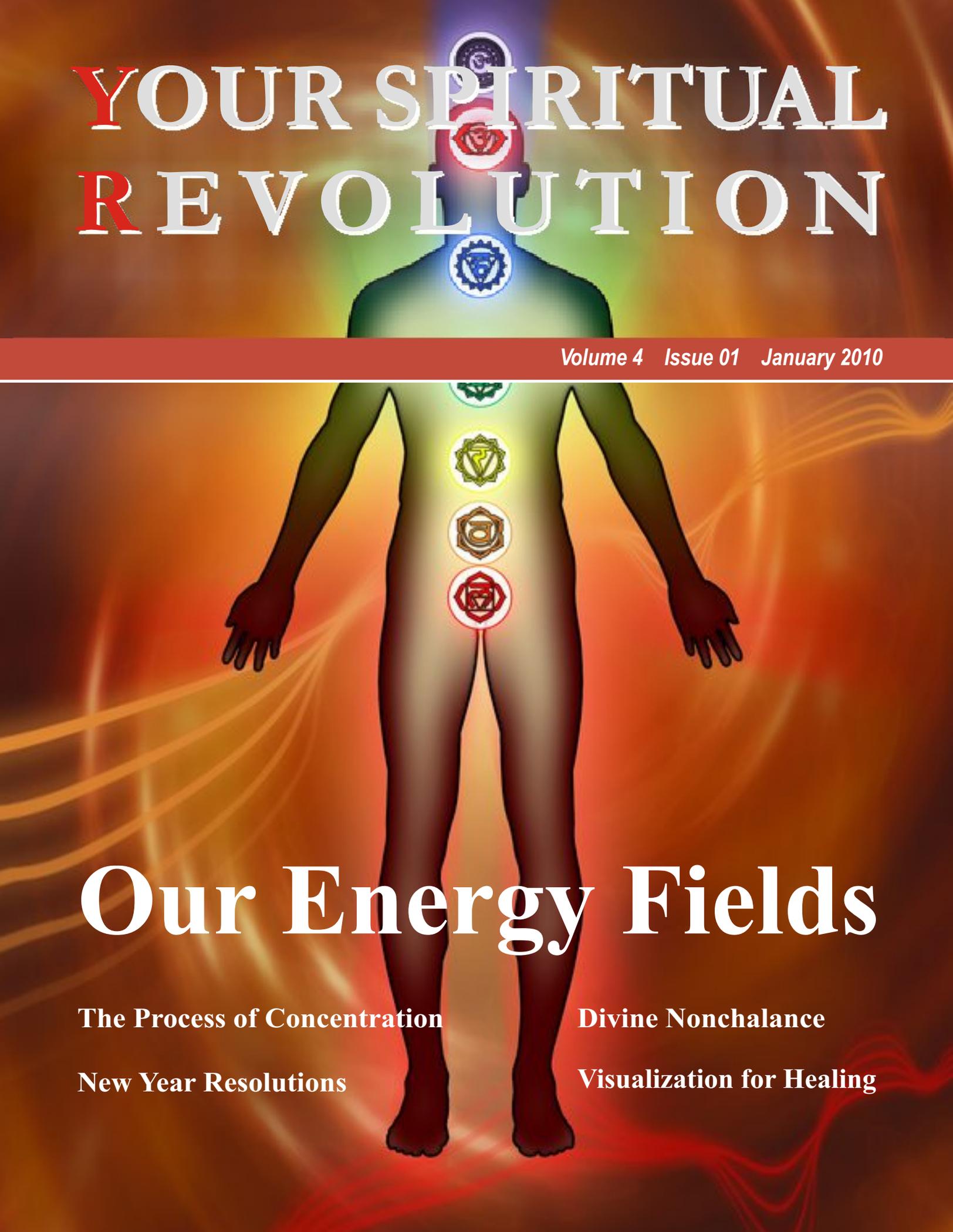


# YOUR SPIRITUAL REVOLUTION



Volume 4 Issue 01 January 2010

## Our Energy Fields

The Process of Concentration

Divine Nonchalance

New Year Resolutions

Visualization for Healing



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**Message From The Editor**

Happy New Year to the readers!

In this first issue of 2010, the cover story is a channeling that offers a unique perspective on our energy fields and their expansion. The channeling points out that the energy



field is not like a shapeless ocean of energy within and around you. The energy fields are like coiled springs around you. The expansion of the energy fields is vertical like a coil that is gradually opened up. The nature and colours of the etheric, mental and emotional coils of energy are explained.

Other topics explored in this issue are the discovery of 'soulmerging' as a heart opening beyond current belief, the importance of taking a dip in the ocean of spirituality rather than shrinking away, how the habit of making New Year resolutions becomes a way of cheating ourselves, how to grow spiritually and how to move from intellectual understanding to it being our experience, the process of concentration, visualization for healing, and thinning down in the New Year. There is also an inspiring spiritual poem.

Love and Light,

Prabhath P

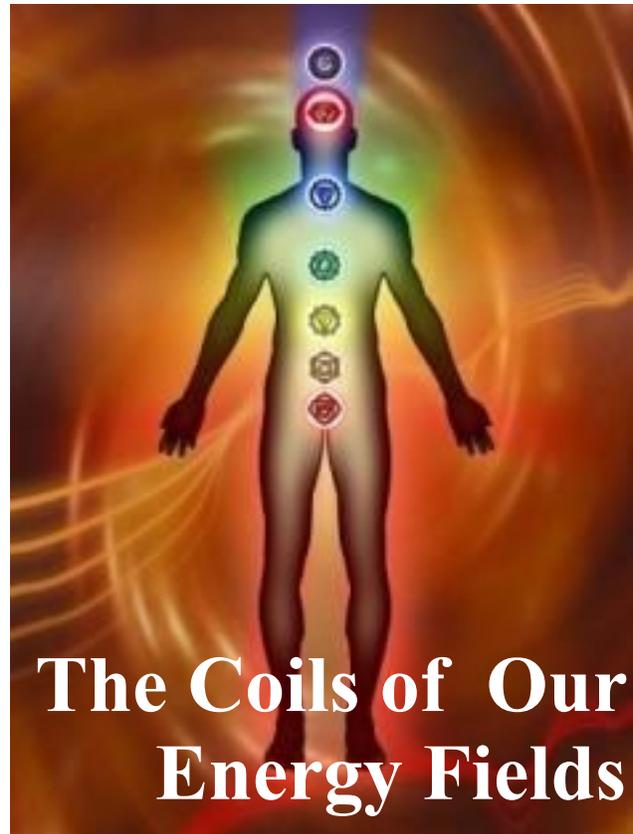
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## The Coils of Our Energy Fields

*Channeling by Ellaenah*

Often you have spoken of energy fields expanding. Today, let us understand how these expansions take place.



Firstly, let us set right one aspect of the energy field that has not been understood. The energy field is not like a shapeless ocean of energy within and around you. The energy bodies are like coiled springs around you. Visualize a spring. Its circular movements go around your physical body. There are several such springs around you: each spring having a different vibratory tone, a different colour, a different texture, and most certainly, a different purpose. Of these springs, today, we will speak of only the first three.

The first, the closest spring to your physical body being that which you have called the auric field or

the etheric energy field, the second being the emotional field and the third being the mental field. All of these are coiled springs of energy around you.

When you talk of expansion, the expansion is not as much outwards as it is upwards, not as much horizontal as it is vertical; much like a coil that is gradually opened up. This coil can be opened up infinitely.

Why does this coil open up vertically more than horizontally? The reason is that as your physical energy vibrations shift, as they get finer, the energy that you release from your crown chakra, and the energy that you take in from the crown chakra, goes to and comes from higher realms of energy that surround you and the Earth. In that sense, what takes place is that the chakras that lie above the crown chakra drop down into your living beingness, so that you function from a higher system.

The chakric system which, you were born with is certainly not the chakric system that you have now. As soon as the chakric system moves downwards, retracting back into Mother Earth, and the higher chakric system comes down to take its place, the energy coil opens up further in order to accommodate the energies from the crown chakra and to the crown chakra, which now reaches into higher realms.

With every shifting down of the chakric system, the tube between the crown chakra and the source of energy, which the crown chakra reaches towards, becomes longer, for it now reaches into higher, more refined realms of energy. The coils of energy, which are your etheric, emotional and mental fields, must therefore rise accordingly. Of course, as greater vibratory levels are reached, the coils also open out outwards, for the sheer volume of energies that you will now attract to yourself will be tremendous. This is a secondary effect.

