

YOUR SPIRITUAL REVOLUTION

A young child with paint on their face and clothes, standing in a room with paint splatters on the floor. The child has a joyful expression with their mouth open. The background is a white wall and floor covered in colorful paint splatters and smudges.

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Coloring (Living) Outside the Lines

- A Gyroscopic View of Non-judgment
- Healing of Non-Aligned Energies
- Reconcile...there is no other go!
- Pearl of Calmness



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Message From The Editor

In our formative years, our parents and teachers make us color inside the lines of the coloring book. As adults, most people settle for conformity and strive to obey rules. The cover



story in this issue points out that when we begin to live outside the lines of our past and expand our insight beyond limitations by adding embellishments that heighten our awareness of the world around us, we can break restrictions and explore possibilities for self-expression.

Other topics discussed in this issue include the nuances of non-judgment, the healing of non-aligned energies, how to transmute and transcend anger, the importance of the practice of reconciliation to avoid non-acceptance in life, the significance of tenderness and a tribute to Thomas Berry. There are also two spiritual poems.

Love and Light,

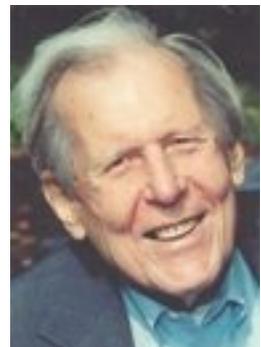
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Coloring (Living) Outside the Lines

By Marlene Buffa

In our formative years, parents and teachers alike encouraged - and sometimes required - us to color inside the lines of the all-too-familiar coloring book. We learned to read by identifying the proper colors to use in each segment of the black and white image, making sure our crayon marks blended together to form a solid-looking filler. Sometimes, we'd press hard so the crayon wax embedded itself onto the paper, resulting in a beautiful sheen. Often, in early schooling, our coloring projects received grades for various aspects



of the assignment - using the proper color in each portion of the picture, no combination of colors and most importantly, coloring inside the lines. As adults, we accrue credits for conformity, with no hint of the reward for compliance, yet we strive to obey the rules. When we begin to live outside the lines of our past, we bathe in a rainbow of gratification, breaking restrictions, and daring the possibilities for self-expression.

Scribbling

As toddlers, motor skills not yet developed, we learned by imitation and repetition. We saw our

older siblings or parents adeptly color by example and even though our little fingers could barely hold the crayon, we attempted to follow their lead. Usually wielding a color unconventional for the subject matter, we gleefully and proudly scribbled all over the page and believed our artwork rivaled the steady handed elder. Seeing our primitive attempts as perfection, we presented our handiwork with pride to our family, and beamed brightly when it earned the esteem of display in a public place.

In many ways, we still scribble our way through life, attempting to follow a higher path and aspire to deeper meanings. We're proud of our progress and often feel it equal to those whose work we study intently. Our Creator, quite satisfied with our attempts, instills in us the drive to keep moving forward, all the while pleased with our sense of accomplishment. Importantly, when we examine our present moments, take time to reflect on the progress and note that where you are now sprung from the foundation of rudimentary skills coupled with the need to grow.

Choose Your Palette

Early years coloring books clearly pointed out the 'proper' color to fill in the image. This simple direction allowed you to learn to read, match the word to the crayon, and fill in only that designated area with the color. It also taught us to follow directions and agree, on some basic level, on how things were supposed to appear.

As adults, we learn that things are not what they seem in life. The harsh lessons that stray from the saying, "If it looks like a duck, walks like a duck and quacks like a duck... then it's a duck!" put us in an uncomfortable place. When we, or a friend, dared to color the grass pink and the duck's bill purple, we suffered scolding from our friends and teachers. In retrospect, we see that assigning objects different characteristics than accepted by others, moved us into a new realm of questioning, and ultimately understanding. Today, we open

ourselves up to ideas that the status quo no longer need remain static, and invite the inevitable change in our prism of possibilities to provide the shifts needed for growth.

Embellishments

Following directions carefully, we used our coloring projects as one of our first exercises in self expression. As we developed through childhood, our coloring books grew more elaborate, including more intricate images and even contained story-lines. The more sophisticated books included puzzles and games. Rarely, however, did the books encourage us to add to the images on the page. We simply colored what we were given and enjoyed the pastime. As we continued to grow, we realized that we could add birds, grass, trees and more to an image to personalize it and make it our own.

As adults, we find satisfaction in getting our needs met on a daily basis, and remain fairly content with our means of achieving that end. Bombarded with advertising for "more, bigger, better and improved" one-time luxuries now seem passé and our level of standard increases with each passing year. We argue that the extras are simply our basic 'needs' as we see them, and not enhancements or frills. When we pause to examine the possibilities in life, we see then even the littlest embellishment enhances our life experience. Noticing the birds, grass, trees and more provides a richer appreciation. Noticing ordinary things as extraordinary complements to our automated lives, expands the full spectrum of our enjoyment of today.

Adding text balloons

As we grew nearer to leaving coloring books behind, most of us enjoyed a brief phase of both reading comics and the funny pages while still enjoying our artistic expression with crayons. Daring to create dialogue of our own, we drew little balloons projecting from our colored pictures and wrote what we believed relevant comments to enhance the page. A glorious outcropping in the learning process, we

carried over one learned element from the medium of comics and applied it to our own creation.

In our grown-up years we adapt similarly, as well. We enjoy a sense of fulfillment when we add our own 'color commentary' to any given situation. From observations to opinions, our input declares our position in the present moment and demonstrates to others our grasp on understanding. We allow our voice to speak loudly, declaring who we perceive ourselves to be, by our dialogue with one another.

In following the rules, we find contentment in the order of things in society. By driving between the white or yellow lanes of traffic, peace and safety continue down the road of life. In the aspects of life which allow for creativity and spiritual expression, we grow through a poignant process. From scribbling in the color of our choice and knowing the majesty of our work, to the dedicated adherence to a dark outline of definition in the color specified, we see opportunities for

growth and movement.

When we dare to expand our insight beyond the stringent limitations and add embellishments that heighten our awareness of the world around us, we open the door to freedom of expression. It is there, in the purity of the moment, we give ourselves permission to not only see and experience life differently, but to leave our mark on the world.

