

YOUR SPIRITUAL REVOLUTION

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What is Gaia?

Strike A Suitable Relationship!

Healing by Shifting Polarities

Sound Effects

The Odds Are Good



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Message From The Editor

Our planet is facing a serious ecological crisis. Despite overwhelming evidence of worsening global warming, vested interests funded by polluting industries are trying hard to deny the impending danger by spreading misinformation so that they can continue their misguided ways that could destroy the planet and humanity.



The industrial society has failed to recognize the ancient intuitive realization of the Earth as a living being, but Gaia, the Earth aspect of the Great Goddess is reemerging in human consciousness. The Gaia Hypothesis formulated by the scientist James Lovelock, asserted that the Earth is a living organism and gave the name of the Greek Earth Goddess, Gaia, to the living Earth. The cover story in this issue explores the spiritual and scientific understanding of the living Earth to clarify what is Gaia and why does Gaia matter to us. These insights about Gaia are extremely important at this time when we must have an intimate and participatory relationship with Gaia to prevent an unprecedented planetary disaster.

This issue also covers topics like how can one strike a suitable relationship with the Almighty, the paradox of self-responsibility, what to choose if there is a choice, the power of thought, the healing effects of sound, how to free yourself from oppressive tendencies, healing by shifting polarities and the importance of daring to pick something odd. There are also two inspiring spiritual poems.

Love and Light,

Prabhath P

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What is Gaia? And Why Does it Matter?

By Susan Meeker-Lowry

Free of birth or destruction, of time or space, of form or condition, is the Void. From the eternal Void, Gaia danced forth and rolled Herself into a spinning ball. She molded mountains along Her spine, valleys in the hollows of Her flesh. A rhythm of hills and stretching plains followed Her contours. From Her warm moisture She bore a flow of gentle rain that fed Her surface and brought life. Wriggling creatures spawned in tidal pools, while tiny green shoots pushed upward through Her pores. She filled oceans and ponds and set rivers flowing through deep furrows. Gaia watched Her plants and animals grow. In time she brought forth from her womb six

women and six men.

- Charlene Spretnak, *Lost Goddesses of Early Greece: A Collection of pre-Hellenic Myths*, Beacon Press, 1981

Gaia is the name the ancient Greeks gave to the Mother Goddess who gave birth to all creation. A temple in Athens adjoining the Parthenon, the Erechtheion, was dedicated to her. Today Gaia, the Earth aspect of the Great Goddess, is reemerging in human consciousness. Whether we believe that the Earth IS the body of the Goddess or simply think of Gaia as a metaphor, an ancient myth with modern

implications, isn't important. What is important is the impact of Gaian consciousness on how we see and feel the world.

In the 1960s and 1970s, James Lovelock was researching the possibility of life on Mars for NASA. His assumption was that the requirements for life on Mars would be the same as for life on Earth. So experiments were designed to test Martian soils “for chemicals whose presence would indicate life at work. . .” After a while, Lovelock questioned his basic assumption. He wondered whether life on Mars would reveal itself to tests based on life on Earth, to say nothing of more basic questions like, what is life, and how should it be recognized?

“I expected to discover somewhere in the scientific literature a comprehensive definition of life as a physical process, on which one could base the design of life-detection experiments,” he recalled, “. . . but in the whole vast encyclopedia of facts the crux of the matter, life itself, was almost totally ignored.” Designing a universal “life-detection experiment” was a lot more complicated than Lovelock thought it would be. Eventually he became intrigued by a colleague's notion of “life detection by atmospheric analysis” and they began working together. “Our results convinced us that the only feasible explanation of the Earth's highly improbable atmosphere was that it was being manipulated on a day-to-day basis . . . and the manipulator was life itself.”

Lovelock then made the leap, which is still considered controversial among many scientists, that because the Earth acts like a living organism then it must in fact be a living organism. “The entire range of living matter on Earth, from whales to viruses, and from oaks to algae,” he explained, “could be regarded as constituting a single living entity, capable of manipulating the Earth's atmosphere to suit its overall needs and endowed with the faculties and powers far beyond those of its constituent parts.” Lovelock's contemporary, the novelist William Golding, suggested that he call the

living Earth, Gaia and with the help of colleagues, especially Lynn Margulis, Lovelock's inquiry evolved into the Gaia Hypothesis. “When I first saw Gaia in my mind, I felt as an astronaut must have done as he stood on the Moon, gazing back at our home, the Earth. . . Thinking of the Earth as alive makes it seem, on happy days, in the right places, as if the whole planet were celebrating a sacred ceremony.”

My personal introduction to Earth as Gaia was in November 1985. It was my second visit to the Chinook Learning Center, an intentional community and educational center on Whidbey Island in Washington State founded by former residents of Findhorn. My first visit a year earlier had been absolutely magical and I had high expectations. *Catalyst*, the journal I published until the early 1990s, was in its second year. Its focus was “creating an economy for the living Earth” and it looked at small-scale, community based alternatives to business-as-usual. I was participating Chinook's conference, “For the Life of the Earth,” to learn about new projects and to share ideas.

I arrived a bit late for the first gathering on Friday evening and Thomas Berry, author, priest, and cultural historian, had just started speaking. His eyes twinkled with good humor and he was full of energy and passion as he spoke of the importance of integrating ecology and spirit into politics, economics . . . and everything else. His wasn't simply an intellectual understanding of the topic. I could tell he felt the magic of the Earth in every cell of his body. It wasn't just what he said, it was how he said it. I was entranced.

One of the topics he discussed was James Lovelock's Gaia Hypothesis, which proposes that since the Earth acts like a living organism, then it must in fact be a living organism. My heart immediately embraced the idea. As Thomas spoke, the pieces fell into place. He put words on what I'd known intuitively all my life. Tears came to my eyes, hope grew in my heart, and my mind reeled with the

implications. I thought about the role love plays in the healing process, how it works miracles, speeding recovery from illness and nourishing the spirits of people and animals alike. "Healing the Earth" was a common phrase, but it seemed so arrogant. How could we possibly heal the Earth? But if the Earth is alive, and if love is part of the healing process, then we can make a difference. What we do and how we do it matters. We may be David acting against a powerful Goliath, but we have Gaia, a living being, on our side! Nothing has been the same for me since.

To me, Gaia is the life force that flows through all of us, that connects us to and makes us one with trees, rivers, mountains, bees, ants, moose. . . everything. Gaia is the process of creation and manifestation - and we are participants whether we are aware of it or not. It is my belief, based on my personal experiences, that it is not only possible but our birthright as human beings to have an intimate and participatory relationship with nature, with Gaia. Further, I will state without hesitation that this relationship is primary. In a practical sense this is obvious - our lives depend on clean air, water, and food. We wouldn't survive long without trees, plants, and animals for clothing, shelter, food, companionship. But our relationship with the Earth is more than physical. It is emotional and spiritual as well. Sadly, our culture does not honor or recognize these deeper connections that, until fairly recently (in the grand scheme of things), were intrinsic to daily life. Every one of us, regardless of nationality or race, is a descendant of an Earth-centered culture. This connection to the Earth is in every one of our cells (what Thomas Berry calls "biocellular knowing"). Our hearts and our spirits understand what our minds have been trained to forget or ignore. If you doubt this, take some time to hang out in the woods or by the ocean or with a favorite tree or rock or river. Watch cloud formations or gaze into a star-filled sky. Just BE there for a while, let go of feelings of anxiety or needing to be somewhere else. Close your eyes and breathe. This is food for your soul, nourishment for your spirit. It will make a

difference, I promise.