Now let us describe these coils of energies that lie around you. Each energy coil is different and yet, they all lie around you, crossing paths at many points. Where your etheric, emotional and mental coils cross paths, is what you have determined as chakras, the coming together of all the energy systems. Thus every chakra that you have within you, around you, is composed of the etheric coil, the emotional coil and the mental coil.

We are only discussing three today, but there are several such coils moving beyond the mental. For example: the supra-mental, the supra-conscious. Where all the coils meet, a surge of energy takes place.

You have often been taught to meditate on all your chakras. But we tell you today that if you meditate on one chakra with the fullness of spirit focus, you are able to reach the energy coils of all the fields. Which one chakra you meditate upon is truly immaterial, for the choice remains with you and what you feel is appropriate for you at the time. You are already aware that chakras have differing

functions, colours, tones and so on. What determines the functioning of the chakra? What determines its speed, its colour? Its tone?

The determining factor is the crossing of the coils. In some, the mental energy coil might lie atop the emotional energy coil and in another the mental energy coil might lie atop the etheric energy coil. This composition becomes unique and it changes the functionality of the energy wheel thus created.

Now let us describe the coil that determines the etheric energy field. We are going to give you pictorial representations, so that the intelligent mind can better grasp that which is intangible. Consider the etheric energy coil as 10 strands of spring, joined together. 10 strands become that much thicker, but also that much less elastic. The less elastic it is, the slower is the movement of energy in that coil. You have called this slower movement as 'denser energy'. This is the closest to your physical energy. The more finely tuned your physical energy structure, the finer will be the etheric coil.

This etheric coil contains all the colours that are present in your physical world. Please bear with us for we are going to take you to colours, which you are not aware of. All colours that are present in your physical world, whether you have given them names or not, whether your eyesight can recognize them or not, will be entwined in your etheric energy body. These colours help you tremendously, for though you may not know this, healing of your physical body takes place constantly, consistently and even when you are not aware of it. It takes place through the colours that you automatically expose yourselves to. No, beloveds, not only through what you wear personally, but to what others wear around you. Though you may feel that you have no control over what others wear, haven't you noticed how sometimes you enter a room and everyone is wearing a certain colour? Because you, as well as the others, have chosen, that colour for a reason.

You might also notice that sometimes the colours around you determine your emotional response.

When you really need the green light of physical healing, there will be those around you who will wear green, facilitating their purpose and your own. Colour healing takes place, very often, without your conscious volition because the colours are held in your etheric coil spring. When the physical is in disease or in imbalance, the etheric coil will know instantly which colour, colours or mixture and blend of colours is required for the healing and instantly a message is sent along the etheric wire, which goes to all those whom you will meet on that day, but which you, as an intelligent being, may not yet be aware of.

This, beloveds, is telepathic communication. It is sending a wired message to all instantly, for the human body is built to be balanced. It is not built to be in dis-ease. Its natural movement is always towards perfect health. And perfect health, beloveds, can sometimes mean, what you have considered, a fat physical body. Not everyone who is fat is unhealthy. You are all conditioned to think that fat is unhealthy and fat is ugly and this is not true. Depending upon your physical energy structure, you may require more fat than another and by going on diets and strict exercise regimens, without understanding your physical structure, you actually cause a lot of imbalance and dis-ease to yourself. You must allow your body, from time to time, to decide on the amount of fat it needs.

How will the body decide? By your cooperation! What does that mean? A healthy moderate diet, exercise within moderation, positive inner and outer attitude; that is all that your physical body requires of you. Once you have provided it with the environment to be completely healthy, the body naturally moves towards health and perfection, for we state again: the human body is not constructed for dis-ease. In this environment, the body will decide how much or how little fat is needed.

Now let us turn to the mental energy coil. What are the colours of the mental energy coil? These are interesting colours, for in your earthly world, they are not recognized as colours. These are the colours

of thought. Have you not called certain thoughts 'dark thought,' 'bright and happy thoughts'? Though the intelligent mind does not recognize the colour of thought, energy does.

Which colours stay in this mental coil and for how long? This is very crucial, for it determines how you think, why you think, the way you think, and what triggers the thought. If you walk into a room where the colour predominant is the colour of discrimination, whether you wish to or not, that colour will begin to seep into your mental energy coil. The longer you stay in an environment like that, the stronger is the infusion of colour into your mental energy coil. Soon, you begin to discriminate as well. It may not be the discrimination of a community; it may not be the discrimination of sexism and gender and skin, but you might return home to find that subtly your behavior shows that you are discriminating between your children, or discriminating between your friends, for the colour of discrimination has seeped into your mental energy coil.

How will you combat this? As soon as you enter an environment where you are aware there is a predominant thought, you must stop the colour of thought entering your living beingness, by stating aloud to all who might be gathered there, "I am not in agreement with this conversation. This is not my thought." The living word can create the most effective filter to stop the colour energy of thought entering into the mental energy field. Do not enter into an argument, for when you enter into an argument, you are allowing the filtration into the coil. State it and then you can be in that room silently. You will not allow even a tiny infusion of the colour of thought in your system.

The colour of the emotional coil depends upon your moods and emotions. These are also non-visible colours, but they are not as fine as the mental colours. They will not at once infuse into your system. You may be sitting with a very sad friend, but it will not enter your emotional coil till you allow

it to. How would you allow this? By allowing what has caused her sadness, to be projected to you such that you begin to think of your sadness. What has really caused the sadness is the colour of thought and not the colour of emotion.

For those of you, seated here, who undertake healing work: before you heal anyone, verbalize, "This is not my dis-ease. It is not my situation. I am here to help."

Words can be chosen with care, in order to become your filter. The living word has power that you have still not understood completely. Be aware of the words you speak so that they do not determine your mental energy field as anything less than most

glorious, positive and empowering.

Think bright! Be 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.*

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TO ALL THOSE NOW ENTERING THE LIGHT  
THE YEARS LEADING UP TO 2012: A NEW ENERGY COMES OUR WAY

*By Dr. Frank Stainetti*

The Divine plan is revealed as, 'The Momentum of Light.' The truth of 'The End of Days, The End of Time.' It's not what we thought! Time is speeding up in the Great Alignment as creation is birthing: The NEW EARTH, a new 4<sup>th</sup> dimensional SUN and a new Human!



SOULMERGING has begun, 'The Divine Encounter Humanity has waited for!' The discovery of 'The language of Energy and Light,' and Anti-Light. The knowledge of the four bodies of existence accelerates the path of Enlightenment beyond current belief!

### **The Universal Laws of Union - The Living Morphogenesis of Creation**

The universal laws of union are in full force, now and in the years leading up to 2012. Creation on every level is entering a new state of consciousness. The **Momentum of Light** is intensifying rapidly!

Creation is birthing a new fourth dimensional sun, a new fourth dimensional Earth and a new human. Your souls are beginning to merge with your physicality. That part of your consciousness that is not of love, joy, and creativity is transforming, ready or not. For thousands of years, the Earth's energy, its seasons and weather patterns have remained the same. Its north and south polarity was unchanged. A decade ago, the Earth's polarity, its north and south axis shifted by ten degrees and has now reached

almost twenty degrees in its magnetic energy pole shift. The Earth is a sentient being; its auric energy field is described by scientists as 'atmosphere.' Its atmosphere, its magnetic energy field, is changing. The earth is also ascending, morphing into its fourth dimensional planetary body: **The New Earth**. The shift in Earth's axis is in response to the central sun alignments of the twelve known universal suns throughout the galaxies. As the twelve suns reach their alignment, coinciding with 2012, a new sun star will birth anew within the fourth dimension. This can be felt on every level of existence and consciousness. "Behold the birth of the second sun of man is upon us." Everything about the Earth is changing, its polarities, its magnetic lay lines, its weather, and its temperatures, quaking and erupting.

The same is true for our human consciousness and our auric energy field and our four bodies of existence. The central sun alignment is magnetically involuting powerful creational forces; infusing pure consciousness, Divine light and love throughout existence. This God force of creation is known as, 'The Trinity,' 'The Three Faces of God,' 'Genesis.' The biblical 'Revelations' is in motion now, the literal shift from the third to the fourth and fifth dimensions in which all human beings will learn to love and live through the language of energy and light.

Humanity discovers that the 'Three faces of GOD' are within them - pure consciousness, Love and Light. This God force within them is directed in powerful co-creating energy dynamics of energetic realities, requiring the egoic mind to be used as the tool to direct the imagination to invoke light, knowing it is moving powerful creational forces 'for the highest good for all.' Light is everywhere you look for it. Who is the light? WE are; requiring that you only need to become 'Interactive' with it, becoming interactive with self and universal energy flows all around you. In fact, this relationship will flow through you in a continuous state of interactive at-onement.