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

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



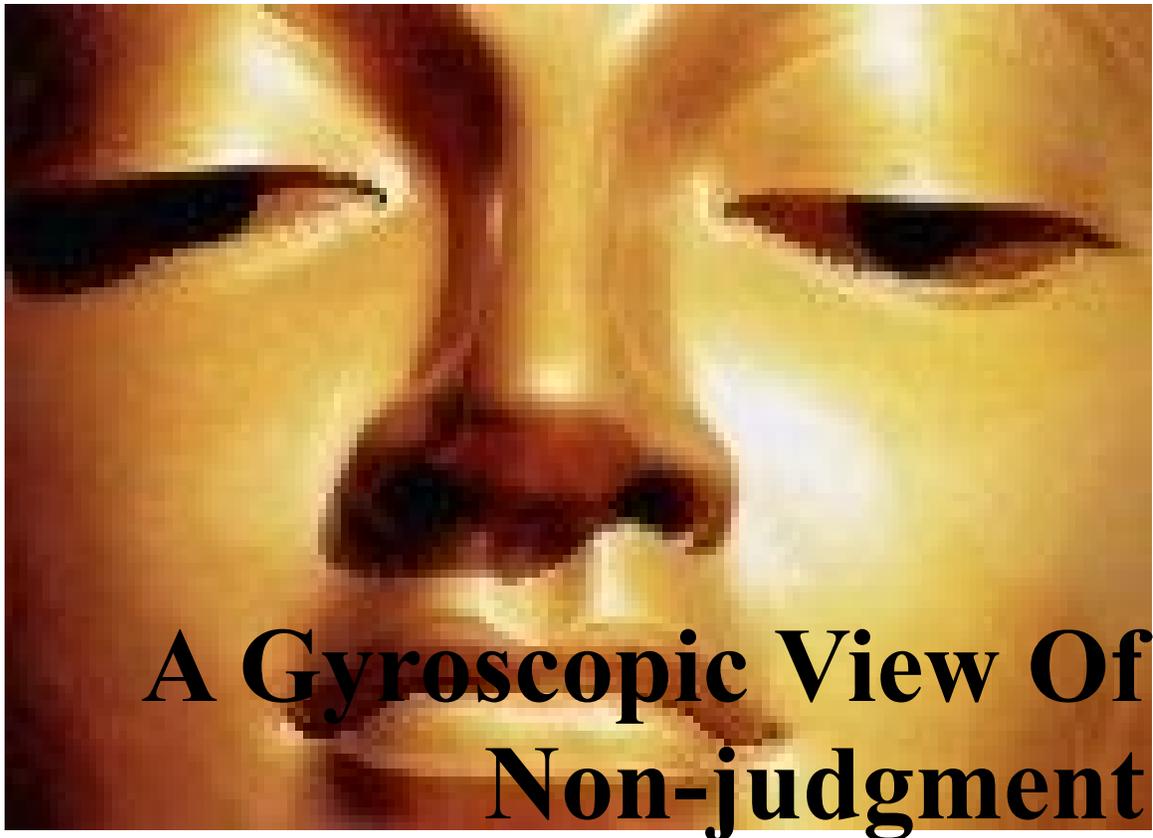
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A Gyroscopic View Of Non-judgment

By Divyaa Kummar



Today let's peel the cosmic onion on non-judgment and view its many layers and ever deepening nuances!

"Thou shall not judge" is one of the first principles we come across in our spiritual quest with all texts and masters unanimously emphasizing the practice of non-judgment. And it is only somewhere into the journey that we realize that non-judgment, like any other 'spiritual' quality is not encouraged because it is 'spiritually correct,' but that it is spiritually correct because it enhances our day-to-day life and very beingness! Let's start with the simple yet all important understanding that we live in a vibrational universe surrounded by or made up of energy! And 'energy' functions in certain ways or according to certain universal principles with one of its most basic features

being: Like attracts like! Thus, as you think, as you feel, indeed what you focus on is what you attract as your life experiences - people, things and events! If your focus is largely positive, you further attract positive vibrations (and thus experiences), but if your focus is largely negative, it's similar vibrations (and experiences) that you attract! Now many of you must be thinking, *"Yes we are aware of all of this. We are aware of the importance of positive thinking and affirmations, but what does this have to do with non-judgment?"*

And this is where we unravel its first eureka - non-judgment is one of the best and most long term ways to switch from a negative and depleting focus to a positive and life enhancing focus! Come beloved readers, ponder on this - your perception is an act of creation! As you focus so you create and experience! Indeed you create your reality moment to moment through your thoughts, feelings and focus! If you live in judgment, no matter how trivial it might appear to

you, then your focus is on the negative; on what isn't right; or doesn't work! So if you tend to judge the world as sinful and problematic; or view those around you as arrogant, selfish, cheats; or label situations as unfair or troublesome... then that is where your focus subconsciously lies - on the negative! You often don't even realize this (and those on the 'spiritual path' may even go through their life thinking they are focused only on 'God') but through this very subtle labeling, this is where you are dwelling; this is what your energy fields are attracting; and thus this is what you are creating as your current realities! Now become aware of what happens when you inculcate non-judgment - you automatically move away from negative labeling; you automatically move into acceptance of things and people as they are; you automatically move into a positive focus; you automatically move into a vibrant energy field! Indeed, living in non-judgment trains your subconscious mind to remain positively focused in permanent ways and confers on you a powerfully steady life-affirmative energy signature, making you go beyond the need to 'do' positive thinking because you live increasingly in a positive state of beingness! It is a simple practical and permanent way towards all of this, and indeed why it is a stepping stone in any spiritual journey!

As we go along our spiritual journey “Thou shalt not judge” further unravels to the gnosis that “*There is nothing to judge outside us!*” This is an important shift - enabling us to understand that the world and its people are but reflections of Self; enabling us to truly embrace everything and everyone as aspects of Self; helping us to understand that all that we judge on the outside are qualities we have chosen to empower or disempower within self; enabling us to move into the deepest of realizations that there is no one other than I! This helps us in that all important move from judging the outside to looking within! It helps to move from blaming the other or life or

god to complete self-responsibility! Once again non-judgment becomes a means to a deeper goal than the goal itself!

However, like any onion there are layers within layers and even this stage continues to unravel, for initially it leads to a phase of self-judgment where you may not judge the outside or the other, but begin to flagellate self as the source of all that you meet as life! And while self-condemnation is as important to move away from as moving away from judging or blaming another, it initially serves a vital purpose! When you realize that it's all about you, you cannot distance yourself from the qualities you've been projecting onto others and perhaps for the first time you make efforts to change the source that is you rather than pass the buck outside! It's very easy to judge another but when you realize that it's all about you, when you realize that “I am responsible and I have to change this within,” then everything in you yearns to change and grow and evolve - it is humanity, it is energy, it is evolution! Just like when you wound yourself, you automatically put your hand on it to heal; if you see dirt on your leg, you automatically try to wash it off! So when you realize that all that you were judging on the outside is actually all about yourself you 'automatically' seek to change, grow, expand and evolve!

Self-blame is not a healthy frame of mind however, and once it has accomplished its purpose in making you look within, you are ready to move from it by unraveling the next layer of non-judgment: *True non-judgment is in not judging self either.* This layer of non-judgment is that all important step that enables you to move from self-condemnation and guilt into self-acceptance and self-love! Into accepting self in all its myriad 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 bad or 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 exploration of this self, and pat yourself in this acknowledgment. Sure you can choose to incorporate change and extend current self, but always in this positive awareness. This is of great significance because your relationship with self is your primary relationship and the cornerstone of how you relate in all other relationships, and thus as you move from self-judgment into self-acceptance all your relationships will reflect this change! If you are self-critical, you will find others to criticize you! If you feel insignificant, you will experience that in your relationships. Indeed the more you accept self the more you let your brothers and sisters off the hook! In self-recrimination, you impose negative judgments on others. It is called projection - if you find yourself labeling the other as arrogant, ask yourself: is it because you begrudge him a confidence you don't have? Have you called anyone selfish recently? Dig deep and you may discover it stems from a fear that there isn't enough for you! And aha, what's behind the finding that the 'other' is promiscuous? Do you feel a lack of sex appeal, or perhaps fear losing your spouse to them? The responses will be personal and different for each one of you, but will always lead you back to self and indeed surprise you how it is never about the other! Self-love is not a vague esoteric ideal, but based on the same law of energy we explored above: your self-view is a moment-to-moment energy signature and self-appreciation is an empowering positive focus to attract more of the same! Remember like attracts like! Furthermore it creates a personal energy field so vibrant that another law of energy comes into play, the law of least resistance, which indeed resists its opposite to enter your energy field. Think about this: if you are loving and accepting of self, then anger, hatred, critique and the like by-pass you due to the resistance your loving aura offers!

