



*Reclaiming
Your
Divinity*

EXPOSING THE ULTIMATE DECEPTION

Lightstorm

This little book is a spiritual Treasure chest. It is a simple clear guideline that showed me how to walk the razor's edge of Self-discovery. By practicing some of the suggestions, I quickly learned how to actually dance through my life experiences. By consciously living in the moment, I came face to face with my True Self! It even helped my wife and me with some wonderful ideas of how to raise our young children more effectively. This is truly a bright gem from the Primal Source, to remind us all again of our True Divine heritage.

M.A. Hart PhD - Los Angeles, CA.

Reclaiming Your Divinity

Exposing the ultimate deception

by
Lightstorm

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This modest little book is dedicated to
The One God who is All
And
The All who is the One!
'Our True Eternal Divine-SELF'

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(as in small page book)

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INTRODUCTION

Dear Reader (Dear Embodiment of Love),

This little book is an expression of our life experiences that we have shared with our other selves for more than thirty years all over the world, and continue to do so to this day.

Swami early on expressed to us that we all have to first walk through certain life experiences, in order to be able to truly digest the absolute Truth fully and to let it sink from an intellectual concept into the Heart. Once this is accomplished the life expression and experience of each of us will then become the living, walking, talking example of this message of 'The One Truth.'

Our crafty mind has given this process a lot of names, like: Self-realization, to find God, Salvation, Liberation or Moksha, to merge in God, to know the Divine-Self, to be the Light, to know the 'Truth' and so on ... and then the mind infused these labels with such great mystifying qualities, that it seems out of our reach altogether. This was the mind's subconscious ploy to keep us forever in ignorance of the 'Truth' and thus have control over every aspect of our life.

The mind actually has defined these labels and put them on a mental pedestal way out of our normal human reach. Hey, many of us even worship these labels in the hope that someday we might be worthy enough to reach them and what they represent in our mind.

It is now time for truth.

You are and have always been Self-Realized, Liberated, Saved, Divine and GOD. It only depends on who you believe (or know) yourself to be. The key to it all is controlling and mastering the mind! But are you ready to dive into your deep and dark inner feelings? ... To face all your attachments and desires head on and then let them go? ... To liberate all of your negative (bad qualities) habits? ... To feel real compassion, unconditional Love, and to know GOD? ... To know your Self? ... To no longer allow yourself to be pulled in all different directions by all of the things or people in your life? ...

Look deep within your heart and see if you are truly tired of your life being a wild roller-coaster ride, up and down, up and down again and again. Are you ready to let go of all your concepts, pre-conceived ideas, judgments and perceptions? Are you really ready to become detached or watch friends, and often family, seemingly drift away from you? Because this is what usually occurs when you choose this path.

Be ruthlessly honest, and if your answer is, "YES!" then, and only then, will you be ready for the biggest fight of your life, namely, disciplining the mind. You will have

to make the mind YOUR tool and then know when to put the mind into the tool box and when to take it out.

All of us will have to fight this war of taking back control from the mind, with which it has enslaved our sleepy Divine-Self for thousands of lifetimes. The Vedas (Hindu scriptures) call this inner battle, your personal Mahabharata.

We can all start with real deep inquiry into everything that passes our awareness. Along with this inquiry we must become ruthlessly honest with our self. The next step then is ruthless self-investigation of all thoughts, feelings, words and deeds that flow from us or through us. Then by using the mental tool of contemplation, by looking at all sides of the situation, we can employ absolute discrimination to see if any of it makes sense.

When we find that some idea or concept sounds plausible and feels right to us, then we have to find some method to integrate these ideas with some form of practice. **Yes...practice, saying we know it, is not enough.** We must practice something in order to truly assimilate it, and then make that practice a part of our daily life. Then it will become part of our expression in life, and our life will be our message.

So dear Reader, dear Self, if you are serious about your inquiry of, "Who am I really?" "Where do I really come from?" "Where am I ultimately going when the body dies?" "What is death really?" "Why am I here in this world, body, creation or situation?" "What is life really all about?" "What is real, and what is false or a lie, a dream or an illusion?"

When you are ready to address these kinds of questions, then and only then are you ready.

