person sends out his own frequency for help, and it gets picked up in a higher spiritual realm. It's like a prayer being answered, which makes the connection and then a healing and an answer can be given. To engage in the healing, a person may be directed towards taking herbs, specific bodily movements or exercise, acupuncture, etc. Remember that most healing takes place on a spiritual plane rather than a physical level. Actions are instruments to coincide with the production of the healing. Each person's case is unique and each recommended resolution is tailored for that particular person and condition.

Do you have to be present?

Using the word 'present' brings up a lot of interpretation! The person needs to be present to their situation and his/her request for healing in mind, heart and spirit. Also, once the healing is given, the person has to be present to allow it to work within his/her life consciousness. Alongside of the traditional healing arts, the remote healing I channel through me, must be allowed by the person to be integrated into his life as a healed truth. I make a point to leave all the possibilities up to the person without demand on my part.

As far as ME being physically present to affect a healing, it is unnecessary for most people. Some people need to be in my presence, however. Again, this is unique to the person and situation. This is a union between Spirit, healer and patient and in most cases does not require a physical interaction.

Are there any limitations to what you can do?

No known limitations to Spirit and what can be done in a loving, positive heartfelt manner. Limitations can appear within the person asking for help, which may affect Spirit's ability to intervene.

All healing works. The energy is sent out to the individual and if the healing is not accepted at the

time, it will continue to reside in his auric field until he is ready to receive a healing. The healing is sitting there, waiting to be accepted.

How can folks contact you? Do you charge?

The best to contact me is through my website:

www.channeledhealing.com

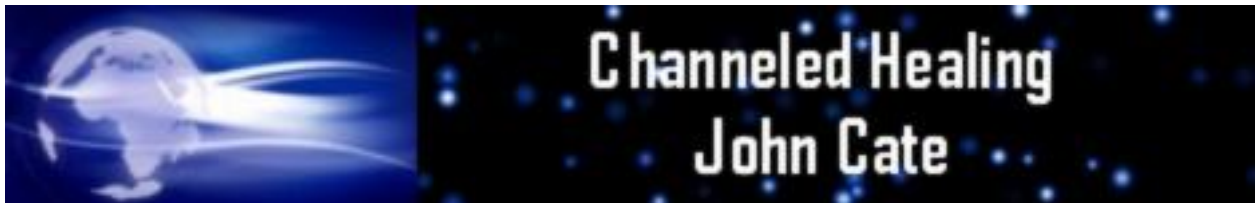
People can also phone me at 928-301-8303. I can set up appointments to speak to them on the phone through either source.

While money is certainly an energy exchange, I don't request any compensation prior to my work being done. My work is handled on a donation basis.

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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.



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Prabhath also offers Integral Dreamwork services, distant Reiki healing and Integral Gaia Healing.

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Breathing Eternity Waves Into Time

By Ellen Davis

Being is the beginning of becoming, and the middle and each moment along the way.

Being one in the dance, there is only one movement: now.

The Divine as us through multiplicity and diversity is Becoming in time and Being in eternity.

You are breathing eternity waves into time, beingness waves into becoming.

Gratitude.

The footprints we leave danced in that awareness change the face of the earth, as all footprints do. Yet these create a path towards the freedom, which is our birthright and the freedom from which they come.

As we know ourselves in the fullness of this light, all tendencies of separation and disconnection that have been born from forgetting or not Knowing dissolve. The discipline to that service is a dance enabling an integrating force and undivided awareness through manifestation.

Time is eternity's medium to realize itself.

Process is its dance and delight.

Where does the circle begin or end?

There is only one movement: now -

Yet, each second that passes, nothing is the same.

The appearance of permanence and all that strives towards it in manifestation is a reflection of what we essentially realize as the changeless brahman.

Paradoxically, the ever-present immutable, in becoming form, becomes impermanent. Archetypally speaking, resting in its undifferentiated nature, it becomes the pole to the fluidity of Spirit, the ever-changing, Shakti, and in truth, unchangeable Beingness where Shiva and the immutable live. In spirit's movement towards itself in form, apparent permanence is in truth impermanence. In spirit's movement as formless, it is impermanent and fluid in appearance and in truth permanent, changeless, brahman.