The God force is igniting (illuminating) all matter and animated sentient life, especially humanity, propelling you forth into the fourth and fifth dimension. This powerful evolutionary vibrational influence is reaching you as a steadily increasing light pulse. The light of creation, (Divine light), holds vast amounts of knowledge that always seeks its next higher vibrational existence. The steady stream of Divine light is pulsing into and is profoundly interactive with the soul light within the centers of your human body, known as chakras. The solar alignment is stimulating the God force of creation from within the chakra centers of the body, radiating as a continuous pulse flushing all that is not the light of you to the surface of your awareness!

The new human will learn 'The language of energy and light' as the light body or higher self, NOW, emerges from within you. You will learn how to interact with your human auric energy field, through the four bodies of existence. This is an accelerated path of self-discovery; entering higher levels of expanded awareness, which goes far beyond current belief. This accelerated path opens the inner door to the **SOULMERGE**, a heart opening that propels you into a spiritual leap in consciousness. This experience has been called 'The Initiations of Light' historically reserved for Initiates and Adepts seeking Enlightenment. Now, the merging of SOUL LIGHT is available to all! The direct experience of the source of you: quite literally the union of love and light; the 4<sup>th</sup> and 5<sup>th</sup> dimensional self.

**This is the Divine encounter humanity has waited for.**

The language of Energy and Light, and the knowledge of 'anti-Light,' and the four bodies of existence accelerate the path of Enlightenment beyond current belief!

Becoming interactive with self and universal energy flows all around you, in fact, becomes the new relationship of energy and light that flows through you in a continuous state of interactive at-

onement.

**The Knowledge of creation, that which morphs all sentient beings into its next higher vibrational existence of LOVE centered beingness is held in LIGHT, and as LIGHT, which is building as 'THE MOMENTUM of LIGHT' from above you, from within you, and all around you !**

Inner light is pulsing thru the center of each chakra, from the inside out, at the same rate and rhythm of your heart beat. This pulsating light is increasing exponentially due to the solar alignment stimulating creational forces and the Laws of UNION. 'THE God Force' is magnetic and DIVINELY sourced as a powerful wavy pulse creating a Momentum of Light radiating throughout creation to birth a New Earth, a new SUN STAR, and the NEW HUMAN. THE GOD FORCE (the three faces of God) is already within you, becoming activated throughout your human body from the centers of your beingness. How to use the God Force is to live the Language of Energy and Light; however this knowledge has been withheld from you leaving the GOD FORCE within lying dormant. The Momentum of light has two components: first the powerful Solar creational wave pulse that is magnifying the light centers within each chakra center, flushing the anti-light of core wounds to the surface of human awareness prompting the choice to go within and heal, or not to heal. THE CHOICE must and will be made! Secondly, the first 144,000 of the 3 x 144,000 with the greatest potential to SOULMERGE first has begun! The inner calling for expanded awareness, spiritual seeking and healing, is incredibly strong within them, FOR IT IS NOT ONLY THE FULLFILLMENT OF THEIR HEART BUT THEIR DIVINE SERVICE. Right NOW and in the years preceding 2012, the collective human consciousness will increase dramatically its collective FEAR, due to the rising energy of emotional fear because of the GOD FORCE of inner light flushing the human energy field off ANTI-LIGHT (the dark non-Luminous energy of core

wounds) to the surface of your emotional and mental awareness. Those who are SOULMERGING are having a profound energetic impact on the ONE HEART of collective humanity as it will profoundly tip the balance of LIGHT and DARK within the energy of individual and collective consciousness. All that is not light and love within your being is flushing to the surface of your human awareness.

#### **What do you mean?**

Answer: **ANTI-LIGHT!** Anti-light is synonymous with anti-Christ, a term widely misunderstood on your planet. The Christing of self is a state of beingness, the union of love and light. All energy within the human energy auric field that does not support the life force or its luminary auric radiance is anti-light.

The end of days, the end of time, is not what we thought! It is a morphogenesis, not extinction. The only wrath, at 'The End of Days and End of Time' is 'man's inhumanity to man,' an experience that has reached its conclusion.

#### **This is the Divine encounter humanity has waited for**

Multiple heart openings will occur along the way, with as many dark nights of the soul. Anywhere you are stuck in the past, will rise to the surface of your awareness as contracted pockets of energy that separate you from whom you are. Not a moment will be wasted and no one will be left out. Ready or not, you are evolving into a new human! Resistance to this change, this morphogenesis, will feel physically, mentally, and emotionally uncomfortable! Third dimensional time/space is speeding up, collapsing into the fourth dimensional higher vibratory time/space that is more fluid, in that its merging capacities with other worlds of you and the multidimensional self will feel like the entire universe is flowing through your bodies of awareness.

**What is the impact of this on the human energy auric field? And more importantly, what**

## **is the impact on the physical, mental, and emotional body in my day-to-day life?**

All that is not light and love within your being is flushing to the surface of your human awareness.

Emotional core wounds darken the naturally illuminating auric energy field of human beings. Wounds such as, the critical parent, self judgment, rejection, abandonment, fear, being witness to violence, physical and sexual abuse, grief, lack, not being held or seen or allowed to self-express, anger, hatred - these are just some of the emotional wounds within man's inhumanity to man. These experiences create emotional energy wounds that are held in past memory, resulting in contracted energy pockets within the auric energy field. This contracted energy darkens (anti-light) layer by layer, year after year the natural radiance of love and light. A single thought of judgment toward another or thoughts of self judgment projects a gray to black energy stream onto another or onto self at the **Speed of Thought**. If you are not self-correcting these thoughts among many others, they darken the auric energy field with anti-light - the energy that degrades the living life force.

The Momentum of Light is entering humanity from within the chakra centers to stimulate the choice to evolve into higher consciousness that is love-based rather than fear-based. The pulsing waves of Divine love and light emanating from the Source and central sun alignment are rapidly flushing the layers of anti-light, also known as emotional wounding, to the surface of your awareness. In other words, the self-destructive emotional core wounds and many ill patterns of behavior are flooding your emotional and mental body (to choose) within every human being on the planet, ready or not! The Momentum of Light, the great shift of the ages is underway and unstoppable; by Divine decree.

**The gradual phasing of the SOULMERGE of Humanity has begun!**

The gradual igniting of your leap in

consciousness, the choice to evolve or remain the same! The Momentum of Light, the Soulmerging, has been underway for the last fifty years. According to Archangel Gabriel, to date, there are 18,143 worldwide, who have Soulmerged. Soulmerging is the second wave of the Divine plan, which is occurring within humanity and having a profound effect on collective human consciousness holographically. To SOULMERGE, you must transmute a certain amount of core wounds that are held within you. The amount (approximately 51%) is unique to each person. The first 144,000 to Soul merge are profoundly challenged in their day-to-day life. Their lives have been unraveling - the purging of their false identities and toxic physical bodies; their emotional and mental bodies have endured an accelerated change in relationships, careers, urges to travel to ancient sites, relocating residences, a continuous inner call to heal that is seemingly unending. Sudden severe or chronic illnesses that miraculously heal are discovered to be multi-causal in origin, demonstrating the severity of some core wounds and their resistance to change as they rise to the surface of you to heal.

There is an unprecedented increase in physical, emotional, and mental symptoms. There are profound increases in recurring fatigue, depression, attention deficits, anxieties, sleeping disorders, and the feeling of being overwhelmed. The list goes on and on about how the contracted energetic wounds while flushing out and healing are mimicking every physical symptom known to medicine.

### **Why is there an increase?**

All physical symptoms are multi-causal in origin. There is always a mental and an emotional energy component to every physical symptom that leads to a build up of the energy of stress. As stressful mental and emotional energies build, this alters the neurophysiology of the body eventually creating dis-ease. There is a mental and emotional energy that is generated from the surface of life, which contributes to dis-ease, but the majority is

deeper. These are mental and emotional wounds held in the subconscious and unconscious minds. These states of consciousness are simply layers of memory. Some memories of emotional wounds are buried deeper than others. These memories drive unwanted behavior and unexplained reactions to life and relationships. These memories are also driving uncontrollable thought conversations within the egoic mind, day in and day out, if you let them. If you are not aware of these memories and how they are driving your life, then you are living predominately separate or very far away from self. This is evidenced in day-to-day life by continuous life dramas and unsuccessful relationships with yourself and others. The quicker you identify these emotional wounds and patterns, the easier your path will become. Trust, application of faith, open-mindedness and positivity will be required to allow the authentic self (the innocence) to emerge.