The implications of Gaia are immense and touch every aspect of human behavior, from science to politics, from economics and trade, to education and social services. Nothing is exempt. This is reality, not an abstract way of seeing the planet. We're coming full circle. In the beginning, gods and goddesses reigned and myth and stories explained the meaning of life and guided human behavior. As our knowledge of nature and the human body expanded, life was reduced to its material parts and the magic, the undefinable essence of being alive, was discounted and even feared. Science became the new god and the goddess was banished. Gaia helps us integrate the stories of the ancients with the stories of modern science into a cohesive whole and restores wonder and magic and mystery to our lives.

The path to the Gaia Hypothesis may have been scientific inquiry, but the path to Gaia is through the heart.

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Susan Meeker-Lowry is the publisher/editor of 'Gaian Voices: Earth Spirit, Earth Action, Earth Stories,' a newsletter for people who love the Earth. She is also the author of two books, 'Economics as if the Earth Really Mattered,' and 'Invested in the Common Good,' both from New Society Publishers. 'Gaian Voices' is available in both print and PDF format.



By Amitt Parikh

“Cow dung, if analyzed well by scientists, will be declared as a wonder drug for several diseases - same goes for Cow urine too. Both have multidimensional uses and benefits as they are excreted from a peaceful, evolved animal that eats fresh grass, chewing it thoroughly and digesting it slowly to produce healthy milk. In this process, the excreted solid and liquid wastes are also as useful as milk.



You see, the universe knows the science and art of recycling well. Everything from the moment of birth to death exists in close sync with rest of nature, universe. And as it dies, it is recycled to be used again by nature. Seemingly useless wastes are also that way used wisely in recycling to ensure the overall balance in the environment.

The Higher Self works on this principle of oneness and thereby ensures close coordination and synchronization of an individual with the rest of the Whole in the most efficient way. Thus when you are in rhythm with the universe, you become an instrument for the Higher Self to achieve higher balance in the surrounding environment through you. Whereas, when working with the ego-centered personality, an individual thinks he/she has a totally independent existence and can harm, misuse the environment for personal benefits. This kind of irresponsible living has resulted in the environmental catastrophe through which you are passing right now.

If enough individuals wake up from the dream of 'use and throw' mentality and 'who cares' attitude, this abuse of nature on a large scale can be halted. Especially, if these awakened beings rise to higher

positions in organizations, politics, society, think tanks, and NGOs, much can be done to thwart the imminent danger.

It takes courage, faith and focus for these 'lightworkers' to rise above their personal issues and devote themselves whole-heartedly and totally to be the instrument of the Divine. The One knows you inside out. Your inner guide will guide you on every step to ensure that your service to mankind makes maximum impact to destroy the old dream of 'all for me' and help in creating the new dream of 'me for all'!

This is a call to each one of you reading this! Awaken from the dream of lofty happiness, big numbers in bank balances, short term senseless goals and ego-centric behavior. Marry ME! Look within to find ME and let's walk together. I will show you your unique path. I have prepared a unique path for each of you, who is essentially ME! Hold my hand and fly on the path to selfless love, peace, bliss, truth and the evolution of All That Is.

The beautiful planet Earth being blackened by your exhaust gases. Think of the Earth as your mother - would you blacken the face of your mother with such poisonous gases till she simply can't breath and collapses? Think of the jungles as her breathing organs - would you ever take them away from your mother?

Gaia is an intelligent being. Gaia is a living entity. You are her children. Yet you abuse your physical body as well as your mother's body. How are you going to experience happiness then? How are you going to create Heaven on Earth?

Gaia's melodious music is now disturbed. This creates out-of-sync beats of natural disasters on the sea and land. Nature tries its best to bring back the balance through such 'discharges,' of out-of-sync chaos to bring back natural rhythm.

Ensure that you evolve your individual consciousness bringing more light to this world and that will go a long way to bring balance or rather

higher balance here. Do your bit of *seva* (service) with passion and dedication. Your *seva* can be your meditation, or your expression in any form, or your active participation in the projects to bring back harmony, or your dedicated efforts to raise the consciousness. It can be anything in sync with your higher desire to manifest Heaven on Earth, to bring down more Divinity on this plane of existence, life.”

- The Mysterious One

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An excerpt from '*Conversations with The Mysterious One : Vol. 1 - Practical Wisdom for Everyday Evolutionary Living.*'



Strike A Suitable Relationship!

By Hemamalini Raghunathan

Many of us believe that spiritual life means association with the Almighty. But how can one strike up that association? How to develop it? We are constantly in search of God, either consciously or unconsciously. Different people have different conceptions of God. One needs to find the 'right' relationship with God. Amidst the materialistic chores, for the sake of one's very survival, one finds it very difficult to identify the relationship with God, even if one sincerely yearns for it. Ignorance (Maya) is, by nature, persistent. The illusion, like a hand, can cover up the Sun. Maya, the external energy, is very



powerful. One has to surpass it, to know what is one's relationship with God.

We are given this human form of life to attain God. One can start thinking that everything is 'God.' This sounds a little easy. One can take this as a first step, not to look for the divine somewhere up in the sky. Perceive God in every pair of eyes, in Nature, in beautiful flowers, in animals etc. See God in yourself. The innermost longing for the divine will make you see God everywhere, in everything, in your vicinity. I am reminded of Lord Krishna's words to Arjuna:

"Brahmaarpanam brahma havir

Brahmagnau brahmanaa hutam

Brahmaiva tena gantavyam

Brahma-karma-samaddhinaa”

IV.24

For the aspirant, the act of offering is God; the oblation is God; the contributor, the contribution, the consumption, the performer, the result...everything becomes God; Brahman alone he attains, who sees Brahman in action.

In this world, we develop or strike a relationship with everything, with which we come into contact. So one can start the relationship with God on that chord. As a human being, one can love the fellow human beings quite easily. So I can envisage God either as my friend, as my child, and as my beloved. Thinking of him as a friend is very comforting. Everybody, even an introvert, needs atleast a single friend. Friendship excels kinship. Lord Krishna and Arjuna were good friends. Lord Krishna offered tangible solutions to all the problems of Arjuna. A sincere friend always does that. A friend in need is a friend indeed. A friend can re-double the joys and cut the grief in half. As a friend, He can guide me well, slap me on my face when I commit mistakes. I need not feel despair, when I can walk hand-in-hand with a friend. I can become one with a friend. A faithful friend is the medicine of life...so is God to me. A friend is the most co-operative and supportive person. When God becomes such a friend, oh... I am the most relaxed, stress-free person in the world. Oh God! Can you be my dearest friend? Yes, by all means.

The relationship with God can be like that with a child. But here, I don't feel the security I need. While thinking of a child, only taking the responsibility of the child comes fore to my mind. I need somebody with equal stature or more mature than me, who can take good care of me. Is it not?

God can be my loving parent, especially my mother. Love begins at home. I perceived love first in my life from my mother. Mother is the holiest thing alive. It is popularly said that God cannot be

everywhere and that is why mothers are made. How true it is! None can be so devoted as a mother. “Mother is the name for God in the lips and hearts of little children.” She possesses the best medicine of sweet kiss to console a crying child. When I need help, I look forward to God as a mother. He will surely bail me out of my distress.

Another sacred relationship I can think of is that of my beloved. We definitely show respect, tenderness and love to our beloved. He/She is the light of one's life. The hearts beat in concord. I can commune easily and wholly...no inhibitions, ready for sacrifices...no demands. Of course, the same is felt on the other side also. Love is the most powerful force in life. Thoughts are shared, even through separation. Love is all in all. So I can adore God, as my beloved.

