

AUM



THE TENTH STEP

THE TENTH & FINAL STEP

There is only YOU and that YOU (the Divine SELF or the Eternal "I") is ALL!

Beloved SELF,

Dear Embodiments of Love, here is a pinpointed summation of what Swami has taught us about The SELF (You, All, One) and what we usually share in songs, stories, words and silence. It often flows through these parts of us in slightly different ways or expressions with different people. The difference simply depends on the moment when, where, and with whom the sharing happens.

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After we have ruthlessly inquired, questioned and faced every aspect of our Humanity & Spirituality –
After we have immersed ourselves in the Divine Teachings of Saints & Sages to the best of our ability –
After we have consciously practiced these teachings, like the five human values, with all interactions in our life -
(Love, Truth, Peace, Non-violence, Righteousness or Correct Conduct, including Compassion/Caring & Selflessness) -
After we have ruthlessly contemplated and meditated upon our own inner Divinity –
After we have practiced to think, speak and act as the Divine Self (who we have always been) and that we, up to now, only believe we are, because we have not had the full personal experience –
Then (depending on our determination, clear knowledge and understanding, or having the full use of our clear, unclouded cognizing ability) we can take (of course only figuratively speaking) the tenth and final step (which will occur quite naturally with life's practice) into the TRUTH, Unconditional LOVE, The ABSOLUTE, the "YOU" that is ALL, The Divine SELF!

Still, all words are also part of the mind and therefore part of the always changing, momentary, five-sense illusion. At best words should only be viewed as a road sign that can point us in a certain direction. Realize right now that it is only ignorance to believe that words alone (written, spoken or thought of) could eventually lead us to Self-realization.

So, Dearest Atmaself, if you are truly able to silence the mind and 'BE,' then you have no further use for the following word illusions, because you already have remembered the true way to communicate and experience the absolute Truth, God or the Innermost Divine SELF within the stillness of an empty mind in inner silence!

Yet for those of us who still believe in the need for explanations and words, in order to reinforce some sort of clear understanding, the following pages may be of some small service. However sometimes the danger with too many words is that they could confuse or convolute the natural clarity and simplicity of the Truth! God (or the Divine Self) & Love are simple, it is the mind that makes things complicated.

So we humbly ask you to FEEL and often READ between the words and catch a deeper silent meaning and flow.

Atma (or Yourself, playing as)
Johnima & Kalassu & all of Creation
aka Lightstorm

THANK YOU!

Beloved and Dearest INNERMOST SELF thank You, for allowing these, your smallest Love extensions, the opportunity to share the ETERNAL TRUTH of our ONENESS. Beloved Divine SELF, YOU in Your many forms have been sharing this TRUTH forever throughout all of Creation!

It is By Your Grace alone, Beloved INNERMOST SELF or Swami, Divine Father/Mother, Christ, Rama, Krishna, Buddha, Jehovah, Allah, Ahura Mazda, Guru Nanak, Saints and Sages or the thousand and one other names and forms of our Beloved GOD idea & identification (which is truly only our INNERMOST SELF) that we completely realize we are always and forever only ONE!

One Heart, One Love, One All!

One Divine SELF, playing this game or dream experience in this momentary illusion of being the many!

Yourself (playing as)

Johnima & Kalassu or Lightstorm and all of Creation * Dec. 23, 1999 *

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Lightstorm

Beloved SELF, (or as Swami would say, "Dear Embodiments of Love")

If GOD, THE CREATOR, PARAMATMA, THE DIVINE SELF, THE ABSOLUTE, THE ETERNAL UNCHANGING PRIMAL SOURCE could not be known or experienced, then the awareness or realization of it could not be shared, taught or communicated at all. In the Vedas it states that God is "NOT THIS ... NOT THAT!" which directly suggests that God exists and IS (something)! If we look closer and contemplate or investigate that statement, it points us directly to the following conclusion. If we simply would start to ELIMINATE what God is NOT (to our perception), meaning all that we know to be temporary, changing and not Eternal, Constant and without Change (which automatically includes all name and form perceptions and experiences in Creation) "WHAT WILL BE LEFT?"

DO IT and you will find when you turn off the five senses by turning the mind inward, what remains will be Inner Silence and Inner Space. Pure AWARENESS as "I AM" or Eternal "I" CONSCIOUSNESS that simply "IS" and that we often label as Bliss and LOVE will be the only remaining experience after all the thoughts and mental pictures stop and the mind is still and empty. This is the "Pure Mind" as the Vedas call it. This is not a (seeable, hearable, touchable etc...) solid or mental "thing," but simply Pure "ABSTRACT INTELLIGENCE" that is always fully aware of BEING! Here is a good place to share what we mean to convey with the words "Abstract Intelligence." Abstract meaning, something that is beyond the mind's ability to think about, beyond all objectified and all name and form experiences and Intelligence is the ability to know, the understanding & 'cognizing ability.'

The nature of AWARENESS is BEING and the projection or movement of AWARENESS is Unconditional Love or the AUM sound, which is Expansion and we simply call it ENERGY. It is the Pure Clear Illumination or Light of Awareness (meaning nothing that the mind can actually identify or define, since it is beyond the mind). Still, we often picture it as an illuminating 'aura' or glow or as that 'golden halo' that artists often place around and on top of the painted heads of Saints & Sages. It is meant to serve as a simple visual interpretation of their personal experience and knowledge that they are not just this body and that they can transcend their ego-mind-personality-self identification, the separate individual. They know that this illusion of SEPARATION from GOD, the Divine SELF is a LIE, because they experience and know their connected Oneness with ALL! This Light of Awareness is the 'cognizing ability,' the power to illumine or to make know. This is simply the clear inner Light of Pure knowing Intelligence, or WOW (a playful simple word to signify something unexplainable)! Again then, Unconditional Love is the expanding projection or expression of AWARENESS, Cosmic Consciousness or The DIVINE SELF! This deep inner Awareness (or knowing that "You" the SELF exist, will be devoid of all name and form concepts, ideas, perceptions - including the concept of Time and Space. It also means that you will let go of your small and limited view of being just the little separate 'self' (this mental prison of a little separate ego-self), instead you will gain the Awareness that you are EVERYTHING and identify the SELF as and with ALL!

We (as the SELF) are unborn! We (as the SELF) do not prevail or overcome anything! We (as the SELF) never disappear even though the bodies become dust! (It might help to repeat this every time we are just waking up from sleep.) Then take a moment and recall that 'True Wisdom' will always remind us that we are nothing (no thing) because we (as the Divine SELF) are beyond all name and form experiences... .. and ... Unconditional Love will always remind us that we (as the Divine SELF) are everything. All there ever was, all there is and all there ever will be, because we are all connected forever in our Reality as the SELF, our Eternal ONENESS.)

