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Medicine and Religion



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Message From The Editor

Many scientific studies have confirmed that religious and spiritual practices that emphasize positive human values like love, justice, welfare and freedom improve health. Diseases are healed more easily if the patient is spiritually active.



The cover story in this issue explores this development in the context of migraine headaches. The phenomenon of the migraine aura is examined from the spiritual view to understand migraine as a physical and spiritual condition that can be accessed and changed through spirituality.

This issue also covers topics like forming a cohesive energy grid system, action through detachment, the meaning and purpose of life, a study of the significance of freedom based on several designated days in February, quotes from different points on the spiritual journey along the continuum of self to Self, the importance of taking and giving freedom, ACIM in prison and a spirit channeling on peace. There is an insightful spiritual poem too.

Love and Light,

Prabhath P

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Medicine and Religion

By Floco Tausin

In the 1990s, the practitioners of orthodox scientific medicine engaged in dialogs with much earnestness and passion about the unification of religion and medicine. It was shown in more than 100 studies that complaints and illnesses like diabetes, liver disorders, heart conditions, cancer, arthritis, chronic pains and others are soothed more easily if the patient is spiritually active. It is recognized by now that religious people generally enjoy more quality of life, live more healthily and longer and tend less towards depression and suicide - provided that it is a religion which emphasizes positive human values like love, justice, welfare,

freedom, etc. The reason for the physical effect of religion and spirituality is not cleared in detail yet since it has to be looked for in the complex relationship of body and mind. Generally, it is acknowledged that religions regulate the feelings of the people and therefore have an effect on the immune system and the psyche.

This article is a contribution to this development. It intends to examine the phenomenon of the migraine aura from the spiritual view and therefore to understand migraine as a physical and spiritual condition, which corresponds to lived spirituality and, from there, is accessible and changeable.



Migraine isn't fun (photo by makelessnoise).

Migraine headaches are unilateral and pulsating headaches frequently accompanied by an increased sensitiveness towards light and noise, by nausea and dizziness, partly even by cramps and appearances of numbness and paralysis. The duration of this condition may reach from some hours up to some days. The exact causes of migraine are still unclear; there are different neurophysiological theories, which put the main emphasis on changes in the blood circulation of the brain or on the neural excitement of the nerve cells. Genetic factors have an influence too. It is known that a great number of factors can trigger migraine, from stimulants like chocolate, coffee, red wine and salty food, to hormonal changes in the body and emotional strains all the way to climatic conditions. Dozens of millions of people are affected by migraine in the industrial nations of Western Europe and the USA (approx. 12-14% of the women and 8% of the men) where the illness causes several billion dollars in costs every year. This spread has made migraine a component of our culture long ago. Authors like Stephen King and Steven Sills let their protagonists suffer from migraine to point to events lying ahead, or to start a process of reflection. Wassily Kandinsky, Yayoi Kusama, Lewis Carroll, Giorgio de Chirico, Sarah Raphael and other visual artists have let themselves be inspired to works of art by migraine experiences.

Alternative treatments of migraine

The wide spread of migraine also finds its

expression in the number of treatments beyond scientific medicine. Some of these approaches are rooted in medieval or pre-Christian European medicine systems, others go back to non-Western medicine. Some very old magical and alchemical practices and recipes can be named as an external treatment of migraine. Other therapies understand "illness as a way" (according to Dethlefsen/Dahlke) and try to find the spiritual causes of migraine. A different approach is used by systems aimed primarily at the spiritual development of man. In such approaches often inspired by Eastern religions, the cure of diseases is 'only' a welcome side effect.

Approaches like the latter are isolated from their cultural and religious roots by the Western complementary and alternative medicine and directed against migraine. Such typical therapies of which successes in migraine treatment have been reported are: acupuncture and acupressure, homoeopathy, meditation, Neuro-Linguistic Programming (NLP), sensory deprivation, shiatsu, yoga, autogenic training as well as prayers and spirituality in general. Meanwhile, some orthodox practitioners have changed their minds too, and have started to use alternative spiritual methods as an accompanying measure against migraine, like including spiritual questions in the treatment of patients or even mentioning spiritual aspects of migraine.

The visual migraine aura - an entoptic phenomenon

In these alternative approaches, the focus practically never lies on the migraine aura that announces the migraine in a minority of persons affected (10-20 %). In ancient medicine the Greek term *áúra* described the pre-symptom of an epileptic seizure. In the case of migraine, it serves to describe subjective 'imaginary' sensory perceptions, which precede the headaches for one hour at most. Although auras can affect all senses, they usually refer to the visual sense.

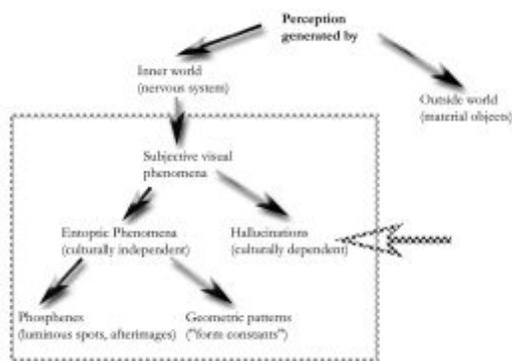
A visual aura consists of several different appearances, typically the flicker (so-called

scintillations) and the visual field defect (scotoma). Both can extend and move in the visual field. The atypical visual phenomena like small bright dots, white, colored or dark spots, zigzags, lines, flashes of light, 'foggy vision' and others, are more common.



Example of a typical migraine aura in the visual field. Drawing of a patient. (Source: Dodick, David W.; Gargus J. Jay. (2009). 'Migräne - Leider keine Einbildung.' *Spektrum der Wissenschaft* 10: 52).

All these appearances can be understood as 'form constants.' This concept was coined by the German psychologist Heinrich Klüver in the 1920s, who carried out tests with the hallucinogenic alkaloid mescaline. In the reports of the test subjects, Klüver recognized always the same geometric patterns. Besides the form constants, other visual phenomena may appear in phases of the migraine aura that we sometimes know from the weekday: included are the complementary colored after-images, the tiny luminous spheres moving along fast in wound tracks known as Blue field entoptic phenomenon, and the transparent dots and strings called eye



Kinds of subjective visual phenomena (source: FT).

Floaters or mouches volantes (*muscae volitantes*). These appearances are designated as 'entoptic phenomena,' a medical term for a specific group of subjective visual phenomena.

Intensity increase and altered consciousness

The interpretation of migraine represented here takes the entoptic phenomena as the starting point. In cultures practicing a ritual form of deep consciousness alteration, these phenomena are highly valued in religion, art and society. Apart from ecstasy techniques practiced by shamans and seers, migraine can be a trigger for entoptic perceptions. As early as the 1980s, the doctors J. Dexter and A. Friedman stated similarities in the altered central nervous system of migraine patients and of shamans in states of trance. And the ethnopharmacologist Christian Räsch, in his *Encyclopedia of Psychoactive Plants*, draws attention to the perception changes in migraine and in the ritual trance states induced by active agents of plants, both triggered by the activation of certain neurotransmitters.

All of this allows the conclusion that migraine sufferers experience a stimulation of the nervous system in the phase of the aura, which I call an 'intensity increase' or 'heightened energy metabolism.' According to reports, this energy surge frequently manifests before the appearance of the aura and causes good mood, effusive joy and openness, or intensive sadness, fear and depression in people affected. Bodily sensations like prickling, tingling and shivering, which are frequently experienced by migraine patients during the aura phase, are a further sign of increased energy. Such feelings normally appear at moments of intense emotions and are a sign for the openness towards the divine in some religious traditions. This temporary increase in energy as well as the openness has insofar a spiritual meaning as it changes the consciousness and the perception of people. This was looked for by ecstaticists, mystics, shamans and visionaries of all times and cultures to facilitate the contact with the divine.

While shamans and ecstaticists, however, are

preparing themselves physically and spiritually for such intensity increases and perception changes over many years, migraine sufferers are thrown "into the cold water." Some are able to process this increase in energy, as seen in the fact that in these cases there is no headache following the visual auras. Most migraine sufferers, however, lack the physical and spiritual prerequisites to handle that situation: the increased energy can't flow freely and evenly in the body, which expresses itself as the typical migraine symptoms of headaches, nausea, oversensitivity but also the unilaterality of the sensations.