I can become a Radha...to have the supreme loving relationship. Dynamic exchange of love is perceived. Radha is an expansion of the Lord's energy, an extension of Lord Krishna. Radha expresses the highest ecstasy of love. The symbolism of Radha is to ensure us that the Lord accepts any relationship/position with us and also cares for our emotions. The symbol can awaken our dormant love for God. The more we can comprehend, the more we will feel His presence. Radha is the symbol, who can perceive the Lord both within and without. Radha is the source of spiritual inspiration.

Can He be my master? Boss? Guru?

The last one sounds better to me. “We love the doctrine/precept for the teacher's sake.” Such is the mindset of most of my fellow-beings. The spiritual teacher is known as a Guru. He is regarded as possessing great knowledge, wisdom and authority. This relationship also can suit us a lot. A Guru can guide us, from darkness ('gu') to light ('ru'). Finding a true guru is often held to be a pre-requisite for attaining self-realization. The Guru-shishya tradition or relationship is our heritage. It is a fundamental component in the Vedic scriptures. The

term 'Upanishad' is derived from 'Upa'(near), 'ni'(down) and 'shad' (to sit), i.e. sitting down near a Guru to receive knowledge. Lord Krishna played Guru to Arjuna, While teaching the 'Bhagavad Gita' in the Mahabharata. In such a relationship, one can depend on God's guidance. He can surrender completely before the Guru, who KNOWS to protect his disciple. Kabir rightly remarked, "If Guru and God both appear before me, to whom should I prostrate? I bow before Guru, who introduced God to me."

Seeing life from a broader perspective, heightened awareness and vast knowledge acquired from the study of scriptures can help one realize God in any suitable way one wants.

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Hemamalini Raghunathan, a post-graduate in 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.



Sound Effects

By Amara Rose

"At the root of all power and motion, there is music and rhythm, the play of patterned frequencies against the matrix of time ... Before we make music, music makes us."

~ Joachim-Ernst Berendt,
author of *The World is Sound*



At the dawn of the millennium, a man I'd met at a friend's house sent me a CD of crickets singing - only their collective voices were slowed down through the magic of digital technology, sounding for all the world like a choir of angels. The unexpected cricket concert brought tears to my eyes, as I imagine it does to others who listen to this celestial symphony, which plays nightly to unaware human ears.

Sound heals. Whether it emanates from the

natural world or elaborate instruments, joyful noise can liberate us from pain: physical, mental, emotional, spiritual. And it's a wholly available, renewable resource.

Consider the people of Estonia, a tiny Baltic country that literally sang its way to freedom. This might be the transmutation of war: revolution via melody rather than missiles.

Shamanic healers such as global visionary Akasa use sound to help awaken our cellular and soulular memory. By integrating sacred sound practices from various world wisdom traditions, she transcends boundaries, borders and beliefs to bridge us to unity, a remembrance of our true home.

Then there's vibrational musician Craig Howell, who offers chakra tune-ups using Mayan musical glyphs: resonant renditions of your unique birth energy.

I also discovered a site that lists the healing frequencies for a wide range of conditions.

When I was beginning my transition from communications entrepreneur to planetary midwife in the early '90s, I participated in a monthly gathering known as Marianna Nunes' Inspirational Networking Breakfast. We'd close the morning with a candlelight song circle, concluding with *It's in Every One of Us*, a timeless tune that simultaneously grounds and elevates.

Marianna departed the 3D frequency a decade ago, and I remain eminently grateful for her gift of those ebullient Saturday mornings, which introduced me to living a practical spirituality.

We can take a leaf from the crickets and create our own musical matrix to heal or alter any situation. The power resides in living at cause - which, magnificently multiplied, generates sound effects.

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Amara Rose is a metaphysical 'midwife' for our global rebirth. She offers life-shift guidance, e-courses, CDs, playshops, and a FREE inspirational monthly newsletter. Her eBook trilogy, 'What Shines: Practical Wisdom for Unleashing Your Inner Brilliance,' is available from www.radiancepublishing.com

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you will start surpassing all known boundaries!" - Amitt*



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For As He Thinketh: The Power of Thought

By Lateef Terrell Warnick

“For as he thinketh in his heart, so is he” Proverbs 23:7 (King James Version)



Every scripture that appears very simple on the surface has so many levels of Truth underneath that it can be examined in various layers. Most people are familiar with this verse but may not have taken the time to truly analyze it and understand its depth. Most spiritual people also believe that man is made in God's image. We all accept a Creator that has the ability to create any desire at will but what does that mean for man? For those of us that know ourselves to be souls, individualized Spirit, we believe, likewise, we are creators although on a smaller scale. As society grows in its spiritual understanding, science and

psychology are proving in more ways the connection between a person's thoughts and their experience. However, because of the influence of ego, our sense of separation, we often feel we are the victims of life. The truth is that we have all attracted our experiences based upon our thoughts at one time or another.

We need to understand that the Spirit is the Originator of all thought. In other words, no human being has ever truly had an original thought. All of God's laws have existed way before man's ability to consciously capture His ideas. Since all of creation is ultimately God's thought, man has the ability to be a creator of our own experience but we are not capable of manifesting a thought that somehow supersedes God's thought or plan for His creation.

We've all been coming across books that seem to suggest that man, simply through the power of 'positive' thought, can manifest anything he desires. This is somewhat true but with a disclaimer. All thoughts originate with the Source. From there the soul can choose any thought it desires from an 'infinite basket' of thoughts. Through the power of free choice and will this idea begins to descend from the Absolute downwards into the causal realm of being, further downward into astral energy and finally into a gross physical form that we tend to recognize as 'reality' because we identify what's real through our limited ability of the senses.

The reason why some people seem to be better able to manifest and materialize their thoughts is because we create our 'realities' on three different levels. Our thoughts are truly things. ***“...verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.”*** Matthew 17:20

To first be able to create something from our thoughts it requires a degree of faith. We strengthen our faith by actually coming to know our Creator from within through experience. Through that experience we come to 'know' a Truth. Without that experience anything else is just a 'belief.' Through greater faith, our thoughts, words and actions begin to coincide to a magnificent degree so that there is no contradiction between what a person says, speaks and does.

Now here's the important disclaimer that separates those who try to use 'thought power' to simply improve their own lives and the difference between Realized souls, such as Jesus, who can not only walk on water but materialize, dematerialize or manifest anything he or she chooses. That distinction is - “in his heart!”

Most of us who are trying to discipline our thoughts in an effort to improve our lives do so from the ego's standpoint. Yes, it is possible to 'think' your

way to becoming rich, powerful, famous or to become the CEO of a major conglomerate like Oprah Winfrey. (Of course your words and actions must support that thought). But it is extremely difficult if your only motive is to benefit yourself. When a person, through the baptism of Spirit from God communion, becomes “pure in heart,” then they lose any selfish motive or desire to find pleasure in temporary worldly desires. It behooves one to remember no matter what you accomplish in life, it is temporary and you cannot take your possessions or accomplishments with you to the afterlife.

Jesus didn't perform miracles for his own delight. Everything he did was out of service to God's will. He even gave up his own life not as a process of self-glorification but as a testament of his lack of selfishness, ego and/or motive. When we ascend our consciousness to a degree where everything we do is for service to God and humanity then we come to realize that He is the Sole Doer of all miracles!

If you exercised all the 'thought power' you could conjure up, you still wouldn't become ruler of the world because that is not God's will. Every thought does have creative energy and never goes unnoticed but most of us who try positive thinking aren't patient enough to wait to see the results. Like any science experiment, it typically requires a process to reach 'critical mass' before there's a transformation. Anyone seeking to utilize the power of their thought will be best served if they are determined to first 'check themselves' to analyze their motive and then persevere until results are achieved. In due time, with practice, it becomes easier.