Core wounds and their out-picturing patterns have their origins in the treatment we receive as children. They are also sourced in the **Causal Body** of the soul, which lies between the eighth and ninth chakras. Where we are not held, where we are not seen, where we are not allowed to express, when we live in fear or in the witnessing of fear, conditional love, over-critical parent, rejection-abandonment, every emotional encounter - all of these will affect the child's auric energy field. They are imprinting energetically this mistreatment onto their energy field, which becomes the core wounds producing contracted energy pockets within the aura that become self-destructive adult beliefs that drive thoughts within the egoic mind in day-to-day life.

A child has just come from the light of all souls, the 4<sup>th</sup> through 13<sup>th</sup> dimension, (what we call heaven). They only want to know one thing: how will I be loved here on Earth? Any treatment they receive, they interpret, and **ENERGETICALLY IMPRINT**, as love, onto their Auric Energy Field for they do not know the difference between love and abuse. Any treatment in the absence of love is abuse. A child begins to withdraw, protect, and numb

its energy beginning the re-patterning of its auric energy field. Why is this important? Because, the reshaping of their energy field is the energetic sourcing of the loss of innocence and the building of dysfunctional adult behavior patterns that are held as energy within the bodies. As an adult, the acquired multiple layers of contracted wound energy, which has become Identities and beliefs, held within your energy field, are now part of what is manifesting your life, wanted or unwanted. Parents always love the best they can, but it is where they do not know themselves, that leads to 'The child inherits the sins of the father.'

The healing and transmuting of core wounds lead to multiple heart openings and eventually **SOULMERGING!** With persistence, as a person heals and transmutes a large enough percentage of core wounds (Burdens) that are unique to them, in that moment, the Heart opens and the **SOULMERGE BEGINS!**

#### **The Core Wounds Are:**

7<sup>th</sup> Chakra - Divine knowledge/trust/distrust

6<sup>th</sup> Chakra - Wisdom/self deception

5<sup>th</sup> Chakra - Self expression/to receive love/rejection

4<sup>th</sup> Chakra - Unconditional-Conditional love/Can't open to love

3<sup>rd</sup> Chakra - Power/victim; low self-esteem/unworthiness

2<sup>nd</sup> Chakra - Intimacy/inhibition/not good enough/authentic self

1<sup>st</sup> Chakra - Fear/not safe to be here/grounded and safe

**The Four Bodies of Existence - The dynamic ENERGETIC and INTERACTIVE communication of the SPIRITUAL SELF or the 4<sup>TH</sup> Dimensional body, also known as the higher self, through your emotional and mental**

**awareness, as you live day by day. Access to your 4<sup>th</sup> and 5<sup>th</sup> dimensional selves has always been available to you! The feelings of love and intuition come from your 4<sup>th</sup> and 5<sup>th</sup> dimensional levels. Humanity has forgotten that one must be interactive with love and intuition to open onto the greater self.**

### **Co-creating at the Speed of Thought!**

The four bodies of existence is the interactive energy dynamic of how humanity co-creates their reality at the **Speed of Thought**. **Humanity moves powerful flows of energy with their minds through thought and powerful magnetic energy flows with their emotional bodies! Where thoughts and feelings go, energy flows!** The nature of, 'Who you are,' how you create, rests in the living truth within. TO KNOW THE LIVING TRUTH is 'TO KNOW THY SELF,' IS TO LIVE THROUGH your Feeling Body that continuously reveals your essence of being! TO LIVE THROUGH YOUR ESSENCE OF BEING is to experience the living energy of the feeling body interactively through thought impressions and feeling impressions of the mind and emotional body, continuously in day-to-day life, WITH THE FORETHOUGHT OF FEELING FIRST; residing in the feeling body, not the mind in daily life. THIS IS LIVING FROM THE HEART. The 'who you are,' as well as, the 'who you are not' then emerges in a continuous communication of awareness. The more you meet yourself within, the more your Higher self communicates with you. THIS communication enters your awareness through thought impressions and feeling impressions that often expand as visions in your awareness. The heart is far clearer in 'empathing' the truth in any situation that will provide solutions and guidance. In this practice, the language of ENERGY and LIGHT is revealed in a continuous dialogue and real life synchronicities. The more you meet yourself there, the more your higher self begins to dialogue with you.

THE dialogue comes through the four bodies of

existence through your emotions, memory, divine mind, and profound communication through your physical body, all orchestrated by the 4<sup>th</sup> and 5<sup>th</sup> dimensional spiritual bodies enriching the concert of your life! The Living Truth of you holds what you want and what you don't want, your co-creational reality unfolding. To discover what's driving what is undesirable in your manifestations, look into the 'memoric' body of the mind that holds the living energy of wounding experiences held within your auric energy field. You will discover where you are stuck in the past that is still creating your future!

This accelerated path of self-discovery opens the door to the **Soulmerge** through the interactive language of energy and light. Within the bible, this was described as the 'living way.' Living from ESSENCE! However, it did not describe the day-to-day language of existence.

All thoughts and inner emotional wounds reside in our four overlapping energy bodies. The energy of our thoughts and emotions creates our realities at the speed of thought! Our thoughts and emotions on the surface of our life in combination with the core emotional energy of the past generate the energy of our beliefs. These beliefs and repeating thoughts produce dynamic unseen energy flows that enter the 'All there Is' and create our realities. It is up to us to become SELF INTERACTIVE and begin 'THE JOURNEY WITHIN!' Archangel Gabriel states, "ALL IS GIVEN ACCORDING TO BELIEF." You are co-creating at the speed of thought. Thoughts and repeated mental conversations become beliefs.

### **The Four Bodies Of Existence Are:**

The Physical Body

The Emotional Body

The Mental Body/Egoic, Memoric Body and Divine Mind

The spiritual Body/ Higher Self

The four bodies are unique energetic overlapping

energy spheres, each possessing a dynamic energy signature you must come to know - how they are interactive with each other and how you must become interactive with them!

The miracle of the heart, its unending wonderment is discovered while living in the feeling body, rather than the mind!

The path of self-correction and healing result in the energetic re-illumination of the aura. This opens the door to multiple heart openings, leading to the greatest heart opening of all, **The Soulmerge!**

### **IT'S TIME TO CHOOSE!**

Right NOW and in the years preceding 2012, the collective human consciousness will increase dramatically its collective LOVE, LIGHT and FEAR due to the GOD FORCE and the merging of soul light/inner light flushing the human energy field off ANTI-LIGHT (the dark non-Luminous energy of core wounds). Those who are SOULMERGING are having a profound energetic impact on the ONE HEART of collective humanity as it will profoundly tip the balance of LIGHT and DARK within the energy of collective consciousness. This momentum of light is unstoppable. "I CAME AS the LAMB, I RETURN as THE LION." The Divine plan working out through 'THE MOMENTUM of LIGHT,' is not a battle of light and dark forces. The 'Wrath,' 'The Four Horsemen,' will rage as a transformation within the hearts of all of humanity.

You are in the final hour, the years preceding 2012. The choice is upon you and time is speeding up! In the final moments of 2012, just before or slightly after, there will be 3 hours or 3 days of darkness within your awareness, a sort of blackout. Upon awakening, you will know how you have chosen. If you have chosen to remain the same, the Earth sky will be reddish in color indicating you did not choose to make the vibrational leap and will reside on 3<sup>rd</sup> dimensional Earth for another 26,000 years. Kali yuga, at the end of that time you will be

offered the choice again. If you have chosen to heal, and to SOULMERGE, you will wake up and the Earth's sky will be Luminous with two suns and you will be on the NEW EARTH living in the 4<sup>th</sup>-5<sup>th</sup> dimensions.

Some would say you have chosen wisely! It is up to you!

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

*Dr. Frank Stainetti is a master healer who uses his full intuitive, clairvoyance, and clinical holistic experience to solve conditions modern medicine cannot. He is in the presence of many archangels who participate during all healing sessions. They refer to him as a 'Christ Conscious Radiatory Healer.' He has the ability to invoke and radiate the divine union of love and light, entering a multidimensional state of at-onement. His ability to radiate healing energy is usually felt instantly. He received a Bachelor's Degree in biology and went on to receive a Doctorate in Neuromusculoskeletal Disorders from Southern California University of Health Sciences.*



*By Divyaa Kummar*



**Two simple pieces in response to those eternal questions:  
How do we grow spiritually?  
How do we move from intellectual understanding to it being our experience?**

**SIMPLE MIND TRICKS!**

**The conscious mind sets the goals; has good intentions; dreams the dreams...  
but it is the subconscious mind that enables or deters!**

The conscious mind is more your intellectual knowledge on self, life, the other and 'God.'

The subconscious is where you hold your real views on self, life, the other and 'God.'