Begin to inquire about things outside of yourself, example: Why does everything always change and rearrange itself, and why does nothing ever stay the same? And then within yourself, example: Where do these thoughts and feelings come from, why are they here, what are they and who do they belong to?

Question everything, be ruthlessly honest, in any way you can, and soon enough you will find out the answers to all of your questions, because the answers have always been within YOU.

The mind is nothing more or less than the tool for our Atmaself, Divine-Self or Eternal Consciousness-Self, in order to have these temporary life or dream experiences through our five senses, gross or subtle. Like we stated before, CONTROLLING and DISCIPLINING the MIND is the KEY to TRUTH, BLISS, ALL, ONE.

So now it seems that the time is right, for this modest little book. Since many of our bothers and sisters (in truth, we are all only the One Divine-Self playing the cosmic game of name and form as the many) are tired of this endless karmic game of reincarnation and separation.

This lie of separation is propagated by our dreaming mind, telling us that we exist in separate bodies and have no real connection, other than maybe belonging to the same family, clan, tribe, culture or country. Are you not sick and tired of propagating this lie?

The frequent repetitions that you will find throughout this book, may seem annoying to the ego, but they are intentionally designed to help the subconscious mind become aware; basically to sit up and take notice and then to integrate the ideas and practices.

So dear Reader, are you ready to start using your powerful Divine heritage? Are you ready to work on controlling the mind and make it your tool? Are you ready to live fully in the moment, the 'NOW?' Are you ready to reclaim your Divinity?

If "Yes!" is your answer, then buckle up, because it can be a bumpy ride!

Control the mind!
Live in the moment, the eternal NOW!
Feel deep inner joy every moment, and never let it go again!
Be calm and find your inner peace and bliss by silencing the mind!

You will also find a comprehensive chapter at the end of this book which is designed to give us some useful methods and ideas on walking through this dream of parenting.

It is presented in a way so that we (our Divine-Self playing the game as parents) can practice as well, while raising and disciplining our children (our Divine-Self playing the role of children), and how we can instill a new, or different, way of thinking and living in this creation of illusion and temporary experiences. (It is illusion, because it does not last forever). We can share with them the absolute truth, that they are not just the body, ego, mind and the five senses, and that the mind is only a tool to be used by the Divine Loving Self, and finally the ultimate 'Truth' that we are truly all connected in oneness, that **all of Creation is truly ONE.**

We can help them learn right from the onset of their young life how to deal with this world in a positive and loving way. We will share with you some of our personal experiences and methods of how we raised our own children and helped our grandchildren.

With Divine Grace we practiced, and were able to develop some simple tools in order to also help our children build a strong character with self-confidence, self-satisfaction, self-sacrifice and we encouraged self-discipline out of Love and respect for all things.

Thank you, Dear Embodiment of Love, for even wanting to pick up this little book!

Love to all,
The Divine-Self (playing as)
Lightstorm (Johnima & Kalassu) and all of Creation



Henry's Journey (The Story of a Soul)

Henry Fleisher was a forty-four year old widower who had no children and lived in a little town somewhere in the Midwest. He loved God with all his heart, and was a devout churchgoing man since the death of his beloved wife, nine years earlier. He worshiped God with all the ritualistic fanfare of his church. He loved walking in nature and found that there he could often feel a quiet peace in his heart. So eventually he bought a tiny cabin in a nearby forest where he spent every other weekend.

He was a butcher by profession, who was proud of his business, because he personally butchered the animals, which he purchased from the local farmers. He was a charitable man and a good neighbor in his small community.

The thought of marrying again crossed his mind a couple of times after a friend arranged some meetings with a few of the single ladies in town, but it just never felt right to Henry.

Then on the night of his forty-fifth birthday he woke up from a most vivid and terrible dream. His dear wife appeared in the dream and told him she had something very important to show him.

She took him by the hand and together they sort of glided or flew to a place nearby. There he saw a hundred steers, and hundreds of cows, pigs, lambs, chickens and other animals that he had slaughtered over the years milling together. The steers, with flaring nostrils and angry red rimmed eyes, were pawing the dirt continually, throwing up clouds of dust. All the other animals were expectantly pacing back and forth with anger flaring in their eyes. He did not understand what his wife was showing him, so she explained.