Facing the conditions of life, with an awareness that is prior to those conditions, informs a relaxed, balanced and integral experience of manifestation. Realizing akshara purusha (the immutable soul) and kshara purusha (the mutable soul) as not two while also breathing in awareness of their distinctions - and realizing the immutable soul that always stands behind and through the mutable, changeable soul, is part and parcel of an undivided awareness. Becoming is the matrix through which Being realizes itself, and vice versa. In seeing this we can see the inherency of each in the other, and the inherency of sat (being), chit (consciousness), and ananda (essential love and bliss), in each other.

I have thought it ironic that the desire for permanence, expressed through the procreative 'urge to merge,' the desire to own, or the resistance to change, for example, is a sometimes distorted expression of what I intuit we sense of the unchanging brahman and our desire to rest in that awareness. At an essential level, the seeds of the will to do that is the divine purusha actualizing itself through the divine prakriti. Yet, without realizing it is That moving towards its Self experience and realization, the more that we resist change, hold on and get attached, the more we concretize our illusions of separation, and the more we identify with the outcomes of impermanence. That which never 'changes,' unconditioned self, our original face, the immutable ground of being, is utterly fluid in manifestation and realizes that there is nothing to hold onto and no one that needs to hold on.

Isn't it funny that the more we strive for permanence and feed our attachments to that, the more temporally bound we become, where we are faced with impermanence and the mortalities of life in its constant changing; and the more that we allow flow, change and surrender to the unknown mysteries, the more we touch the eternal unchanging ground of being?

Perhaps at the most causal levels or in the most innocent sense, the striving for permanence is spirit's unchanging, immutable nature seeking to recognize itself in form. When there is an identification with a separated self-sense, or the contraction which is the self-referencing through differentiation, separation and resistance, it concretizes a sense of impermanence. When there is insecurity with the unknown and sense of this separation, we try and make what is impermanent and illusory something permanent. We are forever trying to create an insurance policy that will guarantee the quality of our next moment; the life of our next moment, our next moment. There is never the next moment. There is only now.

*In the quest for happiness
most try to tame impermanence
so that it becomes permanent.
This is like an ocean wave trying to
stop itself and all of the other waves around it from cresting.
It is time trying to freeze itself.
Be the ocean wave and watch the waves
arise and fall within you*

Sudden vs. Gradual Awakening

Depending on where identity lies, there are many ways we can experience or speak about 'step by step' or gradual and sudden awakenings. There is a fundamental difference between 'trying to become' awakened and 'awakening' waking up to itself. Trying to become awakened feeds the notion that there is a 'someone' separate from the awareness and that there is something other to become. In that light, it obfuscates what we already are and what

essentially need only be unveiled.

'Awakening,' as a term of manifestation, is a process, and in time, gradual. Yet, everything happens now. Process is what we see when we look backwards. There is nothing but this - now. What appears to be gradual is the realization of that fact in time.

Realization in time enables an integrated and consciously embodied awareness through each arising condition. Life in all of its infinitely diverse and challenging conditions is an invitation to remembering ever deeper, less conditionally and more consciously what we already and always are.

Sudden awakenings may provide people with awareness 'that can never be reversed,' but when there are wounds, habits and thought patterns that have not been investigated or faced with the light of that awareness, and they are triggered in moment to moment embodiment through new arising conditions in life, and there is no understanding of the mechanism involved and how to recognize what is triggered before it takes hold, the 'mechanism' can run amok and the same reactivity can occur and shadow material can play out. An awakened awareness will not believe or hold onto it for long because generally, there is no sense of separate identity needing to defend itself, but may still react in such a way that does not reflect a fully integrated and embodied understanding. Disconnection from the body (as opposed to dis-identification with it) and lack of grounding in the heart can also limit presence relationally and even perpetuate levels of dissociation. We have heard of so-called gurus that Know Self and transmit that Knowing quite profoundly and also abuse their power and work out their sexual expression, shadow material or whatever, for example, with devotees. Perhaps you have heard about the 'stink of enlightenment' and the subtle or not so subtle ego that can be created and unquestioned through taking on the role of teacher or guru?