In order to experience this, you will have to control and silence your constantly moving, creating, outward reaching mind and let it be completely empty of all thoughts and then, suddenly, you will become completely aware of your eternal, natural, perfect SELF, or BEINGNESS.

"ALL NAMES AND FORMS IN CREATION ARE AN ILLUSION, A MOMENTARY DREAM EXPERIENCE, created by the Divine SELF!" This includes all Physical Astral and Causal levels, Dimensions and Lokas (like Heaven and Hell ideas) in Creation, and yes, we mean ALL OF CREATION! Again, "ALL name and ALL form is illusion!" A temporary, forever changing phenomena on the screen of Consciousness or you can look at it simply as a DIVINE DREAM, ILLUSION or a DANCE of expanding LIGHT & LOVE and ALL sense experiences!" This entire Creation is actually the LIVING EXPERIENCE of endless Divine IMAGINATION projected by our nature of expanding, Unconditional LOVE.

That is why Swami tells us, "I divided Myself so that I could Love Myself more!" So God, The Divine SELF or we, created the five senses in order to have experiences of Love loving Love, or loving our Self in a zillion variations of expressions and interacting experiences. So we create our own creations as unending lifetimes of five sense experiences (on all "Divinely Imagined" levels) with the unlimited seeds of imagination, which transform into untold desires and attachments, our self-created, momentary, dream-like experiences of loving interaction. Now this "loving" multi-faceted interaction in Creation ranges from wars, murder, mayhem & destruction to blissful, loving Illumination. So we created this ILLUSION, this idea of an individual "MIND" separate from TRUTH, LOVE, the ONE undivided Awareness or Consciousness SELF! Since we are always God this 'idea of mind' automatically inherited our natural creative powers, so we said, "Mind, create, entertain me, make me happy!" and guess what? For hundreds of thousands of lifetimes the mind has done exactly that, it indiscriminately created every thought word and deed for us trying forever to fulfill us and make us happy! The mind did all of this, just so that we could have these momentary five-sense experiences of our nature, meaning of Love loving Love (Itself). Sounds crazy, but if we look closely we can see that EVERY experience is always some form of connecting, of wanting to merge or to be part of!

Well beloved dreaming Self, we have done this for so long that we eventually got swallowed up or lost in this ocean of experiences (samsara) our self-created dreams of Loving. We simply forgot who we really are, God, The eternal Divine SELF!

Dearest Atmaself, this cycle of birth and death and re-birth will continue until we finally get tired of dreaming and creating more and more life experiences, due to more (and ever more) desires and attachments. It is only when we finally get sick and tired of all these up and down experiences and work on silencing the mind, that we will search for the TRUTH and work on re-claiming our Divinity.

So when we finally decide to practice and silence the mind, by eliminating all that is temporary and changeable from our mind (thoughts, pictures, memories, feelings), what will be left? Well, whatever it is, it has to be what we seek, right? So now with the mind, thought-free and empty, only the SELF (this "Awareness " or Experience or Knowledge of "being YOU," the SELF), remains and exists, and this can be shared, experienced or taught (meaning to make one aware of it). It is very difficult and really quite impossible to put it into words, since words are mind created and therefore part of the illusion and the SELF is beyond the mind. Yet, we can all experience our Divine Self by controlling and silencing the mind, because at that point it loses its separate identification and is once again (like it is now and has always been) pure Awareness.

However, it is absolutely true that our true Divine BLISS & LOVE AWARENESS, the "You (with no form or name concept)" or the SELF (or Abstract Intelligence) cannot be known by the mind like all other name & form objects in Creation. In order for you to know something with your mental perception, there must be a KNOWER and that which is KNOWN or perceived. This kind of knowing requires TWO (2) things and must therefore always be called "Duality." Like the Lover and the Beloved are two until they merge in the LOVING! Close your eyes for a moment, what do you see? ... Now open your eyes, what did you perceive? WHO was seeing? Your eyes were closed, so who (or what part of you) was AWARE of whatever you perceived? You just experienced your always present AWARENESS that is eternal and forever part of us.

Now, when this knowledge (through your personal practice & experience) becomes integrated into your constant (moment to moment) awareness, you are ONE with it, just like the Lover and the Beloved become one in the moment of LOVING. So the trick is to ALWAYS stay in your Unconditional LOVING mode!

In order to do this, we must have the Wisdom to know that our Eternal Awareness (the Subject so to speak) and everything in Creation (the object so to speak) are always really one and the same, because the Divine SELF "IS" the "SUBJECT" and the "OBJECT" alike. But the mind has programmed us to believe the false idea that these two are completely separate from each other. THIS IS THE GREATEST TRICK OF "MAYA" or ILLUSION!

Beloved Self, once again remember and know that
WISDOM will always tell you, "You are nothing (NO-THING)!"
The real "YOU" is beyond the mind, beyond all form and name!
... And ...

LOVE will always tell you, "You are EVERYTHING!"
The real "YOU" is eternal & connected to all, and it actually IS ALL!

So with this line of inquiry we can begin to understand and at least INTELLECTUALLY until we have had the personal experience that all is really only and always the "ONE" Self playing the MAYA game of illusion as the "Many!"

In order to experience or realize or become fully aware of this constant and forever present "Abstract Consciousness or Pure Intelligence," The SELF, The ONE, we must investigate within (and go beyond the mind so to speak) in order to realize the Primal Source, the ONE who we really are, have always been and can never NOT BE. This then is the process that we commonly call Self-realization. We can understand, feel or become aware of what Self-realization IS, simply by understanding what IT IS NOT. "Not this...Not that!" The end result of this line of inquiry will be a mind without thoughts or pictures which is really NO MIND but Pure AWARENESS and INNER SILENCE!

In this communication we are going to look at "Pure Abstract Intelligence" or Unqualified Consciousness (without limitations), which in reality is the ONE and only Primal Source of all. With inner reflection and ruthless investigation realize, right now, that everything that you can see, know or perceive through your five senses is only possible due to this Consciousness or Abstract Intelligence that underlies, pervades and truly "IS" everything. It is everything that you can see, hear, taste smell, feel, dream, imagine or experience. Now if you shut down your five senses everything will disappear, right? Try it! Find out! Then what will remain? NO-THING (nothing) just perfect inner silence will be perceived after the mind runs out of things to think about and Ahhh Yes, AWARENESS remains because it IS always PRESENT!

Your Awareness, that is like the ether, air or space, which is everywhere, yet, invisible to your senses, but without it you cannot live. It is like empty SPACE, which has everything in this name and form Creation contained within itself. As you

well know, endless SPACE is the womb or foundation of all forms and pervades everything in this entire Creation, and SILENCE is the womb of all sound.