At this point non-judgment unravels even deeper! And this layer makes you take a leap in your understanding of self, life, the others and

the universe for it now proclaims : *There is nothing like 'bad' or 'evil' to judge within another or self!* You learn that there is nothing like bad or evil because everything that exists (however seemingly wrong or difficult to understand) are aspects of Consciousness experiencing itself in different ways; you embrace that everything that is (however seemingly wrong or difficult to understand) plays a vital role in the larger picture; you begin to understand that there is a deeper purpose - even if you cannot see it - beneath everything (however seemingly wrong or difficult to understand it may seem); you arrive at the deepest gnosis that all is consciousness... everyone is spirit... everything is but an aspect of the One God... and so how can there be anything bad or evil! Through this lens, you stop judging the other or self, knowing that there is a larger purpose behind each quality or experience that you might have formerly judged as negative! Indeed judgment is loosening its grip on you... indeed judgment is becoming redundant... indeed non-judgment is becoming a natural state of being!

This is a beautiful stage of the journey, because every time you meet people or view events that you would normally have judged, you understand that there is a larger soul purpose being played out! You stop judging people's fears or desires, because you realize there is a larger cosmic purpose being played out! You move from judgment into acceptance... into the unconditional acceptance that we are all creators, experiencing different aspects for the highest good of the whole! Again layers within layers because even at this point you initially tend to turn everything and everybody into 'spirit' or 'light' or 'consciousness' or 'god' - for it is then easier to accept the differences or what you may not like or understand! But when there is truly no judgment, you move from the need for this abstraction... into accepting them in day-to-day ways; you move from imbuing things with this golden glow shorn of all differences into accepting differences ... without judgment!

And yet there is more to come! Another revelation! The final layer of non-judgment is now

ready for unraveling! So far, non-judgment has always implied moving away from judging anything as negative or wrong or less! But a natural extension of not judging anything as 'bad' implies not judging anything as 'good'!

This is a big leap in consciousness because often, when we are on this journey, we stop judging things and people as bad or wrong, but we still judge people and things as good or spiritual! And unknown to you - you don't even realize it - then you judge anything as good, your negative judgment is only hidden, as everything that does not fit in with your criterion of good, is actually automatically rendered bad! And indeed a subliminal judgment is still present! Deep down you are still judging things as not good! Indeed this is an insidious judgment, dangerous in your very unawareness of it! And thus is the last step of non-judgment moving away from judging things as bad or good!

Again layers within layers - non-judgment thus does not mean turning blind! Many ask me how they can live a day-to-day life without seeing and responding to people's myriad actions or modes of behavior? So yes, observation will be present; yes there can be preference; you may even discriminate what you choose to further experience or stay away from in any current moment; you may indeed view someone as 'angry' or 'arrogant' or a 'cheat' for example, but without the judgment of that being good or bad; without adding the usual inner plethora of: *"She should not be;" "How can he be thus;" "I would never;" "It is wrong;"* and so on - for this inner plethora is truly where judgment lies! This is a subtle but important understanding because we cannot move away from the spoken language and will need to use words, yes, words like x is 'angry' or 'arrogant' or 'difficult,' but if you are truly not judging within you, then your energy signature is not emanating judgment! So don't get trapped by words - if you are firmly planted in non-judgment the words do not vibrate to the

frequency of judgment! Of course, when we truly imbibe all of this, we cannot speak...or think... because these words sound so judgmental! Sometimes we initially use such words with mental 'inverted commas' around each word! So we say x has been 'good' or my servant has 'cheated' ... but the inverted commas convey that we don't mean the word we use as it is usually used - it is devoid of the judgment normally implied in it! This brings us to a profound understanding that if we were all to use all such adjectives without judgment, if critical mass humanity made this inner change, then we will indeed change the very energy behind these words where they do not imply an automatic negative verdict, and we will indeed develop language to be without labels. How freeing for the newer generations!

But back to the last layer where we move from judging anything as bad or even as good or better!

This is an ongoing process within, helping us move into accepting every quality, experience and event just as it is! Non-judgment turns into unconditional love, which is not some soppy emotion for everyone but a state of allowance towards all! Non-judgment turns to witnessing, propelling us into a state of being without labels! Non-judgment enables us to accept each moment without judgment of good or bad, to live in the Now! Non-judgment propels us into that state called bliss, which is not that state that we would normally label as 'good and joyous,' but a state that is beyond the opposites of duality, beyond good or bad, beyond painful or joyous... into the neutrality of all is as it is... into what is truly beyond words that Indian masters try and describe through *"neti neti...!"*

Good bye judgment! Hello acceptance!

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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.



There is no other go!

By Hemamalini Raghunathan

“If I happen to attain a materialistic comfort, let me enjoy it; but in its absence, I should not miss it. Let me reconcile myself to any situation. I should make up my mind, if I need peace.”



We all can aim for the Moon...but what does really happen? Do we reach atleast 10% of our ambition? Even after repeated efforts, many cannot realise their dreams. This is reality. Everyone does not become a billionaire, industrialist, popular politician, actor with huge fanfare, and what not... We all want to become such people, but we could not

reach that height. For that, we cannot become gloomy and curse our Fate. Don't be in despair. Similar is the condition for most of our comrades. Just learn to reconcile. Start liking what is available, what is given by God... may be we deserve only so much.

We are not aware of our Karma. God ordains it in such a way that the soul can learn the right lessons of life, only in such situations. So, nobody is to be blamed. Obey the laws of the Lord. Go with the flow. It is very difficult to swim against the stream. We may end up a wreck, physically and mentally. The best course available is to reconcile to our plight... there is no other go.

Fatalism is not recommended. But we should understand how much we can stretch ourselves to

realise the 'unrealistic' ambitions.

Know your limitations

Set the goals as per your capacity. We cannot breath under water or fly like a bird. Comparing yourself with others, to achieve a lot, will not help. Observe your 'self' deeply.

There is a certain amount of Destiny inherent in the divine plan, which has given us the current birth. Everything in life has to be within certain parameters. The great sage said, "Neither is everything pre-destined, nor do we have free will in everything." Make the right use of your own power of reasoning and do not stretch yourself too much, to break at the end!

Develop Contentment

The state of being contented brings ease of mind. One might expect life to be ideal in so many respects, but despite the best efforts, many things cannot be achieved. Develop the attitude of contentment, which can make you remain at ease in any situation.

Eliminating excessive desires is a good exercise to develop mind-control. Contentment alone is the best way to get peace of mind. The quiet mind is richer than a crown.

"When all is done and said,
In the end thus you shall find,
He most of all doth bathe in bliss
That hath a quiet mind."

We can learn to enjoy 'artha and Kaama,' when these are available, but we should also be ready not to miss them in their absence. In this way, nothing in life becomes a necessity. This practice can take one in the right path.