In the 'satsangs' I have been to, people often want

to know that moment that triggered awakening as if to have a map of how to find it themselves. Many teachers have answers about these sudden event horizons that seem to me to so often concretize a notion of 'who' has awakened and through that, mythologizes them and also 'awakening.'

I sense that the aspiration for Truth and realization is innate, but if we feel that what we aspire towards is other than who we are, we end up reinforcing our illusions of separation from it. The agendas and strategies to achieve awakening can end up obscuring it. Awareness can wake up to itself (or the beliefs that are obscuring awareness awakened to itself can relax) every moment. Activities done for that purpose can perpetuate the falsehood that there is something that is not always and already here, yet the unveiling of that awareness can appear through any activity and also through practice, the grace of prayers and purpose that are essentially seeded by Truth consciousness itself or That moving towards its Self-realization.

Life is a miracle of love unfolding more and more into itself.

Eternity never ceases to penetrate time

and when time penetrates eternity (just by saying yes):

Love blossoms unveiled ... a marriage ...

consummation ... life divine

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www.ellendavis.org

Ellen Davis has been teaching ballet with a yogic approach for 30 years. She offers spiritual guidance, facilitates satsang and writes about the creative process, the nature of self and new paradigm teaching and learning approaches.



Secrets For Sensitive People To Find Relationships That Work: Why Emotional Empaths Stay Lonely Or Alone

By. Dr. Judith Orloff

(Adapted from Dr. Judith Orloff's book *Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life*).



Loneliness gets to some more than others. But why it hangs on isn't always apparent when read by traditional medical eyes. In my medical practice and workshops, I've been struck by how many sensitive, empathic people who I call 'emotional empaths' come to me, lonely, wanting a romantic partner, yet remaining single for years. Or else they're in relationships but feel constantly fatigued and overwhelmed. The reason isn't simply that "there aren't enough emotionally available people out there," nor is their burnout 'neurotic.' Personally and professionally, I've discovered that something more is going on.

Emotional empaths are a species unto themselves. Whereas others may thrive on the togetherness of being a couple, for empaths like me, too much togetherness can be difficult, may cause us to bolt. Why? We tend to intuit and absorb our partner's energy, and become overloaded, anxious, or exhausted when we don't have time to decompress in our own space. We're super-responders; our sensory experience of relationship is the equivalent of feeling objects with fifty fingers instead of five. *Energetically sensitive people unknowingly avoid romantic partnership because deep down they're afraid of getting engulfed. Or else, they feel engulfed when coupled, a nerve-racking, constrictive way to live.* If this isn't understood, empaths can stay perpetually lonely; we want companionship, but, paradoxically, it doesn't feel safe. One empathy patient told me, "It helps

explain why at thirty-two I've only had two serious relationships, each lasting less than a year." Once we empaths learn to set boundaries and negotiate our energetic preferences, intimacy becomes possible.

For emotional empaths to be at ease in a relationship, the traditional paradigm for coupling must be redefined. Most of all, this means asserting your personal space needs - the physical and time limits you set with someone so you don't feel they're on top of you. Empaths can't fully experience emotional freedom with another until they do this. Your space needs can vary with your situation, upbringing, and culture. My ideal distance to keep in public is at least an arm's length. In doctors' waiting rooms, I'll pile my purse and folders on the seats beside me to keep others away. With friends it's about half that. With a mate it's variable. Sometimes it's rapture being wrapped in his arms; later I may need to be in a room of my own, shut away. One boyfriend who truly grasped the concept got me a 'Keep Out' sign for my study door! For me, this was a sign of true love. All of us have an invisible energetic border that sets a comfort level. Identifying and communicating yours will prevent you from being bled dry by others. Then intimacy can flourish, even if you've felt suffocated before. Prospective mates or family members may seem like emotional vampires when you don't know how to broach the issue of personal space. You may need to educate others - make clear that this isn't about not loving them, but get the discussion going. Once you can, you're able to build progressive relationships.

If you're an empath or if the ordinary expectations of coupledness don't jibe with you, practice the following tips.

DEFINE YOUR PERSONAL SPACE NEEDS

Tips for empaths to feel at ease in a relationship

Tip 1. What to say to a potential mate

As you're getting to know someone, share that you're a sensitive person, that you periodically need quiet time. The right partner will be understanding;

the wrong person will put you down for being 'overly sensitive,' won't respect your need.