"Henry, these are all the different animals that you slaughtered for your business, they are waiting for you to die, so that they can get back at you for all the pain and suffering you caused them." She explained with a sad smile.

"But I did not know!" Henry exclaimed wide eyed.

"Oh Henry, how could you not know? Did you not feel their terror and fear right before you killed them?" she answered.

"Well yes, I guess, but I never thought about it, because it was part of my job. Their meat provided our livelihood. You know that I am a good man; I go to church and worship God all the time. So why would God make me suffer?" Henry replied quietly perplexed.

"God did not tell you to kill the animals; you did that, in order to make money! So you made the action and this will be your reaction, unless you can find a different way to resolve this self-made karma."

She explained further, "You see dear, just worshipping God with church rituals, doing charitable deeds out of repentance, and all those selfish prayers, none of that will ever get you to the 'Truth,' to God; for God is pure unselfish love. You see, I have learned that everything in this Creation is God, and soon, you will somehow have to figure this out for yourself Sweetheart."

At that moment all the animals broke loose and came charging at full speed towards both of them. Henry screamed in fear, he let go of his wife's hand and started running for his life. But he could barely move his legs. It felt as though he was stuck in quicksand. And just as the sharp horns of the animals started to pierce his body he woke up screaming in a cold sweat and panting.

That morning Henry stayed in bed for a long time trying to fully comprehend the dream. He came to the realization that his wife was right, that the animals were also God's creatures, not just dumb ignorant animals, but (as they expressed in his dream) they are beings with feelings of joy, pain, fear, anger and love. Finally he got up and promised God that he would never intentionally harm another animal again.

Henry was also questioning the true meaning of his life. "I mean, from the world point of view I was doing all the right things, providing for my family, being a God fearing man and a loving husband, wasn't that enough? I guess not!" he thought. So Henry began his quest for the truth.

That same evening while he was watching the evening news, he saw a book advertised that claimed to explain what life and death was really about. He ordered it on his credit card and when it arrived a week later he began to read it immediately.

The book was clear and simple and stated the personal experience of the author, who had become Self-realized, and who was sharing her life story. It had a profound impact on Henry and he started his earnest inquiry into Self-realization techniques. He found that controlling the mind and the senses seemed to be the one recognized step that everyone agreed on. So since he had no wife or children to ask for permission to change his life, he was able to start and immediately sell his business and house and move permanently into his tiny forest retreat cabin where he began to practice controlling his mind.

Every day he would walk through the woods to the nearby turbulent little river. Here he would sit for hours and loose himself in contemplation and meditation.

Henry soon realized that everything in Creation was fundamentally connected and had conscious life-force energy. He started to feel one with the trees, the river, the sky, the animals, the mountains, in short everything. You might say he had an Epiphany. So now this once callous butcher carefully avoided stepping on ants or hurting any bugs on his walks.

Seven years went by in this way and Henry was now master of his mind and senses. He had gone past the mind and had come face to face with his true and eternal Consciousness-Self, his God-Self. He was now completely detached from any worldly desires.

Then one day, as fate would have it, he was walking in silent inner peace along the banks of the river, when he suddenly saw a pregnant female sheep in the river struggling to reach the shore. Henry rushed to the spot to save her, but he was too late. The sheep died in the water while giving birth to her lamb. However he was able to save the tiny newborn lamb. He gently wrapped it in his jacket and took it back to his cabin in order to take care of it.

He felt deep love for the tiny little thing and started to take care of it as if it were his newborn child. Over time his emotional attachment grew, until one day he found himself unable to control his mind for long, because he was constantly fussing with and worrying about his child, the lamb. It actually became his emotional obsession.

All the time Henry would worry, "Oh my God, it is getting dark, where is my baby? Dear God, I hope nothing happened? Maybe a wild animal ... oh I can't think about it ... I must go and find my Baby!" and off he went until he found his little darling.

One year later on a cool and clear September morning, Henry woke up feeling pain in his chest. Alas, he breathed his last breath that same morning, and his last thoughts were, "Oh my little darling, who will take care of you, who will feed and protect you now?" and Henry was gone.