The most important thing to remember is that no matter what you may create for yourself in life, there is no guarantee it will make you happy. All pleasures derived through sensual stimulation are ultimately unfulfilling and fleeting. True, permanent Happiness is only found within. When you connect your self with your Higher Self then the Bliss from that experience is grander than anything this world can offer.

This leads us to - ***“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” Matthew 6:33*** When you've successfully established yourself in Spirit then “all things shall be added unto you.” This doesn't particularly mean 'worldly things' for when you've found God, you are contented beyond understanding and everything of this world no longer satisfies. A person who has truly connected with Source can live in poverty or prosperity and it wouldn't matter to them because their 'richness' comes directly from Above.

Most of us cannot imagine that Reality because we're still under the influence of ego and sense pleasures. In conclusion, I say, continue to discipline your thoughts. Seek to use your thoughts unselfishly to help others and you'll see the best results for yourself. Everyone wins! Any positive thought is better than negative thinking. But aspire to raise your consciousness beyond all thoughts and then you will become the goal you may have been

seeking elsewhere! Perhaps the Highest Thought anyone can have is simply - “I Am!”

“Be still and know that I am God.” Psalm 46:10

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Lateef Terrell Warnick obtained Bachelor's in Political Science from Armstrong-Atlantic State University, served as a U.S. Naval Lieutenant and through more than two decades of self-study and practice became an adept at comparative religions, metaphysics and yoga. He authored 'Journey of the Soul: Day One' as well as founded the 1 S.O.U.L. Movement. 1 S.O.U.L. is an acronym for 'One Source Of Universal Love' and consists of a Social Network, blog, and Non-Profit Organization aimed at assisting the less-fortunate but focused primarily on stimulating dialogue in spiritual matters while inspiring direct experience and a personal relationship with Spirit for man's enlightenment.

INTEGRAL CONSULTANCY SERVICES



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

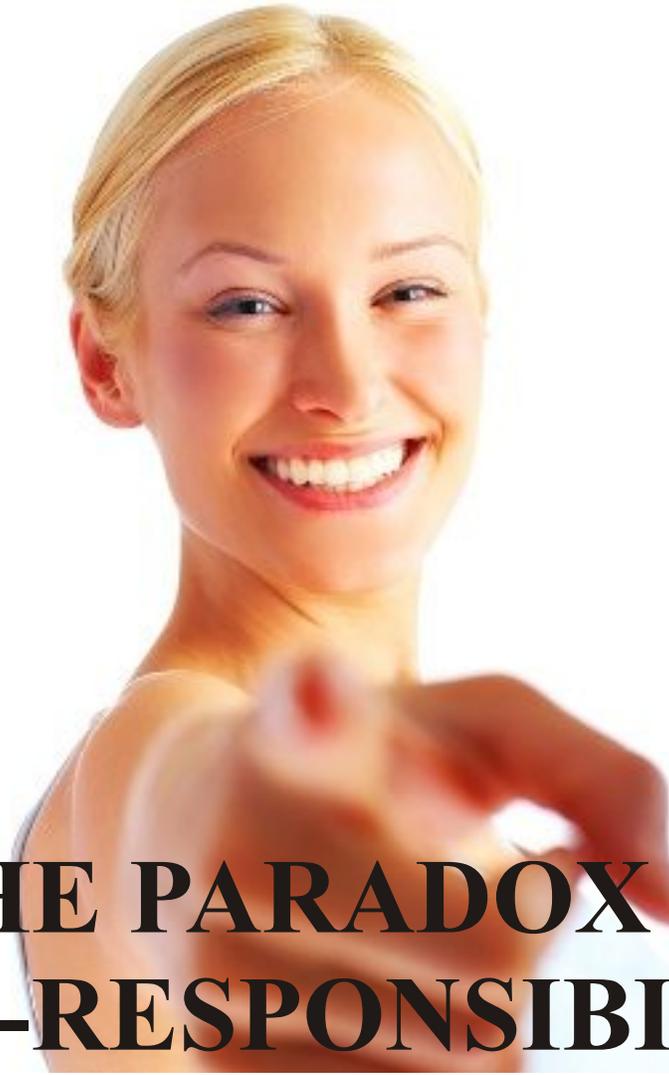
Integral intuitive advice helps you to expand your consciousness and evolve your life in tune with your inner intuition and your life's purpose on Earth in co-creation with fellow beings.

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

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

Contact: prabhath77@yahoo.com

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THE PARADOX OF SELF-RESPONSIBILITY!

*“Take your life in your own hands and what happens?
A terrible thing: no one to blame!”
- Erica Jong*

By Divyaa Kummar



Self-responsibility is the very cornerstone of self-realization; and yet to truly move into it, beyond its intellectual understanding, is an ongoing process, with twists and turns and seeming contradictions, which ultimately play themselves out!

We all begin by placing responsibility outside self, feeling and saying: *“You are responsible.”* This is easily identifiable for us all - we hold the

dentist responsible for a treatment going awry; the boyfriend responsible for the break-up; the government, the judicial system, the police, the plumber even, for our myriad problems. These are but examples of how we hold the 'other' responsible and I invite you at this point to view your own so that this does not remain merely an academic understanding.

Then at some point in life, this sense of responsibility expands to an acceptance that we

too play a part - that both the other and self are responsible and we thus move to feeling or saying: “We are responsible.” Initially this is more easily discernable in personal relationships and our understanding of their dynamics being a two-way thing! But as we take it wider, we perhaps realize that the dentistry did not pan out ideally because we had carelessly delayed vital appointments! Or that the plumber did not perform, as we had not paid him on time! Or the vital part we play in corruption by willingly paying bribes to meet our ends! Once again I invite you to move beyond the merely intellectual and become aware of your personal experiences at this level of responsibility.

This brings us to the third phase of responsibility and its profound understanding that “I am responsible!” In this we move from 'you' are responsible and 'we' are responsible to complete self-responsibility, which is truly the beginning of authentic spiritual growth. At this point, we acknowledge our creatorhood and view how we are indeed completely responsible for our personal realities, our environment and our world. We can call this karma, and understand that what we have chosen to learn and experience is what we meet as outer effects - we are the cause; we can view it through energy, and understand that our energy field is what attracts likewise towards it - we are the point of power; we can view it through the concept of mirroring and understand that everything is but a reflection of self - it is our subconscious aspects of self that reflects outside for us to better see and address consciously! At this point, we would truly observe the boyfriend, dentist, government as a reflection of self, and blamelessly seek to redress the outside by addressing it within. In Mahatma Gandhi's words: “be the change you want to see in the world!”

Thus true self-empowerment leads to the profound understanding that there is no other! There is no one other than self! Yes, most certainly this eureka has many ramifications in your day-to-day life! At first you go through a certain sense of

consternation because there is no one to blame - no person, event or thing; nor karma nor fate nor God that you can hold responsible for your life events, because everything comes back full circle to you. But it soon dawns on you that if you are wholly responsible for creating your life then you are completely empowered to enhance it too. You are not hostage to situations, people, and things outside your self; the point of power is within you and in the now! Blame, judgment, non-forgiveness, fluctuations between feeling the aggressor or victim all start to recede rapidly as you begin to view self as the source of everything outside you. You even understand what Christ meant when he said “the meek shall inherit the earth” because with true self-empowerment, there is no need for the false power of controlling the 'outside'!