From the point of view of the ecstaticists, those people who experience such uninvited and uncontrolled intensity increases are more sensitive for altered consciousness states and correspondingly have an easier access to their true self. Thus, for those willing to work ecstatically, this increased energy is a chance not only to get rid of the pain but to develop their own consciousness as well.



Migraine Aura. By Joana Roja
(http://www.flickr.com/photos/cats_mom/2758240218/).

Entoptic spirituality against migraine

We can find the inspirations for this ecstatic-energetic work in religions and spiritual teachings, which deal with entoptic phenomena. According to my previous enquiries, aspects of an 'entoptic spirituality' can be found in practices and beliefs of shamanistic societies, in the mystical and visionary traditions of Hinduism, Buddhism, Christianity and Islam, as well as in modern teachings like the esoteric aura, the theory of

Orgone by Wilhelm Reich, or the mystic teaching of the seer Nestor living in the Swiss Emmental. In all these cases, entoptic phenomena are being placed in personal and spiritual contexts and thus made meaningful, therefore being able to provide impulses for dealing with migraine auras.

An inspired spiritual interpretation of migraine can already lead to favorable and pain-relieving thoughts, feelings and actions. Nevertheless, concrete physical and spiritual exercises are needed to prepare for this recurring situation of increased energy. Some of the above-mentioned traditions and teachings provide practices of their own. These can be used as desired or replaced by others. It is important, however, that they are integrated into the weekday and exercised for some time. In that way, they help remove energy blockades and distribute the energy evenly throughout the body, e.g.

- healthy, balanced vegetarian food;
- regular walks in fresh air as well as physical exercises aimed at the flexibility and sensitivity of the body, e.g. dance, yoga, tai chi etc.;
- breathing exercises;
- concentration, meditation and relaxation exercises.

It is not a coincidence that many of these exercises and practices were reported to have good results when used against migraine in the context of the complementary and alternative medicine.

Finally, the moment of the appearance of the entoptic visual aura is itself part of the cure. It must be experienced and examined as consciously and attentively as possible. The ideal case is migraine sufferers being aware that they experience something sacred during these moments; that they break free from their usual thinking, acting and perceiving for a certain time; that they experience the world in a completely different way - something that ecstaticists and shamans work for all their life. The exercises mentioned help maintain such a consciousness during

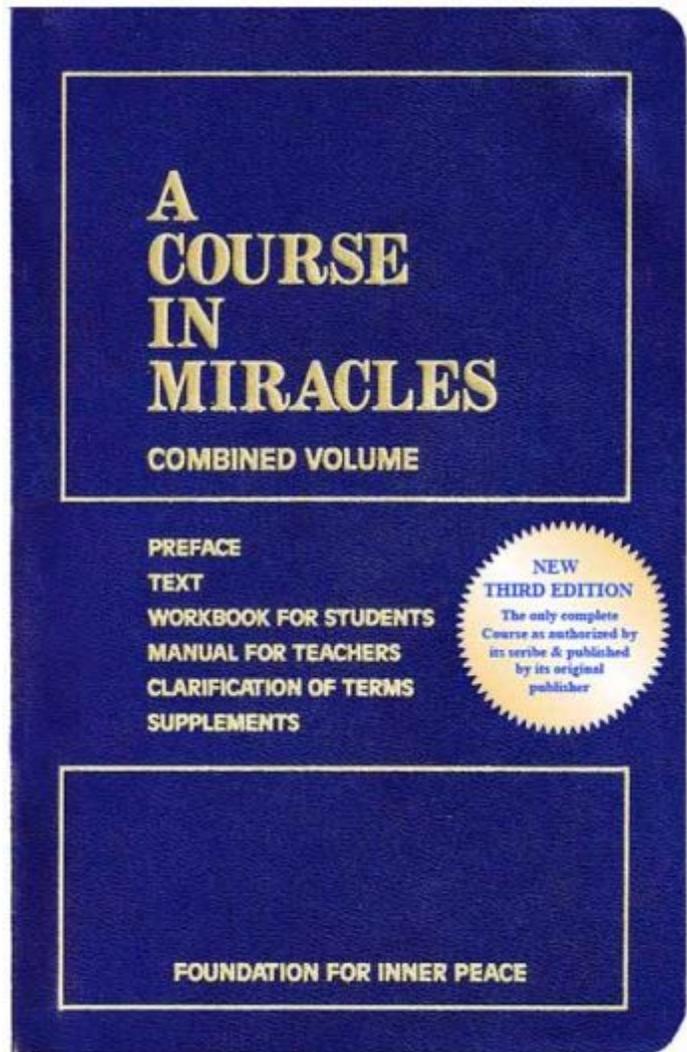
these moments, and overcome the fears accompanying this condition. If this turns out well, the auras stop being frightening. The example of the U.S. artist Robert Bursik shows that these are not empty words. His headaches disappeared after he had accepted the auras, which frightened him at first. Bursik connects these perceptions with statements from different religions and assigns the cause to the spirit. He has been able to enjoy the auras for three decades:

“And if I let it, and take time, and watch it, it slows down, and I can enjoy the simple beauty of it for what it is.”

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www.eye-floaters.info

The name Floco Tausin is a pseudonym. The author has studied at the Faculty of the Humanities at the University of Bern, Switzerland. In theory and practice he is engaged in the research of subjective visual phenomena in connection with altered states of consciousness and the development of consciousness. In 2009, he published the mystical story 'Mouches Volantes' about the spiritual dimension of eye floaters.



ACIM in Prison

By Joe Wolfe

It was 1974 and I was twenty four years of age at the time. My own history up to that point was one like so many stories of a young street thug, growing up in a working class Chicago neighborhood, discouraged and disillusioned by the mediocrity and grind of what life had to offer.



That *there had to be something better* was always a predominating thought. So 'better' for me, was the excitement and the radical comradity of our little clique of thugs, always plotting, always stealing, always looking for that thrill. So when those activities resulted in my first arrests, confinement in juvenile punishment facilities and finally in a ten year prison sentence (the big time), I was brought to a juncture. I would crash and burn. Previously embraced justifications for my anti-social behavior would soon be shattered and all of the glamour of the life of a

criminal would cease to contain even a trace of validity. The underlying conviction that ***there had to be something better*** still remained but now (after the experience I'll describe below) that *something* would take on an entirely new and remarkable definition.

So at twenty four and while wallowing in the misery of prison life, this is what occurred that would lead to forever changing the way I would perceive the world:

The real Me...The I...The Essence of Who and Where I AM emerged for just a few short minutes one summer afternoon after an entire sleepless night of worry and immense fear over the possibility that I might be killed the following day. For the first time in many years I turned to the God I perceived and I prayed for deliverance. I begged and prayed for many hours with fever and intensity never before offered. 'He' answered... 'He' delivered me. And for a few brief moments 'He' lifted Me from the body and embraced Me as a loving Father does His Son and assured Me once again, that I would be alright.

While the body lay on the prison cell cot below, the awareness of 'I' expanded to include every molecule of air around Me... every feature, the sunlight that streamed through the barred window, the trees and grass outside, the room itself... *everything was Me*. A crescendo of 'sound' accompanied the experience that completely absorbed all sound on earth and played as every instrument in every orchestra all over the world, in perfect harmony. This experience launched my search for the miraculous.

Now, many years later, and after much search, many books, and after the message of Forgiveness as gently prescribed in *A Course in Miracles*, I came to realize that the 'person' who searched would never find the answers. That person, a product of the same thought system that created him, would seek and never find because he was simply in the way. His beliefs, his concepts and

ascribed personage blocked the very awareness of that which he sought. *He had to get out of his own way first*. He had to surrender his own image of who he thought he was before any Real knowledge could enter. The little self had to be first seen for what it really was, then sacrificed (for lack of a better word) to make room for something much bigger.

The Law of Forgiveness would lend him the means to do just that. In Forgiveness, the little self would fade into the oblivion from which it came and what would emerge is what was there all along. That Essence of the Real Self, that 'I' and that assurance that everything would be alright. And from that Essence, a Power uncommon in this perceived world would accompany it and everything would change for the better, forever.