After watching his entire life, in the hall of Records, known as the Akasic Record, the Spirit-Self of Henry understood everything clearly. He found that he himself was the only judge of his life, re-living all his thoughts, words and deeds, but what was most amazing was, that he could now clearly see his true intent behind everything.

He realized that, even though he had accomplished the great feat of giving up all of his attachments and worldly desires, controlling the mind and senses, he somehow had not been vigilant and honest enough in dealing with his mind.

You see, he perceived that he allowed a deeply hidden feeling of guilt (which he never consciously exposed) to infiltrate his mind. By taking care of, and lavishing all of his emotional love on, the little lamb, he subconsciously felt that this would make up for all of the pain and suffering that his ignorance had caused the animals he had slaughtered in the past.

Now watching the Akasic Record of his life, he fully understood this and realized how his mind had tricked him. He had learned well from that dream he had with his wife, because he never again harmed another animal, but now he could clearly see how his mind had deceived him into believing and hanging on to things like guilt and shame.

Of course, now his soul understood that guilt, shame, worry and fear are only warning signs like a stop sign, yield or wrong way sign, because this is how we learn, by personal experience; and then, by learning from our mistakes, that is how we evolve out of ignorance.

He saw how his tricky mind had conned him with guilt, and then made him believe, that by fully loving the little lamb, he could make up for all the cruelty to the slaughtered animals. This, in turn, allowed a (guilt based) emotional love attachment to the newborn lamb to flourish. He now understood that he had allowed his uncontrolled mind once more to be in charge of his life.

He also clearly saw how his last thoughts (before dropping his old Henry body) were not focused on seeing the Oneness in 'All,' the underlying Divine aspect of God in all of Creation. On top of everything else he died without the sound of AUM, AMEN or GOD on his lips and emanating complete inner peace from every pore of his being. He thought woefully, "All those years of practicing, of controlling the mind... oh brother, tricked by the mind again. Lord, all that practice and my last thoughts were only filled with fear and worry for the little lamb."

His soul awareness perceived it all so clearly; how devious the mind really is and how easy it was to slip into the illusion of attachment and desire. He felt like kicking himself and swore that he would never allow himself to be deceived by the mind illusion of name, form and separation again.

In the course of time Henry's soul was re-born into a loving and wealthy Jewish family as the youngest son. His mother and father were both doctors, who owned and operated a private hospital in California.

Right from the beginning his parents could see that this child was not like the other children. He was a quiet, gentle, giving child, but also headstrong, willful, and often un-responsive. He always went to Temple with the rest of the family, but never really paid attention, he was always looking out the window at the birds and the trees, and in general the boy acted removed and uncaring. And when it became time for his Bar mitzvah, the Rabbi gave up on him, because he wouldn't learn any of the sacred prayers.

The family started to think that he had a slight mental disorder. He gave away his toys and seemed to care nothing about school or himself; he always looked a bit dazed and did not care about his attire. His brother and sister always bought beautiful name brand clothes, but he never cared about any of that stuff. In fact, his mother would have to take him shopping and pick out all of his clothes, if she wanted him to fit in with her mental picture of how her family should look. He never complained; his nature was always removed, but loving and kind. His parents were thoroughly frustrated, because he had no drive to excel like his brother and sister.

Even when they would play games together like monopoly, he always gave away all his play money or hung out in jail, he just did not care. He never even tried to ex-

cel in anything at school. Yet he always managed to barely pass all his grades with minimum effort. He was the happiest when he was left all alone, or when it was his turn to take care of the family dogs and his sister's white Persian cat.

While Henry was growing up, everyone around him made fun of him or yelled at him. Basically they treated him more or less like an imbecile, a moron, since he rarely spoke or responded and usually kept to himself. As time went by he grew into manhood, but nothing much changed.

Henry's father, having long ago given up on this lazy good for nothing son of his, finally gave him a job and put him to work as the janitor in the hospital. Henry never complained or objected; he just did his job cleaning the floors and bathrooms day in and day out.

As it happened, there arrived a new patient at the family clinic. His name was Rabbi Jacob, a wise and well known person in the greater San Francisco area. The Rabbi was sixty-three years old and had been diagnosed with terminal cancer. Jacob's family admitted him here, because they could now visit him every day, since the hospital was five minutes away from their home.