Get rid of the anxiety about the future

Forgive and let go of the past. Embrace the present. Choices we make are, of course, greatly influenced by the ideas, feelings and behaviour arising from our past.

The future, i.e. the time to come hereafter, is rooted in the past and the present. The present moment is in our hands. If you have lived today, you may not expect much from tomorrow. Act in the living present. Shakespeare says, "We are creatures that look before and after: the more surprising that we do not look round a little and see what is passing under our very eyes." If we get rid of the anxiety about the future, there is no stress at all. Look at things as they are, without any phobia. If you live in the present, you will utilize to your full potential all the probable (current) opportunities, instead of waiting for one in the future, with anxiety. Gain peace of mind, by living in the present rationally.

Accept the present moment; reconcile yourself. Honour even the small things of the present situation.

Avoid non-acceptance in life!

Swim along the stream of life. This is the best way to attain peace and relaxation. Reduce your expectations! Lord Krishna reiterates again and again to Arjuna to renounce the rewards of his actions. One has to dutifully offer the results of all his actions unto the Supreme Lord.

"Brahmany aadhaaya karmaani sangam
tyaktvaa karoti yah

Lipyathe na sa paapena padma-patram
ivaambhasaa"

(Bhagavad Gita, Chapter 5, verse 10)

One who performs his duty (actions),

dedicating them to the Lord giving up attachment, is not affected by sin, just as a Lotus leaf in water.

Do your best and leave the rest to God. If you are bothered about the reactions to your actions, your mind will not be at peace. Desire for good rewards to your actions should be immediately given up. Train your mind to accept any eventuality.

How to reconcile?

It is, in a way, making some compromises, not being too rigid, giving in to others' legitimate wishes. Sometimes, this may be the last resort, to get peace of mind. Many of us do not want to be on our toes always, to compete with others. Let us accept our limitations. Our expectations will remain within possible limits. You won't feel disappointed on any count.

The practice of peace and reconciliation is one of the most vital and artistic of human actions.

“But here I am not left to choose

My duty is my lot.”

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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.

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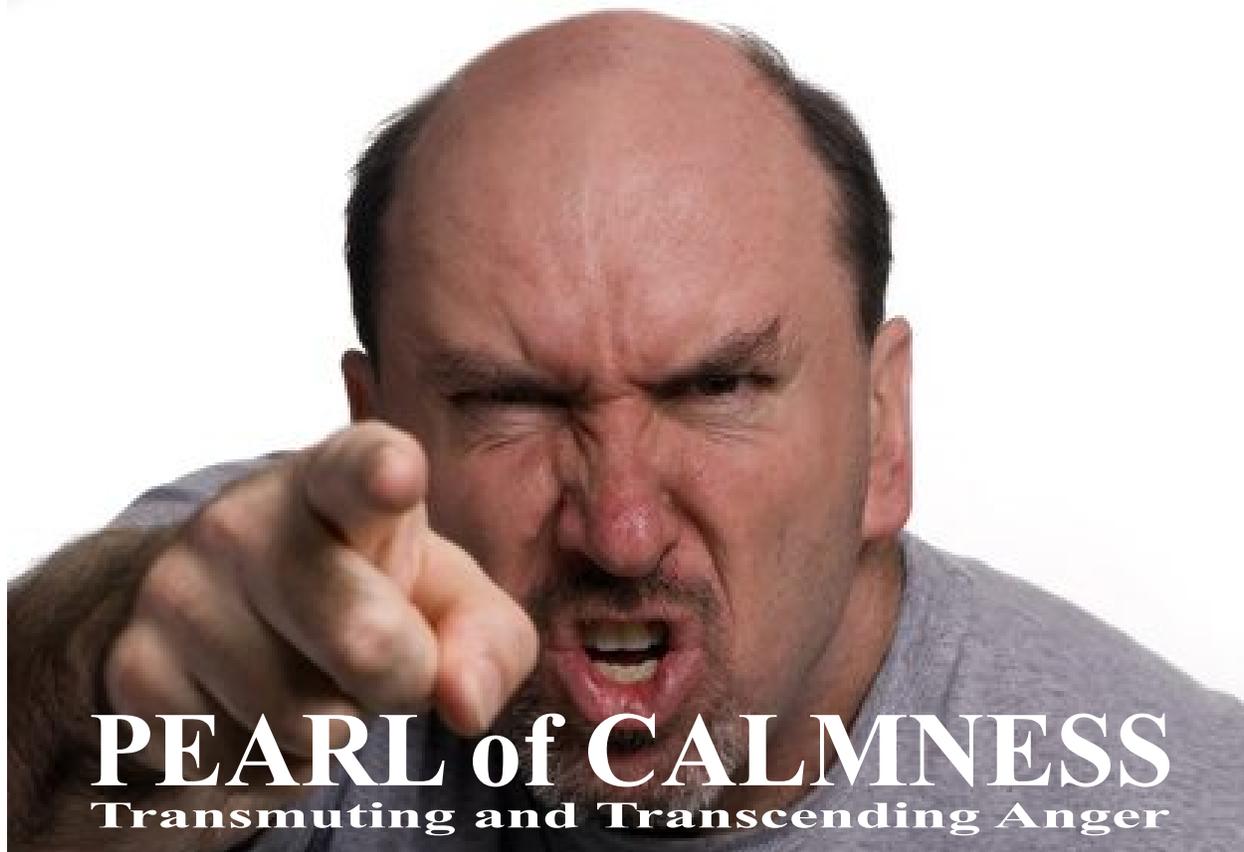
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PEARL of CALMNESS

Transmuting and Transcending Anger

By Mystic Sudhir

My next door neighbour is in a habit of parking his car in front of my bungalow. Though it doesn't cause us much inconvenience, still we have asked their security guards to refrain from doing so. Still their visitors would sometimes park their car at the sore spot. We would in return park our cars protruding to cause a bit of annoyance to our neighbours. Gradually I realized it was becoming more of an ego issue, and if not reined had the potential for an absolutely unnecessary flare up.



I noticed certain emails being exchanged between my colleague and a client. I agree that the client representative is a little insensitive in replying to emails and this in turn irritates my colleague. Finally I suggested to my colleague that though he has a point, it is not serious enough. What is more important for us is not being one up

on him, but rather nurturing a healthy client relationship. Holding on to our ego may only result in spoiling a client.

Relationships, be it familial, social or business ones, need to be attended with right speech. Our conscious mind may forget after uttering a harsh or sarcastic remark, but the receiver in majority of the cases is unlikely to forgive and forget. The recipient may wait for years and may be decades to return the dark compliment if an opportunity arises. I recall Mahatma Gandhi confessing in his writings, that he never had to regret any spoken or written word. Before any thought got the outward garb of speech, Mahatma would weigh it with his chisel of wisdom.

Eastern philosophy, be it Gita, Yoga Sutra or an esoteric Buddhist treatise suggest that each tremor of our thought, every expression, all spoken words leave a mark on our consciousness. This mark could be a healing one in the form of gentleness, compassion,

kind and giving spirit or it could be a deep scar borne out of irritability, vengeance, anger and jealousy.

Chaos to Calmness

It is also a matter of conscious decision. Once we decide to tame our temper (basically our ego), we can transcend to a higher and happier consciousness. The following suggestions may be put to the scrutiny of your experiment.