Once we have truly imbibed self-responsibility and it becomes as natural a response in our personal lives as the former two, we take a large and seemingly contradictory leap! Having moved from 'you' are responsible, to 'we' are responsible, to 'I' am responsible, we then begin to get a glimmer of 'No one' is responsible! This deeper truth is yet intellectual for most, and yet where anyone on the journey to Self is headed. There is a dawning that 'no one' is responsible because there are no separate selves - all seeming individuations are only part of the One... Whole... call it the One Self, Universe or God! This is not a shelving of responsibility as it may appear initially but a deep acceptance of the Oneness pervading all; and the perfection of its functioning! Indeed what might at first amaze us in its intricacy amazes us as it further unravels, in its utter simplicity! When personal consciousness dissolves into its universal impersonal state, there is no separate self left to track a separate chain of cause and effect and you awaken from the delusion of karma and enter the causelessness of the cosmic play! Similarly when there is no separate 'you' there can't be a reflection of 'you' either, and thus do you go beyond even the 'mirror' concept - the world

reflects not 'you' but the cosmic play! And mirroring (a most valid concept on the path towards claiming self-responsibility and expanding one's consciousness) is also moved away from... for it is the unconscious self, which needed the mirrors and as you move into supra consciousness, only its cosmic beingness is reflected!

And even as all of this is unraveling and becoming increasingly apparent to our waking consciousness, we take one more leap - to the eureka that *there is nothing to be responsible for!* Eastern concepts like Maya and western concepts like Shakespeare's "The world is but a stage" (indeed even quantum physics theory of the 'Now moment') have tried to 'describe' this deepest of understandings but truly, can only point towards it. It is a 'real-ization' and I break the words in two to emphasize that this stage cannot be an intellectual understanding but must be as experientially 'real' as the former experiences we have journeyed along! We realize the playfulness of creation; we tap into the causelessness of any play; we accept that life and existence has never rally happened - like a story of a movie or a dream...! Analogies are the only way to grasp this: You would not call the police on awakening from a dream of being burgled; you would not need to figure out how to save your country if it were being attacked in the story line of a movie; you would not hold responsible and penalize the friend who jails you while playing monopoly! Once the dream, the movie, the game are over - what is there to be responsible about, for all its seeming events never happened!

Yes, for most of humanity the first two stages of responsibility are completely experiential and the last two perhaps completely intellectual, with most traversing along at different levels of the middle phase of claiming complete self-responsibility! But once critical mass humanity claims this as their experiential truth - as 'real' as the former two - once that empowering tilt happens, we will as a race move into the latter two being as natural a part of our human experience! Then we will

live life as the cosmic play, and paradoxically, move into the highest potentials of the human experience! And yet, each step along the journey has been important towards this unraveling...! This surrender!

The saint knows
that the spiritual path
is a sublime chess game with God
and that the Beloved
has just made a fantastic move
that the saint is now continually
tripping over joy
and bursting out in Laughter
and saying, "I surrender!"

Whereas, my dear,
I am afraid you still think
you have a thousand moves.
~Hafiz~

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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.



Healing By Shifting Polarities

By Ellaenah

Happy Day to you, beloved friends.

Today, we will learn how to discover where exactly lies your point of focus and then to shift that in order to shift the polarity of your energy. Sounds very complicated but it is rather simple. All it really requires is conscious awareness of the point of focus and the existing polarity.

The first step is to identify the point of focus. Let us choose one aspect in the physical bodies, that



might be imbalanced, dis-eased, in discomfort or in pain. Choose to work with that one aspect.

Having chosen what you wish to work with, proceed to find its point of focus. Here it is important to understand that there are only three focal points of energy in the human body. One focal point is the third eye, the second is the heart and the third is the solar plexus.

Study these three focal points in your own bodies with relevance to the area you have chosen to heal. Only one of these focal points will resonate strongly with the area that needs to be healed. Once you have

identified where lies the energy imbalance that is creating this dis-ease or illness, you now proceed to understand more about the energies of this focal point.

The focal point, if it should reside in the third eye chakra, reveals to you that the imbalance is being caused due to over-analysis, over-thinking, prejudicial, judgmental thought processes, non-acceptance of another's truth, thinking or intelligence, or non-acceptance of your own mental abilities, considering yourself as stupid and dull.

If the focal point is in the heart, the imbalance of energy has been caused due to non-acceptance of your own feminine energies (this has very little significance to the sex or the gender). It is also due to not nurturing oneself enough, not nurturing others, stopping yourself from being embraced or embracing others, insufficient self-worth, self-belief, self-love. It could also be due to the belief that one is not worthy of being loved and nurtured.

If the focal point is in the solar plexus, the imbalance of energy rises due to conflict with the ego. This could be an internal conflict between your personality and spirit beingness, each striving to take the upper hand. It could be the clash of your ego, your persona with another. It could be abusing your power position. It could be allowing yourself to be a victim. It could be non-understanding of the word 'sacrifice.' Sacrifice does not mean placing others before self. Sacrifice means choosing to serve another as well as self, in the most powerful state of self-love,

Once you have identified the focal point and understood the general area of energy imbalance, you then proceed to look for specific instances that tie in with the imbalance you have discovered.

If you were doing this as a healing group, the leader of the healing group would first be asked to pinpoint the focal point for the patient, and then the group would gently talk to the patient about the focal point, only then proceed with the healing. It is

important that each one understands the reason for that which is not in full harmony, before the healing continues.

Once you have specified exactly what has caused the imbalance, proceed to choose which one of the other two focal points you wish to shift to, in order to regain the lost balance. For example: if your current focal point was the third eye, you might wish to shift to the heart in order to bring the force of love in to heal you; or you might wish to shift to the solar plexus so that you bring in courage, power, might, strength, majesty in order to heal this dis-ease.

Having chosen where to shift, pay close attention to your breathing. While breathing in, remove the energy from the current focal point, and breathe it out at the exhalation. (This might seem a little difficult at first but will become easy through practice) While breathing in, remove the energy from the current focal point, and breathe it out through the exhalation.

The important thing to pay attention to here is that this breathing must go on till you know you have cleared the area. For those who are new to this, and may not be able to intuit that, the breathing should proceed for at least three minutes.

Once you have cleared the area completely, you will now proceed to breathe in the healing energy that is specific to the focal point shifted to. If the new focal point is the third eye, the energy that you will breathe in is Divine Wisdom. If it is the heart, the healing energy you will breathe in is Divine Love. If it is the solar plexus, it will be the energy of Divine Power.

Your intent will need to be focused upon the origin of the healing energy so that you receive its full force. The energy of Divine Wisdom will need your intent to be directed to the Central Sun. If you are breathing in Divine Love, your intent is upon the oceans of the Earth and the lunar Goddess, the Moon, simultaneously. If you are breathing in Divine Power, your intent is upon the Cosmic Sun,

Ra.

These energies you will now proceed to breathe in. At the inhalation, breathe in the appropriate energy and direct it to the new focal point, and exhale when you are sure that you have completely emptied this energy into the new focal point.

For those who are new and may not be able to intuit when the new focal point is full with the energy, this breathing must continue for at least three minutes.

When the new focal point is filled with this energy, you proceed on to the last stage of breathing, where on each inhalation, you direct the energy from the new focal point to the old focal point that has been emptied and cleared. Again, for those who cannot intuit, continue this for three minutes.

Even one such healing session will make you aware of instant changes in the condition you wish to heal. Done repeatedly, it will naturally remove the problem entirely.

Once the focal point is shifted, polarities are shifted. Let us, here, understand polarities. Let us assume that the focal point is the third eye, which is in imbalance due to prejudice, judgment, thinking too much, thinking too little, not listening to another's viewpoint, considering oneself stupid or dull, any or all of these. Remember, your polarity shifts to that specific thought process and your personality, along with your psyche, shifts accordingly. You begin to actually BE stupid or over-analytical or prejudiced. **Your polarities make you what you are in every moment.**

When you shift this polarity to, let us assume, the heart, the polarities will now shift to all-embracing acceptance. In that all-embracing acceptance, there is an instant awareness of equality so you are neither smarter nor duller, there is no right thought or wrong one. You shift your polarity to oneness with all, all-inclusive embrace, no separatism, no prejudiced thought. Instantly, instantly, beloved friends, the persona and the psyche shift to the new polarity, and

again you BEcome the polarity that you have shifted to.