Today, almost every day this writer visits the local post office to deliver copies of the *original edition* of *A Course in Miracles* [donated by Course in Miracles Society] along with an easy to comprehend introduction to *The Course* as made available through the text version of Gary R. Renard's *The End of Reincarnation* to lists of prisoners who have expressed the desire to learn more about the Course. With the text version is a brief essay describing what is referred to as The Five Signs, five mystical experiences during this life which began at the age of three and culminated with the experience described above. This experience led to adopting a practical application of the spiritual discipline taught in *A Course in Miracles*.

With the help of people like Jon Mundy and his *Miracles Magazine*, Regina Dawn Akers and her *The Holy Spirit's Interpretation of the New Testament*, Gary R. Renard and Tami Simon, (*The End of Reincarnation*) and Dov Fishman of The One Mind Foundation and Acim Gather, as well as Beverly Hutchenson, Marianne Williamson, Robert Perry, and those friends who assist with postage donations, and especially Course In Miracles Society, a new wave of compassion is spreading throughout the populations of prisons all over the country.

For many of these prisoners, long forgotten by family or friends, this new avenue of communication

brings welcome relief and a gentle, warm and loving response to their cry for help. It brings Hope where apathy, despair and grief make their home. It delivers Love where blame, guilt and punishment saturate the atmosphere. It brings the possibility of the Peace of God to a 'place' where the ego's appetite for misery, pain and hopelessness can now move aside to welcome a glimmer of Light.

May the Love, Light and Peace of God be experienced by them, and with every second feel another moment spent in His Endless Embrace.

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Forming a Cohesive Energy Grid System

Channeling by Ellaenah

A cohesive grid system is formed when we consciously join our energy structures together to create a cohesive single unit that has not only the sum of all energies but an increase in geometric proportion that is created when energy structures bind themselves consciously to each other. Even as you sit here, your energy grids are merging with those who are sitting next to you without your conscious awareness. Such merging of energy grids can



result in, inadvertently, taking into your grids those energies that you may not wish to receive. That is why we need to learn how to consciously create a bond with another energy structure in order to determine which energies you will permit into your structure, and which energies you will keep out.

Such a cohesive grid system magnifies the power of any kind of energy work. The years to come will see much shift and change in social systems. These will largely influence education, medicine, and the legal fields. All areas of social networking will also undergo tremendous changes. The question is: will these

changes be unconscious, without your Will-full contribution? If you should allow them to be unconscious, you will again be like puppets, with the general mass of humanity pulling reins and strings that you may not be comfortable with.

In the coming months, focus strongly, with conscious, deliberate awareness upon these shifts and changes that you wish for humanity at large. Meet regularly with friends and like-minded persons, and create such cohesive grid systems that will establish energy matrices as per divine direction. Take the power of the new Earth into your hands. This Earth is yours. It is time to claim it as yours. Do not be merely dwellers upon this Earth, silent spectators that sit back and allow the mass of humanity to take over the functioning of your life.

Much like beads strung together, that create a whole so different from each individual bead, individual grid systems strung together, create a more dynamic unit; one with clarity of vision and perception, knowing and understanding, that goes beyond the ability of one single individual. It gives you the ability to multiply yourselves.

To make one continuous whole, first decide whether the joining will take place in an anti-clockwise or clockwise direction, thus each one joining to the one on their left or right as decided by all. Ensure that it is a continuous whole and that there are no gaps in the flow of energy, the start and end of the system being the same person. A grid like this can be created even if there are just 2 persons.

Whenever a cohesive unit of a grid is to be formed, it takes 2 forms: one grid starts from your right hand side, the second starts from your left. The grid that starts from the right is the grid which carries *positive*, radiant energy; health, prosperity, abundance, happiness, tranquility, joy, harmony and order. The grid that begins from the left hand side carries out of all persons establishing the cohesive grid system energies that are *negative*;

dis-ease, disharmony, war, violence, conflict, pain, rigidity, fears, insecurities, all energies that are detrimental to your wellbeing, that place hurdles in the path of spiritual ascension. The first grid that is created is the positive energy grid that empowers, enlightens and illuminates. Only then is the second grid created.

We are now going to use the power of our breath. It is upon the waves of breath that Prana flows into us and through us to all around. Begin to breathe into your solar plexus. Let your inhalations be long, your exhalations a little shorter than your inhalations.

As we begin to create the grids on the right hand side, strongly command your energy structure to take in and absorb all energies coming to it from the right hand side. Have no fear, no worry, no anxiety; all energies coming from the right hand side will carry only positive, radiant power. You may establish, if you wish, a physical contact with the one on the right, by holding hands, or you may establish an energetic contact with the one on your right. That is entirely your decision as a group. When contact has been established, start breathing into your right hand side, with only one intent in your mind: the well-being of all. Breathe as a Light Worker, a light being, an agent of transformation, a server. With each exhalation, determine which energies you are breathing into this cohesive unit, every exhalation determining which energies you are infusing the positive grid with. Your right hand side might feel a little heavy; it might even feel that you are a little imbalanced because your breath is being concentrated on the right hand side.

With the power of a light beam emanated from your 3rd eye or from your crown, begin to spin this cohesive right grid round in the same direction as you have chosen to flow the energy around the group, so that it gets empowerment with strength all of its own. Continue this for about three minutes.

Now gently turn your attention away from the cohesive grid, back to your power centers, and breathe now into your abdomen, your inhalations being longer than your exhalations. Maintain steady breathing pattern. Continue this for about three minutes.

You are now ready to construct the grid on the left hand side. The grid on the left hand side liberates you from all energies that are unproductive for you either physically, mentally, emotionally or spiritually. Begin breathing into your left hand side. Do not worry about taking in any of these energies into your personal grids. Notice, you have not given the permission to your grid to take in any of these energies. You will merely be a conduit in order to create a grid system that carries away from you these energies and anchors them into Mother Earth, where she transmutes them into her fiery bowels.

Breathe into your left hand side, with each exhalation determining which energy you are releasing from your system so that you are more empowered, stronger, more enlightened and more illumined, more loving, more compassionate, more forgiving, more tolerant, more accepting, more embracing. Some might experience discomfort or pain in the arm or on the left hand side as you breathe out such energies. Do not be concerned; they will pass.

Now begin to spin this grid by the power of the beam of light from your 3rd eye or the crown. While spinning it, ensure that it is being anchored deep into the bowels of Mother Earth. Spin and anchor. Spin and anchor. Continue for three minutes.

You have now formed two grids. It is now time to use those grids for your well-being and the well-being of all. When a group forms a cohesive grid system, it has to decide the purpose for the grid. Every, and any, positive intent is accepted, whether it appears globally significant or insignificant. Along with this common purpose, you also are permitted as many personal purposes as you desire. Once the two grids are completed, focus jointly for three minutes on this common purpose, and then turn your attention to any and all personal purposes that you would also wish to radiate with the powerful light of the cohesive unit

grid.

Release now this cohesive unit grid into the ethers, much like you would release a smoke ring. The grid will rise up to that level of energy, which is required for it to manifest the common purpose and the personal purposes that it carries within its structure.

Release the left hand side energy grid into the Earth. It will sink as low as it needs to go, in order to transmute all the detrimental energies that it carries away from you.

You may now release yourselves from contact, whether energetic or physical.

The efficacy of such grids are expanded and strengthened by the same group meeting repeatedly. If the same common purpose is continued for a while, it can manifest much quicker than an individual attempt.