ALL Perceptions require two conditions, so investigate and contemplate this, use your MIND-TOOL.

The requirement is:

1. Eliminating or letting go of all other objects and perceptions.
2. Concentrate or focus on only one object or perception.

Self-realization differs from this, because it requires only ONE CONDITION! The ELIMINATION of (or letting go of) ALL PERCEPTIONS! This is the only requirement to know the SELF, "YOU!" By consciously keeping the mind empty, empty of all thoughts, pictures, feelings and all perceptions (of objects and ideas), we will instantly be immersed in our True SELF, PURE AWARENESS or CONSCIOUSNESS.

Small example:

With your eyes open look around the room that you are in. What is it that you call the room? Is it the floor, the ceiling, the walls or all the things in the room? No the room is the empty space that is contained by floor, ceiling, and walls, right? Now look at all the things in the room. Now perceive the empty SPACE that is the room. How do you become aware of the space? Is it not by letting go of your full awareness of all the objects in the room and simply allowing the empty space to come into focus? Now connect that empty room space with the space just outside and then in your minds eye merge it with the endless Cosmic outer Space.

Now close your eyes and visualize the objects in the room. Then let all the mental images of the room objects fade away into darkness, what is left? Is it not also endless INNER SPACE! Now imagine this outer and inner SPACE as merging, because they are truly always the same. Stay in that silent expansion of Awareness as long as you can, without any thoughts or mental pictures. If we repeatedly practice this then our mind-ego-personality-self will soon disappear.

That SPACE (inner and outer) as ONE is not blank and nonexistent emptiness, because it is FULL of CONSCIOUSNESS. You are aware (of it, as it, in it, with it) and that YOU (as it,) EXIST.

Practice this (letting go of everything) and you will have fulfilled the single condition required for Self-Realization.

Be quick about it, dear embodiment of Love, right now, and be fully aware that this entire Cosmic Creation of name and form (with all the millions of multi-dimensional universes) exist only WITHIN Consciousness and is therefore never ever separate from the Primal Source, which is always PURE, ETERNAL, SELF-AWARE CONSCIOUSNESS.

NO-THING AT ALL EXISTS OUTSIDE OF CONSCIOUSNESS (YOU)!

ALL OF CREATION EXISTS ALWAYS AND ONLY "WITHIN CONSCIOUSNESS."

All of Creation is simply imagined by "YOU," The SELF, within the Self and is no more than a dream or illusion within the Consciousness of "You," the Primal Source!

As we expressed before, "The Mind," is nothing more than Consciousness that is BELIEVED to be LIMITED instead of UNLIMITED. This false belief of being LIMITED arises hand in hand with this false (and impossible) idea or concept of SEPARATION. Now, along with this false idea, desires and attachments arise. These, in turn, create fear, which is the false idea that we are all alone and need to protect and take care of our "imagined" separate ego-self. This happens instantly, because we feel disconnected from the Creator (the True SELF, GOD) and the entire objectified Creation. This then appears and presents itself as interwoven thoughts like longing, loneliness, fear, anger, worry, selfishness, hate, greed, lust, the need for power and control over everything. All of these ideas, thoughts, feelings and attitudes manifests simply due to this FALSE idea of SEPARATION!!!

This FALSE BELIEF makes it appear that "The Mind" is a THING, separate from CONSCIOUSNESS or You, The SELF. AGAIN ... NOTHING exists OUTSIDE of CONSCIOUSNESS (YOU)! Think about it, what is left after you eliminate the five senses?

EVERYTHING, ALL, exists ONLY within CONSCIOUSNESS or AWARENESS, pure INTELLIGENCE or the COGNIZING PRINCIPLE, The PRIMAL SOURCE of ALL.

There are two states of mind.

1. ILLUMINATION (to illumine, make visible or make known).
2. CONSIDERATION (Deliberation, Thinking or Contemplation on something).

ILLUMINATION is "unqualified" or "unmodified" Consciousness that illuminates everything (like the sun shining equally on everything and everywhere). There is no real distinction, no particular focus or concentration involved with this function. (Concentration is usually associated with objects and the momentary objectified Creation.)

Your CONSIDERATION of any perception is the conscious deliberation on or thinking about objects seen or things perceived. This is "qualified or limited" Consciousness, which then is employed as a specific focus. With deliberation, the mind sees or perceives a thing to be such and such and not this or that. Thus by deliberation on (or dwelling on) any perception too long, that perception then becomes identified as a judgment of some kind.

There are two types of CONSIDERATION.

1. The actual experience that is happening in the moment "The NOW."
2. The recognition of a former experience in AWARENESS, which we simply call a memory.

But our clear INTELLIGENCE will point out that in reality it is always only the same unified and unbroken Consciousness that is aware of both, of all.

The FALSE illusion, that Consciousness can be separated or broken up, thus becomes our own, self-created and imagined PRISON we call "The MIND!" (Which is really only the FALSE belief that Consciousness is LIMITED.)

The very moment that we realize and experience consciously that THE SELF is simply our EVER PRESENT, perfect, beautiful, unbroken, singular, abstract, pure Intelligence, AWARENESS or CONSCIOUSNESS, which is (Always and Forever) Pure Love, Self-aware, Self-luminous, Self-sufficient as the PRIMAL SOURCE of ALL, at that moment our innermost SELF is experienced!

When deeply absorbed in our innermost Self-Awareness, the SELF might express our true nature, our transcendental state, with this ever silent, yet all pervading message.

It might be something like this:

"I AM! * I AM PURE LOVE, THE DIVINE SELF, Eternal AWARENESS OF BEEING wherefrom Creation originates, wherein Creation flourishes and finally into which Creation eventually resolves itself. Think of My (the One Unlimited SELF) Creation as a manifestation of My Cosmic Mind, as manifested (imagined or dreamed) images in the mirror of my Perfect Consciousness, my Abstract Intelligence and reflective Nature, wherein all images and concepts are manifested and reflected due to the Light of my AWARENESS, without any exterior help or aid of any kind.

Thus these, MY manifested images seen in this 'mirror of my AWARENESS' or Abstract Intelligence, are never separate in any way from ME, but are simply an inner reflection of MY WILL. The very moment that my inwardly reflected images are resolved back into ME (the mirror), only "I" as the ever unmodified, pure, shining, Eternal AWARENESS (mirror) or Consciousness remains without any contamination or modification. "I simply AM" and remain always unaffected and pure without any change whatsoever.