Tip 2. Clarify your preferred sleep style

Traditionally, partners sleep in the same bed. However, some empaths never get used to this, no matter how caring a mate. Nothing personal; they just like their own sleep space. Speak up about your preferences. Feeling trapped in bed with someone, not getting a good night's rest, is torture. Energy fields blend during sleep, which can overstimulate empaths. So, discuss options with your mate. Separate beds. Separate rooms. Sleeping together a few nights a week. Because non-empaths may feel lonely sleeping alone, make compromises when possible.

Tip 3. Negotiate your square footage needs

You may be thrilled about your beloved until you live together. Experiment with creative living conditions so your home isn't a prison. Breathing room is mandatory. Ask yourself, "What space arrangements are optimal?" Having an area to retreat to, even if it's a closet? A room divider? Separate bathrooms? Separate houses? I prefer having my own bedroom/office to retreat to. I also can see the beauty of separate wings or adjacent houses if affordable. Here's why: conversations, scents, coughing, movement can feel intrusive. Even if my partner's vibes are sublime, sometimes I'd rather not sense them even if they're only hovering near me. I'm not just being finicky; it's about maintaining well-being if I live with someone.

Tip 4. Travel wisely

Traveling with someone, you may want to have separate space too. Whether my companion is romantic or not, I'll always have adjoining rooms with my own bathroom. If sharing a room is the only option, hanging a sheet as a room divider will help. 'Out of sight' may make the heart grow fonder.

Tip 5. Take regular mini-breaks

Empaths require private downtime to regroup.

Even a brief escape prevents emotional overload. Retreat for five minutes into the bathroom with the door shut. Take a stroll around the block. Read in a separate room. One patient told her boyfriend, “I need to disappear into a quiet room for ten minutes at a party, even if I'm having fun,” a form of self-care that he supports.

In my medical practice, I've seen this creative approach to relationships save marriages and make ongoing intimacies feel safe, even for emotional empaths (of all ages) who've been lonely and haven't had a long-term partner before. Once you're able to

articulate your needs, emotional freedom in your relationships is possible.

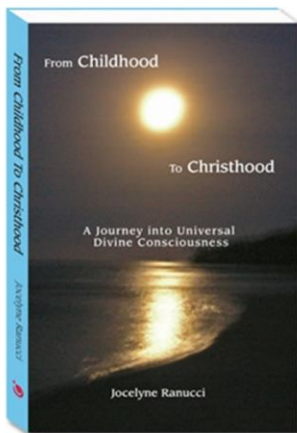
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www.drjudithorloff.com

Judith Orloff MD is a psychiatrist and author of 'Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life.' Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, subtle energy, and spirituality.

From Childhood to Christhood

A Journey into Universal Divine Consciousness



A personal spiritual journey that enlightens, inspires and shows the reader how to become his or her best self and create his or her best life

Jocelyne Ranucci saved her own life. Fed up with abusive relationships and dead end jobs, she set out to become the architect of her own salvation. Through a careful process of study and meditation she began to realize that we are all the creators of our own destiny, that we can learn to love and accept ourselves deeply, and that we can leave the destructive patterns of the past behind, forever. Her story is touching, her transformation profound. With great candor, warmth and wit she reveals the most intimate details of her personal struggle and shows us how we can bridge the gap between spirituality and everyday life. She teaches us how to unleash the great healing power that lies buried deep within us so that we too can alter our path, conquer our fears and free our spirit, allowing us to embrace the joys and the serenity of the endless possibilities that lie ahead.



“How our inner power of love can be applied to everyday decisions is interestingly explained in depth. A very intimate account, including vital lessons for us about how the author discovered her inner power and created a positive and rewarding life.” **Recommended & Reviewed in “The Mindquest Review of Books” by Lightword Publishing.**

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The Future of Healing: To Vibrational Medicine and Beyond

Excerpted from *Spirit Wisdom II*

Ramón Stevens channeling Alexander

As your culture passes through a transformational shift affecting every aspect of society, one of the most promising trends is in the field of medicine. Let us retrace the steps of western culture's medical development, beginning with the philosophical and scientific building blocks of traditional medicine, and project the developments to unfold in the future.