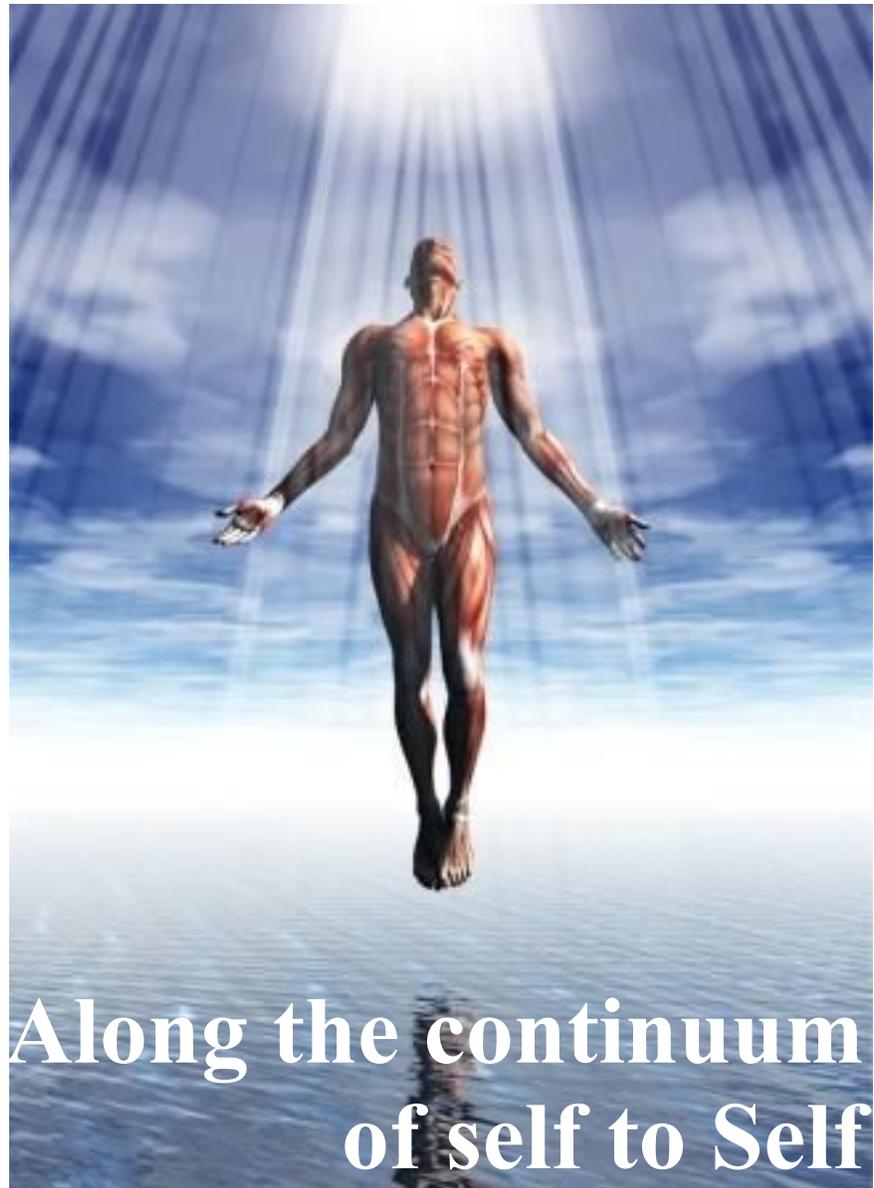
You can be part of as many grid structures as you desire. You might have one with your spiritual friends, another with your work friends, a third at home and so on. Those families that are continuously troubled with conflict and some worrisome issue or the other, can benefit hugely by such cohesive unit grids.

Greetings from 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.



By Divyaa Kummar



*Nibble at me.
Don't gulp me down.
How often is it you have
a guest in your house
who can fix everything?
-Rumi*

Some of my quotes from different points along the journey from self to Self! Each stage is valid with none being lesser or higher as each step is as vital as to where it takes you! What may appear as

contradictions are only different points along the same continuum and as each becomes your truth, you experience that point of the continuum in the now. Do not read with an “I agree or disagree” frame of mind for then you judge all against a set parameter... you operate from where you already are! Instead read, ponder, determine what your truth is and what is as yet only an intellectual understanding - in this awareness reinforce that which is already your belief; in this awareness be open to the new...

Quotes

Thoughts matter... they literally become the 'matter' of the people, events and things you call life!

There is a big difference between your thoughts and your beliefs! Thoughts are your current focus, which impact energy into taking shape - thus as you change your thoughts you change what you are creating. Beliefs are your subconscious 24/7 focus - always impacting your reality! Thoughts are like energy signatures; beliefs are like a long standing power of attorney!

The 'future' is only the rearrangement of your past unless you change inside of you that which causes your 'outside'! Trying to fix or manipulate the outside is as futile as applying your makeup on the reflection in the mirror, and wondering why it hasn't stayed on when you reach the party!

We have all heard and read that we are Creators; that the Creator is within you; but where, really where is this Creator within you? The answer of course is that the Creator within you... is in your belief system. As you believe so do you create!

Judgment is an act of perception; perception is an act of creation. In this gnosis may you view the power of non-judgment and appreciation! If you 'see' yourself as a failure, if you 'think' your country as corrupt, if you 'feel' your world as disaster ridden, you are creating it. Stop smudging - move from judgment into the masterstroke of appreciation, and you will create... see more things to appreciate!

Self-love is simply acceptance of self in all its nuances. It is not turning a blind eye to perceived areas of growth, or parts you wish to enhance or disempower, but the attitude you view these with! If you render them ugly, dislike parts or allow guilt to creep in, you move from self-acceptance to blame and judgment. Instead know deep in your heart how utterly unique a being you are and how

valiant an expedition you have chosen towards the exploration of this self, and in this positive awareness, sure you can choose to incorporate change and extend the current self.

Miracles are usually viewed as providential events, orchestrated by a source outside and higher than us, made possible through some circumvention of the natural laws! However in every seeming miracle you are the source, not an outside higher power! It's your focus that is their life force, not divine decree! Indeed miracles are not some divine suspension of universal laws, but our optimization of the same!

Focus on whom you choose to become; not on whom you choose to move away from. Constant focus on your higher Self restores your authentic nature spontaneously. Repeatedly acting and responding from your higher Self wears away all that is not in sync with this Self almost automatically!

True forgiveness is in the gnosis that there is nothing to forgive! When a sense of thankfulness for the experience and learning pervades you, what can remain to forgive or not forgive?

Each 'sin' is a judgment we form through lives; and as we drop each judgment there no longer remains anything like 'sin.'

Many of us think of our 'purpose to be' in terms of that one overriding theme; but at its deepest, each truth that becomes yours, beyond its mere intellectual understanding, is your purpose to be! And whatever truth you are experiencing in the now is your current purpose!

The journey towards your goals - its myriad experiences, joys and learning - are the real objective of any goal; and the perceived goals themselves are only the means towards this exploration and self discovery! In this gnosis will you rest even as you 'strive'; touch peaks at every 'step' along the way; find fulfillment moment to moment rather than at some perceived 'end'!

Make Beauty the path to home! Think what

happens when you come across a thing of beauty? You enter a speechless space, which the mind cannot describe and thus it rests, and there is spontaneous meditation! Without the barrier of the mind, you are wide open to All That Is! This is why man has been drawn to beauty through existence.

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

'Creatorhood' and 'Self empowerment' are current buzzwords and have become synonymous with the power to manifest - indeed the complete power to shape your life and even world. Yet at their deepest... what do they really mean? What is an inherent aspect of 'complete' power? Complete power only comes with complete responsibility! Only when you claim responsibility for your life (events, people therein,) environment (yes, that political system you find corrupt) and world can you shape it. Without claiming responsibility you do not really reclaim your Creatorhood... and it remains but an intellectual concept you have picked up.

Death is not in death as we think it to be! In fact 'death' kills death and becomes the doorway to eternal being! Then what is death? Death is in our so-called comfort zones, patterns and conditioning; death is in our reluctance or refusal to move on, change, expand, experiment and surrender! Death is paradoxically not in the endings and change but in stagnation, inertia and fear!

Being born and dying: are like the ship 'disappearing' from your horizon and 'appearing' at another's horizon; not two separate states for the ship... or anyone who can see the full picture/macrocasm... and only so for the two

witnesses at either end/microcosm. And if we take this further, a ship goes to so many ports, each being a seeming birth and death!

Desire is its own mover and holds the seeker to the sought; the mover to the movement; the beginning to the end. It sprouts as and when required as the 'voice' we have placed within to trigger us towards those aspects that we have chosen to explore, experience, expand and eliminate! Thus view your desires in these terms instead of grappling with them - what are they conveying to you from beyond the veil? What soul energies are waiting to be acknowledged? Expressed? Fulfilled?

No choice is really 'wrong'! Even if it leads to what we may view as stagnation, a dead end or a challenging situation for that 'seeming mistake' was what we needed to meet, face and get out of the way - and in this understanding, there are no wrong choices!

Many of us try to become another Buddha or Osho or this Master or that; and yet each Master is an individual, unique and delightful exploration of the whole - enabling us yes, but towards our own exploration and our unique picture of the whole! If we were to all go 'back' with the same picture, what a waste of eternity!

True insights are when the abstract 'THAT' becomes the tangible 'Ah this'!

