

A close-up, vertical view of an hourglass with a stream of golden-brown sand falling from the top bulb into the bottom bulb. The background is dark, making the glowing sand stand out.

# YOUR SPIRITUAL REVOLUTION

*Volume 3 Issue 8 August 2009*

## The Space of Time

Illusion of Peace

Chaos and Order

The Spiritual Romance

Negative Emotions



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**Message From The Editor**

Time has always played a significant role in the life of human beings. Time management books that claim to help you plan life well become international bestsellers. Time is often seen by people as relentlessly moving from past through present to the future in an endless linear flow. In our current commercialist civilization, a sense of hurry overwhelms most people.



Linear Time is only one of the many views of Time. There are other ways to look at Time like the cyclical view and the spiritual philosophy of Timelessness. The cover story in this issue explores the nature of Time from different angles and points to the need for experiencing Time as integral and multidimensional when the world is facing a planetary crisis.

This issue covers other subjects like the project to manifest abundance, the illusion of peace, how to stop absorbing other people's negative emotions, a spirit channeling that explores sacred geometry, an introduction to a TV series on ghosts based on the real life experiences of the writer and the spiritual romance of soul mates according to the Kabbalah. The August issue concludes with an inspiring poem about the rising Goddess energy.

Love and Light,

Prabhath P

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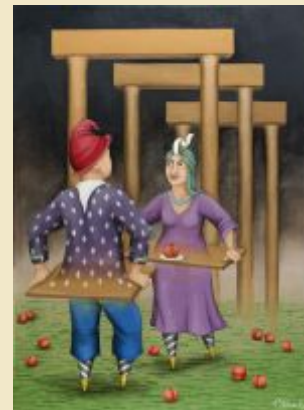
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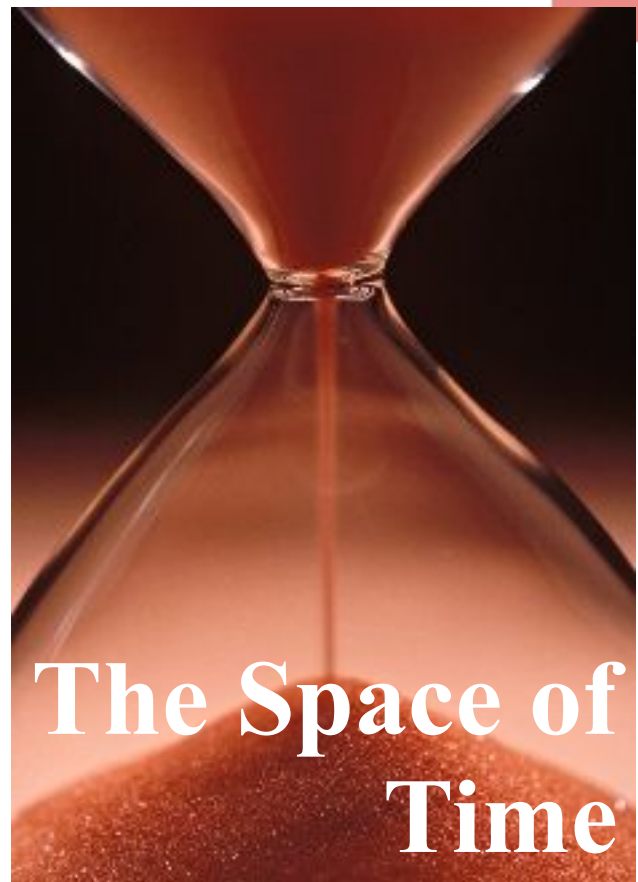
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*By Prabhath P*

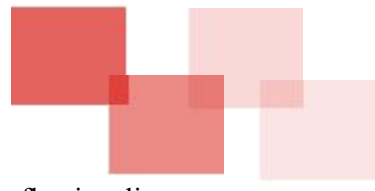
Time is Money. Don't waste time. Time and tide wait for none. Why don't you spend your time in some useful pursuit? I have no time. Time is running out. Such thoughts are dominant in the thinking of the current human civilization entrapped in a hypnotic trance of mechanical existence in which people carry on with their lives like sleepwalking automatons conditioned by a commercialist consumerist paradigm. The underlying assumption is that Time is made of some objective and concrete stuff that can be possessed, managed, spent and sold. On the other hand, the philosophically oriented people see Time as a Tyrant that devours life, moving relentlessly from past through present to the future, in a never-ending linear flow. No wonder human beings with short life spans feel that Time dumps them to die,



rot and disappear into oblivion. This separatist view of Time as an objective entity that exists independent of Life and Being is so cemented into our minds that we take it as absolute truth.

The worsening news about terrorism, war, global warming, and diseases like swine flu or AIDS intensify a feeling of time running out, in the minds of most people. Before something snuffs life out, people want to fulfill their endless desires as fast as possible. So everyone in the existence trance is in a hurry manufacturing countless worries as byproducts. In this chronic restlessness, ironically, very few are aware enough even to stop for an instant and question this mad rush. We have artificially divided Time into particles ranging from nanoseconds and minutes to years and centuries! This leads to a fundamental error in our way of experiencing reality.

The existence trance spawns a matrix of ideas, beliefs, feelings and concepts produced by



innumerable isms, traditions, dogmas, sciences, religions and all kinds of vested interests who want to impose on existence their own narrow visions of reality. This matrix of trance has become so complicated that the very attempt to cope with it results in depression, addictions, consumerist escapism, violence and what not. The prevalent linear view of Time is a creation of this unconscious autopilot trance of existence.

So you think time runs like a river from past to the future? Let us step out of this box. In fact, there are many ways of looking at the concept called Time. A moment in the future becomes the present. This present moment then becomes the past. If we look at Time in this way, Time appears to run from future through the present to the past! A reversed arrow of Time! But that too is only a way of looking at Time, an aspect of time, not the whole Truth. Ancient civilizations saw Time as running in cycles like the repetition of the four seasons. The Hindu concept of Four Yugas that repeat eternally is an excellent example of this. Some ancient wisdom traditions talk of Timelessness. With the advent of rationalist scientism, the ideas of Time's Arrow and progress in a straight line gained ground.

Suppose we are sitting in an airplane about to take off, looking out through the window at night. We see the runway lights rushing in one by one. For a second, a light appears in the window and flies past us. These lights before they appear in the window are in our future. When we see the light in the window, it is our present. When it vanishes from the window it becomes the past. When the plane gains height and we look at the runway below, we see that the rapid movement of the lights was an experience created by our own relative position and movement as observers. From the different position of the plane up in the sky, we see all these lights simultaneously existing in fixed positions on the runway.

Our high vantage point can be likened to an expanded consciousness. Like the moving aircraft, it is the movement of our brain/mind structure that

creates the appearance of an ever-flowing linear river of past, present and future. When we are happy, time seems to fly and when we are sad, even a moment seems to drag on tortuously. It is the mind that moves and creates the existence trance, separated from the seamless whole of Life in Being. When we access an integral consciousness, we can see that the past, present, and future exist simultaneously. Then the linear movement of Time can be seen as just one aspect of an Eternity that encompasses past, present and future as an integral multidimensional unity.

Though every child learns at school that Albert Einstein's relativity theory has debunked the Newtonian view of absolute Time, our society still runs on the track of linear Time. Einstein viewed Time, not as a separate entity, but as part of a space-time continuum. And Time 'flows' differently according to the speed and position of the observer. Every observer perceives Time in a unique way. But even Relativity is only a scientific theory based on the current scientific paradigm. As the scientific or intellectual frameworks change, the way we view Time too will keep changing.

Some thinkers exhort everybody to go back to the old cyclical view of Time to neutralize the negative effects of the sick emphasis on the linear clock Time. But is it the right approach for the future? The cyclical dimension of Time too is only one of the many aspects of Time. Cyclical Time is not endless repetition either. Within the broad cycles of Time that are repeated, evolutionary progress happens in both linear and non-linear ways. Focusing on the cyclical aspect of Time alone will only lead to another lopsided emphasis on just one dimension of a multidimensional reality. It won't be different from the obsession with linear Time. The temptation to anchor in just one aspect of Time can be seen in ideologies that exclusively glorify the ancient past, the modern present or a futuristic world and treat the other aspects with contempt.

Some spiritual idealists call for focusing on



Timelessness. However, a focus on Timelessness alone will lead to Transcendental illusionism that ignores the process of collective and individual evolution and sees the manifested cosmos and Time itself as mere illusions. Such illusionism fails to integrate evolutionary spirituality.