Phase One: The Sinful Machine

In the Judeo-Christian tradition, the body is viewed as inherently sinful, carrying the stain of the Original Edenic Sin. For many centuries, the medical profession (such as it was) unconsciously accepted and operated from this

perspective. For the last few hundred years the 'body as machine' model has dominated the western approach to medicine and healing. Surgery and drugs are the tools of choice in repairing the body-machine when, like any mechanical device, it breaks down. This model has often been spectacularly successful in diagnosis of disease - determining the nature and origin of illness - but falls far short in stimulating and working with the body's natural healing abilities or encouraging the sufferer's active participation in the healing process.

Phase Two: Holistic Medicine

Throughout western culture, old cultural and scientific models are being superseded by

deeper, richer, subtler paradigms grounded in *holism*. Holism, as a worldview, posits that living beings are more than the mere sum of their parts (the machine model); and that consciousness and spirit (free of religious dogma) are inextricably woven into the total being, whether plant, animal, or human.

While it seems second nature to you now to consider psychological and emotional influences on the body, this recent development, which is still being 'worked out' through experimentation and clinical observation, broadens the picture to allow mental and emotional states to affect the body's health. Broadening the picture still further is consideration of the larger environment - both its overt influences such as toxics and stress, and the more subtle effects of noise, personal relationships, and the larger networks, such as neighborhood and community, in which one dwells.

All this broadening of the traditional machine model of the body results in *holistic medicine*, which rests on a respect for the oneness of mind and body; the subtle but powerful effects of consciousness on matter; the influence of external agents, both physical and psychological, on one's health; and the recognition that the human body is not a self-contained, isolated unit, but is embedded in a web of connections and relationships bearing heavily on one's physical and emotional health.

This is holistic medicine; and, as we mentioned, the philosophy, ramifications, and techniques of this new approach are still being explored in a number of disciplines. A widely accepted medical doctrine rooted in holism still lies some time in the future.

Phase Three: Vibrational Medicine

As promising as holistic medicine is, and however great its theoretical leap from the machine model, it still represents but a step forward on your progress toward a radically enlightened medical philosophy and practice. It is human nature to evaluate new ideas through the prism of the extant worldview; thus, holistic medicine must prove itself through validation by the experimental method of science. This validation is hindered by the relative crudity of instrumentation available in medical research, especially with regard to the body's subtle energies; and science can't define or measure consciousness at all, placing an artificial limit on its experimental reach.

So although holistic medicine is a step on the path toward a more comprehensive medicine, it is but a step. Beyond holistic medicine lies *vibrational medicine*, a philosophy and practice of healing rooted in the awareness that the body is essentially energy, energy sculpted into a complex network of patterns manifesting as the various organs, tissues, and so on. Sound and light, being also energetic fields of vibration, are understood to interact with the denser energy patterns of the body and to stimulate healing when properly applied.

Because this field is in its infancy, and because scientific validation lies years away, we offer here a brief overview of the basis of vibrational medicine, the energetic blueprint of the body.

The Body Electric

In deepest terms, the body's blueprint lies outside the physical system. Every living being, plant or animal, springs from a nonphysical blueprint which pulses in and out of physical

existence. Your senses cannot perceive this near-instantaneous blinking 'on' and 'off;' your mind leaps the gaps of 'nonexistence' and paints a sturdy picture of endurance and stability. (As an analogy, when you watch a movie in a theater, the screen is black between frames; but your mind leaps the gap and weaves an illusory 'motion' picture).

This blueprint is not simply a mirror image of the body, for it contains every potential form the body assumes from conception through old age. The blueprint is a bank of probabilities, then, which will be sequentially actualized and thrust into physical manifestation in accordance with the rhythms dictated by a species' developmental template and each being's private purpose. The blueprint can thus be thought of as a 'master body,' from which each moment of a body's growth springs in exquisitely detailed and precise form.

The human blueprint follows a standard template for the body's growth and maturation, and thrusts into physical form with each new pulsation precisely the 'coordinates' required to advance the body's chronological age ever so slightly. These coordinates can be thought of as pinpricks of magnetic energy whose patterns precisely mirror the energetic patterns of earth elements.