The Earth is shifting her polarities. You have heard of the shifting of the poles; really it is shifting of polarities. Yes, there will naturally be physical changes, as there would be for you as well, but it follows the shifting of the polarities.

You can do this healing for yourself and others. And you can proceed in a similar manner for distant healing. The focus is upon the energy, not the physicality of the person. Identifying the point of focus may seem unclear at first but becomes simple through practice.

Be 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.



The Odds are Good, but the Pickin's are Slim

By Marlene Buffa

I recently visited a meeting on a topic of interest primarily to men. Out of 30 attendees, only 4 women attended. When a female acquaintance joined me at my table, she noted the few women at the meeting and said she thought the odds were good she'd find a man to connect with since the subject matter was of mutual interest. After a few minutes of scanning the room, she sighed and said that although the room was filled with men, she found



none of them suited her. This observation led her to surmise that although the odds were good she would meet someone, the selection was limited.

Life offers us choices and opportunities in almost every aspect of our day-to-day living. When we look at each situation, and the possibilities it holds, we see many available outcomes or solutions available to us. Most often restrictions of options loom before us leaving the chances of success limited. Conversely on other occasions, we see the probability of success great, but the roads to that end

are narrow and crooked. Until we create both high probability of success with multiple desirable options, the most common scenario we see in our world appears to have good odds, but limited options.

Odds are Good

The “odds are good” grows more evident because over the past 20 years or so, new thought philosophy taught us to create what we want in our world and look for ways for it to manifest. We increased our chances for achievement by retraining our minds and thought patterns to see how to make lemonade from the lemons handed to us. Therefore, we can turn almost any undesirable situation into a pitcher of potential by looking at it differently. In short, through optimism and noticing life's little gifts, we increase our odds by believing that what we want is truly attainable in almost any given circumstance.

Pickin's are Slim

When the “pickin's are slim” we find limitation and discrimination wherever we look. In a forest of available options, within every tree of choice, we find the bark of negativity, the sap of distaste and the pulp of dissatisfaction. When the Universe presents us with a myriad answers to our requests in the form of great odds, we find a way to chop down the possibilities and grind them to dust with our attitude. A logjam of potential awaits if we can only see the forest for the trees and discern the true gift from Spirit among the undergrowth of confusion.

What do you want?

After many misguided and not so carefully worded declarations for our heart's desire, we learn by trial and error to clearly identify what we think we want. Then, as options present themselves through the blessings in life, we systematically dismiss them one by one, deeming each not a direct or perfect answer to our prayers. So, we believe if we refine our request down to minutiae of detail, only then can the Universe serve up what we ordered. Instead of

enjoying the vast possibilities which miraculously appear as answers and opportunities, we spend our present moments picking apart what's wrong, and never marvel at the gifts Spirit put before us! Our 'now' is consumed by focusing on what's wrong instead of how our dreams are answered. Perhaps the biggest thing we miss in this futile exercise remains that we miss the point that our 'pickin's' even showed up!

Why settle for less?

So many times we hear that people settle for things in life such as an occupation, a job, a mate or even a vacation! Can you imagine? 'Settling' for a vacation? The very notion that you can even take time off from work to travel somewhere and enjoy the fruits of your labors should be the gift in itself! Yet, with tummies filled by instant gratification, we take so many things for granted. We think if we agree to one level of goodness in our lives, we say NO to all the rest, and possibly better things. Depending on the level of commitment involved in our choice, changing our minds is almost always an option. If we delay and delay our good by rejecting one option over another, are we not settling to be unsettled?

Dare to pick something odd!

We harbor so many judgments on our choices, our boat never pulls away from the dock. We worry about what others think about what we want, then we ponder what our choice says about us, then we wonder if something is better and we're missing out. In the dog pound of life, we select a dog who touches us, whom we can't resist. Does it matter that his tail is too long or his ears are too short? We see the connection between what we want and who we are, and unapologetically, we adopt the most endearing pooch. We then proudly walk with our new best friend in the streets of town, happily displaying our luck in finding a good fit.

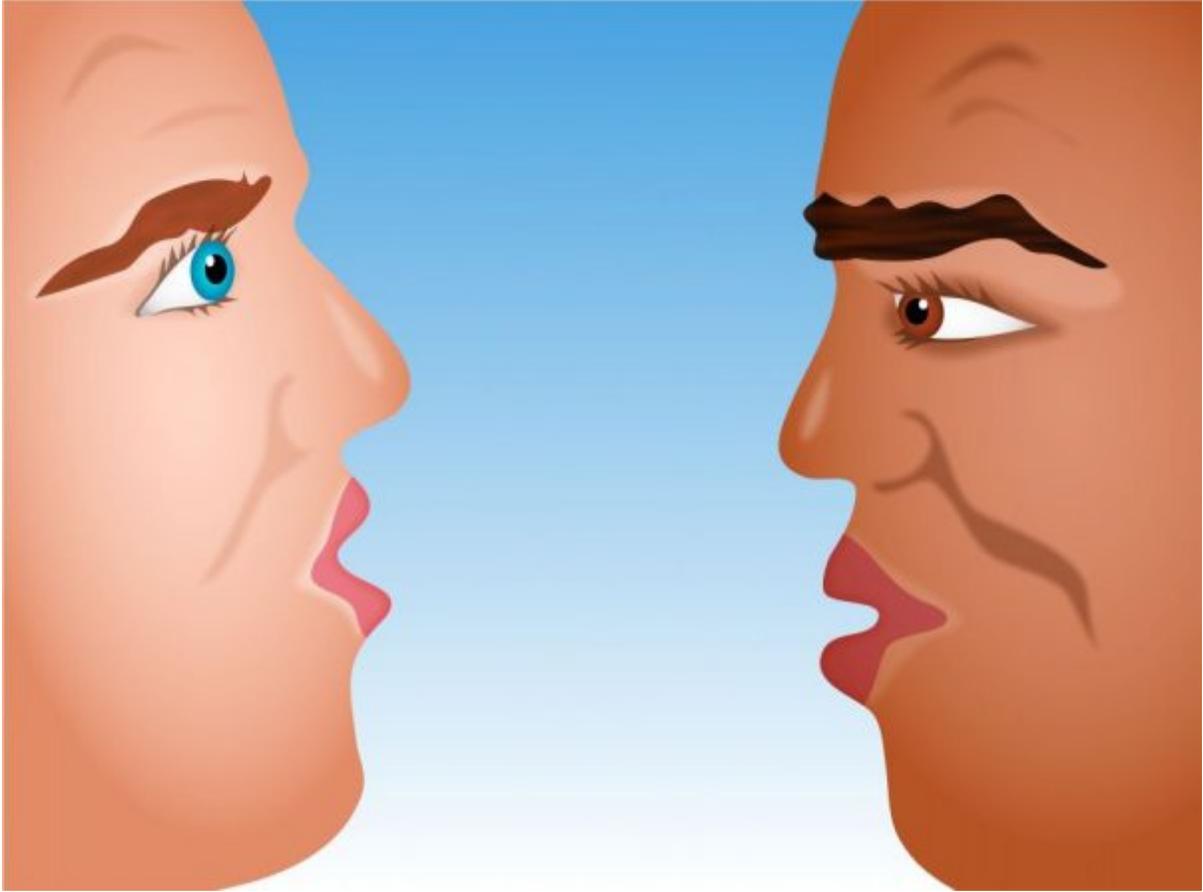
In life, the true miracles lie in the many choices Spirit presents to us, not in how closely each

opportunity matches our carefully guarded pickin's. The odds are ALWAYS good for our happiness and highest and best, and the pickin's are a matter of attitude and gratitude. Today, give thanks for all you have and hope to have, and appreciate the true gift of variety and creativity offered to you. Choose the present moment!