1. Intense physical exercise or vigorous sport where you sweat profusely for a reasonable period will have a calming effect on your nervous system. Professional athletes have a low pulse rate comparable with those of advanced meditation practitioners.

2. If you know to swim, surrender yourself fully to the spirit of water. See that while swimming there is no unnecessary tension in the head, neck and spine. It is not necessary to spend a long time in water, but whatever little time you give, let go of your body, mind and spirit to the moment. (*It is we who choose to choose chaos or calmness*).

3. Gently place your fingers on your heart, feel it throbbing, and with tender will command it to calm down.

4. **Moderation in diet:** Eat light, focus more on natural foods like fruits and nuts, dairy products and lightly cooked meals; cut down on heat producing foods in the body, such as caffeine and red meat, excess intake of chilli, ginger, onion and garlic. Our body and mind are interconnected; any food that calms the body will calm the mind and also foods that irritate or agitate the body have a corresponding effect on our mind.

5. Roger Federer and Tendulkar both have an exemplary behavioural track record, but do we know of greater competitors? Being fiercely competitive in any field demands discipline, dedication and devotion. Emotional outburst in

most cases is a sign of weakness or complex. Manage your mind and emotions with moment by moment awareness and reflection.

6. Be with nature a little more and nature is not only in deep forest or oceanside, but a small jar of fishes or indoor plants in your living room, trees in your locality, morning dew and air, chirping of the birds... Nature is a natural healer, but we have to invite it in our life, accept it, and acknowledge it. Even in the concrete jungle of modern life, nature manages to peep in. Caress it and allow it to caress you. Only you have to keep your door open.

7. Visualize a Pink lotus, symbolizing tender love in your heart. Slowly let the lotus open up and spread all over your body. Nurture this lotus with your goodness and it will slowly spread to your mind. Feel the lotus petals harmonizing your nervous system all over the body. Once the lotus is ensconced in the brain allow the petals to spread tender love and compassion in your consciousness.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” - Buddha

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Mystic Sudhir is the founder and coach of Mystic Managers: Complete Wellness Solutions. Intensively trained in the scientific and non-sectarian How-to-Live yogic principles, Sudhir combines esoteric elements of Eastern and Western spiritual traditions with the latest developments in the field of cognitive psychology. He is an alumnus of St. Xavier's, Kolkata and a MSA in Behavioral Sciences from Michigan University (USA). He is also a CPP/APPIPL accredited MBTI Trainer.



On Tenderness

By Ellen Davis

The tenderness of heart that meets life as it is, melts separation, and illuminates the tyranny behind that which would have things other than the way that they are. Tenderness is a pole to acceptance and relaxing into what is here - including our humanness. A sense of empowerment is often a result of that. The push to 'be' is a different experience from the tenderness to allow what *is*; to allow (even) the 'nothingness' from which 'pure light' springs; to allow with great tenderness, and in that softness, the embrace that sees ever-more clearly, what *is*.



Tenderness is a great teacher - coming to it in our culture is grace and wisdom. The tenderness of allowance and the allowance of tenderness starts with the way one is with oneself. Forgetting the

strength at the core of our tenderness is what can cause us to contract to protect ourselves. Tenderness is a reflection of our deepest heart. It both comes from and is a bridge to compassion. It is the breath of no reason behind creativity. It is the breath of light behind play. It is the breath of love behind communion.

Tenderness can be a bridge between the unreal and the real in the way it brings up a sense of vulnerability. That sense points to a 'me' that thinks it is other than the awareness it arises within; it points to the 'me' that is afraid of its own extinction. So if we do not try to escape the experience, (by avoiding it, or by handling it, or by *trying* to transform it), and we allow ourselves to relax into it, if we tenderly let ourselves feel it, we are giving reality to the awareness that the feeling arises within rather than the experience itself or the 'me' that thinks it needs to escape - and we are then able to more fully allow, experience, and see the experience from a vaster context; we are able to see it in truth.

Tenderness is a grace that allows frailty - and in acceptance of frailty there is a strength of what does not need to hold to itself (unless frailty is taken on as an identity and held to). It is the grace of allowance and in allowance, there is the strength of what is beyond believing the story; beyond the duality that would divide against our humanness that would make something wrong of it, try to change it, or deny it. Frailty, met with the gentle strength of tenderness, can be what melts the armor around a heart, the armor that holds illusions of separation in place. It can be a pole to the unknown; the strength of presence that rests as emptiness, the oneness that can sing “yes to now,” to exhale, to death, to releasing, for it has nothing 'other' to fear. It can be the seeds and springboards of pure potential and the creative will.

Awareness without division is empowerment. A sense of connection, in relation to a sense of disconnection, gives a sense of empowerment or the natural and divinely intelligent breath of being that is absent of the sense of disempowerment. Perhaps more than any idea or attributes of self that might be recognized, there is within the arms of acceptance, a sense of peace that does not impede the dance of fluidity; that does not fight life as it is while holding onto life as we think it should be. It does not fight what *is* with ideas that it holds onto of who we are, or who we think we should be. There is nothing to obfuscate wu wei; there is nothing to obscure

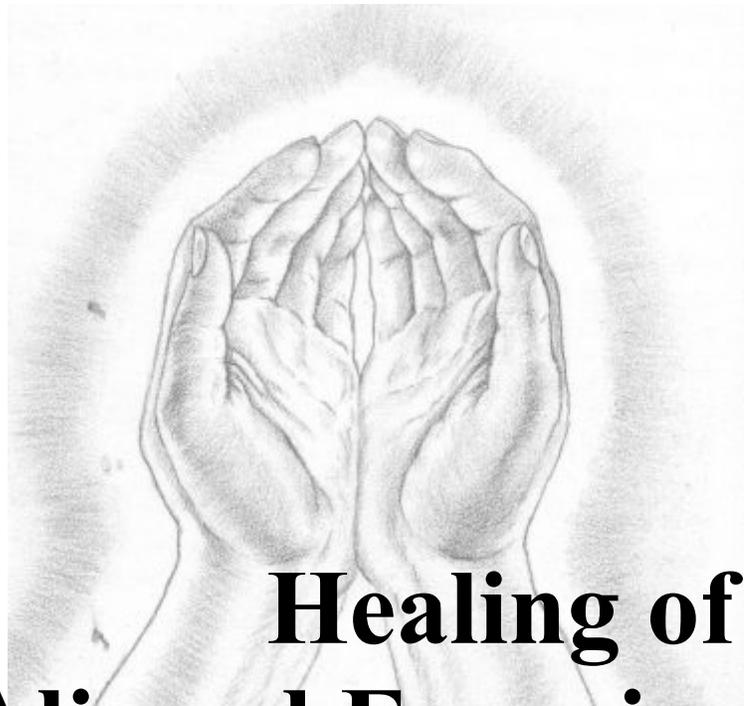
divine creative intelligence flowing as it does when all relaxes that habitually divides against that and contracts against the sweetness of our true nature.