You understand earth elements on the periodic table as having varying numbers of subatomic particles configured in a variety of patterns, which distinguish their nature and behavior. Beneath these subatomic elements lies an energetic blueprint which dictates the size, shape, and pattern of each element; which we might term the 'element' blueprint. A living being's blueprint, then, is a tapestry of such elements woven in precisely configured

patterns which, when thrust into physical existence, magnetically attract earth elements into place.

The 'glue' binding these elements together is consciousness. The blueprint is not simply thrust into physical reality as an inert set of instructions, but is embedded in a matrix of consciousness apprising each earth element of the immediate structure it is contributing to, the larger structure (the body) of which it is a part, the purpose of the individual life, and the species of which the body is a member. In addition, a living being's consciousness feeds a constant stream of information down to the cellular level, apprising the cells of environmental conditions and other developments; this information is then impressed, in attenuated form, down to the earth elements.

A living being's thoughts and experiences thus blend with the consciousness carried by the blueprint to create a blended matrix of consciousness infusing every corporeal element. This stream of information - from physical and nonphysical realms - maintains the body's integrity over time. Here is where your private beliefs about health and aging can affect the body's blueprint - as your thoughts are blended into the matrix - and attract sympathetic events of health or illness toward manifestation.

With the understanding that the body is not so much 'cells and organs' as it is matrices of consciousness and matter of varying complexity; that these matrices arise in the nonphysical realm and pulse into physical existence; and that each level of bodily complexity carries a commensurate degree of consciousness, the foundation of vibrational medicine is laid.

Vibrational medicine rests on the fundamental law of Nature: balance. When two vibrational fields intersect, their 'differences'- in temperature, density, energy, etc.- tend to compromise toward a balanced synthesis. This principle informs vibrational medicine's principal tools, light and sound. If an area of the body suffers from depressed or scrambled energy patterns, entraining the afflicted area to a field of similar vibrational pattern, *especially of a higher frequency*, spurs the weakened area back toward health and balance. It is vital that the energetic patterns used to effect healing be of a higher frequency than the body's, for the urge toward balance encourages a compromise between fields of varying intensity. Thus the body 'accelerates' to entrain with a higher-frequency field, and in so doing hastens its recovery.

The use of sound and light in vibrational medicine reflects this understanding - light and sound being vibrational fields of a frequency above the body's rather dense vibration. On the one hand, this ensures that light and sound will stimulate the body toward an accelerated frequency; on the other, if the difference in frequency between the body and vibrational fields is too great, the body cannot entrain to the higher patterns and no compromise can occur. The body's cells turn 'deaf ears' to frequencies outside their perceptual range.

Vibrational medicine must therefore be grounded in a precise knowledge of the vibrational patterns of the body's cells and organs, and the allowable 'gap' between the frequencies of body and therapeutic fields. As sound vibration is of a slower frequency than light vibration, initial experimentation would be focused in this area as results will come more

quickly and faithfully.

Visible light and audible sound are two narrow bands of the vibrational spectrum. A further refinement of vibrational medicine, then, would be to explore and harness the energies lying outside those frequencies perceptible to your senses; for you swim in them from birth to death. Doing so would require development of instruments which can render such frequencies in visual or auditory fashion, enabling you to manipulate them.

Sing For Your Life

One of the most powerful tools of vibrational healing is the human voice. Given that there must be 'overlap' between vibrational fields for communication and synthesis to occur, it stands to reason that sound frequencies emanating from the human body will naturally entrain with other bodies. Not only is there an automatic sympathy of vibrational frequency, body to body, but because the 'consciousness source' of the sound is another human body, the consciousness of the receiving body is able to link with it at all levels - the denser corporeal level and the higher consciousness level. Since every grid-point of your body carries both a physical frequency and consciousness, the richest bond will be with vibrational sources of sympathetic 'matter' and 'consciousness' patterns.

This was known to many cultures, among both ancient civilizations lost to time and contemporary indigenous peoples. When shamans and healers sing while they work, they use deliberately crafted pitches, tones, and pauses to mimic healthy vibrational patterns of the afflicted area. This 'rounds out' the healing power of substances such as herbs applied to the

afflicted area, for while a physical substance entrains with the body's cells, the shamanic song entrains with the body's consciousness. This is a multileveled, powerfully comprehensive approach to healing.