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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.



Free Yourself from Oppressive Tendencies

Excerpt from *Illumination: Joseph's Vision*

Channelled by Michael G. Reccia

Joseph speaks: What I would like to talk about today is oppression - its prevalence in society and the problems it causes. Every human being strives to get what they want from life: be it a material satisfaction, a romantic satisfaction, a spiritual satisfaction. Most people's lives are concerned with obtaining what they want from life *all the time*. Every human being wants what *they* want and their



individual perception of physical 'reality' coloured by their wishes and desires is, they believe, the correct one.

So, how do human beings attempt to manifest what they desire around themselves? There are several ways to get what you want but, invariably, many people on Earth choose *oppression* as a means of trying to manifest their personal world-view. By oppression I mean that, in order to get what they want, very often they will try to mould other souls to their will.

Oppression begins in the playground with the bully - the person who uses more aggression than the others - attempting to dominate the other children so that he or she gets what they want.

In work situations too people often oppress each other to get what they want. Employers, for example, feel that if they rule through strictness, through frightening people, their workers will give them exactly what they want, and employees attempt to dominate other employees in order to award themselves a higher personal status.

In many personal relationships one partner will dominate the other and seek, through oppression, to mould that relationship into the view that they have of it and manifest what they want from it.

On a national scale, the linked concept of politics or the linked concept of religion (by 'linked concepts' I mean the shared desires of a number of souls united in trying to obtain what they want) often seeks to oppress anything that is not of that concept and to bend it to its will. In the past you have had 'holy' crusades and 'holy' wars where, in the name of religion, souls have sought to oppress others and to bend them to their world-view with the intention of shaping them into a physical manifestation of what those souls want from life.

Also, to a large extent many people regard others as 'friends' or 'enemies' dependent on what they can give them according to their world-view of what they desire.

So, your society is built to a large extent upon oppression, upon aggressive souls subduing less aggressive souls, bending those less aggressive souls to their will in the hope that when they wake each morning having oppressed someone, or some nation, or some concept the day before, they will feel they are a little closer on that morning to having obtained what they want from life.

The problem is that having oppressed a situation, or a person, or a nation and obtained their initial world-view of what they feel they want they quickly

find that they are still unfulfilled. **When you get what you think you want on a level that is not linked with a high spiritual intent, there is no fulfilment.** You experience only emptiness as your 'triumph' does not measure up to how you thought you would feel in the circumstances following you getting what you felt you wanted in life. You therefore change your view of what you desire constantly in an attempt to find fulfilment, and you resent the people and situations you have oppressed previously because, in your world-view, it is their fault for not having brought you what you desired.

How could they?

If you had truly succeeded through the use of oppression and gained exactly what you wanted you should feel bliss, shouldn't you? In controlling people and situations successfully you would have moulded the world into exactly what you wanted it to be. The truth is no soul who has ever oppressed anyone else has ever found satisfaction from having done so. Oppression doesn't work! Oppression results only in spiritual emptiness. It is a mistake. It is a transgression against others and against yourself.

You cannot get what you want ever, ever, ever by using oppression.

I have to take this back to its root and make you understand that what you as a 'physical being' think you want and what you as a soul *actually* want are two *extremely different* things.

The soul at its core craves harmony, craves reunification with God. That need - and it is a need that can only be fulfilled by reunification in mind and in intent with God - is at the core of all that is wrong in the world. You feel that you need to change people and objects and situations in order to feel fulfilled, when in fact you need to change *yourself*, to change your perception. And this can be done in an instant by realising that your only need is for the God within and for a reunification with that Love you separated yourself from millennia ago through

your own transgression of thought.

Many, many, *many* years ago, you decided - souls on Earth decided - that they would take a different path, that they knew better than God as to how the physical Universe should evolve and, as a result of that, there was a 'separation.' Not a separation sanctioned or brought about by God but a separation as a result of your vibratory rate changing to *include* the reality (in fact, an illusion) that you wanted around you at that time and to *exclude* the voice of God. You thought you knew better than God. You refused to listen to God, and so you changed your vibratory rate to exclude the voice of God. The voice of God is still within you but you cannot normally hear it because you are tuned into a different vibration.

The time has come to realise that you are still a part of God and to sit and to consider, from a spiritual angle, what you *really* want. And what you *really* want is to reconnect with God; what you *really* want is to re-experience the bliss of God's love flowing through you. The irony is that it flows through you at every minute, at every second, and it is yours *now*. You cry out to God and say, "God, I am not happy. God, I need this. I want that. Why are other people not like me?" And, even worse, sometimes in God's name you say, "I will oppress situations and people to make them more like I and You want them to be, Father. Together, You and I want them to be a certain way."

No.

No!

No!

First rediscover God and then you will stop oppressing people, you will stop fighting with people, you will stop controlling people so that they, in your view, can make you happy by doing what you want them to do. You will never find fulfilment in that way. You will never find fulfilment by controlling your wife, your husband, your children, your animals, your work-mates, your political

groups, your religious groups, other countries, other cultures. You cannot ever make yourself happy by doing this, by oppressing others. That is not to say that other souls and yourself do not make mistakes, that there is not a more fulfilling way to live, but you do not bring to light and transform people's mistakes by oppressing them. You do it by *changing yourself first*, by reverting to what you are and by listening to the God within and then by emanating that God-Light out into the world around you.

Begin with yourself. Do you try to control - to oppress *yourself*? Are you putting limits on what you can do? Are you oppressing yourself, being violent with yourself within your own psyche (a great many people do this to themselves) and do you kick yourself, metaphorically, because you want to 'be' in a certain way and find that you are not? Do you expect too much of yourself and berate yourself when you do not succeed and do not live up to your own expectations? If the answer is 'yes' then you are oppressing *yourself*. Let go of that self oppression; accept and love yourself as you are at this moment.

Next consider those closest to you - your partners, your parents - how do you react to them? Do you oppress them? Do you use them in certain ways to get what you want? Do you bend them to make them conform to your view of how they should act towards you? Be honest with yourself at this point and let go of any need on a physical level, on a mental level, on an emotional level, to control your partners and your parents.

Look at how you treat your friends. Are they truly your friends or do you only ring them, only contact them, when you want them to do something for you? Are they only your friends when they do what you want them to do and when they don't are they not your friends? Is this how friendship should be? Let go of any need to oppress and to control your friends.

Next consider your employer or your employees. Are you oppressing the people at work? Are you manipulating your employer or employees through oppression to get what you want out of your work

situation?

In all these situations - with your friends, with your parents, with your partners, with your employers - if you were *to give* rather than *to oppress* you would receive love and harmony in return. If you were to set people free to do what they wanted to do they would never leave you. If you were to be considerate in your dealings with others (and try to understand that they, too, are mistakenly attempting to manifest a personal world-view that requires that they try to control and oppress others) then you would look at their motives differently and be able to forgive more.

Through oppression you seek to hold on to friendships, relationships, political views, religious views, and you do all this out of fear. When you give the Light out, there is no need to fear. People will recognise in you the fact that you have found your foundation, your core; the fact that you are harmonious; the fact that you mean them no harm; the fact that **you do not want** - and they will flock to you. You will never be lonely, your health will improve (because many of the ailments you suffer from are due to an imbalance within your soul that is brought about by your seeking to control life in a particular way), your thoughts will be more productive, more creative, and you will truly be making a difference in that you will be reuniting

souls with their spiritual birthright through sending the Light out to them unconditionally.