Awareness without division redefines power and will, and realizes through natural beingness and oneness with all. Empowerment cannot come from an idea or will. An illusion such as a fixed and separate 'I' or a 'me' can only feed its own illusions and cannot empower. *“Will is an imaginary function from an imaginary entity.”* - Wei Wu Wei. The Grace of tenderness allows the heart of awareness that knows not two, and the oneness of all. In its oneness, it is innately empowered, or absent from the sense of disempowerment, or even beyond ideas of empowered or disempowered. There is no one of two, no disconnection that would have reality on such concepts. The tenderness of allowance of things to be as they are, to not divide against them, is the heart of that, and the dance of our divinely intelligent true nature.

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



Healing of Non-Aligned Energies

By Ellaenah

As you join and unite your energies, individuation remains only on a physical level and you form one united healing entity. It is then that your true healing power is manifest, for it will not be individuated beings healing in their own individual manner, but one body of energy, surging forth, in its most powerful energy form.



In order to facilitate this union of energy, you must stop thinking of yourselves as strangers to each other. You may not know a name and a face but that is not primary to the healing energy. Attempt to unite with all. Attempt to embrace and enfold them within your energy structure. Do not keep them out. This will also be a good exercise for the many of you, for there are diverse structures. Not all structures will you instantly align with and that will be your test: unity. For where there is non-alignment, you must seek to

align, within yourself, so that you can align outside of you.

As the energies begin to enter your Earth's atmosphere, non-alignment of energies will become more and more apparent. This will lead to an escalation of conflicts: conflict between people on Earth, one-to-one basis or a country to country basis. If you learn to align your energies with non-aligning energies that come to you, you will facilitate smooth alignment of energies all around you.

And that is why today's healing, will be healing of non-aligned energies. Non-aligned energies could be experienced between people as friction. It could also be experienced in spaces. There are certain spaces which you do not align with, and when you dwell in those places, for a significant period of time, the non-aligned energies of the space causes your own energy structure, and the energy structures of those along with you in that space, to become disharmonious, thus causing friction. Both kinds of non-alignment need to be healed so that friction and conflict can be reduced to

its barest minimum. In every manner possible, you, as the universe, must facilitate union. And yes, when energies themselves create the hurdles to union, you must know how to harmonize and align those energies.

For this purpose we request you to think of an individual with whom there is non-alignment of energy. Please understand that non-alignment of energies on a personal level can change, from period-to-period. For example: if her energies should shift significantly today, she may get into non-alignment with another, with whom she was in perfect alignment earlier. It does not happen rapidly but you will find that, over time, the friction escalates, where there was earlier no friction. And conversely, friction dissipates, almost without any conscious attempt on your part, without you understanding why it has disappeared.

Such non-aligned energies will work as catalysts, of course, for inner issues, but the friction and conflict is not the result of an issue, but the result of the non-aligned energy. Today, we will first work with a person and then move on to a space. This space could be one you have never been comfortable in or a space, which somehow lends itself to friction. You see this, often, at places of work, where an individual or individuals show such potential energies of friction, which they do not manifest in other spaces, even when those same people come together as a group in another space. In such cases, it is the space that creates the non-alignment and the resultant friction.

For this healing we will enter the realm of cosmic chakras. One such cosmic chakra that you are already aware of is your higher heart (*between the heart chakra and the throat chakra*). We now introduce you to the higher 3rd eye chakra. The 3rd eye chakra lies between your eyebrows. The higher 3rd eye chakra lies a little more than an inch above the 3rd eye chakra, almost nestling within the hairline. This is the cosmic energy center that

we will be working with in order to align non-aligning energies. You must have energies that go beyond your physical, etheric, as well as subtle bodies and, in fact, first align you to your own higher beingness, which will then take over the task of alignment.

To begin, from your higher 3rd eye chakra, visualize a person with whom you seek alignment of energy. As you work with the higher 3rd eye, you might feel a pressure in your forehead. Affirm that you seek harmonious alignment of energies with this person so that the purest good, for you and the person, might manifest simultaneously.

Move this visualization of the person about 2 feet away from you. Hold up an energetic pyramid before the higher 3rd eye. Let the pyramid be as small or as large as the energies of the person determines. This pyramid will become like your magnifying glass. View the person's energies, through the energy pyramid that is your magnifying glass. Through this magnifying glass you will be able to decipher energy misalignments that will appear to you as energy waves, ripples or knots, or even as shadows or dark areas. Do not seek to align these; merely take time to study the areas of energy misalignments. Take time and do not hurry over this process.

Please understand that what you see as energy misalignments are energies that misalign when you and the person are together. What you are seeing is the **result** of your **combined** energies and in no way does it make any negative or positive statement about the energy field of the person per se.

If you have fully identified the areas of energy misalignment, now move the energy pyramid towards the person, such that the energy pyramid completely encompasses this person. From the apex of the pyramid, now send down a straight beam of light into the crown chakra of the person.

Using the energies of your own higher 3rd eye, begin to even out all the ripples and knots that are present in the structure. Smoothen them out completely. As you visualize the ripples and the knots

gently fading, allow the beam of light to move downwards, from the crown, going through the energy structure of the person and anchoring itself at the base of the pyramid. Check for the strength of this anchoring energy. You may give it an energetic tug to feel its strength. If it seems delicate and tenuous continue the process of energizing this energy.

Once you know that it is firm, move the energy pyramid back towards your higher 3rd eye. Release the energies of the person you have worked with. Retract the energy pyramid into your higher 3rd eye and take a few deep breaths.

If you are healing another person who does not have either the knowledge or the energy ability to perform this alignment for themselves, you can be the physical facilitator. For this, you will need to be in physical contact with that person, by placing your dominant hand upon the person's higher 3rd eye and proceeding then in exactly the same manner, as we have discussed here. Be in physical contact till you are completely certain that you and the person whose alignment you are facilitating are in strong connectivity.

We will now proceed to align energies of spaces. Haven't you noticed that sometimes you enter, let us say, a social gathering, feeling cheerful and bright, and then an hour into the gathering you have a headache or you begin to feel nauseous or giddy or your spirits begin to dampen? This has very little to do with the people around you or with the food or drink that you are consuming, but it may be due the space itself. When you enter a space you have not entered before, where you are going to be spending at least 1½ hours or more, first look for non-aligning energies. If you perceive them, instantly begin to align the energies and you will find that you will have no suffering consequences.

Many, many times, the illnesses and so-called epidemics that you find in a city or a country or a region are due to non-aligning energies. Energies

shift in a city or a region or a country, due to the shifting consciousness of people who live and dwell there. Many times, they also shift due to significantly, energetically powerful events that take place within that city. For example, a terror attack could instantly shift the entire energy structure of the place. In order not to suffer consequences later, there needs to be alignment. Sometimes, strong non-alignments also lead to an outbreak of suicides; the reason being that energy structures that are hyper-sensitive to energy shifts cannot come into alignment when the shifts around them are of such tremendous magnitude. They are unable to contain the shifts, which act as emotional triggers that might be too intense for them to be able to contain with the force of the intellectual mind.

With the opening of portals and activation of multidimensional energies, the shifts in spaces will be of magnitudes not before experienced. It is our concern, to ensure that these energy shifts will not create suffering consequences.

The more you work with spatial energy, the more sensitive you will get to even the minute shifts. For parents who are present here, when you find that your children (especially those who are below the age of 12) begin to act in a manner that is strange and not in alignment with their true natures, first view the spatial energy shift within the home and then, of course, the energy shifts within the child itself. You are not aware but conflicts, in the home, can have similar effects in that small space as terror attacks in a city. These energies need to be aligned.