Even more powerful than a single human voice is communal singing. Among ancient civilizations, such healers would work by sitting a dozen to a circle with the sufferer lying inside the circle. Through exquisite control of breath and pitch, invisible matrices of vibration would be woven around the afflicted; powerful clouds of song invigorated the body while the loving intent carried on the breath stimulated vitality and a lust for life.

In turn, these song healers took their cues - literally - from the songs of the cosmos, which they perceived in meditation. Each individual in the group tuned to a planet, the moon, the sun, or a gurgling waterfall, and brought forth in vocal form the equivalent vibrational patterns. Thus all of the elements of physical life - the cosmic, telluric, solar, and lunar energies - were woven in song carrying the force and imprint of the entire universe. How could the body *not* respond with vibrant health to such a cosmic symphony?

In your time, with the emphasis on external agents as healing tools, and the deprecation of native wisdom, the power of song in healing has been lost. Yet, as with any other potential, it lies latent in full vitality, awaiting a spark of interest to resume its place in the healing repertoire.

Your technological sophistication allows you to build on the principles of 'song healing' and evolve an even more elaborate, sophisticated, and accurate system of healing with sound. As instruments of sufficient

sophistication are developed, the human body can be 'mapped' as a grid of vibrational patterns, each organ or fluid singing in a unique voice. These vibrational matrices can be precisely duplicated in digital form, and the body immersed in a sonic cocoon of healing energy.

The vibrational energies emitted by the body's cells not only 'sing,' they glow. While invisible to all but the rarest of eyes, the body's energy fields emit a constant stream of radiation. This radiation largely lies outside the visible spectrum, yet it carries filaments inside that range. These are so slender and attenuated that they pass undetected by all but the psychically gifted. These energy patterns carry profound clues as to the health and vitality of the body. As with sound, each organ and fluid of the body glows in a distinct hue when healthy. Instrumentation (or a trained psychic eye) can evaluate this radiant information and detect disturbances in the body's health and vitality.

Phase Four: Conscious Medicine

As your species evolves, its focus will be less on employing earthly life as a primarily *material* realm of experience, and more on adventures in consciousness gently rooted in physical life but not tightly bound to it. Thus, the emphasis so many place today on using their bodies as vehicles for learning and growth - through sickness and in health - will be forsaken in favor of enjoying the body as a gentle feedback instrument reinforcing the lessons learned in spiritual, mental, and emotional experience.

When this stage of human development has been reached, the whole medical establishment will be sloughed off, for an understanding of the body's design and healthy functioning, and the

power to heal incipient illness through love-focused touch, will largely obviate the need for dedicated healers. Beyond vibrational medicine, then, lies *conscious medicine* in which one's awareness of one's body -and others' bodies - is so thorough and richly detailed that no ailment could far proceed before being detected and cured either through private affirmation or the loving touch and song of another.

As always, fragments of the future tumble backward in time to prepare your species for growth. When you sing a child to sleep with a gentle lullaby, when you croon romantic verses to a loved one, when you 'whistle while you work,' you lay the groundwork for the era of vibrational medicine, glimmering in tantalizing promise across the chasm of social

transformation. Know that each time you use song and loving touch to ease the suffering of another, you bring the mighty promise of vibrational healing that much closer to your experience.

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www.alexandermaterial.com

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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Dealing With the Daily Distractions of Life

By Edward Bonapartian

There is a popular saying, which states that the shortest distance between two points is a straight line. In working with mind, body, and spirit, it pays to keep this saying in mind during your daily routine. Why?

Because it illuminates the potential distractions and energy drains, which slow us down and create imbalances in our lives.

Distractions are not limited to our daily actions. They also form themselves through emotional reactions when we find ourselves unable to relax due to our minds being fixated on issues such as work or relationships.