In simpler terms, your subconscious mind is your belief system - it holds your truths, your core beliefs (negative or positive) and thus your energy signature on any issue.

**Neuroscience says your conscious mind is 5 percent compared to 95 percent of the subconscious mind.**

And that the conscious mind processes 40 bits of information per second as compared to 40 million bits per second of the subconscious.

**Thus the 'trick' is to expand the subconscious mind!**

All spiritual endeavor is indeed truly only this expansion of your subconscious ...

Aligning your very belief system with the highest potentials of the universe...

Expanding your very sense of self...  
Moving beyond the intellectual understandings of the conscious mind.

**The conscious mind plays a very important role, however, for it is the conscious mind that directs the subconscious!**

It must first know... be aware of... whatever we want our subconscious mind to be permeated with!

**The trick is to not get stuck in the awareness of the conscious mind!**

For we intellectually know and feel it all, and then wonder why life and its experiences don't change!

**Allow the conscious mind to play the role of the teacher and the subconscious mind to be the student.**

Use the active principle of the conscious mind... allow it to be open to and receive new knowledge... to constantly update its awareness,  
and in that allow the seemingly passive subconscious mind to transform itself over time!

**Let the conscious mind be the informed farmer who sows the right seeds.**

Let the subconscious mind be the soil that is rhythmically enriched to yield enhanced crops.

**Tap into the empowerment of the conscious mind and surrender the subconscious to it!**

Think of the power of the subconscious and conscious aligned... in tandem... in day-to-day terms with what you wish to manifest and experience!

And in deeper terms... with the highest potentials and awareness of the universe!

5% + 95% = ....!

[AS SIMPLE AS REITERATION!](#)

**We have been speaking about using the conscious mind to transform the subconscious mind into becoming one with the universal mind... and if I had to single out one word/tool towards this it would be: REITERATION!**

**Yes, as simple as that!**

**Reiteration - Repetition - Constancy**

If you observe, all the best known tools - positive thinking, visualization, mantras, yantras, hypnosis... employ reiteration...!

Mind expansion... gyan... learning ... growth...

be it through discourses, classes, texts, programs... are about reiterating truths so that they permeate your subconscious mind and move beyond the intellectual understanding that happens initially!

Indeed many stop there, having 'understood' these truths,  
but it's reiteration and reiteration only

both in practice and theory  
that leads to transformation... automatically... over time!

Reiteration on Authentic Self... reminds the mind constantly of its original nature;

Reiteration on Self... wears away all that is not in sync with this Self;

Reiteration helps all that is conscious to take deeper and deeper root!

Reiteration engraves academic understanding into grooves and pathways  
along which your subconscious mind then automatically travels!

**Reiteration - Repetition - Constancy**  
**It almost sounds... too easy?**  
**Transformation through... reiteration?**  
**What about all that tapas... discipline... self effort... right choices?**

**Dearest beloveds...**  
**Reiteration - Repetition - Constancy**  
**is the tapas... discipline... self effort... right choice!**

**Keep at whatever your journey comprises of in any Now!**  
Keep reading... keep attending wherever you resonate with what's being expressed  
Keep at your meditation...  
Keep going with your mantras... Keep employing positive images  
Keep your focus on vaster, higher, deeper aspects of Self...  
Keep embracing the steps as they come along  
Keep away from wondering where it all leads

**And hey presto!**  
**Transformation!**  
**Like alchemy... something happens to turn matter into spirit... Gold!**

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

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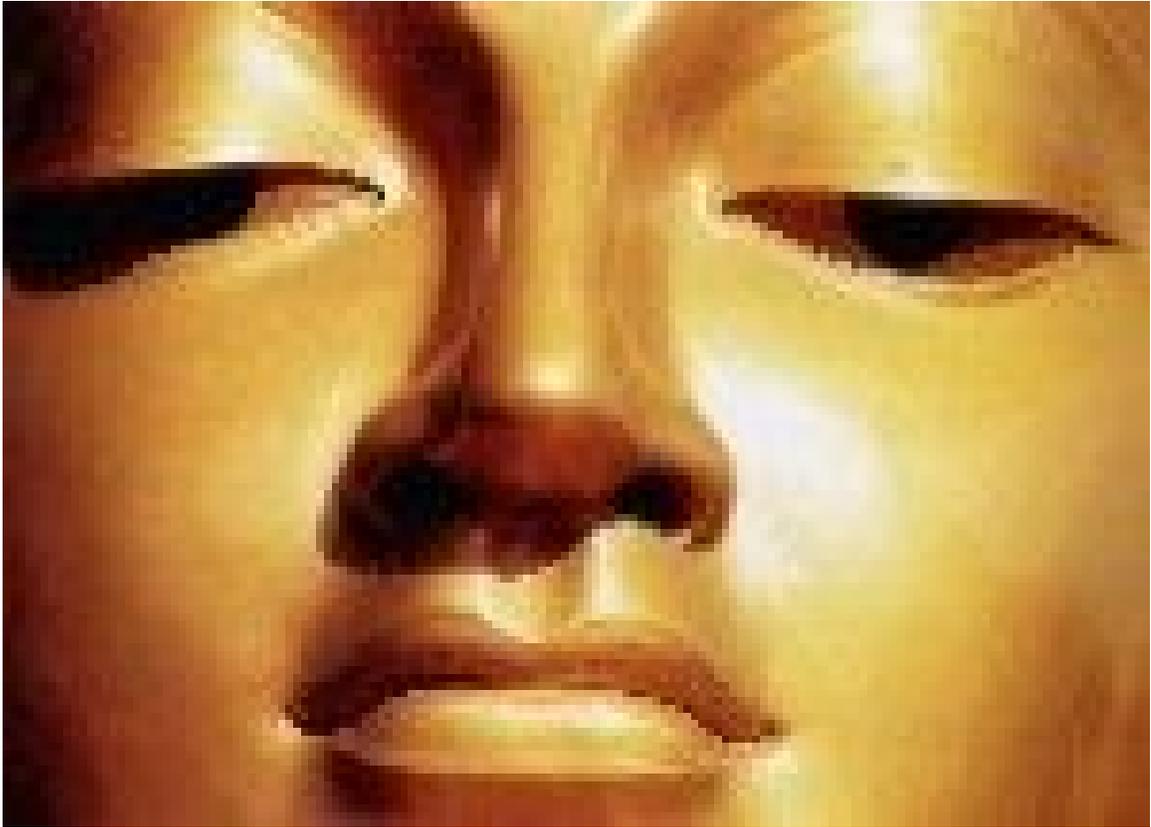
Integral intuitive advice helps you to expand your consciousness and evolve your life in tune with your inner intuition and your life's purpose on Earth in co-creation with fellow beings.

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## Don't shrink away... take a dip!

*By Hemamalini Raghunathan*

When abstract words like Transcendental Meditation, subtle body, spirit, soul consciousness and dream state fall on your ears, please don't think that those are not meant for you.



Indeed, those are meant for everybody, including you and me. Let us be bold, adventurous and take a dip in the ocean. Those in prime youth, busy in the routine life with activities bringing materialistic gains may not pay much heed to the subtleties of life... that is okay... one day, they will surely do.

### **Rituals... allergic to a few?**

Many tend to shrink away from pooja rituals,

because they are time-consuming, demanding strict discipline and are quite expensive sometimes. Deep secrets of life are philosophical. I think that I don't fit in either of the above. But both are very essential for real evolution of mankind. Rituals and worship purify the Self. They just prepare you to send you on the path of seeking the Truth. Scriptures insist on dharmic way of life, which can keep training you deeply towards good values of life. You can be moderate, or even skip rituals, if you maintain rigid values in life.

Some think of directly approaching the second option. They yearn to understand the Self. They like to search inwards. Here arises some confusion. If they have to remain detached to find the real Self within, do they have to forego their responsibilities?

Never... do care for your loved ones. Satisfy them. Do your duty. But avoid expecting anything from them in return... this will do. Your mind will start settling down on its own. Your spiritual journey should not start with a guilt complex that you are foregoing your responsibility.

The mind, without any expectation, relaxes itself. You will soon become conscious of the real Self. The so-called abstract things will become very familiar. At first, we have to equip ourselves adequately to understand the Higher Order of Reality. You will evolve to such a level that you will identify yourself as a soul only incidentally having the body-mind complex of so and so. Real evolution will definitely occur. Don't shrink away... give it a try. It may take even years and years. Let us initiate spiritual revolution on this planet Earth, which is the very purpose of this e-zine!!