Another spiritual view of Time focuses on the present moment or 'Now.' This is a variation of the Timelessness view. But most often, this emphasis on the present moment gets misinterpreted into an obsession with dividing Time into past, present and future and focusing exclusively on the 'Now.' The past and future are dismissed as unreal or irrelevant by the followers of this view. This approach results in a lopsidedness of consciousness.

For an integral consciousness, the past, present and future are not separate disconnected parts, but the interconnected aspects of a multidimensional integral whole. In an integral multidimensional consciousness, you can experience the 'presentness' of the past and the future, the 'pastness' of the present and the future, and the 'futureness' of the past and the present! The Supreme Consciousness is not just in the 'Now,' but includes today, yesterdays and tomorrows interpenetrating and evolving together in non-linear quantum entanglement. Even some cutting edge physicists have come to the conclusion that the past, present and future are not separate compartments, but have a simultaneous existence. What matters is not the exclusive focus on any one aspect of Time like the present moment, but being conscious and aware always. Being 'present' meaning 'being conscious and aware' always, has been misunderstood to mean focusing on a hypothetical particle called the present moment leading to the fundamentalism of an incomplete worldview that tries to reject the evolutionary dimensions of spirituality and the Cosmos.

Those who follow exclusivist modern linear time fundamentalism, ancient cyclical time fundamentalism, rational futuristic fundamentalism and the 'Now' fanaticism of the New Age or

illusionist spirituality quarrel over the imaginary superiority of their blindly chosen limbs of the 'Time Elephant.' In a world facing a planetary crisis, life has become complex due to the increasing intricacy of our material, social and technological structures that separate us from unconditional existence. What the world in crisis urgently needs is an integral experience of Time that encompasses all of Time's interconnected aspects.

We can go beyond the existence trance to a multidimensional and integral phase that enhances the evolution of humanity and advances the planetary consciousness. Beyond the trance of sleepwalking existence, we can freely play with Time if we realize that it is a creative tool in the infinite creation space. The various views of Time can be seen as different but interrelated aspects. Then the 'Space of Time' or temporal space becomes fluid and creative rather than the rigid 'Tyrant Time.' If we anchor ourselves in Being, free from the existence trance and exclusivist views of Time, and let the multidimensionality of Time flow into manifestation, then Time will become a flexible aspect of ourselves through which we can play a game of infinite creativity and Divine manifestation on Earth.

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What is this state of peace, that all in human embodiment struggle so hard to find? Is it a real state or is it an illusion thrown up by the three-dimensional world? If you accept that there is a state of peace, you must then accept that there is a state of 'no peace,' that which you call conflict, disharmony. Divine truth brings to light there is no conflict, there is no disharmony. That is in itself an illusion. Divine Chaos is Divine Order not understood. The lack of understanding comes from the fact that we attempt to steal from the not yet existent future, and refuse to liberate the entrapped past. Divine Chaos encourages you to move into the reality of THIS moment. To BE in it completely, to dwell on the reality that the present has brought to you, and not to taint it by expectation and apprehension of the future, or the memories of the past, that have become 'unreal' by the very passage of time. No memory holds the fullness of truth. **We remember all events, all persons, by the way we CHOOSE to**



**remember them.** Divine Chaos holds within it the potential of complete disintegration so that the reconstructed structure can be in alignment with what you are in that moment.

What you consider 'conflicts' are wonderful opportunities of change and growth. Change can be very, very difficult. Even as you lie in an emotional 'ditch,' you are comfortable with its odour, you are comfortable with its blackness, and you are comfortable with the feeling of drowning. Often, you do not wish to move from there. If you did not resist the changes that must take place, there would be no state of disharmony, no imbalance, no conflict. How can you resist that which is as vast as the Universe itself? What is it that you resist?

Beloved friend, those changes that bring you the greatest opportunities for Divine evolvment, are most resisted. What you resist is 'YOU.' You resist the truth of who you are. You refuse to acknowledge that "I am Divine Light." And as all Light must, you too, must travel farther and farther.

What does Light do when it meets an obstacle?



Does it stop shining? Does it attempt to deny and hide the obstacle? The obstacle may be a large brick wall, but the Light will only increase its intensity till in the power of this Light the brick wall must crumble. But when you, beloved, meet your brick wall, you look at it, and you say “I have no power.” You allow the event to define your power or lack of it, when simple logic makes it plain that no event can be bigger than the definition you give it. In those times, ask yourself why you do not wish to extend your power. You are scared of your power, and yet all that you pray for, is greater power! How can you get greater power when that which you already are, you fear?

Human irony lies in the fact that none fears being small; all fear being large. *“If I extend, where will I reach? How far must I go? Where will I be? Will I be myself? Will I have to leave those whom I care for? Will I have to enter a place of darkness in order to illuminate it?”* These questions have been asked of me so often, and these questions ensure that the illusion of your ‘smallness’ continues to trap you. Beloved, friend, it is not Peace that you seek, it is release from this ‘ditch.’

Often as children, we have been told, you must never be selfish. I agree. Do not be ‘self-ish;’ be ‘Self’. Do not be ‘like’ Self. That is ‘Self-ish.’ Why would you want to be ‘Self-ish,’ when you already ARE a wonderful, vast ‘Self’? When you limit yourself to being ‘Self-ish,’ then your Mind gives you a limited perspective of ‘Self.’ The Mind tells you that Self is restricted to all that is physical. The Mind tells you that ‘Self’ consists of the Veils of Forgetfulness that hide from you the Divinity that you have taken embodiment to experience. The Mind tells you that ‘Self’ is enveloped by illusory feelings of rejection, grief, envy, rage. The Mind tells you that to remain comfortable in your limited self you must fear the Divinity of Self.

Reject your Mind-controlled concept of ‘Self.’ If you wish to know what is ‘Self’, look into a flame, and there you are. Does the flame fear? Does the

flame attempt to extinguish its power because that is what is desired by others? Does the flame fear the dirt that it often is entrusted to destroy? No, beloved, the flame makes itself larger every time you add something ‘dirtier’ to it. The flame knows that it embodies purity, and that impurities increase its power by the opportunities for transmutation that come to it. And what starts as a tiny flame continues to grow as an all-consuming fire that illuminates even as it transmutes.

Are you a Divine flame? If your answer is ‘yes,’ then you cannot fear. You must not fear. You must burn fearlessly, and burn brightly. When your Self has consumed that which ‘you are not,’ it will not burn gently, it will roar, and magnetically draw others to you, so that your Divine fire can consume what they ‘are not.’ In that is your service to your fellow spirited beings.

Do not be scared of the heat of the fire of change, of transmutation! Walk through that fire and every time the fire gets stronger, be joyous, because you know that the fire within you leaps towards the heights of Divinity that are close at hand. The redemption of the lower self lies only in the daily living as higher self.

Do not wish to be small; small enough to hide inside the crevices of your Mind. In the ‘Self’ there is no duality, so there is no ‘peace’ and there is no ‘no peace.’

In silence there is peace. In surrender there is peace. In re-creation there is peace. In YOU there is peace.

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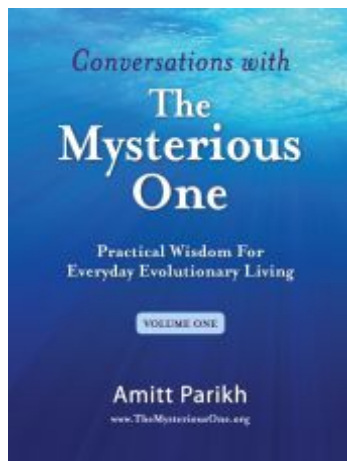
*Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by consciousness of thought, word and feeling, to bring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



# Conversations with The Mysterious One - Volume One

## Practical Wisdom For Everyday Evolutionary Living

By Amitt Parikh



Welcome, dear! Welcome to a New World. Welcome to a New Thought. Welcome to the Divinity within.

*Conversations with The Mysterious One* carries a new world within it, carries a new thought within it, carries a new energy within it. Open it, read it, let that world manifest around you, let that thought stir you from within, let that energy guide you to The Truth. The book is not merely philosophical, but also a living energy waiting for your activation to work with you and transform you, inspire you, guide you to act out of wisdom, act out of compassion, act for evolution of The One.