In the same way that you can watch or see a million different movies or television programs (murder mysteries, war epics, love stories, comedies etc...) projected on the same singular white movie screen (or black T.V. screen) without the screen ever being affected at all or changed in any way.

WITHOUT ME NOTHING EXISTS AT ALL!

MY most earnest and beloved devotees, who truly know themselves as ME, their Innermost Self, still play the game of life and joyfully worship ME (as DIVINE MOTHER or FATHER, GOD, CHRIST, PARAMATMA, TRIPURA MA, RAMA, KRISHNA, BUDDHA, KABIR, SAI BABA, NATURE or THE SELF (or countless other names and forms) spontaneously with a deep, overflowing love from the heart. They do this with the greatest sincerity, which is only due to their Unconditional Love for ME, while always knowing fully that I am always their INNERMOST SELF.

For example: Like the time when the Gopies (in the Hindu scriptures) saw only their beloved Krishna God form everywhere, in everyone and in everything and finally his kind of total Love-identification resulted in the Gopies seeing Krishna even in themselves. Yes, MY Beloved Devotees still do this out of pure JOY, even though they are fully aware that "I", GOD, am their own true, innermost, non-dual nature or SELF, but due to their deep-rooted habit of loving devotion and joy over hundreds of thousands of lifetimes, they still conceive their own true SELF as ME and worship ME as the life current pervading their bodies, senses and mind, without which nothing at all could ever exist. Such is MY ever pure, eternal, unmodified TRANSCENDENTAL state. This, my Beloved my Dear Embodiments of Love, is the ultimate TRUTH and the entire reason for, and meaning of, all the various Holy Scriptures in Creation.

This realization of ME ("You"), or Divine SELF is possibly only in the deep stillness of a thought-free empty mind in Pure Awareness. Think of it as being similar to experiencing the deep stillness of the deepest part of the ocean of Love where no movement or no waves exist, just perfect, silent, suspended stillness that is fully AWARE. Just SILENCE the mind, by letting all objects, all thoughts, concepts, feelings and ideas fade away or dissolve into the endless inner SPACE when your eyes are closed, and there you will realize ME ("You"), your innermost SELF.

This is why the wise say, "Knowing the SELF is also called EMANCIPATION, when clearly and directly realized and experienced by relentless personal inner investigation of the ONE, the ABSOLUTE, "You" as the ETERNAL SELF!

So DEAREST SELF, with your clear intellect, understand that your innermost Divine SELF, radiates, dreams or imagines itself within itself, as being complete diversity, this reflection as separate forms, names, concepts and ideas, just like you create your night dreams or even day dreams.

This diversity (separation) then appears as all of this Illusion, ("YOU"). This entire apparently God Created phenomena of the objectified Creation as billions of universes, planets, men-women, animals, plants, minerals which we experience and which we (due to our ignorance) believe to exist outside of us or as separate from God, the SELF.

Due to this self-created universal IGNORANCE, or delusion, the mind-ego –personality-self is convinced that we exist as separate individuals disconnected from God, The SELF. We seem to be forever driven to search outside of our self for some form of Love connection, whether it be human, animal, nature, Divine or God. This is why we believe that we must FIND LOVE, must have some kind of a meaningful, love-relationship to feel complete. Otherwise our ego feels utterly left out and alone, disconnected from all. This is of course a complete fabrication and lie or absolute fallacy. REALIZE this right NOW! Have you ever felt complete with anything outside of yourself? Are we not eventually always disappointed in some way by everything outside of our True SELF? We, as our true SELF, are always complete, right now and forever. We are unconditional universal LOVE itself as the living Life Force energy in motion. We are absolute INNER PEACE, LOVE & BLISS when we are still and silence the mind!

Our ever-present inner Awareness is never fooled by this imagined or seeming separation, of this false idea of a separate ego (which is simply a momentary imagined aberration or child of the mind). Awareness is therefore always in silent inner bliss of BEING, always complete, without the requirement of any outside imagined aid. Like needing or desiring another imagined part (even a GOD) to make us feel complete, accomplished, happy, safe or secure. But no matter what we imagine (as the separate ego-self) that we think we want, need, deserve, strive and work for etc... when we eventually achieve our objective, it is always NEVER ENOUGH!!! It simply does not matter WHAT IT IS!!! NOTHING will ever BE ENOUGH, only the deep realization and experience of our ONENESS of ALL, within our innermost SELF will be enough. So, Dear Embodiment of Love, KNOW YOUR TRUE SELF, LOVE YOURSELF in ALL, as ALL, through ALL, for ALL is only "YOU!"

Think of it like this: The SELF, like a good magician who, like the mind, never gives away his secret and is never deluded by his own created illusions or performing tricks. The audience so to speak, our imagined, separate feeling, ego parts are the ones confounded and deluded by these illusions and tricks.

Division of the ABSOLUTE is really a contradiction in terms, because it simply cannot be divided. Try to divide SPACE or the SKY or the atmosphere all around you, see if you can slice it up. Can you not see that it is only this false idea (in our mind) which imagines that our inner AWARENESS could ever be divided? THIS FALSE IDEA WE CALL IGNORANCE!

Even the most studied, highly educated, brilliant and learned individuals get very confused with this philosophy (TRUTH). They just cannot grasp this idea of our ONENESS clearly, because they deal strictly in the five-sense experience and the five senses always tell them that everything is separate, that they are separate. Their intellect and reason tells them so. Because of this limited, imprisoned belief in their five-sense reality, they cannot fathom that all of Creation is really an illusion, an inner reflection or dream within the SELF. Einstein finally understood that everything is really alive, has movement and is only energy. We all know that energy cannot be destroyed it only re-arranges itself and therefore nothing can really die. Energy can only change, re-arrange, adapt or modify itself. They cannot clearly understand and their mind cannot justify the idea that The ABSOLUTE alone IS REAL and invested its own pure, singular, independent SELF with ignorance or forgetfulness and then gives the illusion of becoming separate entities and the multitude of diversity seen as this Creation.

So the question that ultimately arises, in our belief that we are the limited mind-ego-personality self, is "WHY?" The only answer, that makes any kind of sense on the human mental level is, that Creation is only manifested (by "You" as The Divine SELF) in order for Spirit or Consciousness, to have a multitude of various interacting (love) experiences through the five senses.

Yet the ignorant person (someone who believes that they are only the body, mind, the senses, memories and feelings) is incapable to clearly investigate The SELF with steady inner investigation, because their mind is always reaching outward and creating, by disposition (hey, that's what we programmed it o do). The mind will continue to create the world of objects (to make us happy) and thus we tend to get caught in the forever changing and objectified world experience, until we are no longer satisfied or content with the mind and our self and our mind-created life. That is the moment when we finally start to investigate inwardly and begin to discipline the mind in order to find the origin of it all, of our self.