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*English Literature, has been working as the Executive Editor of a monthly magazine 'Express Star Teller' published from the reputed house of Express Newspapers Pvt. Ltd., Chennai. For the last 14 years, she has been blessed to get a good exposure through the magazine, which deals with the Vedic wisdom of India, such as Vedic Jyotish, spiritualism and occult sciences. Hemamalini Raghunathan has authored many articles on the rare temples of India, vedic practices, and Vedic Jyotish. On behalf of the magazine, she has interviewed many renowned personalities in the fields of spiritualism and occult sciences.*



# Visualization for Healing

*By Amanda Zafar*

Visualization is a potent and fascinating facet of healing done with the mind. It empowers one with the ability to increase well-being and even fight off serious disease. It is by definition, the visualization of a positive change in the state of health or situation, utilizing at times affirmations and meditation. According to *The Gale Encyclopedia of Alternative Medicine* edited by J. L. Longe, it creates a healing response that demonstrates a similar effect in the brain and immune system regardless of whether the event took place or was pictured in the mind. Research supports the conclusion that the mind and body are intimately entwined and as a result of that, the mind has a powerful ability to affect the health state of the body.



Pharmaceutical companies try to dissuade the public from this realization because they want to sell their drugs and don't want to tell the public that they can heal themselves with the power of their mind!

## **A Stunning Antidote**

Here is a case mentioned in the book *The Alternative Advisor* by R. Somerville. Sarah was driving her sister home. Both of them were intoxicated. Her sister was not wearing a seatbelt and consequently died in the car wreck. Sarah was embittered with herself for years. She then developed metastatic cancer that spread from her ovaries, to her liver, and then to one lung. After learning to forgive herself and meditating with guided imagery, her cancer went into complete remission and stayed that way for the rest of her life.

In another mind-blowing case described in J. Lenzer's article, *Citizen, heal thyself* in the *Discover* magazine, John had a biopsy performed over a discovered lump, under his arm. Ten years later, it spread to his lung. Without treatment, patients are usually dead within months and even with treatment, only half with lung metastases live for thirty months after surgery. John took a month off, he pictured himself healthy and visualized strong blood cells cleaning the cancer's clock in his body. The proof was the white marks that appeared during his time of visualization, which demonstrated that his immune system was attacking his cancer cells.

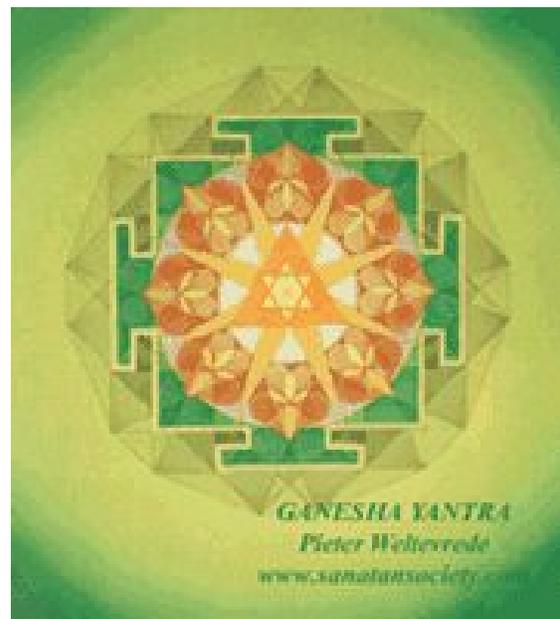
The visualization technique yielded stellar result for these two people and for countless others too. That fact is evident because much research is dedicated to using medication that stimulate the immune system in similitude, in the way visualization techniques do.

This technique is also useful for illnesses that are less severe than cancer. Researchers at Pennsylvania University found that people who had recurrent canker sores and visualized their sores being bathed in a coating of white blood cells had significantly fewer outbreaks. In another case, researchers at University of South Florida had patients with bronchitis and emphysema rate their level of anxiety, depression, fatigue and discomfort before and after using imagery. They found that there was a significant improvement in the quality of life. Further, in Massachusetts General Hospital, women who used visualization lengthened their menstrual cycle by four days and reduced the symptoms of premenstrual syndrome, particularly mood swings.

One might be wondering at this point, how to begin using imagery. Imagination is the key to induce a feeling of well-being or healing. One can use the visualization technique that is considered guided imagery with imagination. The idea is to vividly picture an image in your mind that you relate to your medical condition. Here are some examples of visualization to ease muscle tension:

- imagine wax that softens and melts
- a tight, twisted rope that slowly unwinds
- tension swirling out of your body and down the drain
- holding a remote control and turning down the volume on your muscle tension.

Meditation is also a useful tool and aspect of visualization. Further, artwork can be used as an instrument to guide one in this process. This is done by achieving a state of resonance. In order to get into a state of resonance, first sit in an upright position. Forget all your concerns and problems and focus your attention on the meditation picture. You will feel the energy of the picture. This builds resonance and you will reach a state of unconditional love. This state is important to healing because unconditional love for oneself is essential in aiding the process of healing oneself.



Courtesy: [www.sanatansociety.com](http://www.sanatansociety.com)

Self-love can also be increased by making a list of the ways one likes oneself, journaling out negative emotions and creating positive ones, and being true to oneself. Creating a list of qualities one likes in oneself helps build a positive attitude, which

is important in practicing visualization techniques. Journaling is a kind of therapy that is similarly important. And one of the best ways, being true to oneself, also aids its strength.

Yoga is yet another way to express visualization techniques. Motions are combined with deep breathing and further, visualization can be used while doing it. Your breathing should be slow and natural, not forced. You adjust your positions in accordance with your breath. It can help sharpen your concentration on difficult postures and create a deeper sense of relaxation.

There is a lack of large scale research to confirm that guided imagery, meditation, and yoga are beneficial. However, the proof of their potency can be observed by giving these techniques a try with an open mind. Further, people who practice these methods are measurably calmer, happier people. Their blood pressure is lower and the need for antidepressants is less.

Much politics is involved that has resulted in a deficit of research to confirm the obvious truth that these exercises are, truly, very helpful. What it boils down to is money. Billions of dollars are made every year by drug companies that produce medications that try to mimic the results of visualization techniques.

What becomes necessary as a result of this politics is a healthy dose of self-advocacy. In other words, if one wants to get the fruit of good health, one has to plant the seed and nurture it oneself. This is achieved by doing research on the 'how to' of these exercises and practicing them daily. It is like working out, only the muscles involved are your mind and spirit. The more you practice, the stronger your ability becomes.

### Positive Thinking

The power of positive thinking is by far, underestimated. It is utilized in all aspects of visualization techniques. Positive thinking is essential in these practices. Interestingly, the more

one practices these exercises, the more one thinks positively. So one might ask, which came first here? The chicken or the egg? Who cares! As long as the results are good, it does not matter which came first.

Positive thinking can be enhanced through the use of affirmations that increase self-esteem and as a result of that create a good mental state to practice visualization techniques. Affirmations involve declaring positive statements to oneself, as true. They are good stepping stones in the path to a more wholesome state and in the preparation of pursuing visualization techniques.

Here are some examples of affirmations to improve self esteem:

- ❖ I have the power to change myself.
- ❖ I can forgive and understand others and their motives.
- ❖ I am free to live as I wish and give priority to my desires.
- ❖ I deserve to be happy and successful.
- ❖ I deserve to be loved.

Remember, positive thinking is contagious. Your positive attitude can create a ripple effect and elevate the positive thinking in someone else. That in turn, results in an increase in one's own positive thinking because the act of helping others coincides with an increase of self-esteem.

### The Inner Artist

Visualizing oneself as healthy while producing artwork can get good results, two-fold. Visualizing oneself as healthy in itself is helpful. Expressing your emotions through artwork is helpful too. So doing that at the same time will double the benefit. One does not need to be endowed with artistic talent to reap the benefits of producing artwork. Try something like a simple sketch or water colors. It does not matter what you do as long as you are doing something and putting your soul into it. The result is an increase in self-esteem, confidence and the

ability to express oneself artistically.

### Conclusion

Visualization techniques are marvelously simple and astonishingly effective. Instruments of visualization include imagery, meditation, yoga, affirmations and positive thinking. They all work and build upon each other. When exploring such things, one realizes that to dive deeper into it, one requires specific criteria such as self-analysis, work on self-esteem, utilization of the logical part of the brain for writing and the abstract part of the brain for creating art.

There is a bright future for visualization techniques because as healthcare costs continue to climb and dismay over the inadequacy of conventional medicine continues, the curiosity will attract the attention of more people. Insurance companies will begin to welcome visualization techniques and other methods for the purpose of complementary medicine once it is realized that welcoming such treatment will be fiscally beneficial

for them, as the preventive medicine it initiates will save them millions of dollars. It will make proper medical care more accessible to millions of people as well due to the fact that complimentary medicine is grounded in the prevention of diseases. There will be fewer unpaid visits to the emergency room due to everyone taking better care of themselves through prevention. As a result, everyone will be breathing easier.