We often think we are going to reach a place there will be no thoughts! But thoughtlessness is not about no thoughts, but about no thoughts about 'our' thoughts! Much like a TV screen allows all stories to play through it but claims them not!

Oneness is beautiful... but most confuse oneness with sameness and the obvious gets ignored - that while we are all one, we need not be the same!

Simply put: we are 'love,' and the 'will' to 'creatively' be it!

The different roles and life plans are like a board game we have each pulled out from the universal playroom! Someone is playing president or

businessman or spiritual teacher/mother/actor/panwala! In the larger picture none of these roles or what we 'do' in each life matter. They are only means for the Self to experience.

'God' and 'the world' is one reality, and these are just two (of the many) ways of perceiving the One. But please note they are only different ways of perceiving the one and not two different parts! Like a drop of water is wet and transparent, you can't separate the wetness and transparency other than in labeling it towards its understanding! And thus is the world (life, people, events and things) God or Spirit! Maya/illusion does not mean that the world does not exist - as from our point of focus it does - it only means it is not the only aspect! You have not viewed the whole - that's the illusion!

God is no separate 'Whole'... indeed there is no separate inviolate 'Whole' as we sometimes think. God is not a noun but a verb - the entire process of creation and thus all that is, even as individuations or in separation, makes up this 'Whole'! 'God' is not outside, but neither is God inside you... God is everything and everywhere!

Know that as Mankind, you carry all the previous dimensions you existed in, within you! The minerals your body requires are the remnants of the mineral kingdom; vitamins are part of the plant kingdom and proteins are your heritage from the animal kingdom! Humanity stands not alone, but partakes in all life on earth!

Detachment 'happens' in all-embracing acceptance, not in denunciation or rejection of this, that or the other! Detachment is not in having 'no desires.' Detachment is in the awareness that 'your' desires are only vehicles for the universal cosmic play to carry on! Detachment 'happens.' Striving towards detachment is attachment to detachment!

As long as you desire to meet 'God' or even 'become one' with 'God,' you are going to have a

God outside you to do that, and the God-self that I am cannot be.

'You' can never be Enlightened! For as long as there is a 'you,' there is no awakening; and in awakening there is no you, no personal self left... to 'get'... or know... of its Enlightenment! Like an orgasm, each tiny realization builds upon itself and becomes a series of tiny shifts, taking you from personal consciousness into universal consciousness, and just like in the orgasm, where ultimately there is no 'you' left, in Enlightenment there is no you!

The word 'pure,' is without the judgment it usually implies and not better than 'dense'! The only difference between pure and dense is the vibratory frequency at which I am exploring or experiencing the Self! Thus yes, while pure does refer to our 'finer' vibrations, in the larger picture it is these finer aspects of self which choose the 'denser' experiences to add to their 'finesse'! Thus All That Is, can paradoxically become more!

Symbols are forms that help us 'see' the formless; they allow us to access the inaccessible; make the intangible tangible; and the unknowable known! They communicate richly and directly to the subconscious in ways far beyond what words can express! Ancient dhyana techniques used symbols to focus on, to imbibe its deeper abstract understandings... beyond words.

We often think in terms of Gods creating us; but in truth it is we who create our gods! Sensing our purest qualities, but unable to accept this vision as self, we project them onto a 'god' or goal outside. Anthropomorphism - personalizing or humanizing abstract qualities (to better understand them) - is the basis of mythology. The abstract is given life, the intangible is made tangible through name, form and history, enabling mankind to use these symbols to better understand what is beyond words.

Ah to the paradoxical cosmic mating dance; to the simultaneous divine yearning and divine fulfillment; fulfilled even as we yearn and yearning even in fulfillment; seeking union even whilst enjoying the

cosmic foreplay; the Shakti in me seducing the Shiva in me; the Shiva in me stretching it that wee bit longer... Ah to the Now.

Nothing is really not 'nothing,' but no thing other than I! In this no-thingness ... as this I... or Isness... we become all-thingness! Thus nothingness is not emptiness but fullness; detachment is not severance but all-inclusiveness; life isn't distanced from but wholly and deeply entered.

As we take Self exploration deeper and deeper, we realize that going 'deeper' is reaching the most simple! And the deepening is only a tool to arrive at the utter simplicity of it all! Or it becomes 'kaan rus'... intellectual mind games taking us away... rather than... towards...!

Enlightenment is the paradox of finding that there is nothing to find; reaching an understanding that there is nowhere to reach; becoming aware that there is no one to become! It is the all pervasive stillness and momentum of the dawning that all is perfect, as it is, in every now and everything is happening as it must, so really there is nothing to do or not do towards it!

'The Word' is at its deepest a tool of oneness and union. Because it is 'The Word' that allows

each individuation, even in separation, to know of their Oneness. It is 'The Word' that allows you even in your perceived separation to know of your inner union. It is 'The Word' that brings together the far flung spaces you occupy into the one path back home.

Words first help, then limit, then come in the way... till we finally use words to go beyond words.

Words belong to the mind, the mind arises in separation and thus words can only help us define the separation, understand the separation and then form a bridge out of it... but finally we must get off the bridge!

Creation to each of us: "If ever there was a reason, it was 'you'"

Let us not seek to know it all as much as enjoy All That Is!

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Divyaa Kummar, from Mumbai, India, is a spiritual facilitator reaching out through discourses, writings, tarot workshops, personal energy sessions, and meditation groups blending ancient dhyana and tantra techniques with a more current approach.



What is Life?

By Chitra Jha

This is an eternal question asked by sages and uninitiated alike through the ages. According to my current understanding, life is a series of experiences. No more and no less! Each experience is valid and complete without any label of good, bad or ugly. But what is the purpose of life? What is the purpose of having these experiences? Well, that is very simple too. The purpose of life is to convert each of these experiences into wisdom, integrate that wisdom into our being and get ready for new experiences; again to be converted into wisdom... This is an ongoing saga.



But who decides what experiences we must have? We decide that ourselves. Well, not at the

ego-personality level (though that is the level at which we experience our experiences), but at the soul level. Let us figure out how our soul takes this decision. What is soul after all? It is just a storehouse of all our thoughts. How are these thoughts stored? They are stored in the form of feelings. All feelings carry either a negative, positive, or neutral charge, which means that feelings are stored as an electric charge. This makes our soul an electrical energy. Phew! Could this be as simple as that? It is. Our soul is just an electrical energy, which stores all our feelings as an electric charge.

And where is this electric soul located? That is simple too. It is located in each cell of our magnificent body; the vehicle of the soul. Now you understand why we feel our emotions inside our physical cells? This cumulative charge determines our vibrational

frequency, which means that the more positive charge we store in our cells, the higher our vibrational frequency is! Since everything/every person/event carries a vibrational charge as well (because it is all made of energy), we attract all that which matches our frequency.

What happens to the wisdom that we generate? Well, that gets integrated into the Spirit part of us. How is Spirit different from soul? Spirit is the Divine Light spark; it is the Divinity within us. It is our true essence. It expands itself with each nugget of wisdom that we integrate/assimilate. All the collective wisdom becomes a part of ALL THAT IS/Source; thus ensuring constant expansion/evolution. The more wisdom we integrate, the more our Spirit spark brightens. Gradually this increased Light starts emanating from our body; because Spirit surrounds all our physical cells. Soon our cells seem illuminated! This is the process of en-LIGHT-en-ment.

Spirit's focus is only upon the wisdom that we glean out of our experiences. It does not judge our ego personality or our choice of experiences. Whatever wisdom needs to be assimilated in a particular life expression determines the soul's choice of life experience. Stored emotional charge too plays a part in this choice. It is a complicated process as many players are involved in any single choice that we make; hence great planning goes into determining these choices at the individual and collective levels. This is not a one time process, it is an ongoing thing.

Our soul does not only reside in our cells, it resides in many dimensions. One of these dimensions is our Higher Self, which is part of the ongoing planning sessions with Higher Selves of other players. These planning sessions bring about synchronistic events in our lives. Nothing ever happens without any reason. Nothing is ever coincidental or 'by chance.' Everything that we experience is an integral part of a well synchronized play/orchestra. Each player plays a

very important role. We create our reality through these roles.