The matrices of children who are currently being born and have been born a few years ago, contain greater and greater proportions of crystalline energy. These are, very often, hyper-sensitive energy structures. Within themselves, they find it difficult to contain energy shifts. Their emotional reactivity could be far greater than your own. Those children, yet to be born, have even greater volumes of crystalline energy and therefore, their hyper-sensitivity will be even more acute. They will be entering a world that has the energy to contain their structure, but they also enter a

world that will have those people whose energies they will not be able to contain easily.

Let us begin now. Choose a space that you are very well acquainted with, for the first step is to study and scan the space very clearly. Out of the energies of the higher 3rd eye, bring forth an energy pyramid. Affirm clearly and specifically the space that you wish to align. When you are aligning spatial energy, you may wish to work the combined energies of yourself and the space, or just the energy of the space itself. Declare strongly your intention to align the energies of ... (*Please mention the space very specifically*) for the purest benefit of you, the space and all those who dwell and enter that space.

Once again, use the energy pyramid as a magnifying glass and move it through the space, very, very slowly, so that you study the energy of every inch of that space. Here is where the 2 exercises will differ: as soon as you have found a ripple or an anti-spiral or a misalignment, instantly place the energy pyramid at that area such that the area is contained within the pyramid, and wait till the pyramid aligns the energies. Only then, do you move to another area. Once the space is

completely healed or even partially healed to the extent you have determined for yourself, retract the energy pyramid into the higher 3rd eye. Take deep breaths.

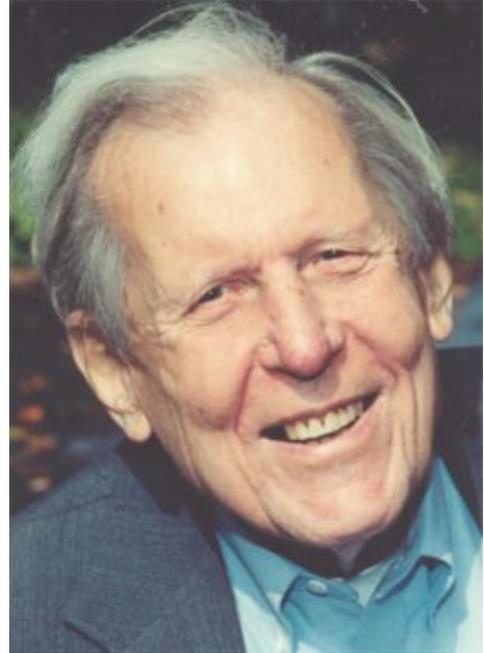
You may experience aches while doing this energy work. Aches and pains, for either process of alignment, whether with an individual or with a space, are a result of your own energies shifting while the alignment is proceeding. So, though uncomfortable, it is most certainly a positive indication.

Energy alignments often require repeated processes of alignment, depending entirely on the intensity of the non-alignment.

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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.



Celebrating Thomas

A Tribute to Thomas Berry (1914 - 2009)

By Susan Meeker-Lowry

What is needed on our part is the capacity for listening to what the Earth is telling us. As a unique organism the Earth is self-directed. Our sense of the Earth must be sufficiently sound so that it can support the dangerous future that is calling us. It is a decisive moment. Yet we should not feel that we alone are determining the future course of events. The future shaping of the community depends on the entire Earth in the unity of its organic functioning, on its geological and biological as well as its human members.

- Thomas Berry, *The Dream of the Earth*

It was with great sadness that I learned of the passing of Thomas Berry on June 1. I knew his health was failing, and would often send love and gratitude his way. Thomas was one of the truly great men of our times. He integrated many ways of knowing into a comprehensive whole that was

his body of work: history and religion, science and spirituality, love of Earth and love of people.

Thomas was born William Nathan Berry, taking the name Thomas, after Thomas Aquinas, when he entered the Passionist Religious Order in 1933. He obtained his Doctorate from the Catholic University of America, visited China in 1948 to study and teach at Beijing's Fu Jen Catholic University but returned to the US a year later when Mao Tse-tung took over. In 1951, he served as US Army chaplain in Germany, and in 1956 began his teaching career at Seton Hall University, then St. John's University, and finally at Fordham University where he instituted their doctoral program in the history of religions. In 1970, he established the Riverdale Center for Religious Research, and in 1975 he became president of the American Teilhard Society, until 1987. During these years Thomas' influence as a thinker, writer, and lecturer took off. In addition to the books *The Dream of*

the Earth, The Universe Story (with Brian Swimme), *The Great Work: Our Way Into the Future*, and *Evening Thoughts: Reflecting on Earth as Sacred Community*, Thomas also published *The Riverdale Papers* (11 volumes). Two additional books focusing on world religions and Christianity were published in September: *The Sacred Universe: Earth, Spirituality, and Religion in the Twenty-first Century* (Columbia University Press), and *The Christian Future and the Fate of Earth* (Orbis Books).

Thomas Berry had a huge impact on my life and work. I met him for the first time in November 1985 at a conference called 'For the Life of the Earth' put on by the Chinook Learning Center, an intentional community and learning center founded by former residents of Findhorn located on Whidby Island in Washington State. I was there to meet people, learn about new projects, and share my newsletter, *Catalyst*, with others.

When I arrived, a bit late, for the first plenary session, Thomas had just started speaking. His eyes twinkled with good humor and he was filled with energy and passion. One of the topics he discussed was James Lovelock's Gaia Hypothesis (now advanced to theory status). Though I had heard of it before, it was thanks to Thomas that evening that its implications came home for me. All at once I understood that if the Earth is alive, not just a collection of parts, some living and some not - then not only do our actions matter but so do our emotions and our thoughts. In other words, loving the Earth can make a difference in and of itself. During the Q & A period after Thomas spoke, I stood up and said, "So if the Earth is alive, and I know it is, then loving the Earth matters. Just as love can help heal an abused child, so love can heal the Earth." Thomas beamed at me, and I couldn't stop the tears from coming, just as they are now as I type these words.

Thomas had a way of communicating that went beyond the words he spoke. I can't explain how, I

just felt it. For example, a few years after our first meeting, on a trip to NYC, Thomas, myself, and two other colleagues were invited to dinner at Kirkpatrick Sale's home. At this time Thomas was working on his book, *The Dream of the Earth*, which at that time he considered his seminal work. After dinner, with Thomas sitting in a comfortable chair and the rest of us gathered around, he explained that not only is "our human destiny integral with the destiny of the Earth," but that we have the innate ability to actively participate with the whole Earth in such a way that we can become "truly intimate with the Earth and with the entire natural world." Intimacy implies mutual communication and when asked how this could be, how humans could communicate with trees or rocks or birds, he looked at each of us deeply, holding our gazes for a moment with his eyes, then slowly ran his left hand up his right arm and said, "we have the ability because it's in our cells. It's biocellular knowing." And the hairs went up on the back of my neck and I knew it to be true. Not only was this a confirmation that my own experiences in nature were real, rather than figments of my wishful thinking or imagination, but that the ability was inherent in every one of us. Because we are all connected, all made of the same basic elements, biologically and spiritually, in the present and going back (and forward) through time.