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*Amanda Zafar is passionate about writing, psychology, spirituality and the intermingling of psychology and spirituality. She is currently attending a local community college in southern West Virginia for a degree in social work with emphasis on psychology. She hopes to pursue a master's degree in psychology with specialization in holistic healing later.*

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# The Process of Concentration

*By Margo Kirtikar Ph.D.*



Some food for thought for the New Year!

Here's an idea to reflect on about the process of concentration!

Concentration is not fixating the mind focusing on one thought, one idea, one image or one object. Concentration is rather an expanded state of mind to take in the Oneness of all things rather than an attempt to exclude anything from the thought. It is a process of relating all things to the Source. In this moment of One-Pointedness concentration, we have all the knowledge at hand that we need. Jesus said: "If ye believe and doubt not, nothing shall be impossible to you." So literally speaking, everything

is possible only if we are able to believe wholeheartedly without any trace of doubt. Is it any wonder then that we can't manifest what we wish for? Perhaps we honestly believe, but only for a short while and then doubt creeps in, and in that split second of doubt all our efforts are erased. The scriptures add: "To faith add knowledge." Most of us, however, attempt to attain faith only after knowing all about a thing objectively. Some people actually think they can only have faith if they have proof. Proof that we can see or touch with our five senses. Yet we all know things exist that we can and do feel that are beyond our five physical senses. One spiritual Master said: "The reason man's life has seemingly gone into decay is that he has disregarded the basic fact of life. This basic fact of life is that the

entire system of the Universe is One single Unit and that man is an integral part of this system. The human is in no sense separated from the Universe and it is only this notion, that he is an isolated being that has lost for him his rightful place in this world and his power to manifest.”

There is no discord in the natural order of the Universe. We, humanity, tend to look at duality instead of looking to the One Mind and One Principle of things. “Behold our God is One,” say the Scriptures. The Scriptures explain that man is not a separate being, projected away from his Source, but is created within the image of God. The human is created as all creation within the image of God. It is only in the isolation, which is the root of all evil, as the Scriptures say, that he loses the beneficial influences of the Creative Cause, which are his by the natural order of things. The Universe does not isolate man and the Universe is not accountable for the difficulties that arise because of man's own isolation. Perhaps it is time for us to rethink our ideas of God and see God not as someone out there separate from us, but rather as a Spirit that is all around us and within us even, and that we within the Universe, connect with this Spirit through our thoughts and our consciousness. It is when we consciously connect with the Spirit that we connect with God with the Source, with the Creator of all Life. And when we say, we are little Gods in the making, this depends on just how often we remember to connect consciously with the Spirit, with our Creator, as to how strong the little Spark of God that exists within us all grows and thrives, as we live and evolve during each life journey.

Duality is brought into existence through thought and action without regard to the Whole. We can, however, reverse duality and eliminate it by bringing our thoughts to the One Point of action. To explain, in reality, there is no duality in nature, there is the negative and the positive, good and evil, hot and cold and all the opposites, but the opposites when related and brought together bring the thought to one purpose, one action, one Principle. Summer

and winter are not two separate things but are phases of one nature, one process. Winter is as essential to the growth of vegetation as is summer, and they both depict two phases of one single process. A line may seemingly have two opposites but bring these opposites together and you have a circle and the opposites have disappeared. Extend the circle and you have a perfect sphere which is complete synchronized relationship of all elements. The cosmic becomes the globe, and then you have completed the circle in every way and brought about perfect unity. The point becomes the line, the line becomes the circle, the circle becomes the globe. This is true of every line of thought and through the continual process of relating all things to the One Point, instead of separating everything, the point of Unity or Oneness is established. This is One Pointedness.

When the individual attains concentration in thought, he enters the samadhic state and that is where he begins to accomplish - when he reaches that One Pointedness. The One Pointedness that is in harmony with the self, with God, with the Whole. This is the goal of all who meditate. What we call evil contains the germ of good and when looked through to see the good, the sense of evil disappears and there remains only the sense that all things are working together for the good. I know this is a tough one to understand and to digest. Conditions in life that seem opposed to our highest good are but points of practice until we attain that strength of character to see and manifest only the perfection of the One. When life is seen in this way, all unpleasantness vanishes and everything becomes a sort of practice game in which we see, live, move, and have our being that the existing good may show forth in our own character and in our individual world. Nature is harmonious, all is harmony, all is working under the influence of the One Purpose, One Principle, One Spirit, One God.

Many Masters and Teachers who have evolved before us, have paved the way for us to be able to attain this harmonious state with the One Principle,

the Universe, so all we need to do is to be silent to be in an instant at one with the Source of our being. There is no longer any need for us to spend years to learn to meditate in order to reach this state of harmony. We can now literally achieve this in one instant, when we can be silent, so we can raise our vibration to a state where strife does not exist. From that moment we begin to progress and the attitude of thought changes from turmoil to harmony. The Masters, the Yogis, the Teachers who have all gone through the process in the past, have cleared the way for us, they have revealed the fact that this is possible, and now all we have to do is to accept it.

Genius is that which goes on through all conditions and all circumstances and keeps eternally in the process of expansion and extension of achieving power and manifestation. And the ability to use this sense for unlimited progress applies to everyone without exception. It is not for the select few, it is for all to use. This ability to be a genius is inherent in each and every one of us. Some are born with this knowledge and so are able to use it immediately, we call these people gifted. Others might have to work harder at it to discover this miracle within and to make use of it. Believing in this, accepting this fact and having faith in oneself is the key to open this gate to make the impossible possible. No matter what religious background we have, no matter our race or background, the above applies to one and all, to males and females alike. So the idea is to be able to connect with the Source and to become aware of this intimate connectedness, this One Principle; to be focused on the feeling of harmony with everything and everyone around us; to be aware that we are but a small part of one Whole Being; and that every thought we have and every action we do, has an effect on the whole body of mankind and the globe. When we can achieve this state of mind, we'll discover a tremendous inner strength, power and peace within us that will change our whole life for the better. With this state of mind we understand how ridiculous it is to blame God for bad things that happen to us or how ridiculous it is to

fight with each other. We live in a Universe that is run by universal cosmic laws that are the keys to the mysteries of life itself. The one who holds these keys and lives by them is able to be in tune with the workings of life and becomes intuitive and inspired. You can read the details about these universal cosmic laws in my book *Cosmic and Universal Laws*. See my website. It is also available online with Amazon.com.

Contrary to many others, I do not believe in the end of the world in 2012 and I avoid seeing movies or reading articles about doomsday. Yes, natural catastrophes have always taken place, and yes, thanks to our advanced technology and the changing group consciousness of humankind, we are entering a new world order, our world as we knew it so far is no more, and is still changing rapidly, but it will not be the end of the world. Apparently the Hawaiians possess a great natural insight into things. A certain group would get together and tune into impending influences. If they perceive an influence that is not beneficial, they turn it over to another group who work against it and they can stop this impending danger from manifesting. If a negative event is prophesied, they can stop it from happening. Decades ago, a certain experiment was carried out in Arizona with a group of native Indians. This group laid down a certain line and after a meditating ritual they claimed that no one could cross it except in love. When two men who did not believe in this abracadabra stuff forced their way to cross the line to prove them wrong, the men actually lost their lives naturally, while crossing the line.

The Hindus say that one man can prophecy and another God-man can stop the fulfillment of the prophecy. By God-man, they mean an evolved spiritual personality. Try to imagine now for a minute just how important our collective thoughts and actions are to the future of our world and to the future of humankind. If we carry around thoughts in our minds that it will be doomsday, then it will be, but if we focus and concentrate on the contrary, then we can minimize this doomsday prophecy. I wish

you all and your loved ones the best of health physically, emotionally and mentally, for the New Year so that you can live in peace to make all your dreams come true and to be part of humankind who contribute actively towards peace to the world. Let's all be grateful for all that we have, be that little or much, and imagine in our mind an end to the ignorance and the pain for all those who suffer around the globe, whoever they may be. Peace and Goodwill to everyone alike.

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



# Thinning Down in the New Year

*By Marlene Buffa*

A new calendar year urges us to set new intentions for the coming twelve months. Often playful, sometimes serious, these resolutions allow us to focus on what we hope to accomplish and also allow us an opportunity to ponder the possibilities we map out for ourselves. Faced with a pencil and blank sheet of paper, we look up towards the ceiling as we strive to articulate our dreams, aspirations and adventures for the coming year.