What is the creative factor in our being? Everything in the Universe is created through a union of masculine and feminine. We create our reality through our thoughts and feelings. Thought is the masculine aspect, while feeling is the feminine aspect. The original thought always comes from ALL THAT IS/Spirit. This is the creative spark. It originates in our heart, the seat of true wisdom. After that our brain (left side of it) creates more thoughts around it. These thoughts generate feeling/feelings (in the right side of the brain). Together they lay the ground for creating our experiences. The original thought is energy at rest; it is also known as the Shiva factor. The emotions (feelings generated through a play of thoughts) are energy in motion, the Shakti factor. When both Shiva and Shakti are in tune/sync with each other, we create beauty, love, and joy. When these energies are not in balance we create anger, strife, hatred, jealousy, and wars. Finally, it is all just a play of energies.

We create our life and Life creates us. It is a vicious cycle that we find ourselves in. The day we understand that all this is just a drama/a play, we awaken to our true identity. What is our true identity? We are the only entities as human gods who experience ALL THAT IS in its entire splendor. Yes, that is the Truth. Even angels do not have this privilege.

We experience God as Light/Spirit. We experience God as electrical/emotional energy/soul. We experience God as mental/intellectual energy/ego-personality. We experience God as all the essential elements of creation/*panchabhutas*/ether/air/Earth/water/fire/physical body. Yes, our body is our trump card. It is made of all the essential elements of creation. We are the only piece of creation, in the entire cosmos, who can experience God as matter. Angels can't do that! This makes us very special children of God. We are truly the microcosm of the macrocosm that is this cosmos. Our physical bodies are the true temples of God as they house God in all His forms.

How do you feel about your bodies when you

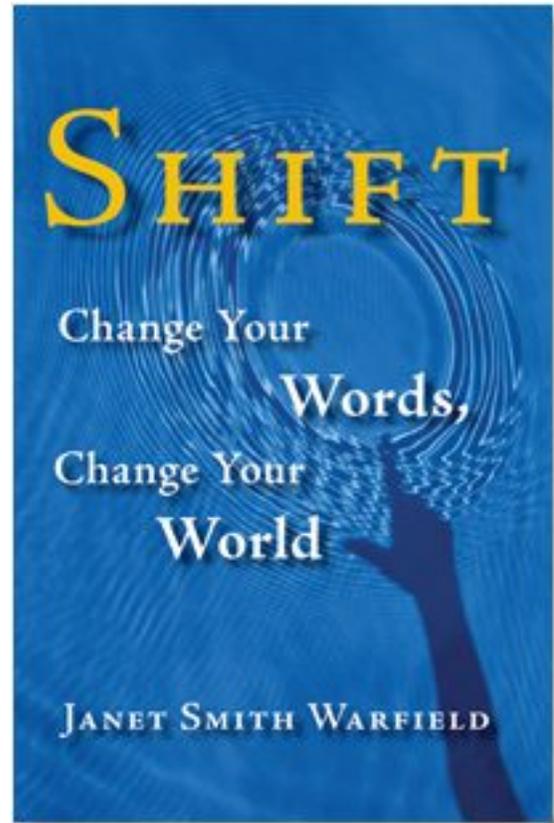
contemplate upon this Truth? Does it make you love your body a little bit more? Does this fact help you claim your Self-Worth? Do you 'feel' Divine? Are you ready to accept your 'Creatorhood'? Are you ready to claim your Mastery?

Life wants you to answer all these questions. Well, you can take your own sweet time to do that. Life is in no hurry. It has an eternity to wait for your answer. It just IS and you just ARE. It is ALL THAT IS.

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



Non-action And Action, Action Through Detachment

(Excerpted from *Shift, Change Your Words, Change Your World* by Janet Smith Warfield, 2009.)

“One who sees inaction in action, and action in inaction, is intelligent among men.”
THE BHAGAVAD GITA

By Janet Smith Warfield



When Jesus was crucified on the cross, he took no action to save himself. Perhaps he recognized the futility of fighting the embedded human fiefdoms. Perhaps, he was simply living a belief in non-violence. Perhaps he was simply functioning from a universal human consciousness that perceived his physical body as a single physical form of an all-encompassing energy he chose to call God. Perhaps he perceived his murderers simply as

another form of that energy - dysfunctional human beings living in their own fear-created world.

Yet Jesus' non-action was the most powerful action he could have taken. His life and death generated hundreds of religious traditions with millions of followers. When Socrates drank the hemlock, he did so voluntarily. He wasn't willing to postpone drinking the potion when Criton begged him to do so. When his friends broke forth in loud lamentation as he slowly drank the hemlock, he quieted them. He had no fear of physical death, because he understood eternal life. Over 2,000 years later, his name lives on as one of our

great philosophers.

Martin Luther King, Jr., in his “I Have a Dream” speech, knew he was going to be assassinated. He nevertheless had the courage to live for principle, the dissemination of which would cause his death. Mahatma Gandhi's fasting to end violence in India may have looked like inaction. He took no direct action to stop the violence. Instead, he applied a highly focused form of intention on himself. As Indian sects turned their attention away from their hatred of one another to an esteemed leader who was willing to die rather than participate in their dysfunction, the violence subsided.

Compare the power of focused intent that looks like inaction to the futility of oppressive, divisive, violent action. History is rife with examples of ineffective and destructive force: the Crusades, the Vietnam War, the Nazi regime in Germany, to name a few.

Every action-oriented conquering empire perceives itself as being right and superior, and its opposition as being wrong and inferior. It is divisive thinking that never succeeds in creating cooperation, peace, and harmony. It uses separation in an effort to control. It supports me/you solutions, rather than win/win solutions. Everybody loses, including the conqueror. Often, the conqueror is the biggest loser, because his conquest spawns opposition and lack of cooperation.

From an emotional perspective, what is it that drives this divisive thinking and conduct? Is it because we are all afraid - afraid of loss of approval, loss of personal power, and physical death? Is it because we don't yet see ourselves as part of eternal life?

From a non-dual consciousness perspective, we are all brothers and sisters with the same human weakness - separation. We are separated from ourselves, separated from each other, and

separated from our ground of being. We are separated because we haven't mastered our fear and separated because we believe our word illusions. Our worship of words and our subconscious fears cause us to react against others and see ourselves as more intelligent, better informed, and more moral. We use words to separate ourselves from parts of self we don't want to see, projecting those unaccepted parts onto others whom we then judge. “And why beholdest thou the mote that is in thy brother's eye, but perceivest not the beam that is in thy own eye?” (Luke 6:41)

Since we've now eaten of the tree of knowledge, our worship of words and our subconscious fears also separate us from the universal energy that unites us all. You can call this universal energy God, Higher Power, Higher Intelligence, nature, or even deny that it exists. It simply doesn't matter what word labels you use. The energy is there for anyone who chooses to turn the dial of his mind, body, and spirit and tune into it. It is the only thing that will eliminate fear. Is it the only thing that will encourage win/win thinking. It is the only thing that will create powerful world peace, one person at a time. We all have only ourselves to work on.

A short rule for action is: take action only with yourself. Choose inaction toward others, unless they need your help and you are able to support their needs.

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Janet is a graduate of Swarthmore College and cum laude graduate of Rutgers School of Law, Camden. She practiced law in Atlantic City, New Jersey, for twenty-two years. She is a powerful word sculptor who knows how to transform the turmoil of daily living into peace. She currently lives in Boquete, Panama.



Freedom in February

Freedom: In humans, the power or capacity to choose among alternatives or to act in certain situations independently of natural, social, or divine restraints.

- Britannica Online

By Marlene Buffa

In America, we equate the celebration of freedom with July, the month of the signing of the Declaration of Independence from King George. After the Civil War, all Americans born on our soil experienced freedom as their birthright. Our founding fathers no longer wanted us to experience freedom FROM something, rather the freedom TO choose one's own way. Our great nation deliberately abdicated rule over the people and instead invited its citizens to exercise free will. With freedom comes great personal responsibility of making the right choices given lengthy aisles filled with many flavorful options.



As we look at the significance of several designated days in February, we remember that although freedom is a condition of our environment, it begins within the flame of independence burning in each of us.

National Freedom Day

Each February 1st, we acknowledge America's representation of freedom. This day, established in 1948, celebrates our elimination of involuntary servitude. With the signing of the 13th Amendment into law outlawing slavery, our country took a stand to honor the freedom granted to us by our Creator.

In what ways does your essential nature require liberation? Quite often we place limits on our abilities or our dreams, and never dare to pursue our happiness.