Second hand knowledge of The Self can never truly emancipate you, as from books, lectures, gurus or teachers, they are only stepping stones, just like words are only road signs to the TRUTH. Each one of us must investigate and then ruthlessly apply "The Truth" to him or herself throughout life's journey and express this Truth in thought word and deed. (As was clearly shared it in the "Reclaiming Your Divinity" book.)

So dear Self (playing the part of YOU), right now... turn the mind inward and investigate, question everything. DIVINE GRACE is within you, and is forever present for all in the NOW (just like the sun shines equally on all). So right now, clear your mind (remove the clouds that block the sun) namely this lie called "separation," and then instantly the experience of your innermost SELF will be realized. It is right here and has always been here as our deep, unbroken, endless, silent Awareness (the Watcher of All) our all-inclusive Consciousness that simply IS!

Transcendental Consciousness is pure radiance (like the light of the sun) and therefore devoid of anything insentient (without light). Insentient objects or 'things' cannot exist by themselves. They cannot shine (illuminate or make visible) with the LIGHT (the recognizing principle) of pure Intelligence to reveal their own existence. This in turn betrays their imperfection. Only Pure Abstract (without limitation) Intelligence is absolute. It shines of and by itself and feels its own existence without any extraneous help or outside aid. In other words, THINGS (name & form) require the mind (the light of consciousness) to exist. "YOU" the Divine SELF is always self-radiant, self-aware, self-sufficient and self-contained. It is the perfect "I" the transcendental Intelligence and as the Eternal WATCHER (AWARENESS) is totally unassociated with the entire objectified and insentient Creation. Meaning:

If Consciousness is abstract in its purity, then all the various results or manifestations from it must also be abstract in their inherent reality. Therefore nothing really exists at all, except Consciousness.

The rest is simply a dream fabrication within the imagination of Consciousness, The SELF!

Therefore the REALIZATION of SELF (who is beyond all name and form) to manifest, one must divert the mind's attention from all outside phenomena like objects, things, thoughts, ideas, concepts, & perceptions to the ever-present inner Awareness which is always present and aware of everything that is experienced.

In the Vedas it is stated that this realization requires absolute "PURITY" of mind, the 'Pure Mind' or empty mind which simply put means that 'PURITY' is the complete absence and suspension of all thoughts. So, what does this tell you? Yes, ... Silence the mind, discipline it, and when it is quiet you will realize or experience the REAL "YOU." Remember, concentration is not required, only the elimination of all thoughts. That is the only true "PURITY, Perfection if you like," and that, by definition, makes everything else in Creation imperfect, temporary, a relative dream experience, impure simply because it is forever changing. That is why, when you experience the empty mind there are no more desires, wants, needs, expectations or attachments and therefore no more karma, because the mind is no longer creating anything. Remember all actions (like thought, word and deed) will always have a re-action. This is a Cosmic Law! Action - Reaction, Sound - Resound (Reverberation), Projection - Reflection!

Beloved Self, no amount of worship, no amount of rituals, no amount of thinking or concentration, will ever enable you to realize our Primal Source, Reality or The SELF. Again, all these things are only stepping stones (experiences) that we all walk through in order to become more and more aware. Only silencing the mind will bring you face to face with your Omnipresent SELF! Things like unselfish actions, service, devotion, dispassion, meditation, Yoga, concentration and so on, have no other purpose except to bring us again to our "PURE MIND AWARENESS."

Again use your MIND as a TOOL: (Remember, you are now taking back control of this TOOL called the mind!) "YOU" created this tool, so right now take charge and don't let the mind continue to create indiscriminately. It has done this for hundreds of thousands of life times to entertain you and make you happy, until we forgot who we truly are! So, WHO ARE YOU? Silence the mind and you will know!

There must be, and there is, always continuity of this "I AM" or "I...I...I" sense within us. Think about it for a moment, when you go to sleep at night, who is aware and keeping track of your dreams and then remembering them? Who is it that is always keeping track of the person who went to sleep and then again when you wake up? Is it not some constant Awareness that is always with you, whether awake, asleep or in dreamless slumber? QUESTION, who is this 'I AM' this "I"? Continue questioning the origin of this "I" until the mind is silent! Also investigate "WHO or which part of "ME" is keeping track of everything, no matter where I find myself? WHO AM I? Find the source of this "I".

Using clear reason and intellect for a moment, if an always-continuing awareness of who I am (thinking as the ego-personality-self) before I went to sleep, did not exist, then how would I, or any one of us know who we are when we awake every morning or know anything from one day to the next? So the source of Consciousness must therefore be always aware or unbroken (as AWARENESS) in order to recall our imagined ego-self as the same person that went to sleep.

The true SELF is unqualified and limitless (endless, unbroken and Primal, singular Awareness or Consciousness) and therefore it is not identifiable with the limited Mind and the subsequent created Ego personality the "little i" in our waking or dreaming states.

"I" is of two (2) kinds, QUALIFIED (meaning limited and imagined as the little "i" mind-ego-personality-self) and UNQUALIFIED (meaning without any limitation, expressing its unlimited nature of our Eternal "I"). When our sight and attention is turned inward our UNQUALIFIED nature of SELF can be quickly and simply realized and experienced if we stay in our "Pure Mind" (without thoughts) fully awake and aware.

We will still not be able to realize "The Self" if we continue to have inner mental pictures, judgments or perceptions no matter how beautiful, glorious and spiritual they might appear. Remember when we turn our attention away from all other

objects (things) and become aware of one singular object, what happens? We become fixed with our attention on that one object and all the others will seem to disappear, until only a peripheral awareness of their existence will remain.

The exact same process can be applied to the idea of MIND, which we now understand to be just LIMITED Consciousness, projecting itself as a bundle of interwoven thoughts and desires. The same method can be used for pain and disease. If we change our mental focus to something else, instead of dwelling continuously on the pain or disease, they too will lose their importance or strength depending on our ability to shift or control our mental focus.

If you have practiced this (it is actually the practice of “NON-RESISTANCE” or you could call it ‘shifting awareness’) you will be able to simply allow the pain or disease to be whatever it is and just accept that it IS. Of course, do whatever you can to lessen the pain, but then shift your mental focus (your energy) away from the pain or disease to something else. After a bit of practice you will no longer be fully consumed by the pain because your mind is engaged elsewhere. The reaction to any type of mental or emotional “Resistance” or non-acceptance of what IS, will always end in some form of pain and suffering; but if your mind is turned away from all perceptions it becomes INDIFFERENT! This will often appear as removed, cold, non-caring or even callous, due to no particular emotional or mental input. So in the beginning of silencing the mind, if we suspend all perceptions, the mind will most likely want to freak out, but if we are relentless it becomes unqualified, empty, thought free or SPACED OUT, as we used to say in the 50’s and 60’s.