One popular goal, appearing for many of us year to year, is to lose weight. We try one diet after another, struggle with exercise programs that get boring after a few weeks, and deny ourselves even infrequent simple indulgences, to lower that number on the ever truth-revealing scale. We believe achieving a lower body weight in our earthly vehicle, raises our value on life's scale. Our spiritual

weight hopefully increases, thereby improving our chances of satisfaction and contentment in all of life. In the divine balance of our consciousness, we learn that by releasing one unit of measurement, we gain in other, more powerful aspects of who we truly are.

## **Thinly Veiled**

Very often, the essence of our humanity hides behind a thin veil we generate to separate us from the world around us. Holding up a translucent shield, just thin enough for us to view life from the inside out, projects the illusion of mystery or secrecy. Somehow, we believe that others can't see through the armor of a thinly shielded persona, so we allow it to float around us like the dance of scarves as a coy partner with life.

When we examine what we are hiding by holding up a veil, we realize the answers reveal more than the veil disguises. The parts of ourselves we reluctantly divulge to outsiders, hide from clear view, yet

cannot muster the courage to openly appear as components of our true self. When we realize that others seem intrigued by the illusions we set forth, we later know we cannot hide from the Infinite, or, more authentically, ourselves.

### Thinning Out

Beginnings as with endings, find us making choices of things we choose to keep in our lives and that which we freely release. From people who no longer empower us, to bad habits, to possessions, which will better serve others, we consciously make decisions for our new year by thinning out the herd of our life.

Forgiving, removing and releasing the old worn out patterns of thought and beliefs, taking a stand for yourself in a new beginning speaks loudly your resolution for change. No matter what you choose to discard in your life, it all points to your spiritual center - what you allow - or don't allow - to exist and affect you in your world. With the cacophony of society rising every year, our culture demands more and more of our attention to both the subtle nuances of life as well as the clanging cymbals (symbols) of reality. While we cannot control what and how much life puts in our path, yet we hold the power to determine how much affects us. By thinning out that which negates our highest and best life experience, we declare to life our focus and intention to live fully within what matters.

### Thin skinned

We're human. We take things personally. We allow the microscopic disturbances of life to permeate our spirit and burrow into our very being. Absorbing the positive and negative components swimming around us, we lack the filters necessary to differentiate between that which empowers us and that which may harm us. Thin skinned may present as gullibility, vulnerability or instability, resulting in an unfortunate adaptation and consumption of energy separate from ourselves.

Differentiating between toughening and

thickening the barrier of our spirit to prevent the invasion of foreign negativity, offers a vital challenge throughout our life experience. While our perceptions may bring us a wide range of understanding and acknowledgement about what we choose to admit into our consciousness, thickness (or depth) still provides for an interaction between the world around us and our inner selves. If we toughen our essence, we no longer observe the impact of potential good - or bad - on our lives; we simply construct a defensive barrier to all new ideas, thereby possibly denying the gift of growth in the process. Most importantly, remember that which happens outside of us, need not be incorporated into our spirit.

Whether you are hiding behind a superficial veil of illusion, or you make conscious choices to simplify your pool of options, or you strive to allow life to impact your spirit, remember, a new calendar year presents opportunities for growth and for thinning out your life. Return to the basics of your nature - acknowledge who you are and proudly display your unique qualities! Keep those people, things and attitudes in your life, which empower and bolster your journey, and finally, know what to absorb and to repel when the energies around you appear as a challenging opportunity for growth!

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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.*



# NEW YEAR RESOLUTIONS - ARE WE CHEATING OURSELVES?

*Dr. P. V. Vaidyanathan*

Every year, come December end, and the whole world, while readying to usher in the New Year, is also busy making resolutions, for the next year. While the resolve to change must be appreciated at any stage of life, I personally find this whole thing a trifle juvenile and silly. Something about making resolutions to be followed in the New Year seems so childish.



Why do we make New Year resolutions? What is it about the beginning of the year that gets us into some sort of resurrection mode, where we want to wash away our sins and shortcomings, and try to become something else? If one is truly interested in making a change in one's life, why should one wait for some deadline, like January 1<sup>st</sup>? If I am a smoker, or a drinker, or a procrastinator, or am scared to

speak up, or too aggressive, or short tempered, or overweight, whatever it is in myself that I perceive to be wrong and needing change, why should I wait for the New Year? If I have a problem with myself, I should be willing to see the problem, acknowledge it, and then change it for the better, at the very instant when I become aware of the problem. Why should I suddenly get cold feet, feel bad about something in myself and want a transformation, towards the end of December? Why not in February? Or May? Or September? This is something that I have never been able to understand, all my life. One reason I could quickly think of, is that all along, man has always been doing things which he later regrets, and wants to repent, and wants to undo what he has done. Many religions too encourage this form of activity - the Christians have confession, the Hindus have 'prayaschith,' or try to dissolve their so-called sins by taking a dip in the holy Ganges or at the 'sangam' of

the holy rivers.

On introspection and some reflection, I have come to the conclusion that our minds need something to hold on to, all the time, some sort of mental crutch, with which to continue on this journey of life. January 1<sup>st</sup> is one such crutch. During the course of the year, it is not that we have not realized that we smoke too much, drink too much, work too much, shout too much and eat too much. It is just that we are unwilling to face the problem squarely, as and when we know it. We push it away, somewhere into our subconscious, and let it stew there for a while. When December ends, as a result of a pattern, an idea that has been set up over the years, we do a mental spring cleaning, and come across all the negative traits and habits that we have pushed into the dungeon of the mind. And wracked by guilt or shame, we decide that we must do something, since the whole world seems to be doing just this. We resolve, say that we will continue our old habits till the end of the year, and then, suddenly, as if by some genetic mutation, we will give up all that we were doing and were apparently not supposed to do. Also, most of mankind is somehow unable to see something as right or wrong when it is being done, and realizes only later on. Truly, hindsight is something we are all blessed with, while very few of us have the gift of foresight.

This whole concept of New Year resolutions seems an eye wash, where we are only cheating ourselves, and may be a few around us, who sincerely believe us and our resolutions. It is only a mental crutch, a support we use, because we find it convenient. If a man really wants to transform himself, really wants to let go of irritating habits, and wants a makeover, then what is the need to wait for a particular day? It is not that January 1<sup>st</sup> is some sort of auspicious day, where all sinners are likely to receive a pardon. I could understand if someone chose Christmas, or Id, or Buddha Jayanthi or Gokulashtami, or Ganesh Chaturthi, or some such auspicious day, for when one believes in God and the divine, at least these days have some significance.

If you are serious about changing something in yourself, the adult, mature way of doing it is to work on it as soon as you see it as an issue, a problem. Waiting the whole year and choosing a pre-ordained day, is only fooling yourself, and is very childish and silly. It's time we grew up, and took responsibility, if we are really looking for success in our ventures. And somehow, our own experience and those of others tells us that ninety percent of New Year resolutions are not kept, and get easily broken, and we fall into our old patterns, even before half of January is over.

If one really wants to change, it has to be done now, not on 31<sup>st</sup> of December.

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# Spiritual Poems

## Birth of Spring

I read a story of a daughter lost in hell  
And of a mother whose heart burst and fell

Her world was empty without a daughter  
It was like winter without the dawn of summer

My home too was without a daughter  
And it was a world parched for laughter

So I set out on an impossible quest  
For a daughter, I was going to try my best

Time came but the lazy sun was in a deep sleep  
So the moon goddess kept me bright company

A superhuman push from deep beneath the earth  
I laboured hard and long to pull baby from the dirt

But like Demeter, I too was unsuccessful  
I had lost my daughter, one so fair and beautiful

The tears of earth was beginning to unfurl  
My daughter was lost in the underworld

As the months crawled by, I saw my Lily of the Nile  
Charming all Hell with her sunny smiles

I saw her walking with Hades in the wee, small hours  
I saw her kneel with him to gather fallen flowers

Hope was somehow revived with new lengths  
I was able to summon up new strengths

Unlike Demeter, I refused to give in to depression  
To find my child, I was going to continue this mission

Or my world will forever be draped with winter storm  
For daughters are really Spring in another form

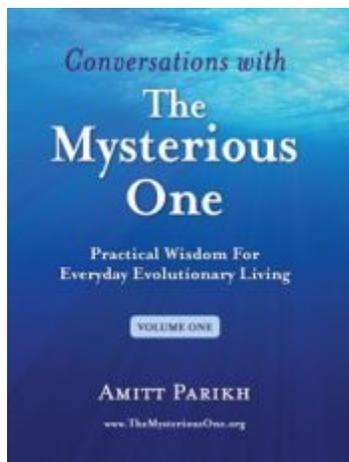
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