When you connect to your God in this way and know, from within yourself, that you are part of everything, it is your *birthday*, because you are remembering that point at which you were individualised from the Light, that point at which you were made a personal viewpoint from the *Whole* and which you have forgotten until now. *Happy Birthday!*

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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.



What would I choose if I had a choice...which I have

By Chitra Jha

As I understand things today, I am a piece of God, just as we all are. I was born the day, The Void decided to experience Itself. Since that day, billions of Earth years ago, I, as an individuated aspect of ALL THAT IS, have been gathering various experiences on behalf of ALL THAT IS/GOD. (I am using the term God for the benefit of those who find the concepts Supreme Intelligence or ALL THAT IS difficult to fathom. All these terms are interchangeable. They all mean the same). Besides living thousands of expressions as dust particles, minerals, plants and animals, I have lived hundreds of lives as a human being. I have been a king and a pauper, a priestess



and a prostitute, a man and a woman, a religious zealot and an atheist, a scholar and an illiterate, a victim and a perpetrator, black and white and all skin colors in between. I have taken birth in various parts of the world. I have spoken many languages. I have worn all kinds of clothes. I have followed many religions. In short, I have expressed my Divine Spark through myriad life expressions, each time collecting experiences, gleaning wisdom from these experiences (many a times after repeated experiences of the same kind), adding this wisdom to the ever joyful ALL THAT IS, evolving in the process (Oh, I have experienced my share of involution too).

In this particular life experience (as in many

many others), I chose a particular set of parents, siblings, locality, city, country, and all the important players of my life-drama. I chose a particular ego-personality that was well suited to gather the experiences that I had decided to experience in this lifetime. And finally I chose a vehicle of my expression; the temple that would house my ego-personality, soul and Spirit. I decided the sex, color, and dimensions of this living temple. (Not just I, each one of us is similarly custom-made, following stringent specifications required for each expression's optimum evolution. We are not made from a common mould. We are not prêt` line; we are haute couture.) And thus I came all equipped to 'live' this life. But where exactly am I living?

My physical body, which is the temple/vehicle, lives in a decent house, in decent surroundings. The ego-personality lives in my subtle bodies, namely mental, emotional and intellectual bodies. My soul lives inside my cells as an electrical energy. It is a storehouse of all the thoughts that I have ever thought over these billion odd years. It stores these thoughts as feelings, which carry the electric charge. (In fact these stored feelings have a lot to do with designing my current ego-personality). Each cell has tremendous storage capacity, far more than my ego-personality can guess!! The Spirit or the spark of Light that I AM surrounds each cell with light. It also resides in my Bliss body. This is my true identity. This is who I AM. This I AM creates its illusion (which is very real to my ego-personality) through the creative power of thoughts. So in a sense, my thoughts are 'creative.' They are very powerful. And as I said earlier, all these thoughts are converted into feelings and stored in my soul. My soul carries a great number of such feelings as an electrical charge, which by resonance attracts my so-called reality to me.

It also means that while it is true that I have come into this life expression as a custom-made identity; I also have the power to make some changes here and there to my 'identity.' After all, I 'chose' these particular specifications. Now I 'choose' to change

them once again? Can I do that? Of course, I can. I am a part of the Supreme Creative Intelligence. I have the creative power of my thoughts to use whichever way I want to use it. If I want, I can completely metamorphose myself. (The Father/Mother God is like any other indulgent parent. It (God is sexless) has given me this tool of 'free will.' It feels happy in my happiness. It doesn't judge me. I am free to create whatever I want to create. All judgments come from my ego-personality).

At this stage of my life expression, when I have completed half a century (half a blink in Universal Time) on Planet Earth, I must take a stock of all that I have created using my free will. (I am not a child anymore. I am not even looking for the approval of ALL THAT IS. In any case, the Supreme Intelligence is not interested in judging me; all it cares about is the wisdom that I gather through my experiences). It is my ego-personality, which is interested in 'taking stock' of my creations. I ask myself/my ego-personality, if it is happy with all that 'we' (we is a sum total of my multiple 'I's) have created, I get a mixed report. We have fared well in some areas and not so well in some others. (All this is being evaluated by my ego-personality, mind you; the God is. Yes, God just IS; ever joyful, a dotting parent, Sat-Chit-Ananda; I could do no wrong in His eyes).

So, I ask my ego-personality, if we are not 'joyful' about what we have created so far, why don't we change all this? And with my ego-personality's active participation, I have decided to 'choose' differently. I have decided to re-model the temple to begin with. Now I choose to experience and express a beautiful, perfectly healthy, youthful, slim, svelte body. (My temple must be attractive). I choose to change my ego-personality into a loving, kind, non-judgmental, non-critical, and generous person. I choose to sing, dance, paint, and write. I choose to feel empathy, love, and compassion for all. I choose to experience and express Light, abundance, magnificence, Oneness and ISness. I choose to 'see'

the 'Divine Spirit Spark' in all of creation.

When I choose all this, and focus upon my new choices, thinking about creating this new me and feeling the joy of my new creation 24x7; my 'so-called reality' will change. (The real me is unchangeable). Since these new changes are in sync with my new ego-personality, there is no one to sabotage my efforts. But what about all the 'charged' feelings that have been stored in my soul? Well, I choose to 'release' all of them and 'transmute' them into love.

Wow! I love the new me!! Do you? (This is my ego-personality fishing for compliments!!).

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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.

Spiritual Poems

Woodland Star

Lush rainforests and evergreen woodlands
You beautify our world with your leafy valance

With trees of wild descriptions on your hands
You keep our universe in harmony and balance

With your protection under the scorching sun
Biological life forms are striving and living

Your lushness benefits each and everyone
With tropical savannahs teeming with giving

Encompassing only 5 percent of earth's land
You drink up our carbon dioxide like no other

Playing an important role with such grandeur
You house all species in one form or another
And how do we repay you at world's end?
By cutting down your harmless trees for wood?

But maybe you know what we do not comprehend
That cut trees do way more harm than good

Releasing stored carbon dioxide in its stride
Cut trees destroy plants and animal species

When large areas of your trees are cut worldwide
Carbon dioxide builds up to massive degrees

Cut trees do not absorb water, and hold earth's soil
And will cause changes in climate locally

When your cycles are interrupted and destroyed
It will in the end affect us all globally

You asked us to reuse, reduce, recycle, and one more "R"
Replant new trees and become a woodland star

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Garbage

Old dreams discarded

By the roadside

Amongst old fast food wrappers

Beer bottles, and dead animals

Dreams

Broken by the world

A world in which

They couldn't survive

Or abandoned, like a puppy

To ridicule and shame

Outgrown, outmoded, thrown away

Some will come back, briefly

Into vogue

Like patriotism, and faith

Or - let's whisper - God

Then we dig, frantically

Through the detritus of our lives

Trying to find

The newly realized treasure

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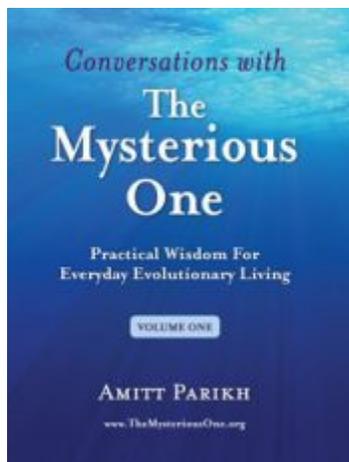
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By Amitt Parikh



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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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- Divyaa Kummur, Spiritual Facilitator and Author

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