SO, by letting GO of ALL PERCEPTIONS, you will experience your “PURE MIND,” the SELF as Eternal singular Self-Aware Consciousness, Bliss and Unconditional Love, that is always and forever present within you and all around you, right now. That is one of the reasons why Swami has always said, “SELF-REALIZATION is possible in and at this very moment, RIGHT NOW!

Investigate this with your mind (as the tool). Turn it inward (close your eyes and dissolve or eliminate all objects and thoughts from your mind or simply watch them pass by and soon you will experience the endless inner and outer SPACE within you and around you, which is pure Consciousness. Practice disciplining and silencing the always outward reaching, busy mind that is always thinking, imagining, projecting, scheming, desiring, dreaming etc... and then see for yourself what is left when the mind is silent or when you have traced the “I” to its source by questioning the mind “Who am I?” Or “Where does this I come from?” Or just repeat “I AM” or “I ... I ... I ...” ... “OM” or “SOHUM” until the mind has no more answers and is silent.

So, dear SELF, stop dilly-dallying in your mind. Realize and experience your Divine SELF, the absolute TRUTH. It is inevitable; one lifetime or another, you will have to come to this conclusion. So why not now? Chose!

It is the mind with thoughts & feelings, attachments, desires & fear that creates the illusion that holds you in bondage and gives rise to all the vasanas (tendencies), but if you are still enjoying this bondage, then fine, have fun and enjoy the experiences, because they all are your self-made creation. But be smart about it and put limits to your desires, otherwise they will completely take you over, like they have for hundreds of thousands of lifetimes. Or, if you are tired of this “mind prison” bondage and chose to soar, to be free to love all, share and be connected with all (which really is much more fun), then chose - BONDAGE or INNER FREEDOM! It is that simple! Free yourself from your imagined BONDAGE of the limited mind with its tendencies and the consequent illusions of the karmic cycle of birth and death and then this cycle, this karmic wheel, will be instantly broken once the mind no longer projects any more name and form creations.

Use your MIND-TOOL again:

The mere appearance or even the use of a THING does not determine its reality. Look at a table, yes, it is a thing that we created for our use, but go beyond it. See it under a high-powered microscope and see that “solid” table is simply moving molecules and atoms, vibrating at a particular rate of speed, which our senses interpret as a “solid” matter. Now if we would change the vibration of our body, then scientifically speaking, we should be able put our hand right through that “solid” table. Investigate, is this TRUE or is this FALSE? You decide! Figure it out!

According to OUR OWN personal experience there is nothing at all beyond Awareness or “OUTSIDE” of us, meaning outside the range of CONSCIOUSNESS. Everything exists only and always within CONSCIOUSNESS, that is why we say (like in the lyrics of the song) ‘CONSCIOUSNESS “IS” and that is all, all that could ever BE!’

So, anyone who denies CONSCIOUSNESS must deny the ‘self’ automatically, they are saying, “I DO NOT EXIST!” this is impossible and absurd. Again, check it out, close your eyes. What do you see and who is seeing? The body eyes were closed so WHO was seeing these lights, colors or darkness? Or when you sleep, WHO is watching and also experiencing the dream?

Any hallucination, which holds your attention, will appear to be real until you investigate or scrutinize it. The second you question it and get up close you realize the illusion of it. Have you ever driven through the desert and seen a mirage in the road ahead of you looking like a lake or shimmering water? Well, the minute you get close and investigate what happens? It disappears, even though you could have sworn that there was water, right? The entire Creation of names and forms are no different, our senses simply experience various different vibrations of sound and light through our five senses and then our brain interprets these vibrations as different name and form objects or ideas. So now the mind just accept the interpretations as real and solid, but if we ruthlessly question and inquire, then it all begins to unravel and to

disappear, just like that mirage hallucination of the water. Investigate inwardly, question everything and then you will start to become aware of other things beyond our senses, like the "I AM" our Eternal Awareness or Abstract Consciousness the Unconditional Pure Love that we are and have always been! So, dear Embodiment of Love, QUESTION EVERYTHING including what we are sharing with you right now!!!

One of the GREAT ILLUSIONS of the mind is the absolute conviction of humanity that all our so-called "KNOWLEDGE" of things and ideas in this entire Creation is real and most important, solid, factual, and that nothing exists beyond it. So, for just a moment, let us investigate this, shall we? We are literally saying that this 'knowledge' of our apparent reality (which is actually an illusion once we truly investigate it) is REAL! How can knowledge of any illusion be real? It can only be more illusion, right? THIS FALSE BELIEF that our five-sense Creation is REAL, is UNIVERSAL, most people (except a few wise ones) absolutely believe it! Hey, this false belief of reality is EVEN EXTRATERRESTRIAL!

This false belief will continue until you come to the true conclusion that everything (and we mean EVERYTHING) in this Creation is the manifestation of your mind. It is pure illusion manufactured by the mind that "WE" (as the Divine SELF) created to entertain us and create for us so we could experience all our imagined latent desires. As we said before, the mind did such a good job creating due to our indiscriminate attachments & desires, that eventually we got lost in the game of illusion and forgot WHO WE REALLY ARE! Listen, until we all stop playing our mind projecting games of desire and attachment and stop allowing our mind to project a future or reminisce about the past, this Creation will continue.

So the trick for us right now (and always) is to ENJOY these self-made experiences. But as long as we are feeling helpless and stay in the 'victim mode' we are being played by our self-created mind manifestations in our life. By becoming aware of the TRUTH, we will then be able to PLAY with this game or dream of Creation without false attachments and new desires. So play with it all and do not allow the illusion game to play you.

"Ignorance" is always expressed in the feeling (or false idea) of separation, and our seeing mostly the differences of and in all creatures and objects (created things) from the Creator. This 'Ignorance' will persist as long, and until, we investigate and then realize and experience the Truth of our underlying AWARENESS / ONENESS as the only true REALITY!

When we see duality in everything that is 'Ignorance.' Ignorance like: war, fear, protection, greed, hate, torture, selfishness, lust, want, need, good, bad or segregations like: he or she is black – I'm white, that's a dog – that's a cat, lower class – middle class – upper class, political parties, secret organizations, countries, races etc etc etc ... So let us, each in our heart, eliminate Ignorance and discover the underlying unity. Then (and only then) will we truly gain our humanity and treat everyone and everything with Love & Respect as Divine. This is self-realization, true knowledge, unconditional Love & Truth! Anything else is ignorance of the Truth, pure and simple.