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

- *The Mysterious One*

### Testimonials

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

- Sri Jothimayi Ma, Pranashakty - [www.pranashakty.org](http://www.pranashakty.org)

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

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

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

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

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

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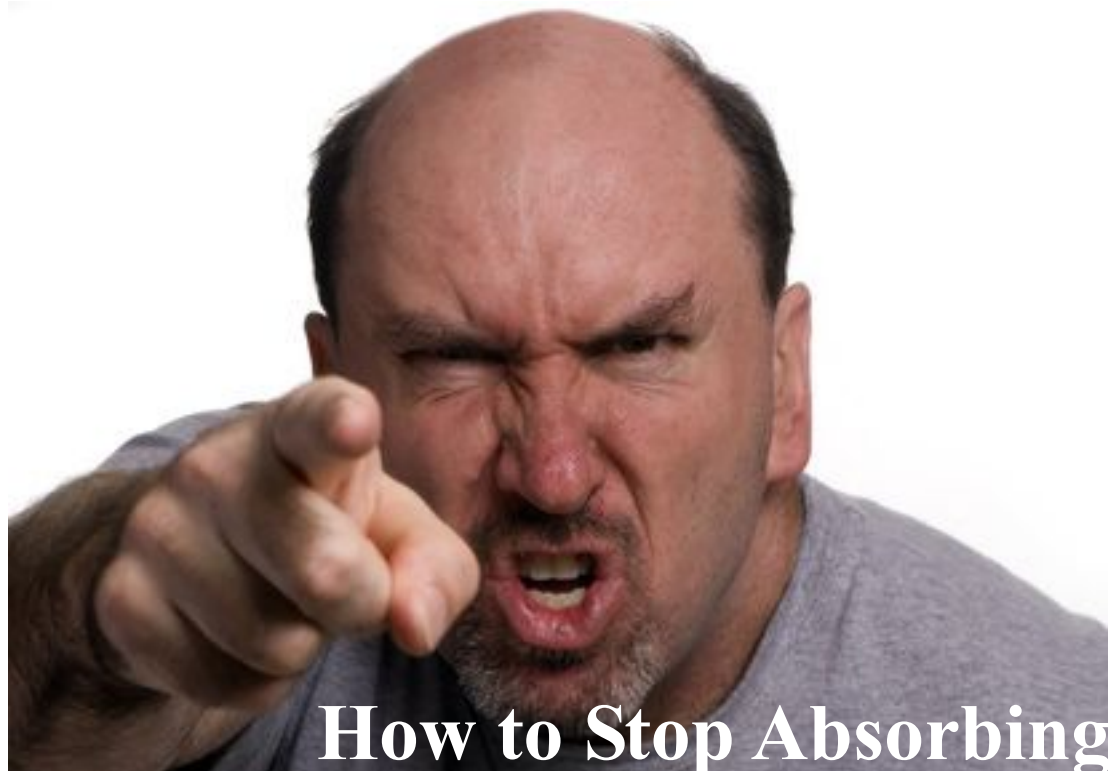
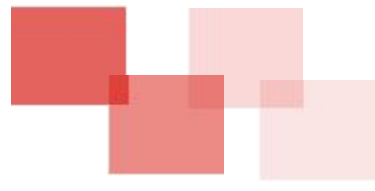
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# How to Stop Absorbing Other People's Negative Emotions

*By Dr. Judith Orloff*

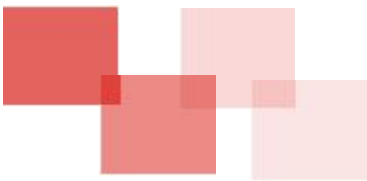
Adapted from Dr. Judith Orloff's new book *Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life* (Harmony Books, 2009)



In my new book *Emotional Freedom*, I emphasize the importance of learning how to stay centered in a stressful, highly emotionally charged world. Since emotions such as fear, anger, and frustration are energies, you can potentially 'catch' them from people without realizing it. If you tend to be an emotional sponge, it's vital to know how to avoid taking on an individual's negative emotions or the free-floating kind in crowds. Another twist is that chronic anxiety, depression, or stress can turn you into an emotional sponge by wearing down your defenses. Suddenly, you become hyper-attuned to

others, especially those with similar pain. That's how empathy works; we zero in on hot-button issues that are unresolved in ourselves. From an energetic standpoint, negative emotions can originate from several sources. What you're feeling may be your own; it may be someone else's; or it may be a combination. I'll explain how to tell the difference and strategically bolster positive emotions, so you don't shoulder negativity that doesn't belong to you.

This wasn't something I always knew how to do. Growing up, my girlfriends couldn't wait to hit the shopping malls and go to parties, the bigger the better - but I didn't share their excitement. I always felt overwhelmed, exhausted around large groups of people, though I was clueless why. "What's the matter with you?" friends would say, shooting me the weirdest looks. All I knew was that crowded places and I just didn't mix. I'd go there feeling just fine but leave nervous, depressed, or with some



horrible new ache or pain. Unsuspectingly, I was a gigantic sponge, absorbing the emotions of people around me.

With my patients, I've also seen how absorbing other people's emotions can trigger panic attacks, depression, food, sex and drug binges, and a plethora of physical symptoms that defy traditional medical diagnosis. The Centers for Disease Control and Prevention report that more than two million Americans suffer from chronic fatigue. It's likely that many of them are emotional sponges.

Here are some strategies from *Emotional Freedom* to practice. They will help you to stop absorbing other people's emotions.

### **Emotional Action Step: How to Stay Centered in a Stressful World**

To detach from other people's negative emotions:

- First, ask yourself: Is the feeling mine or someone else's? It could be both. If the emotion such as fear or anger is yours, gently confront what's causing it on your own or with professional help. If not, try to pinpoint the obvious generator. For instance, if you've just watched a comedy, yet you came home from the movie theater feeling blue, you may have incorporated the depression of the people sitting beside you; in close proximity, energy fields overlap. The same is true with going to a mall or packed concert.

- When possible, distance yourself from the suspected source. Move at least twenty feet away; see if you feel relief. Don't err on the side of not wanting to offend strangers. In a public place, don't hesitate to change seats if you feel a sense of depression imposing on you.

- For a few minutes, center yourself by concentrating on your breath: This connects you to your essence. Keep exhaling negativity, inhaling calm. This helps to ground yourself and purify fear or other difficult emotions. Visualize negativity as gray fog lifting from your body, and hope as golden

light entering. This can yield quick results.

- Negative emotions such as fear frequently lodge in your emotional center at the solar plexus. Place your palm there as you keep sending loving-kindness to that area to flush stress out. For longstanding depression or anxiety, use this method daily to strengthen this center. It's comforting and builds a sense of safety and optimism.

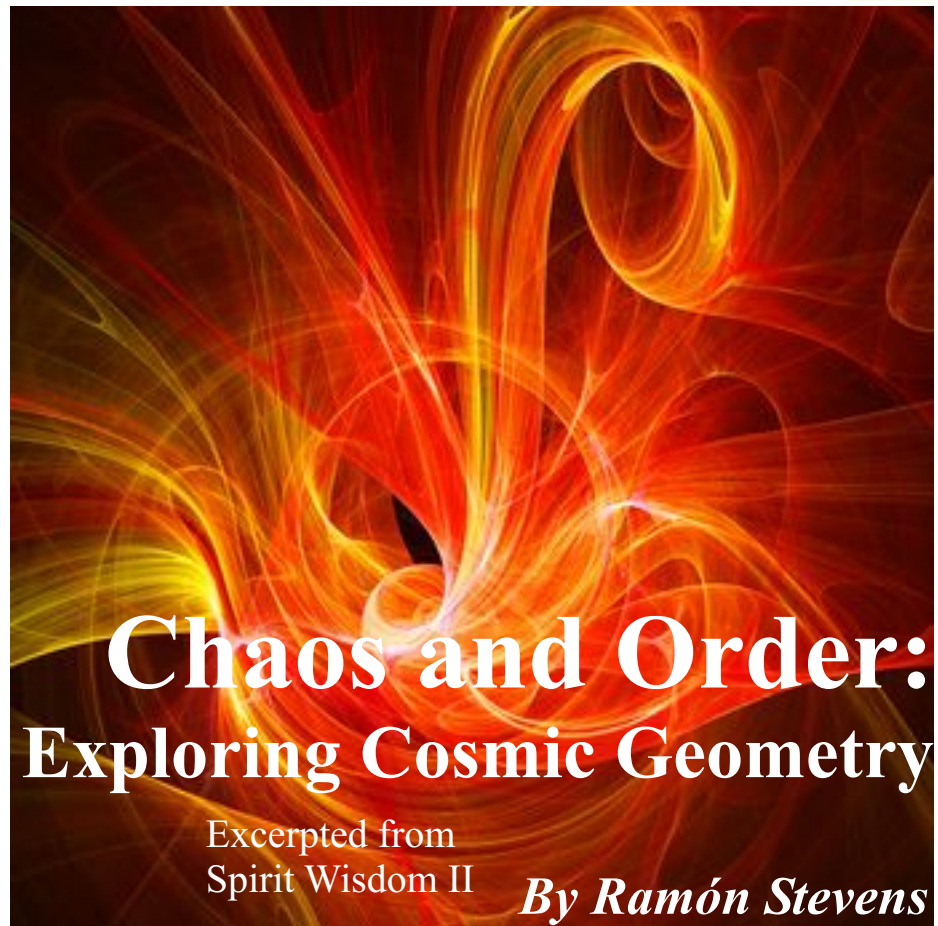
- Shield yourself. A handy form of protection many people use, including healers with trying patients, involves visualizing an envelope of white light (or any color you feel imparts power) around your entire body. Think of it as a shield that blocks out negativity or physical discomfort but allows what's positive to filter in.