Rabbi Jacob was a cranky old man, afraid of dying, even though he would not openly admit it. So every day when Henry had to clean the Rabbi's room, Jacob found something to complain about.

He frequently yelled at this moronic, stupid young janitor. "Watch it you damn fool, you just pushed your mop into the side of my bed, stupid! God, where in the world did they find an oaf like you?" something like this went on every day, but Henry never seemed bothered by any of it, he just finished his work and left.

Then one day, it was a beautiful sunny morning, Henry was late getting to the Rabbi's room. Jacob was particularly cranky that day, since the pain was increasing along with his fear of impending death. Henry opened the window, since the sun was just starting to shine into the room, when a big black fly flew in and buzzed all around Jacob.

The Rabbi yelled, "Are you a moron or what? You just opened the window and let this fly in. Kill the damn filthy thing." but Henry did not kill the fly; instead he caught it and let it go out the window, which he then closed without reacting to anything the Rabbi said. Then Henry just continued his work.

The Rabbi vehemently pushed the call button and continued, "God I can't believe it, you should have killed the damn fly! Flies are filthy unsanitary insects, you imbecile! What is the matter with your brain?"

When the nurse arrived Jacob told her to have Henry fired, but the nurse informed him that Henry was the doctor's son and that he was just a little slow and backward. So Rabbi Jacob felt a bit ashamed about his frequent angry outbursts and decided to try and talk to Henry the next time and maybe help the poor retarded fellow.

The next day when Henry entered Jacob's room the Rabbi called him over and asked him to sit in the chair next to his bed. "Listen," said Jacob, "I just want to say that I now understand why you act so ... ahh so ... (he was looking for the right words) so strangely. Tell me are you also hard of hearing?"

Henry answered, "No."

"Then why do you not get offended by what I say to you?" Jacob inquired further.

"You think I should be offended? Why should I be offended by these names? This mind created body is pure illusion. Your angry outbursts are only your uncontrolled mind created opinions, coupled with this lie of separation, which again is manifested by your mind, and has absolutely nothing to do with me, or the truth of who I truly am.

By believing you are the body and its five senses, you just think that you and I are separately here. For me, this body that I am wearing is just a temporary shell, or suit if you like, a mind-created illusion which is doomed to die from the moment it is born. I, the soul Consciousness, am eternal, and I simply wear this suit called a body for a while, until it is time to discard it, and then in time, I put on another. So in truth, who is to say that you, or I, for that matter, in this mind created dream, exist at all?

Think of it like this, we are just like actors on a stage, each playing our part in the Divine drama called life. But we got so caught up with our temporary roles in this cosmic play, we forgot that we (our Divine Consciousness Self) were only playing; and so eventually we lost or forgot our true identity. We are just a mirrored reflection of God's eternal Consciousness, playing a part in God's mind-created dream of name and form. So why should I, my eternal Consciousness-Self, be even remotely bothered by thoughts, words, feelings or deeds of this mind created dream of name, form and separation. Dear Rabbi Jacob, in the beginning there was God. So who are you, what are you, and how in God's name can you possibly be different, separate, alone or believe that the 'real You' can die? Henry answered smilingly.

The Rabbi was profoundly speechless. This janitor, this moron, had just clarified the highest esoteric wisdom and metaphysical Truth, as well as the most sacred teaching of the Kabbalah in less than three minutes. Jacob was absolutely stunned. He sat motionless in his bed looking wide eyed at the calm face of Henry.

At that exact moment the Rabbi's family entered for their daily visit thus interrupting the conversation. Henry got up, said, "I'll clean up later." and left the room.

When Henry returned later the Rabbi was calm and peaceful, for the first time since his arrival. He greeted Henry with deep respect and asked politely if it would be possible for him to ask Henry some more deeply esoteric questions that had troubled him all of his life.

Henry replied, "Yes, if you like!" and from that moment on Henry became a teacher to the old Rabbi. By the next day, the Rabbi had told his family and many of the hospital staff members about his enlightening experience, and soon all of them and even Henry's parents came to hear the daily conversations between Rabbi Jacob and Henry.