The key in all of this as we shared (again and again) is THE MIND! Dive in, watch it, recognize it, perceive it, find out where it goes, why it goes here there and everywhere. How it jumps into the future or reminisces about the past all the while missing this very moment, the NOW which is your only life! The rest is indiscriminate mental illusion and gymnastics. Start controlling the thought, and simply be the WATCHER and see where your attention goes. Then check out if your desires are worthy of your life energy that you are using to fulfill them. If they are okay, fulfill them, but put a ceiling on them, otherwise you will drown in ever more and new desires. Listen you took birth in a cosmic 'dream-body' to have all of these 'dream experiences,' just make sure that there is nothing left undone. Dig deep, be ruthlessly honest, and find out if you are truly finished with playing, wanting, re-arranging, creating, and then finally let go of this false idea of separation.

The false BELIEF of separation will end instantly the very moment we realize our "Divine SELF!" Still, without Divine GRACE, which often translates as our nagging inner prompting (or a first and desperate desire to only want to know the TRUTH or GOD, because nothing seems to work out correctly anymore in our life), nothing can be accomplished.

Again and again, remember, "The mind is only the same eternal singular AWARENESS/Consciousness (The SELF) that is believed to be separate or LIMITED due to the false perceptions of the ego (the imagined separate self of the limited mind) the whimsical imagined and therefore nonexistent child of the mind."

Qualified or modified Consciousness as "the mind" (limited like in a dream) is the faculty that gives perceptions. Consciousness in the abstract or unmodified (unlimited with out name or form objects or concepts) is The SELF.

So realize right now that the same exact Consciousness, imagined as qualified or modified (like a night or daydream) as "the mind" becomes the entire perceived Creation with all the imagined or dream projected objects and concepts. Because the SELF is perfect and always self-sufficient, it manifests itself as the "SUBJECT" and the "OBJECT" alike. THIS IS THE GREATEST TRICK OF MAYA!

Consciousness, or The Self, when modified as the Cosmic MIND, manifests as this multi-faceted dream of Creation.

Consciousness, or The SELF, when unmodified (like the mind in deep sleep), is singular, blank (without objects or concepts on the screen of the mind), yet, completely self-aware of its existence. The SELF is perfect, blissful, all-inclusive, singular, unchanging and unbroken eternal AWARENESS.

Yet the moment this AWARENESS, The SELF, modifies itself with a dream projection or illusion or imagined separation from itself, as the "EMPTY or PURE MIND" space (which is impossible in reality, because it is impossible to divide or break up Awareness), it manifests as the idea called Consciousness which imagines this dream of Creation with all its multiplicity within itself. This then is the great mystery of Creation. It is always the ONE playing or dreaming to be the many!

The SELF, or pure Intelligence, is always quite unblemished or unaffected by any of the experiences in all of its dream manifestations of objects, concepts, ideas, as well as the false concept of time and space, since they are simply fabrications for the use of enabling all of the multifaceted dream transactions to continue for the illusion of a separate mind created or imagined ego-self.

The Absolute, Primal Source, The Self is ever self-sufficient and manifests as "SUBJECT and OBJECT" alike. The MIND (which is only imagined limited Consciousness) is the faculty for giving perceptions.

"Work on VOIDING or ELIMINATING ALL PERCEPTIONS!"

Once more, this will make our "PURE MIND" (pure meaning NO THOUGHTS) become realizable and for this concentration is not necessary.

Again, use the mind-tool:

This idea of "Mind" is abstract in deep sleep, it is dull and in a stupefied state. In this veiled state, which we all experience all the time, we cannot recognize or realize our Abstract INTELLIGENCE, our eternal unbroken AWARENESS SELF. It is therefore that we must be fully alert in our inner investigation in order to finally realize THE SELF. To do this we must simply suspend all objects, objective knowledge and all perceptions and allow the "Mind" to remain empty of thoughts.

If you want to see a particular object you must turn attention to it and away from other objects.

But, if you want to perceive the SPACE that all the objects occupy, then it is enough to simply eliminate all the objects, pictures or panoramas (Worlds, stars, Universes etc...) existing within SPACE. Space is the supporter of all objectified Creation, all objects, and space can be realized or experienced, or it becomes manifest, or you become aware of it, the moment you divert your attention away from the objects.

It is exactly the same with Consciousness or the SELF. Consciousness is the supporter of all existing phenomena. Awareness or Consciousness is imminent in all, it "IS" all, as the basis, yet always remains pure, unbroken, perfect, undivided, singular and without any change whatsoever.

The ABSOLUTE alone is REAL and remains forever ABSOLUTE without any modification. Even though by the power of Maya (illusion or dream manifestation) the SELF or God creates the seemingly concrete modifications (the entire objectified Cosmos or Creation), which in reality is no different than the internally projected images in the mirror of our PURE ABSTRACT INTELLIGENCE. This mirror of SELF can never be touched, tainted, affected or changed by any of these images within it, and at the same time these images can not exist without the mirror, they can not be separated from the mirror to exist on their own. Therefore all are REAL in a way, but only real in their abstraction. Meaning since all is only the CONSCIOUSNESS of the SELF, all must therefore be contained within the SELF. Therefore EVERYTHING is only and always that ONE selfsame YOU as the DIVINE SELF.

Images in a mirror partake of the nature of the mirror, therefore so also the Cosmos or Creation is OF and reflected WITHIN the SELF, and real in as much as it also IS the SELF!

This WORLD and all of CREATION is not REAL as an "object separate or apart" from the SELF or GOD.

That is why the wise say, "ALL is only the SELF, or everything is GOD!"

This absolute TRUTH, this ultimate wisdom in perfection, is the final realization that ALL IS always and only THE SELF (or GOD) and can never be anything else but the SELF!

Abstract INTELLIGENCE simply imagines or dreams and thus creates, by its own absolute power within its unified and unbroken Consciousness (like the mirror), objects (Creation), which then appear like the images reflected in a mirror.

Realize right now that CONSCIOUSNESS is forever ONE. Simply speaking, AWARENESS or CONSCIOUSNESS is always an undefiled, unbroken, unmodified or unqualified whole, but the illusion of Maya makes us believe that the MIND (which is simply the ignorant idea of limited, modified or qualified Consciousness, meaning the idea that Consciousness can be broken up into separate units) is separate from the SELF, or GOD.

This is ignorance!

As the mirror appears to be the images on it, so also does the ONE SELF appear to be the many separate and distinct parts, which appear to make up all the forms and name ideas of Creation.

This wisdom and ultimate TRUTH is the ENTIRE ESSENCE of all the Vedas and Spiritual or Holy Scriptures and the sum total of all true Spiritual understanding.