- Look for positive people and situations. Call a friend who sees the good in others. Spend time with a colleague who affirms the bright side of things. Listen to hopeful people. Hear the faith they have in themselves and others. Also relish hopeful words, songs, and art forms. Hope is contagious and it will lift your mood.

Keep practicing these strategies. You don't have to reinvent the wheel each time you're on emotional overload. With strategies to cope, you can have quicker retorts to stressful situations, feel safer, and your sensitivities can blossom.

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*Judith Orloff M.D. is author of the new book 'Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life (Harmony Books, 2009.)' Her other bestsellers are 'Positive Energy,' 'Intuitive Healing', and 'Second Sight.' Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition and energy medicine.*



The universe is eternal and without beginning or end, in the sense that it was not ‘born’ and will not ‘die;’ these are anthropomorphic projections of your own mortality. Since ultimately all time is simultaneous, the universe has ‘always’ existed as a venue of activity for bodies of consciousness seeking to explore matter-based existence. Like any physical structure, the universe must be organized into coherent, stable, self-sustaining patterns which endure through time, while allowing sufficient flexibility so as to weather the likely events and fluctuations inherent in the system. Thus, the placement of celestial bodies is not random, but follows patterns and principles ensuring the



system’s stability and endurance.

### **The Cosmic Web**

There are two basic types of celestial body: energy-absorbing and energy-releasing. We might call the former ‘sponges’ and the latter ‘generators.’ All solid objects are sponges: planets, moons, asteroids, human beings, etc. They absorb energy from the cosmos in far greater proportion than they release it; they transmute cosmic and solar radiation into the building blocks of solid matter.

All energy-spewing bodies are generators: stars, for the most part, with an occasional exploding supernova or meteorite flaming to earth contributing fleeting energy bursts. Some generators are stable throughout millennia



while others are a brilliant flash in the pan. The ‘temperature’ of their radiation varies widely, as does the strength and consistency of their emissions (some steady and invariable, others explosive and random). All these factors influence the extent to which nearby objects can entrain with the generator’s energetic shower.

Because the fundamental principle of Nature is balance, the universe as a whole, and its many smaller regions, must maintain balance between sponges and generators. Thus it is no accident that your sun is surrounded by planets, some with their own balancing moons, as well as several asteroid belts. A star must always be balanced by encircling sponges which absorb and neutralize the star’s furious shower of radiation. A universe composed entirely of stars would soon vaporize. Each star’s radiation must be contained within its local area and not spew into the universe at large, there to overheat other regions.

If you could build a three-dimensional model of the solar system, including the planets’ gentle north-south rocking and their orbits around the sun, the relative positions of the planets and moons throughout the year, and the flow of solar radiation, you would observe a highly efficient and intricate system in which a generator is surrounded by a network of sponges which absorb and neutralize virtually all of the sun’s radiation. Each planet, given its distance from the sun, absorbs a certain range of energy emissions, and uses its rotation and (with some) its north-south rocking pattern, to prevent itself from being scorched to oblivion by the sun’s fierce heat.

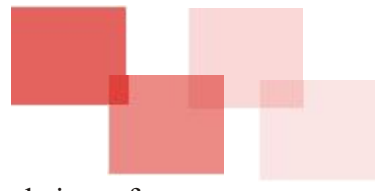
Most of the sun’s energy spews from its equatorial region, along the plane where the planets lie. Solar radiation flowing from the

poles tends to arc back toward the planets’ gravitational pull; and what little escapes this pull is easily absorbed by the meteors and cosmic debris swimming through the system, acting as a kind of ‘floating sponge blanket.’ By the far reaches of the solar system, an average of 99% of solar radiation will have been absorbed by planetary, lunar, and other sponges.

### **The Lunar Connection**

Earth’s central problem is that it is bombarded with solar radiation, which it absorbs primarily in its bodies of water, and this radiation must be ‘organized’ into fields of energy which can either be released to the atmosphere or dispersed through bedrock. The frenzy of solar radiation is such that the Earth’s crust cannot offer a countervailing influence sufficient to decelerate and organize it; for one thing, there isn’t enough crust to do the job; second, the crust is largely soil, which captures and absorbs energy less efficiently than rock. Left alone, this situation would lead inexorably to a dangerous rise in aquatic temperature, along with a fierce atmospheric electrical static precluding development of complex life forms.

Into this quandary rides the moon. The moon is solid bedrock, free of soil, with a virtually cold core (unlike Earth). Its function is to balance and organize the shower of solar radiation bombarding Earth. The rise and fall of the tides is like a great breath—inhale, exhale—as the moon helps arrange scattered solar radiation into coherent patterns. Since most such radiation is absorbed in bodies of water, here is where the moon’s effect is most apparent. The moon suffuses Earth with a steady rhythm of tension and release—inhale, exhale—as the solar frenzy is captured and tamed in its rhythmic lunar cadence.



This process allows solar radiation to be ‘cooled down’ to the point where Earth can effectively handle it. One of water’s greatest strengths is its ability to disperse radiation rapidly and in all directions, minimizing its potential danger to life. Earth’s crust pulses with a deep, steady rhythm, further slowing solar energy to rhythms compatible with life. What energy cannot be neutralized through water and bedrock is released to the atmosphere, where electrical storms flare without cease, dispersing highly charged energy with minimal risk to living beings.

The moon passes through a 28-day cycle of waxing and waning, during which it reflects lesser or greater solar energy onto Earth. In a sense, this reflected solar energy serves as an ‘attractor’ to solar radiation swimming within Earth’s seas, ‘beckoning’ solar energy to entrain to its patterns. Because those patterns are heavily weighted with the moon’s bedrock stability, solar radiation trapped in the Earth system is slowed and organized into quiescent, cohesive fields.

### **Chaos and Order**

Essentially, the entire universal system boils down to the tension between chaos and order. This is the fundamental dynamic of any physical system, and it not only pervades celestial bodies such as planets, solar systems, and galaxies, but is the root dynamic of every life form.

Within the solar system, and the larger universe of which it is a tiny corner, the tension between chaos and order plays out on a grand scale. The sun is chaos—a fierce, blazing shower of incendiary radiation. The planets and moons are order—stable in their sizes, their

orbits, and their cores, even as their surfaces play host to the eternal dynamic between chaos and order. The aim is balance: finding the proper mix of generators and sponges to ensure the system is continuously invigorated with fresh energy and yet stable enough to endure through time.

Planets and moons forge pathways of energetic communication across the solar system as a way of strengthening the sponges’ power to neutralize solar radiation. Basic geometric shapes are often employed—circles, squares, especially triangles—as a way of transmitting and dispersing solar energy. The shapes employed, and their relative sizes, change with the planets’ rotations, bathing Earth in a dynamic energetic ‘atmosphere.’ The essential meaning of the universe, then, is the dynamic interplay between chaos and order: finding the proper balance ensuring both stability and flexibility.

### **Cosmic Geometry**

When the astrologer-adepts of advanced societies turned their gaze skyward, they observed consistent patterns in the heavens which correlated with consistent patterns in human personality and events. One of the most readily observable patterns in the night sky, and one with apparently consistent effects on human life, was the complex energy matrices arising whenever celestial objects formed geometric patterns. The basic patterns are the line, the circle, the square (rectangle), and the triangle. Because the cosmos was perceived as an ocean of energy, its individual bodies were not accorded the importance they hold in popular astrology; rather, individual objects were seen to contribute characteristic ingredients to the greater cosmic soup. It is the soup, the blending



of discrete vibrational flows into a richer stew that impresses its patterns on all bodies within its sphere of influence.