For the first time in the Rabbi's life he was no longer afraid of dying. Jacob's deep understanding and his simple acceptance of what was – (is past and therefore is gone), what is now – (is all there really ever is), and what will be – (will be perfect), soon brought contentment, love and peace to his heart. Jacob's body passed away three weeks later, with a smile on his calm face.

After that Henry's parents could finally understand the lifelong behavior of their son. Before long they also started their own inner journey, by working to discipline the mind and senses as Henry had explained to them. They gave Henry an office right next to his father's office and asked him to be the grief counsellor and spiritual advisor for the entire hospital.

The End

Explanation:

We have to realize here that Henry's new life behavior pattern was a specific personality style subconsciously pre-programmed before he took on a new body, to insure that (in this new life of his) he would not form any kind of attachment to anything; you might say he was eternally vigilant. Most of the time, each person usually expresses their Self-realization experience in different ways, depending on left over karma, or reason for incarnating, and so on. However, the one thing that they always have in common is the fact that they consciously know who they are, and they no longer have any real attachment to, or desire for, anything. They no longer have a selfish, personal, self-serving agenda. They may appear to be living the role of a jet setting millionaire, playboy, a normal married person (a householder), a monk or yogi, a movie or rock star, a soldier, an artist or inventor, a farmer, a plumber, a teacher or a Rebel, a butcher or a janitor, but they will always know that they are Eternal Divine-Consciousness (as the Watcher) playing the game of name and form. They will play it so well, that by just looking at the role they play, you might never guess or know that they are fully aware of the Divine 'Truth' and living in that TRUTH called the 'Brahma Vidya State.'

AUM

Chapter I

What came first, the chicken or the egg?

Dearest Reader, if you are truly and earnestly searching for some truth about questions like, "Who am I? Why am I here? Who or what is God? Where is God?" and basically, what the heck is my life or this creation all about? Then please read on!

Then this small book, in which we will be sharing some of our own experiences, might be of some help in your quest. But understand right now that everyone must inevitably walk through their own personal experiences to fully comprehend and finally know the 'Truth.' Truth, like Love and God, will soon start to make perfect sense, and is usually the simplest thing to understand, when the mind gets out of the way of the heart.

All right then dear inquiring Self, let's get to it. Shall we look at some of the following questions that require some deep inquiry and contemplation?

In the beginning there was God, and God created all of Creation!

So, if everything originated from God, by God, through God, then what single thing in all of Creation is not God?

"So, who is God? What is God?"

"Where is God?"

"Or for that matter, does God have one particular name or form?"

"... And what is the real idea of religion?"

On the other hand, what part of the separate feeling EGO-MIND concocted the various organized religions?

Well, what do you think? Is God a Divine personality living in some heavenly existence? Is He, She or It a "Burning Bush" or "The Light"? And, if everything originated from God, by God, through God, what would that make us, hmm?

Some say, God separated Himself so He could love Himself. Yeah could be, but God is Love ... and God is complete, so why would God need Love? Especially when God is everything? ... Or no-thing? Oh boy, here we go again, this stuff is beyond the mind.

So, we double dog dare you to tell us: "What, in all of this manifested creation isn't GOD!" (And don't say Bush.) Come on, we dare you! You can't can you. Because, in the beginning, what was there? Come on, you know. God, Heavenly Father, Divine Mother, Allah, En-Sof, The Formless, all pervading, all Loving, all Inclusive, and all Powerful, **YOU!**

Or, if all of this is just too much to handle, let's just have some fun with it, and think of it this way, "God was just bored! So He divided Himself in order to Love Himself!" Don't we get lonely sometimes and just want some company, to share

with, make love to, or just have a loving conversation? We can relate to that idea can't we? Haven't you ever been bored?

So, let us take a look at the idea of God, and how Creation came to be, shall we.

Let us start with a bit of research into the last question, "What is the real understanding of religion and why are there so many different ones!" and so many names for God. My goodness, for something so basic and simple, why does the ego-mind make everything so complicated, why? Could it be because the mind can only identify with an object or idea like a name and form? How boring ...