One of the ways to deal with, and help avoid potential distractions is by utilizing your dream images and intuition because both serve as personal advisors. Dreams especially, are very good at showing us the factors in our lives, which distract us and drain our energy. Intuition on the other hand can be used as a daily radar of sorts; in other words, use your intuition to scan the external environment around you during your daily routine. Your intuition will help you avoid situations, which can complicate an already hectic day. For example, I use my intuition whenever making a decision, even during a mundane task such as driving. Occasionally, while stopped at an intersection or traffic light, I will get a gut feeling that it may be better to take a different route to my destination. Or, I will use it to bolster my

'less than perfect' sense of direction, which often has me walking in circles trying to locate my car at local mall parking lots.

You can use mind, body, and spirit, approach to deal with distractions by starting with the following guidelines:

1. Mind (awareness) - Always consider what your options are in dealing with a distraction. You can maintain a degree of flexibility in your life by using strategies to deal with difficult people or events. Using the information from your dreams and (intuitive) gut feelings, allows you to make choices that serve your best interests.

2. Body (action) - When dealing with a distraction, try and keep your reaction or approach as simple as possible, which saves time and keeps you from depleting your personal energy. As you consider your course of action, utilize your intuition by focusing your awareness on feeling the area just behind your belly button, which allows you to tune into your gut feelings.

3. Spirit (reflection) - Ask yourself if the distraction contains a spiritual lesson for you to learn from. As my Reiki teacher once pointed out to me,

life has an uncanny ability to place us in situations where the spiritual lessons we need most to learn are repeated over and over again until we understand them.

During a recent moment of solitude, I found myself reflecting on the aspect of balance in our daily lives. Perhaps there is a basic lesson to be learned here; balanced living is not strictly defined by an ongoing series of accomplishments. Instead, within its description, is the ability to stop and enjoy the life that exists now, rather than waiting to enjoy the life we seek to build.

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www.intuitivedreams.com

Edward Bonapartian is the author of 'Reflections On The Art Of Balance - practical wisdom for balancing your life through mind, body, and spirit, and 'The Stories Of Our Lives - a story of healing through dreams and intuition.' His articles on the healing nature of our dreams have been published in 'Dream Network Journal,' 'Rocky Mountain Dream Journal,' and 'Reiki News magazine.'

Spiritual Poems

Wake up sleepy siblings

Wake up my sleepy siblings from your slumbering sleep
with eyes closed so tight to keep out the light,

Heaven beckons you to wake
but you are caught up in dream like sleep,

You hear us calling to you and you ignore
this sound you hear in the distance,

God is silently calling in a whisper as
not to scare you from your slumbering,

your siblings and I hope you will wake
as we miss your playing with us,

we've been slumbering so long
we have forgotten what it was like
to be awake,

I'm calling your names, do you hear me
brothers and sisters it's me,

you are so sleepy and comfortable
in that bed that you would rather stay,

I have been calling you all day,

Those of us who are awake
really miss you so,

you are it in tag so here you go,

Now it's your turn to help me
find a way to wake up these
sleepy heads too,

They won't be easy like you were
but don't give up as I didn't give
up on you,

You see I love you and that
is why I care, see..

You are a Divine spirit of light
and you are here to Shine bright
like the Sun that shines each day.

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THE OLD MONK DIES ONE DAY

the old monk dies one day, in silence,
on a silent day like any other day
after a lifelong string of mindful moments
making up wholly mindful days and weeks that seem like years
and years that seem like seconds,
after a Flow of connecting with the real,
after a Repetition that opened him to the depths,
after making himself simple.
His dying is not a new experience to him
for he has died in each quiet moment
as much as he's come alive.

He knows the rhythms of this coming and going,
this beginning and ending, this inhaling and exhaling,
this self and no-self.

He remembers at once all the scenes:
walking the corridors, cutting vegetables for soup,
clearing the snow, tending the garden, sawing wood,
praying in the bitter cold with his hood up,
chanting in an echoing room,
the calm hearts of his brothers,
the angled morning light, the evening bell;
it is all good.

He goes into Spirit smooth as a round river rock
polished to satin from rolling with the current that ran
from the headwaters of his life to the sea.

In the shift, he thinks he hears a babbling brook tinkling
or the drops that fall slowly from a melting icicle.
His brothers don't hold him back with sadness; for them
his passing is another new moment,
another chance for quiet joy and communion
with what's fully alive.

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