The most basic relationship between bodies is the line, a simple flow between neighbors. The first factor defining a linear relationship is whether the flow is unidirectional or bidirectional. A unidirectional relationship almost always arises between a sponge and a generator: the sponge can only passively absorb the generator's fierce shower, offering but a thin vapor in response. The generator cannot perceive this slight responsive mist over its own cacophony. This is, indeed, the fundamental relationship in the universe: between an object generating energy and another absorbing that energy. A simple, one-way, straight line links these two objects.

Bidirectional relationships almost always arise between bodies of the same basic type: two generators or two sponges. It is rare for generators to share a strong two-way flow as the intervening sponges mop up most of their flow. At best, there might be a slight, regularly updated 'awareness' of each other, like receiving a Christmas letter from someone with whom you share no real emotional connection.

It is between sponges, which are far more numerous, that genuine two-way relationships can develop. Such relationships can be classified, first, as either coequal or dominant-submissive (now the connection to human life becomes clear!). Bodies of similar bulk and constitution emit energies of relatively equal intensity; while between bodies of different sizes, the larger dominates its 'submissive' partner, with a stronger flow of energy and gravitation. There is no real sense of power or domination involved here, simply the physical

fact that a larger body emits a stronger flow of energy and greater gravitational pull than a smaller one.

A linear relationship is further defined by the nature of energy exchanged: either sympathetic or discordant. Sympathetic bodies share a mutually stabilizing core vibration. When one suffers a temporary fluctuation or weakness, the other offers a 'helping hand' of restorative energy, pulling the weakened partner back to its native pattern. Discordant relationships are between bodies of markedly differing energetic qualities. The most obvious is between a sponge and a generator, but even among sponges the vast range of vibrational qualities ensures that some will clash and grate against each other.

Discordant relationships between sponges tend to weaken their energy fields. Particularly in relatively coequal relationships, where each gives as good as it gets, the constant bombardment by a foreign and discordant vibration forces protective measures which drain energy and stability. In a dominant-submissive relationship, the submissive partner suffers under the constant strain of trying to maintain its native energy under the ceaseless onslaught of inimical energies. Even the dominant partner suffers to some degree, as there is no reinforcing flow from the submissive partner: energy released is energy lost.

There are further refinements to relationships between sponges, but we will not delve into them here. The point is to recognize that the dynamic of 'order versus chaos,' which suffuses the universe and all its inhabitants, holds true for relationships between celestial bodies as well. A mutually reinforcing bond of common vibration strengthens and stabilizes both partners (order); while a discordant clash



of antagonistic energies weakens them (chaos). From here, more complex relationships among celestial bodies arise.

The next step up in complexity is the triangle. Here, three bodies join in a tridirectional flow of communication. Each body shares linear relations with the other two, while subtly aware of the flow between its partners. Complexity arises because the three bodies may not lie in the same plane. The rhythmic waves suffusing the universe are built in 'layers' of diverse qualities; bodies immersed in a given layer are imbued with its flavor. Thus, a triangle may contain three bodies lying in the same plane, two in one layer and the third in another, or all three in different layers. Communication across layers is more difficult than within a single layer; this complicates the original dynamic among the triangular partners.

As with linear relationships, triangles offer a spectrum of relationships, from the tight cohesion of three partners in the same layer sporting equal size and constitution; to the chaos of disparate partners in different layers engaged in an endless turmoil of dominance and submission. Here, two partners may 'gang up' to offer mutual reinforcement while besieging the third; or one (particularly if a generator) may dominate the others, while the two submissives transmit reinforcing energy to each other.

(We should note that we are projecting anthropomorphic qualities of personality onto nonhuman celestial bodies simply to ease your understanding. There is no real 'antagonism' or 'dominance' among celestial bodies; we are simply describing the nature of their energy flows in familiar terms.)

Squares offer still more complexity in that, in

addition to each body having linear relationships with two partners, there is a fourth partner with which a body has no direct contact. (Opposite partners could forge a direct linear bond, but then the 'square' would devolve into two triangles!) The residue of the fourth partner's influence on the other two bodies may insinuate into their flows, but only as a subtle side effect. A four-way relationship multiplies the possible combinations of relationship type: from four congruent, reinforcing bodies to a cacophony of dominance and submission.

The final elemental shape is the circle. Here again, partners could simply form linear flows between themselves, but there is a special strength derived from more complex constructions. A circle's energy can flow clockwise, counter-clockwise, or both directions simultaneously. Each body receives energy from its nearest sending body, flavors it with its own unique vibrational essence, and passes it along to its neighbor on the other side. Energy flows quickly and smoothly within a circle; a continuous rush of vibration. Circles are where the cosmos comes to dance.

Whatever the configuration among celestial bodies, the fields created among partners hum with the essence of their energies. The field inside a triangle racked by dominance and submission is choppy and unstable. The field inside a square of sympathetic partners is smooth and steady. The field inside a circle of blended sympathetic and discordant energies fluctuates dynamically between chaos and order.

Every celestial body is simultaneously engaged in many relationships. A given star, planet, or moon is a participant in linear, triangular, square, and circular relationships, all





at once. The entire universe is packed with three-dimensionally overlapping relationships forged among far-flung partners. Further, as the fields within each shape blend or clash with intersecting fields, the cosmic soup becomes ever more complex.

What does this great cosmic stew of overlapping planes, angles, and fields have to do with you? The answer is that you are simmering in the stew at this moment, have done so since conception, and your life is inescapably colored by the flavor of the cosmic energies in which you swim. Your body is not merely the flesh and bone your senses perceive, but carries larger energy fields which form the complete 'body.' Being of electromagnetic energy, these fields are exquisitely sensitive to the influence of other such fields. Even the distant relationships among stars and planets outside your solar system can be picked up in trace awareness, slight as their influence may be. And the dynamic, ever-fluctuating patterns and relationships forged among the partners within your solar system can carry significant effect indeed.

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[www.alexandermaterial.com](http://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.*



# Invitation To Project Abundance

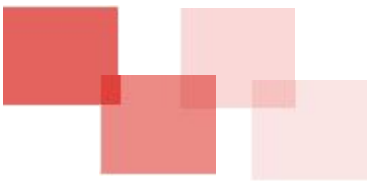
*By Divyaa Kummar*



I invite you all to join me in project Abundance! Be it material abundance or its quintessence - that something 'more' we all seek. For at its deepest, true abundance is a heart overflowing with the sweetness of life as it is; true wealth is contentment with all that you have...and are; true plentitude is in that old country song "Ah everyday should be like this!" And yes seeking 'more' is fine, indeed inherent in mankind but ironically this 'more' comes to you when its starting point stems from an inner fullness rather than from feelings of lack and need.

You may well question this catch 22 position; it

may well appear the chicken or egg situation - how to start from abundance when it is what you seek! Sign up thus for project abundance as through the next few months it will offer you precious nuggets towards material success, enhanced relationships, peace of mind, joy and whatever makes 'you' the unique individual feel 'rich' - within and out. Like any good project it will help you better understand your raw material - energy; it will help you appreciate your bosses - your feelings, thoughts and beliefs; it will take you into the very operating centre called the universe and also give you a glimpse into the systems in place - karma, destiny, freewill; and in that it will help you create a better final product - life, beautiful life!



Let's start with the paradox that abundance is what leads to abundance! And be comforted that this starting point refers to an inner wealth easy to come by, simply through awareness!

So today let's become aware that abundance in all its aspects is our birthright! Yes, allow this to deeply fill you; rest in this sacred grove; feel its very richness permeate and wash away any feelings of scarcity and paucity of spirit that may reside within. ***For today's golden key of awareness is in this knowing that we are born to enjoy all that fulfills each of us individually.*** Know that as creators each, we plan our so called 'destiny' with complete free will towards this exploration; we encode into it all that is required for us to learn, grow and touch fulfillment in personal ways. Know that if you desire something, it can be yours for you encode desires into your life as triggers towards their experience! Allow this awareness to dissolve the core stumbling block, that lurking belief, that life means problems and pain and having it all is an impossible ideal. Move into its deep gnosis that you choose your time of birth as that perfect entry point into what you wish to experience; you fashion a birth environment as that perfect soil, whether seemingly arid or fertile, from which the unique plant 'you' can best rise; you become a part of existence and existence looks after itself in myriad ways!