IN REALITY there simply is NO BONDAGE, NO LIBERATION, NO ASPIRANT TO GAIN SELF-REALIZATION or TO KNOW THE SELF and NO PROCESS OF such an ATTAINMENT!

The Transcendental Consciousness Principle alone exists. Pure Abstract Transcendental Intelligence "You as the SELF" remains forever as the one single, uniform SELF!

The ONE without a second, THE ABSOLUTE!

The SELF is wisdom, and it is also ignorance, it is bondage and it also liberation, and it is also every imagined process thereof.

THIS is all that needs to be clearly understood, known or realized!

Then our life will reflect (in thought word and deed) this realization of the underlying Oneness, which in turn will make our Life our message and express itself forever as: ALL INCLUSIVE, ALL LOVING, and ALL POWERFUL.

There is no more to be said!

The person who knows this correctly by ruthless inner investigation and who understands it clearly, will never again be overtaken by the illusion of our temporary five sense experience of sorrow or any kind of misery.

If a person hears this absolute Truth even once, with an open mind and clear heart, it will make that person truly wise. Even if the person hearing it is a bit slow or dense in the intellect or has some dullness of mind, wisdom will dawn without fail in a relatively short imagined time span upon hearing the ABSOLUTE TRUTH!

Ignorance (also known as the old the idea of sin, which is maybe better expressed as simply the obstruction to wisdom) is quickly destroyed, by becoming AWARE of this single absolute Truth, and thus WISDOM dawns.

By understanding (even just intellectually in the beginning), appreciating, discussing or talking about this single Truth, or clarifying by writing about this absolute Truth respectively, the sense of DUALITY is destroyed and the mind is purified by becoming clear and thought free. This empty or "PURE MIND" as it is called in the Vedas, will then reveal the abiding absolute Truth in a flash of realization!

Consciousness IS and that is ALL and everything is forever only that ONE unbroken Consciousness or Awareness, which we call "I" or THE SELF!

The Primal abstract singular SELF (or the Divine Father) projects (dreams or imagines) Himself as the first illusion of separation, as the DIVINE MOTHER (His other half) who radiates from the point of PURE LIGHT (the Para Bindu). The Self as SHE (She is also the primal sound of AUM or OM) then reflects or projects or imagines herself within HERSELF as complete diversity, as all of the seemingly separate forms and names or ideas that we experience as Creation, just like we create our night dreams or even day dreams. That is why Swami tells us that all of this Creation is really the living body of the Divine Mother.

This diversity then appears as all of this apparently God Created phenomena of the objectified Creation as billions of universes, planets, men-women, animals, plants, minerals which we (due to our ignorance) believe to exist outside of or separate from God, the SELF and due to this ignorance our imagined mind-ego -personality self is convinced that we exist as separate individuals disconnected from God, The SELF.

That is WHY the experience of LIVING with the ATTITUDE and CONVICTION of UNCONDITIONAL LOVE for ALL (coupled, of course, with the wisdom of absolute DISCRIMINATION of "What is TRUE and what is FALSE" or "What is eternally REAL and what is just a temporary ILLUSION) removes the dark VEIL of IGNORANCE and thereby reveals the TRUTH, our ever present DIVINE SELF, IN ALL and AS ALL!

In the final analysis, "The ONLY thing that will ultimately matter in our life experience is, HOW MUCH LOVE we will have shared with ALL OF CREATION and in EVERY MOMENT OF OUR LIFE!" This is what Swami taught us!

That is why Swami reminds us all again and again that UNCONDITIONAL LOVE (equal for ALL, like the sun) is truly the shortcut for our IMAGINED QUEST of realizing and merging with GOD, The Primal SOURCE, The DIVINE SELF!

Dearest SELF all the repetitions are on purpose in order to let the subconscious mind finally take notice!

LOVE, LOVE, LOVE to all
Yourself



OM SAI RAM

P. S.

Being without attachment and desires, being finished with indiscriminate projections of more and more name & form creations does not mean you will just sit around and do nothing. Doing nothing is ridiculous! As long as we are in a body it is impossible to stop being active. Breathing, eating, moving, sleeping is doing. The trick is to be fully present (aware of this moment) and then allow the flow of Creation to guide your INTERACTION. In other words in knowing the Truth, you will not let the illusion of separation trick "You" or fool "You," play "You," confound, attack or abuse "You." "You" will now be aware and then "You" can interact and play with the moment, instead of resisting what IS! Become fully aware of what is experienced in the moment and stop simply reacting to it, because that is the same as being deluded (or played) by Maya's illusion. Find a way to enjoy the experience, or at least let it be whatever it is, watch it, change it (if you can), or simply accept it, because it is what it is. If you truly practice any of these things, then 'Ignorance' will no longer have a hold on you; but before this can be accomplished (or even realistically contemplated), you must SILENCE the mind! Discipline it like a naughty child that has gotten away with murder (so to speak) throughout hundreds of thousands of lifetimes by using "Your" natural, divine creating power of thought, word and deed. Now it is time to take back "Your" power and remember WHO YOU REALLY ARE! Meaning the "YOU," that you have always been and forever are! That Pure Love, that Abstract Awareness or Consciousness, the Creator of ALL, even though in Reality nothing has really been created at all 'outside' of you. All is only "Your" Divine Imagination of a momentary dream illusion.

See the dream, the cosmic game, but (we say again) before any of this can be fully experienced, you must control "yourself" (your tendencies) and stop trying to control everything around or outside of you in your life. Control the mind and yourself first, then, and only then, can you really play. In the Reclaiming book (as taught to us by Sai Baba) are a number of techniques that you could use in order to accomplish this. In the beginning controlled, conscious, determined thought is required to interact reasonably with each moment as Divine Love. Then everything within you and around you will become far more joyous and beautiful, because you will perceive and experience the connection in all and that ALL is truly within "You!" Words cannot ever describe this, just take a deep breath, understand, close your eyes and feel in your Heart that we LOVE you. That we are "You" and have always been "You." It is really simple. It doesn't have to be complicated. "YOU" are and have always been Divine. It is the simplest thing and yet the hardest, because the mind has had total control for so long. You will need every speck of discipline, force, determination, tenacity and courage to reclaim that which "You" already are. The inner journey has begun, so feel the silent LOVE within and all around you!

So Beloved Self, control the mind and reclaim "Your" Beautiful Divine SELF!
Again, WE LOVE YOU! Now it is time for "YOU" to remember 'Who you are' and to Love "Your DIVINE SELF in ALL and as ALL!"

LOVE, LOVE, LOVE
Atma playing (remember only playing) as
Johnima & Kalassu
YOURSELF
Lightstorm



OM SAI RAM