With no outside force limiting or restricting our potential, the only barrier to our free expression lies within. Take a few minutes this day and all year long to unlock the greatness of your being and open the door to your greatest desire. You alone hold the key to your spiritual freedom.

Valentine's Day

The feast of St. Valentine stands as a traditional day to express love to one another. From the innocent paper cards we passed out to our classmates, to roses and dinner out, love's conquest of the heart rings out to us each year. It's often said that we don't choose with whom we fall in love. If that's indeed the case, love then becomes an overbearing force to which we succumb sometimes unwisely or unwittingly. It's almost as though we are love's victim - falling helpless to the selection of that most precious emotion as to our beloved.

From 'puppy love' to multiple relationships, every one of us experienced partnerships, which didn't work out for one reason or another. We must also acknowledge that love sometimes knocks on the door of our heart and we fail to answer the call because the appearance or expectation of our ego casts a veil of denial over the possibility of authentic connection. When we unburden ourselves from the restrictions our prescribed conditions and qualities impose, we free ourselves to look at love through the peephole of acceptance and willingly explore one of nature's finest experiences!

Lincoln's birthday

Before the workplace standardized holidays took force, February 12th recognized the birth of Abraham Lincoln. After myriad failures in his private and public life, this man endured hardships that fortified him to take the office of Presidency in our nation's darkest hours. After almost 100 years of independence, America's hypocrisy exhibited in the institution of slavery denied this

group of people their God-given right to live for their own sake. While the war between the states argued for power other than oppression, it remains a turning point in our country's history and a shining light of freeing a people not only from bondage but from thousands of years of man's dominance over others.

Lincoln's no-win situation brought about costly changes, forfeiting several founding principles set forth in the Constitution. He made the best decision he could given the circumstances. When we face matters in our own lives, which appear devastating no matter the choice, we must focus on the end result - what supports our freedom as individuals, as free spirits? We want to be free in our lives to prosper and thrive, yet the only slave master we cower to is our own self-worth. When we release the self-inflicted tentacles of fear, we free our minds and ideals to reach for the stars.

Washington's birthday

One of our bravest generals and reluctant leaders, George Washington stood tall the saddle and in the history books. Wise and strong, Washington led groups of men into battle and overpowered one of the world's strongest armies. He freed himself from defeatist notions and hence, liberated a country. As president, he led with humility and honor, treasuring always to sustain the freedom he fought so hard to attain.

When our personal resources appear dour, we realign with our core principles. Gathering our strength from our desire to achieve and grow, we move against the formidable foes life puts in our path, all the while sure that our goal awaits us. Moving from self-limitation, doubt and fear, the freedom to try and try again brings about the purest expression of our true spirit and sets the stage for a life well-lived.

February 29 - leap year

Once every four years, the calendar adjusts to allow for the differentiation between solar cycles and recorded time. In a sense, February 29th is a 'freebie' day - a gift of an additional 24 hour period. While we live in a free country and are free to pursue our dreams

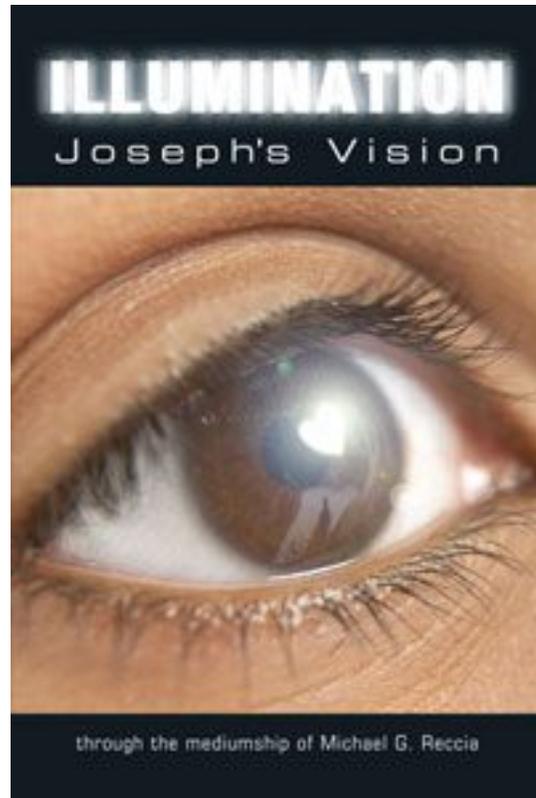
and happiness, we never escape the mantle of time. As we succumb to either shortened hours of sleep or less private moments, our busy lives find us crying out for a few more hours in a day to accomplish our to-do list. The gift of an additional day nonetheless appears 'business as usual' to our hectic schedule and rarely do we take a deep breath to appreciate this timely gift.

As February speeds by each of us, take a moment to ponder your freedom. Count your blessings. Your nation honors your liberty from the moment of your birth, and you will never be subjected to servitude for another person's gain, against your will. Think of the anguish, which befell Lincoln as he navigated the country through the war, and the courage of Washington as he faced a seemingly undefeatable enemy. And, every four years, enjoy your extra day. Most of all, relieve yourself of all self-doubt and questionable capability. Know that your only restriction lies within you and you hold the key to unlock the shackles of your own limitation. Set your spirit free!

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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.



Peace - an excerpt from *Illumination: Joseph's Vision*

By Michael G. Reccia



Joseph speaks: Peace is something that all nations aspire to - *at least in words* - and it is something that individuals also aspire to:

“If only I had a little peace I would feel better.”

“Why can't we live in peace?”

“Why can't there be peace on Earth?”

There is no peace on Earth because you do not understand the concept of peace.

Peace is a continuous state and not something that is simply a resolution to your current problems; peace is a knowledge of God; a state of harmonious vibration.

The reason you cannot find peace is because you wish there to be *conditional peace*. You wish there to be a certain outcome of a war, for example, so that certain political views, certain power structures, are upheld.

Peace is an unconditional state of rest. It is a state of rest of aggression, a state of rest of domination, a state of rest of control of others. It is a relinquishing of all of these things. And peace has a vibrational

value - *peace exists as a state of non-aggressive attraction between spiritual beings.*

Harmony is peace and peace is a state of recognition within souls of *themselves in others - of themselves as God in others*. Once you recognise yourself in others, how can you destroy others? How can you control others? How can you seek to impose your views on others against their will? At the point at which you connect with God there is a universal vibration, it is a vibration that runs through you and through everything - you are part of the universal sea of consciousness. The state of peace is experienced when you operate from that core of oneness from God and extend yourself outwards into your daily lives from that oneness with God. Peace cannot really occur on material and physical levels, at least not until you re-recognise your dependence on God.

Peace is a state of *knowing*, peace is a state of *being* and, if you could see the vibrations of peace, you would see a light - rather like a sea of light - that is not buffeted but is calm; a sea that is unaffected by storms or tides and is still like a millpond - a quiet sea of light. That is the condition of peace and that condition, that vibration, is a nourishing vibration. When souls tune into it, it feeds them. It is a vibration that does no harm, it is a vibration that reacts with the vibrations of the individual soul and brings a state of well-being to them. It nourishes the molecules of the spirit it connects with. It also brings a level of harmony to the mental state of that spirit. The vibration of peace is not static but calm, without turmoil, without eddies, swirls and tides.

When a spirit is incarnated into the flesh the effects of the Field on that spirit create, within that spirit's perception, discord. A spirit being born today, for example, is being born into the Field of consciousness that has existed for millions of years and the state of the Field at the moment is set to negativity, set to violence and aggression. When the soul is incarnated into the Field *initially* it is at peace; the vibration within it is that calm vibration from God that brings with it health and well-being and

intuition and a sense of purpose. Then, as they grow older and more experienced on this level, they are beset by other problems. They are beset by those who would oppress them. They find that the world is divided into factions: religious factions, political factions; they discover that there are souls who will exert violence in order to get what they want, that there are perversions of the soul that cause souls to act in a very base way. And all these aspects of life on Earth within the illusion of the Field gradually mask and change the vibration of peace which is the rest-state of the soul.

Each soul on Earth knows within itself at God-level that it requires peace, that it requires to get back to that state of bliss, that state of total non-worry, that state of total calm that it initially brings with it to the Earth plane - and so it struggles to look for and to manifest that state of vibration on a physical level.

Peace will never be found on Earth until you find the peace within.