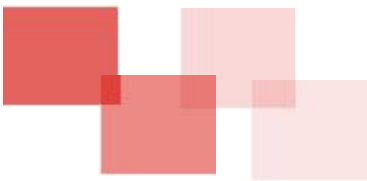
This knowing; this awareness; this recognition is that abundant starting point that begets likewise! It is not a catch 22 but a coup d'état! A fait accompli! In analogy, conjure yourself in a wondrous game shop encouraging you to create your very own product. View yourself putting together that 'purrfect' jigsaw puzzle - every piece you wish to explore and experience crafted to fit in with one another, building the wonderful larger picture! Tap into your excitement as you leave the shop reveling in the joy that awaits you; not wanting the puzzle already done! Yes there are moments of anxiety and times when the pieces don't fit, but you rest in the knowing that its fulfillment is inherent within; you can see it clearly on the cover of your box; you start from

fullness and in that you enjoy the abundance of putting it all together!

### **THE TREASURE OF ALL TREASURES - SACRED AWARENESS**

Fulfillment is a mighty magnet drawing to it even more to be fulfilled about! And project abundance, having used its golden keys of awareness to turn that 'catch 22' into a win-win starting point, once again throws open its vault of sacred knowledge towards whatever makes you personally feel plentiful - be it material success, family, friends or God if you so choose! ***So draw from it the precious seed of all abundance, that kernel, which imparts that 'The Unmanifest - Spirit, God or Consciousness - is part of the manifest material world.'*** Yes, dwell on this nugget for a while for only in embracing its truth can you truly welcome living abundantly! Become aware that the 'physical' is not separate from the 'spiritual;' know that matter is consciousness experiencing itself at different frequencies; recognize that God as 'All That Is,' literally pervades all that is more tangibly around you too.

Indeed this recognition itself helps you move away from another deeply rooted, almost primal stumbling block to enjoying plenitude, for that part of you, which still views the physical world as separate and 'less than' its Godly counterpart is what paradoxically separates you from the tangible bounty and munificence of spirit! If you find yourself subliminally justifying your physical needs and desires; if you sense a nagging guilt in its pleasures; if you feel the treasures of comfort and luxury take you away from the Divine; if you believe Divinity cannot be experienced amidst the physically oriented day-to-day world but only beyond it, then use today's key of awareness to dissolve this hidden hurdle to both abundant living and its wholesome Divine experience! For indeed the hallmark of true spirituality is when the physical and the spiritual aspects of life are not viewed as two disparate parts in conflict with one another but as one sacred whole.



Let Rumi's words take you beyond words! Read not these as expressions off a printed page but listen to them deep in your heart as he mystically murmurs over time and space: “Whenever you come across a beautiful object, it is God saying “Ah you found me”!” Allow this to awaken your soul memory and remember that God is the unmanifest centre of all that is manifest! You cannot reject the physical world without rejecting its very core - spirit; and if you embrace everything around you as the Divine choosing to experience Itself, you enter into true worship; into sacred and abundant living; into your life's wholesome reason to be. So come beloveds and discover the unmanifest that imbues all that is manifest; view how 'this' world and 'That' world are synonymous; choose not one or the other but the whole; recognize that within the flower is pure spirit and realize that within all that you see, taste, touch or hear is pure consciousness; know that nothing in your physical world, none of its myriad forms, be it nature's flora and fauna or mankind's material world are separate from the spirit that chooses to be them.

**Project Abundance unfurls thus the many steps towards being a true devotee to the bounteous Self. So start, yes, with reverence to God 'up there' in Heaven; allow 'Him' to come closer and dwell within; and even as you rest in this sacred grove, allow 'Her' to extend into everything. And in this all-encompassing devotion, as you hold nothing separate from you; all that 'you' choose can be yours. For at the deepest levels, you only choose what spirit wills to experience through you! You are only the chalice towards Divine fulfillment. How can you not overflow with this?**

**Tap into this gnosis that consciousness itself, as project abundance, brings to 'you.'**

### **THE GNOSIS OF BLISS!**

Let's start today's project work with a joke - a befitting chapter for Project Abundance! A young monk who has been assigned to study the monastery's original archives comes rushing out in

consternation; and when questioned by the head abbot, he literally rolls his 'r's to exclaim “The R...all along the 'R' has been forgotten... everyone forgot the 'R'! The word in the original document is celebRate- not celibate.” And yes this sums up our third key of awareness: Life is a celebration! This is the life-affirmative approach of project abundance: the approach of the aesthetic instead of an ascetic; the stand of a lover rather than a renunciate; the prayer of rejoicing in the Divine all around you in day-to-day ways rather than somber entreaties towards some inexplicable goal!

Thus today, project abundance speaks to you of the glory and splendor of creation; it describes existence as the joyful exploration of Divine abundance; it asks you to revel and revere, not renounce your participation ; it invites you to enter wholly into whatever aspect of it you have chosen to experience for the whole;. Look around you, your current life is the canvas to paint on what only you can of this infinite richness! In homage to this Divine purpose to exist, enter purposefully into the present moment and enjoy all that makes up your day to day life! *Use today's key of awareness to know that through the totality of a life fully embraced do you rise to its finer expression; not through escape from all it offers!* Pleasure, happiness and joy are all steps to bliss, which pervades existence as its very backdrop or reason to be! Pleasure is experienced in the body through its five senses; happiness through what pleases the mind; joy fills the heart and soul... and just as any stairway gradually takes you higher, you do easily and naturally enter the bliss of pure beingness - you renounce but do not alienate; you become ascetic but not austere; you transcend yet remain at the very epicenter of your life and its bounty!

Abundance is your very nature and not something to acquire but simply rest into; and as you remove the blocks within (rather than fret how to address them outside) you open for the first time to its constant flow and it pours forth from you. Witness it all around then - the multitude of



sparkling stars, the rich velvet sky, the overflowing rivers and profusion of flowers. View it in more personal ways too - the varied relationships and myriad experiences; all that makes up your comfort zones and all that makes up the pure potential of the unknown; your skills and strengths and yes, those challenges that lead you ever more to new heights. Feel it indeed in the constant unflagging heartbeat and the breaths full of infinite life force! Participate in the joy and wonder of life's richness and watch as it waltzes merrily with you! Seek not to know as much as to enjoy the Divine all around! Make your feel good factors your inner guidance system! Your inner joy is your measure of true abundance!

Once again, use words to go beyond them... catch their wordless essence as mystics through the ages murmur:

*Love and goodness and joy - these are the attributes of the Light and the only true reality. The rest is illusionary. - Yehuda.*

*Laughter is timeless, imagination has no age, and dreams are forever fulfilled. - Walt Disney*

*Whatsoever feels good is good, whatsoever feels beautiful is beautiful, and whatsoever makes you joyful, delighted is truth. Let that be your only criterion. - Osho*

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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.*



# Joslyn Road

*By Marlene Buffa*

“Just say 'Joslyn Road,’” the little voice inside me beckoned as I sat across from my friend Julie. So, I blurted out “Joslyn Road” and she looked at me and said “How did you know?” I responded I didn't know anything, but that street name popped in my head for no apparent reason. It turned out, Julie was working with a group of people attempting to find a missing person they feared dead. She and I met for lunch and weren't discussing the matter at all, when the notion came to me.



“What about Joslyn Road. Where?” she continued.

I told her what I saw. “On the back side of the hill, about 3 miles east of the freeway, you'll find his body, half buried in mud due to the recent storm.”

She looked across the table from me, in awe and whispered, “That's where we've been looking.”

Since about three years old, things like this happened to me. I'd talk to my Grandmother in Latin, at age 3 or 4, and she'd look at me strangely. I chided her, “Mama, don't you remember when we



were here last time - you wore those long white robes and I had those funny shoes on?" Both my mother and Grandmother dismissed this as childhood imagination, but I never forgot. Over the years, more things happened and I learned to accept that unseen things were as real as the concrete world we live in.

In my twenties, I confided in a friend, a Wiccan, who taught me to read auras and eventually allow my mind to see ghosts as they walk among us. I began with the limited ability of seeing a pool of energy, much like the wavy heat emitting from your car's gas tank, and graduated to seeing and communicating with them fully where they stand, wanting to be heard.

The most important skill to master, after the discovery of these abilities, was to surround myself with love and put up a 'force field' of protection.

In 2002, I vacationed in New Orleans and awoke from a glorious dream. "I have to write this into a book, and then it will become a movie or TV show," I said out loud to myself. To this day, I see that dream as clearly as that foggy morning in the Big Easy. Since then, I've grown more spiritually aware and learned to surrender to the Infinite to allow all good things to flow into my life.