I can't pretend to fully understand everything Thomas wrote with regard to our genetic coding. Each time I read what he had to say, I gain new understandings. Such was his brilliance. For instance, in *The Dream of the Earth*, he wrote: "The human, we must understand, is genetically coded toward a further transgenetic cultural coding whereby we invent ourselves in the human expression of our being. . . . [T]his process . . . is guided by visionary experiences that come to us in some transrational process from the inner shaping tendencies that we carry within us, often in revelatory dream experience." This is why in some cultures dreams are seen as extremely important, and shared with the community. Thomas had a very important message for us, about who we are as the human species, and what our role must be.

Another quality that Thomas possessed in abundance was generosity. As busy as he was he always managed to find the time to encourage and support others, especially young people (like myself at that time) committed to “the work.” For example, when my editor at New Society Publishers, T.L., asked me who I wanted to write the foreword to my first book, *Economics as if the Earth Really Mattered*, Thomas Berry was my obvious choice. “What if he can't?” T.L. asked. “I can't even think about that,” was my reply. I had no second choice. Within days T.L. had heard from Thomas agreeing to write the foreword. He wrote the foreword to my second book as well. Over the years I participated in conferences and bioregional events as speaker and workshop presenter, and sometimes Thomas was there too. Looking back, I see him as teacher and mentor. Listening carefully, speaking thoughtfully in his quiet yet passionate voice.

Though Thomas was a priest, he was unlike any priest I, who was raised a Catholic, had ever known. His spirituality was more like my grandmother's, Nanny Meeker, than any priest. Nanny taught me that Love is the most powerful, healing force in the Universe, and that God is Love and not to be feared. Nanny did not believe in heaven or hell as someplace 'away,' but both present here in Earth, in the minds and hearts of human beings. I have a sense that she and Thomas would have gotten along very well. No priest I have ever known would come out and say the Earth is sacred and that all life is sacred (though this is probably changing), and yet Thomas often used the word 'numinous,' meaning divine or holy, when talking or writing about the Earth community, and 'liturgy' with regard to the life of Earth and the Universe. Everything he wrote, every speech he gave, had an all-encompassing spirituality at its core. He didn't have to come out and say it. It just was. Sometimes, reading his books, I would be blown away by the beauty of his words. I remember reading part of *The Dream of*

the Earth aloud to a friend one night, reveling in the cadence and music of the words. Finally I looked at him and asked, “How could anyone not be totally in love with the Earth after reading this?” And if you had ever heard Thomas speak, forever after when you'd read his words you would hear his voice speaking them, giving a depth of meaning beyond the words alone.

Finally it must be said that as much as Thomas loved the Earth so he loved human beings. He had faith that as a species we will evolve into what he called the Ecozoic where people live within the Earth community as harmonious participants. In *The Dream of the Earth* he wrote: “If the dynamics of the Universe from the beginning shaped the course of the heavens, lighted the sun, and formed the Earth, if this same dynamism brought forth the continents and seas and atmosphere, if it awakened life in the primordial cell and then brought us into being and guided us safely through the turbulent centuries, there is reason to believe that this same guiding process is precisely what has awakened in us our present understanding of ourselves in relation to this stupendous process. Sensitized to such guidance from the very structure and functioning of the Universe, we can have confidence in the future that awaits the human venture.” He was right about so many things, I have to trust he was right about this as well.

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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.

Spiritual Poems

Serving Humanity in Need

Awareness was starting to seep in
Your hands were supporting, guiding
How I got here, I am not sure, you see
Only that you were there, helping me

The mist cleared from my eyes
And I look towards the skies
Some people had made it to the top
Looking down at this sheer drop

The others below were on a rat race
They had sacrificed dignity and grace
I struggled valiantly, I had hope
You were there to help us all cope

I don't know how you did it
But you got us out bit by bit
Your rungs supporting all at length
You will continue to be a tower of strength

We made it this far; we will succeed
You are the ladder for humanity in need

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Spiritual Poems

Shakti

It almost opens. How do I get it to open, and stay open? Where is it? Behind the third eye? Behind the sense of conscious perception? What is it? Light? Revelation? Some ancient knowing? Am I worthy? Who is? Where is it now, as I muse? I want to say it drifts away. But it doesn't. It's here. How can I release it? How can I release myself from this mental prison - so I can dissolve into it? What are all these images, sounds - distractions? These emotions? I place out psychic hands towards the wish. I touch the belly of the fantasy. And, behind the dream, I see it run away. Why can I not have it, hold it, be it? There is an old man somewhere, rocking on a porch, remembering to turn the page. I won't accept that script, won't turn the page and move into some other written story. I want to open gates, here and now, get inside and finalize the play. I deserve to have my birthright in my hands . Did I sell it? Have I lost it to the air?

I want the veil removed. Blue eyes are like pools I could drown in. But I am done with pretty things. There's something else; I feel the spark, voice inside my chest, the power of ideas - hands that heal, a heart that wraps the sun around the earth and squeezes out each moment - now: fiery ember burning through the tissue of the worlds. When? Listen. It is strained, a voice, rising from a place of cosmic mantra:

"I am here, your prana Light, I can heal you of these idols - fantasies that foul your river, keep you drifting off, from our home, from our holy people. I am deep remembrance, perfect poise; I have risen out of darkest fears, secret wants. I can make you unafraid. I am he or she who lives within. Sun-Star, lightning, god-man-woman, and Eternal Child. I can photosynthesize your cells, rearrange the molecules, burst into a flash, make you true, and finished - who you really are; not that strange interpretation, that gathering of myths. This is what it is the soul is asking: Truth as Beauty. Give me any name. I have always been your purest thought. Time is not a thing to trust. Separation is a lie. Now is fire and full of Great Surprise. You are done with dreaming. You will never sleep that mindless sleep again. We have come to earth from cloud and nebulae, super-violet ray. Read the mark we make upon the brows of chosen ones. They will be your guides. Open now, the inner eyes, listen with a subtle ear. Words no longer say the things we have to teach you."

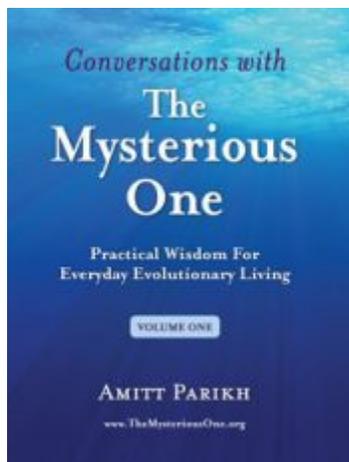
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Conversations with The Mysterious One - Volume One

Practical Wisdom For Everyday Evolutionary Living

By Amitt Parikh



Religion or Spirituality? Faith or Science? Oneness or individuality? Death or immortality? Money or moksha? Who am I? Who is God? Where is God? What is Enlightenment? Who designed this universe? What is the purpose of my life? What is meditation? What is yoga? What is Samadhi? Who is a true Guru? What is spiritual evolution? How can we attain holistic health and wellness? How to leverage the power of dreams? Are miracles really possible? What is The Truth? More Questions?

The Mysterious One offers practical wisdom for these and many more eternal questions that any seeker of Truth encounters in his/her journey of life. Come... Let's know, understand and live The Whole Truth from the highest, widest and deepest perspective.

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

www.TheMysteriousOne.org

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."

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

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

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

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