In finding the peace within, in re-resonating with that birth-vibration, you cannot be at odds with anyone because, when you link into that peace-vibration, you discover that everyone else has it within themselves; that you are, in fact, fighting yourself if you want a certain outcome in a war, that you are fighting yourself if you want a certain outcome within a family unit. You have to get back to recognising the peace within.

In this book I talk a lot about meditation, about becoming peaceful, because this is the only way to change things on your level of consciousness. Only by seeking all the answers *inside* can you project them *outside* and into the Field to generate enough Light to change its inherent vibrations. I am talking about letting go of the complex shell of thoughts that you surround yourselves with, freeing yourself of them, becoming who you already are: *the unbiased, unchanging Light of God made individual in illusion only in order that you might grow as a soul and bring more information back to God when you return to Him.*

Once you let go of the self, you will find yourself - your spirit self - immersed in a wonderful feeling of bliss and contentment, in a timelessness, in a sea of energy ... in peace. And you may stay there for a few seconds or minutes or even hours and you will be refreshed and you will know that true peace *can* exist and that peace is an unchanging equation, is a vibration of God, is your natural state, and you will begin to understand why you crave peace so much in all aspects of your life, because it is what you really are and it is what you want to be again.

On a subconscious level you desire peace because it is what you really are.

Now, how do you translate that peace into your world? A difficult equation!! Peace exists when you seek to reunite others with you, to reunite others with the God that is within them. So your starting point in your politics, in resolving your conflicts, in finding peace, has got to be: "What is best for these people on a God-level? What is best for this situation on a God-level? What does God require of me in this situation?" When you approach a conflict in this manner, that vibration of peace within you (that is God) is accessible to you and permeates your consciousness with the way of peace pertaining to that particular situation. In other words, you will *know* what to do and you will not have an agenda; you cannot have an agenda when seeking peace.

The intention of this book is to give you - individually and collectively - the ammunition with which to flood this illusion with enough Light for it to change. It is a war of peace I am asking you to wage because the Field itself has to be reset to peace, and that will only occur when sufficient Light is poured into the Field that the Field itself becomes a higher vibration and is changed. At that point your world changes forever. At that point you rediscover a paradise. At that point there is true peace.

The action required to change the Field takes place within you as individuals and as groups. Seek the Light within and you become peace-makers because you generate that vibration as your

signature-vibration on this level and more people will be attracted to you and you can then give to them the way of peace by instructing them, teaching them how to go within and discover it.

There was a time when there was peace; there was a time on Earth when the people on Earth tapped into God's vibration of peace and harmony - another word for peace. Peace is harmony - the two are the same thing. There was a time when harmony was the underlying, the dominant vibration that fed this level before The Fall; before mankind changed the polarity of the Field. That peace has not gone anywhere, it is still within you but it is masked. You have to return to that period of peace, it is vitally important.

Your world, under the oppression of the illusion, is *dying*. It is running out of energy. ***The globe cannot sustain itself much longer.*** You draw on its energies but do not replenish them and I am talking here *spiritually* and not materially. You take from this world everything thinking that the world has an infinite supply of spiritual energy. Consider that every day the world is being drained of its life-force, which is not being replenished, and you see the need for peace on Earth and peace within the Earth.

You are running out of time, Ladies and Gentlemen!

You are running out of time and I pray that the examples of how to change things within this book are considered and used because each soul that reunites itself with the God within becomes a point of Light, a point of energy for the world to combat the dominant vibrations of the Field.

May peace be with you! My existence is within a sphere of peaceful vibration. Am I at peace? No, because I am concerned about the Earth. I am concerned that the planet and its peoples get back on track; that they permeate, that *you* permeate, your physical reality with enough Light to sustain yourselves, to sustain the planet and to sustain a new way of thinking. There is an urgency to what we do.

We cannot (as part of you - as part of God) turn our backs on the situation and we feel on our higher vibration the effects of your dominant vibrations upon the Earth and upon each other. This is why we come back constantly to attempt to change things. There is greater urgency with us as time goes on your level of consciousness.

You do not have an infinite number of tomorrows in which to put things right. You have to begin now.

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Professional medium, Michael G. Reccia, from Rossendale, UK has channelled spirit communication for over 25 years. Michael regards the Joseph books - 'Revelation: Joseph's Message and Illumination: Joseph's Vision' - as his most important contribution to spiritual awareness and is currently channelling the third book in this amazing trilogy. With his life-partner, Jane, he co-authors a free website offering uplifting spiritual teachings from his guides.



Taking And Giving Freedom

By Dr. P. V. Vaidyanathan

I am a practicing child specialist, and one of the earliest patients I had, many years ago, was a child whose mother was a very rebellious and feisty woman, called Meena. She used to fight a lot with her parents initially, and later on, with her in-laws too. She was a very free thinking, independent woman, who would not be guided by customs or traditions, but would rather follow her heart or logic. Her in-laws were very orthodox, and often insisted that traditions be strictly followed. When her family insisted that the child's ears had to be pierced and his head tonsured, as per the prevailing customs, she



refused to follow their diktat, and fought tooth and nail against what she called 'inane and stupid customs.' I remember that she had a hard time fighting her husband, her in-laws and her parents, for something that she believed was right. Eventually, after months of resistance and with a lot of people being offended, she won. She was so happy when she met me and told me how she had stood her ground and prevented her child from being subjected to these rituals. She was one mother who had unconditional love for her child and who refused to be bowed down, by pressure of any sort.

Twenty five years later, I had the chance to meet her again. This time, she came to me as a

grandmother with her daughter and her grandchild. I could see the same determination and courage in her eyes, even now. We got talking and remembered how she had fought for her child. What about your grandchild? I asked. “Well” she said, “my child was my responsibility. My grandchild is her mother's (my daughter's) responsibility. I did what I believed was right. I leave it to my daughter to decide for herself and her child what is right or wrong.”

I was amazed to find someone who had her own strong likes and dislikes, but had the intelligence and maturity not to thrust it down her daughter's throat. Meena did what she wanted, with complete freedom, but she also gave this freedom to others like her daughter, to choose their own line of action. There is a lesson for all of us to learn - we all want freedom, but rarely give the same to others. And it is only when we give others their freedom, will any relationship work out, positively. We take our freedom for granted, and often fight tooth and nail for it, but are rarely willing to give the same to others. We not only think for ourselves, we also want to think for others and decide what is right or wrong for them. If one realizes the basic flaw of such thinking, and if one is able to give complete freedom and space to others, life would surely be more

tolerable and more harmonious for all of us, on this earth, and conflicts would be kept at a bare minimum.

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Dr. P.V. Vaidyanathan, M.D., DCH (Paediatrics), has been running a clinic for children since 1990, in Chembur, Mumbai, India. He is a freelance writer by hobby, with an interest in matters related to health, lifestyle, spirituality and entertainment. He has written two books one titled 'Make Your Child Stress Free' and another called 'Spirituality Bytes.'

Spiritual Poems

Discarded Jewel

They sifted through the bins of refuse
Looking for something they could use
He found a piece of greasy gem
That they had all condemned.

He took the piece of gem home
And polished it until it shone
It sparkled brighter than all the stars
Yet concealing a number of scars

The gem was appraised; a precious stone
But alas its name was still unknown
It was indeed, a rare, treasured find
That was coveted by all humankind

People came from far and near
To behold this wondrous solitaire
And found to their utmost pleasure
Ailments healed by this nameless treasure

This guy's name brought him fame worldwide
And he became millionaire twice overnight

All because he had found a star others missed
Shining quietly on the unwanted list

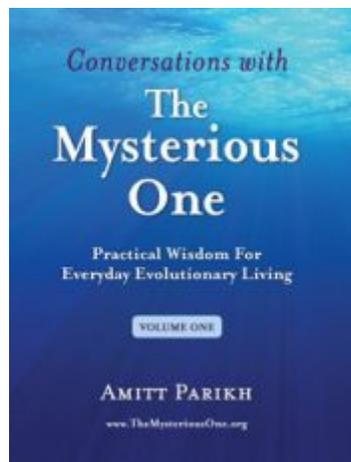
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Conversations with The Mysterious One - Volume One

Practical Wisdom For Everyday Evolutionary Living

By Amitt Parikh



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Testimonials

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

- Sri Jothimayi Ma, Pranashakty

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

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

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

- Divyaa Kummur, Spiritual Facilitator and Author

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