I wrote the manuscript, 'Soul Connections' a few years ago and last summer, I completed the first draft. Being open to Spirit, I allowed what happened next, to flow into my life. I continue to enjoy the 'coincidences' this project brings forth and look forward to a long and successful relay of messages from my other-worldly friends.

I attended a presentation by Dannion Brinkley in Sedona, Arizona. So happy to arrive early and get an aisle seat, I made friends and eventually exchanged contact information with the woman to my left. Before he began speaking, the facility people set up folding chairs along the aisles, and I gained a neighbor to my right. Not at all happy with this, my mind started chattering at the inconvenience, and filled my present moment with noise. Finally, I took

a deep breath, and allowed the still-small voice within to say, "Listen to what she has to teach you."

Arguing with the voice, I continued fussing about no longer having the aisle seat, when the tone got louder and more forceful. "LISTEN TO WHAT SHE HAS TO TEACH YOU!" Ok. That got my attention.

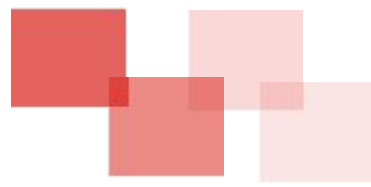
After the lengthy and enjoyable presentation (including a visit from a woman who was eventually removed by the police), Dannion took questions. When I asked him about my manuscript, he gave me some practical advice about solicitation letters, encouraging me to not give up. The dear woman to my right, tapped me on the arm and asked if I'd heard of a certain new age publishing company. "Yes!" I responded. "But that publisher won't take unsolicited manuscripts. Believe me, I checked." She patted me again, this time with her business card, and said "They will if I hand it to them, dear. I'm friends with everyone there."

I took a deep breath. Lesson learned.

She and I, along with her husband and one other woman, had Thai food for dinner. During dinner, my neighbor gave me a few more leads to follow up. I consulted an Astrologer she recommended who, after a session, read my manuscript and loved it. She referred me to a Heather Hale, a multi-Emmy winning screenwriter, who also loved it! God tumbled in with one connection after another, culminating in a cast and crew of 30 people, all renowned in the film industry.

In mid-August, we're filming a TV Pilot Premise! Every person attached to this project is here because of their strong sense of affinity and belief in the work, and the message it conveys to the world.

Our multi-Emmy winning cast (and crew) consists of Eileen Grubba as the lead, Carmen Argenziano as the surly Editor, Kelly Galindo as our diva-ghost, Barbara Bain as the Mother-In-Law and more.



The theme of each episode of 'Ghost Writer' is to forgive and move on, told from the perspective of a guest-star ghost, stuck in time. In addition, a parallel spiritual lesson is revealed from the storyline characters, indicating personal breakthroughs learned from the encounter. We hope to visit all 50 states, telling history and promoting spirituality in a different location in each week's episode.

The theme of my afternoon in Sedona was to forgive and move on, too. I was stuck in the moment, and as soon as I took a deep breath and listened to what the Infinite told me, my entire life changed.

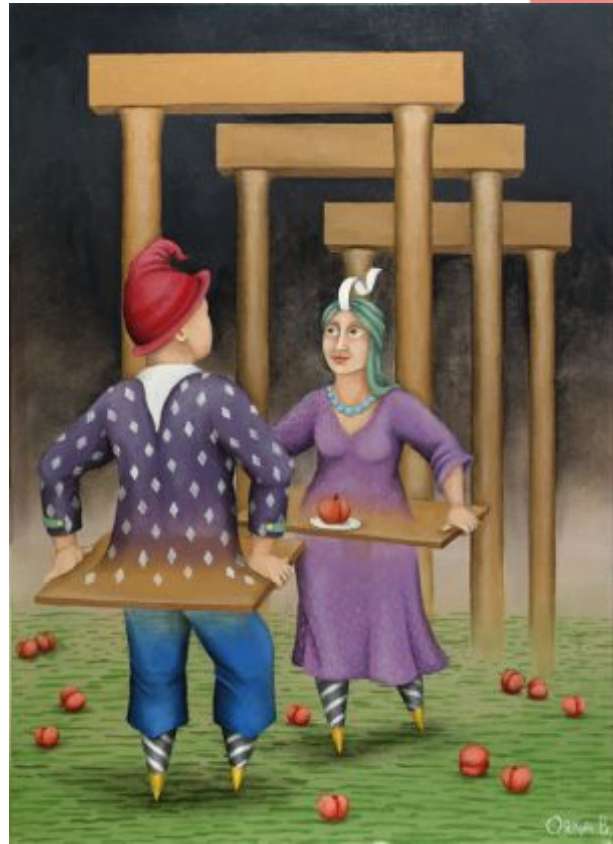
Stay tuned - Spirit isn't done with me, yet!

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[www.ghostwriterseries.com](http://www.ghostwriterseries.com)

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





Changing Guards By Orna Ben-Shoshan

# The Spiritual Romance

## Soul-Mating according to the Kabbalah

*By Orna Ben-Shoshan*



*Relationship and marriage, according to the Kabbalah, must be based on spirituality. The connection between two people starts with their mutual desire to discover the spiritual realm and actualize the purpose of creation. Here is the philosophy behind love and Marriage, and some interesting ethnicity.*

The Kabbalah is the “Secret Wisdom” - the occult/mystical aspect of Judaism. Its major motive is to shed a light on the unseen workings of the universe. According to ancient writings, the wisdom of the Kabbalah was given to Adam by Raziel, the angel, after the deportation from Paradise. A deep

study of the Kabbalah can help humans understand the mysteries of existence which are unsolved by modern science, therefore it is related to the scope beyond physics: the metaphysics.

In our search of a most substantial zone in human life - love and romance, we should distinguish between the theoretical (philosophical) aspects and the practical (applicable) aspects of the Kabbalah.

### **Marriage as a Spiritual Partnership**

The bond between husband and wife is seen by the Kabbalah as spiritual. Marriage gives the couple a framework for spiritual development, which they could not achieve as single individuals. An interrelationship between two souls who thrive to reach the higher realms becomes a powerful vessel



that fortifies the reparation process. A spiritually compatible couple is one of the most powerful forces in the universe that no other force can quell.

Each individual thrives to achieve the highest possible spiritual level during a lifetime. The Kabbalah teaches us that any marriage, which is empty of spirituality might harm both sides and create misery and failure to reach the purpose of rectification.

A common phrase in traditional Judaism says that “A man that does not have a wife is not a whole man” and: “A man who does not have a wife lives without joy, blessings, goodness and peace.” A married couple whose marriage is loving and compassionate, have the light of the Divine shining over them.

### **Masculinity and Femininity**

The masculine aspect is seen by the spiritual world as the affecting, influencing and 'inspiring' side, whose purpose is to strengthen the spiritual structure. The feminine aspect is the passive or 'receiving' side whose purpose is to be receptive to the masculine side.

Although both feminine and masculine souls are expected to do their spiritual work in physical life, the masculine soul has a longer way to go: According to traditional Judaism, the man's role in the physical world is to observe religious rules, study the Torah, build a family and maintain it financially, and on top of that complete his spiritual reform. On the other hand, a woman is not obligated to soul search and reclamation. According to the religious principles, she has to follow all the commandments, but her spiritual repair is a passive one. One of her duties is to assist the man with his spiritual amendment. The feminine energy is more balanced and steady than the masculine. A woman has a better ability to give, carry new life inside her, and contain. As her 'vessel' is larger than the man's, the amount of light she is capable of absorbing is larger. This enables the woman to connect with

spirituality and the Divine much more directly than a man.

An interesting theory says that some women were reincarnated even though their spiritual revision was completed, and the only reason for their return is to assist a man on his journey.

### **Consecration with a ring**

The custom of ring consecration at the marriage ceremony started as a simple gesture of exchanging gifts, and developed along generations to a tool of sacred covenant. The shape of the ring has a substantial connection to the essence of marriage: A round shape is eternal - and has no beginning and no end. This comes to remind of the eternal force of the Divine that surrounds the world.

### **The two Halves**

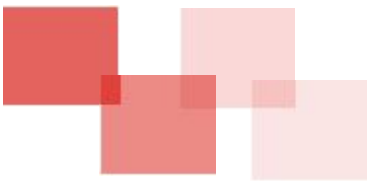
From Summons it is known that male and female were created together as their two bodies were connected at the backs. There is no energetic connection and no interrelation between them until they disconnect and turn face to face.

Rabbi Shimon said that a union of male and female is called 'Oneness' because a male without a female is considered as 'half person.' A man and a woman are considered by the Kabbalah as one soul that its two halves were enrobed in two physical bodies. Only when the two halves are connected, they become 'one' complete soul.

And so it happens by the will of God, that from the moment of birth until the moment of union, the two halves of the soul are departed and remote from each other. Sometimes the distance is large and the two halves are oceans and continents apart. At the moment of union, they become one essence.

### **The Primary Yearning to Unite**

In the spiritual realm, a soul exists as an integral part of the eternal light - it is “pairing with the Divine.” The complete merge within the light gives it the utmost pleasure and satisfaction. As the



spiritual realm reflects in the physical realm, this complete unity manifests in our world in the form of sexual union. Sexuality is one of the strongest desires on earth, the root of all desires. When a soul is reincarnated in the physical world, it still has a 'memory' of the total union with the Divine. Therefore we can annotate the sexual desire as a preliminary spiritual desire.

According to the Kabbalah, each soul has twelve options to unite when it comes into the physical world: Three options are blessed cosmic unions, based on spiritual attraction. Five options of unity are called 'Divine Matches' - that's where you can find most married couples. The most difficult unions are the four Karmatic versions, which are based on unfinished issues from previous lives and the existence of cosmic 'contracts' between two souls. The potential to repair knotty relations from past lives and reach harmony and peace in the present lifetime is the greatest challenge of such unions.

### **Blockages and restrictions**

Each human soul has a designated soul to unite with in the physical realm. However, a person might sometimes refuse the ordained spouse that was matched to him by the Divine and miss the opportunity to unite. Since everything is under the supervision of God, an alternative mate will be found for him that would fit with his present situation. Therefore, a person should never despair because the graceful God is always watching to guarantee his fulfillment.

In some cases, finding 'the right one' can be a lingering and frustrating journey. The 'Practical Kabbalah' sees it as a blockage in luck and the reason for it can be evaluated in several methods. Looking into the sacred Zohar can sometimes give answers to such problems. A given name may cause a person's luck to be restricted or even cases of casting the evil eye.

### **The Applied Wisdom**

The *Practical Kabbalah*, applies the knowledge

of using names and sacred letter combinations. It has a potential to solve problematic delays and setbacks that block the realization of marriage. It is believed that the same way that God can cure illness, it can also help to remove restrictions and barriers that stand in the way to fulfillment. A little step done by a practical Kabbalist can open the doors to luck in romance and relationships.

*Practical Kabbalah* is the application of Kabbalistic principles in everyday life. Its principle is to connect matter and the Divine to achieve tangible results. It includes Kabbalistic medicine, reincarnation and destiny analysis with the Zohar, the usage of charms and amulets, healing and communicating with angels, special prayers and even palmistry. As long as the application of Kabbalistic principles is done purely, it can generate positive changes in a person's life. The Kabbalah forbids any act of manipulation, and encourages the preservation of an individual's free choice. It is only allowed as long as the practice does not contradict the laws of nature, and refrain from black magic.

In many cultures, the issue of mating has always been taken very seriously. Finding the right spouse was not the concern of a single man or woman alone, but involved the whole community. Jews who lived in the Diasporas have combined the wisdom of *Practical Kabbalah* together with local pagan traditions in order to assist singles in finding a match and building a family.

### **Virtues and Rituals:**

The Kabbalistic expert had a prominent position in the archaic community and was the authority to turn to for help. The expert would write sacred scripts on parchment, using powerful ancient symbols, wrapping them together with seeds or plants to carry around as talismans. Some of the practical knowledge of the Kabbalah was passed inside families and evolved along the generations. Many virtues and rituals were applied to help young people who reached the age of marriage, and are still in vast use today. Here are a few examples:

One way for a desperate young woman to visualize her future husband, was by looking into a bowl filled with water and oil. Amulets made of metal, feathers, plants and scripts of letter combinations were prepared for single people to carry on their bodies until the right match is found. Potions made of red fruits mixed with a few drops of blood were used to attract the love of a man or a woman. Using hairs or nails of a desired person and burying them in the ground next to their doorstep, whispering spells at the night of a full moon, writing and applying substances over a picture of a desired person, and so on. Parents were instructed to implement special rituals to induce the process of mating for their children. The right timing was always essential for the success of these rituals, and as you can see, many of them were not manipulation-free at all.

### Finding your Soul Mate

The major factor that a man or a woman should consider when coming to choose a spouse is the spiritual chemistry. According to the Kabbalah, matching between two souls should be done by conscious choice. Therefore, it is essential to find a

mate who will be supportive of your spiritual development. Each side in the union should observe the other as a free spirit who came to earth to fulfill a purpose, and no one may restrict the other. A spouse should act as a ladder for the other person in which he/she can climb to higher realms. This will ensure a happy marriage and all the rest will take care of itself.

Blessed Be.

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*Artist Orna Ben-Shoshan conceives the images she paints through channeling. All of her paintings are completed in her mind before she transfers them onto the canvas. Her metaphysical work infuses deep spiritual experience with subtle humor. She has been an autodidact artist for the past 30 years. Her artwork was exhibited in numerous locations in the USA, Europe and Israel. Her Major motivation as a visual artist is to share her visions with others to expand their consciousness and inspire new ways of thinking.*

## INTEGRAL CONSULTANCY SERVICES



Prabhath P is currently evolving Integral Gaia Yoga, which aims for individual and collective Enlightenment. Prabhath offers integral intuitive readings to help individuals manifest their infinite potential and create their own personal, professional and spiritual destiny.

Integral intuitive advice helps you to expand your consciousness and evolve your life in tune with your inner intuition and your life's purpose on Earth in co-creation with fellow beings.

Please indicate any questions you have and the areas of life you want the intuitive reading to focus on.

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

Contact: [prabhath77@yahoo.com](mailto:prabhath77@yahoo.com)

[www.envisionearth.net](http://www.envisionearth.net)

# Spiritual Poem

## Goddess Rising

While the rest of her world is totally asleep  
She lifts the skirt of Dawn to rise from the deep  
Fully awakened, she gently nudges the unborn awake  
Totally ready for the contractions as Earth begins to quake

She is the Goddess within your wall  
Pretty soon she will make her call  
She is not out to change the universe  
Only to help us to become more diverse

Ancient cultures worshipped her femininity  
But modern religions took away her divinity  
The world soon favored the patriarch  
Forever alienating the sacred matriarch

Wholeness in the form of yin and yang  
That got ripped apart by karmic ignorance  
The table will return to the Goddess for balance  
Worshiping only Fathers, fosters imbalance

She has gathered up courage to lift the cosmic veil  
No longer will she be locked away in a mental jail  
Her poetry is no longer filled with poignancy  
But radiating with joy and hope and buoyancy

So make way for masculine and feminine integration  
Time to reflect and embrace the reconnection  
Once again, the golden age will reign  
For the Feminine side of God is rising again

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# Your Spiritual Revolution Course

Life Transformation using Common Sense Practical Spiritual Science



## Be Ready for Miracles!

Truth - Teaching - Tools - Technology - Transformation

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



### What you will explore...

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

### Objectives of YSR course

- Your Spiritual **Revolution**
- Significant improvement in your **physical health**
- Significant improvement in your **emotional health**
- Significant improvement in **financial condition**
- Significant improvement in your **intelligence**
- Significant improvement in your **relationships**
- Aligning your thoughts & activities with **life goal**
- Love, peace, happiness and **abundance** in your life
- Development of **divine ego**
- Development of dormant **psychic abilities**
- **Lucid dreaming & astral travel**
- Aura viewing, **time travel**
- **Healing** self and others
- Communication with your **higher self**
- **Truth** - seeking & understanding
- **Living** the Truth

## YSR Course Module 1 is Free!

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YSR course emphasizes on fundamental cosmic laws and uses thought-provoking questions to restructure your belief system, thereby bringing positive changes in all aspects of your life!

YSR Course will be conducted by **Amitt Parikh** - Executive Editor of Your Spiritual Revolution eMag, founder of Spiritual Science & Research Foundation. He is an author, poet, mystic, IT consultant, translator, and a professional trainer. For questions and free guidance related to YSR Module 1, please **email** [amitt.parikh@gmail.com](mailto:amitt.parikh@gmail.com) with subject line 'YSR Module 1 Guidance'.

Health, wealth, peace, happiness, satisfaction, truth... Aren't these the very 'things' you are trying to achieve out there? YSR Course will help you remember them all in abundance, by guiding you to your true Master - your true Self!