Ohhh ...Yeah, maybe that's it, the mind also became bored with the idea of just one religion and one name for GOD. One must wonder how many more the mind will create. (Oops, that's future ... fantasy ... **"Mind into the tool box!"**)

All religions declare that in the beginning there was God! They either depict this God idea or conceptual God as a name or a form, or as a formless Eternal Divine Energy Consciousness beyond our human experience, beyond the mind's ability to comprehend. Look at that statement, beyond the mind! God simply IS ... always ... without beginning or end! And if you hold on to this thought, there is no mind. Oooh, how scary! (Ha ha)...

The Christian Bible states:

In the beginning there was God, From GOD the FATHER came the WORD, and the word became flesh, thus Adam was created and from Adam came Eve and so proliferation of Creation started.

In the ancient Hebrew religion of the Holy book Kabbalah. It states:

In the beginning there was the En-Sof, God, which translates into, limitless or boundless (E=without, Sof=end). To them this symbolized total unity beyond the mind, beyond our comprehension. It simply can not be explained in words or even understood by the mind. Because it is beyond the mind!

The Kabbalists played on this difficulty of expressing the inexpressible by pointing out that the En-Sof, by all definition, should be non-existent. All the words of any language cannot explain HIM. The Hebrew Kabbalah further explains that God (En-Sof) by the power of the secret 'WORD' created the first Sefiroth (like the Christian Adam). This idea of the Sefiroth again represents the Cosmic Mind or the Creative Principle. The ancient Kabbalists also realized that the only way to perceive God (En-Sof) was to control the mind and then go beyond it. They state, "Silence the mind and you will know yourself as GOD."

In the Islamic religion the un-definable God principle is simply called, Allah.

In metaphysical terms (as we perceive it) the idea of Creation could be expressed in this way:

Now before we play with clear intellect, let us state here that it is not possible to explain God, since we are still using words, ideas, concepts (the mind) and God is beyond the mind. But maybe this simplistic perception can serve to give a fraction

of clarity to this idea of Oneness! Just feel the underlying energy behind the words or between the lines of, ALL LOVING, ALL INCLUSIVE, AND ALL POWERFUL, and this might help you understand its origin, or shall we say our origin. It is truly quite simple and easy, but the mind's job is to complicate the idea of GOD far beyond our reach, and that is how it seems to stay in control. So right now, let's reclaim our control over the mind.

First there is Eternal Consciousness, Self-Awareness, and luminous perfect Intelligence. Then by reflecting (just like an object in a mirror) or projecting Consciousness on its own luminous Intelligence which is also the Self, an inner reflection of the Self appears like an EMANATION that seems separate from the Self. Thus Consciousness perceives itself as, "Oh, I am also that!" This is the first illusion, the idea that there are two Selves, Maya. This inner mirrored reflection of the Self then becomes the womb of Creation, an imagined silent inner elliptical Space which (due to consciousness) is endless. Think of it as an eternal imagination with no limits. (As you think it, so it shall be.)

This Womb then becomes the source of all life, of all name and form, as we know it. This emanation continues to reflect itself in the mirror of that Self-Aware Intelligence and in turn causes an oscillation or movement in this inner Space (or shall we say womb) which causes a frequency pattern, or a sound which then, rises up out of the Silence. This we call the 'Word of God' or the primal Sound, the "AUM" or "OM" sound, the first VIBRATION. This vibration is the energy stream of Love or Life-force, Chi or Prana. Then this ever expanding movement of vibration becomes a variable sea of different vibratory patterns, which speed up or slow down, change-re-arrange, merge-separate, collide-explode and so on, and with this process of ever changing and interacting electro-magnetic cyclic impulse patterns, thus the MIND with its untold powers, creates all DREAM MANIFESTATIONS. This includes all creations, on all the levels and dimensions of Creation (universes, heavenly realms, nether or hell regions etc...). This fundamental energy stream of Love, Life-force or Chi is the flow of what we often call God's Divine Love. It is a benevolent omnipresent, all knowing, all loving, all inclusive, all powerful ever expanding vibration, which is the foundation of EVERYTHING, of ALL.

So by following this metaphysical explanation of Creation, we must inevitably come to the following conclusion that (by using our pure intellect and discrimination), since all of Creation is only Consciousness of constantly moving energy to begin with, and representing itself in different forms or stages of movement, nothing can ever really die, it can only change states (or transmute itself) by re-arranging patterns or changing frequencies or speeding up or slowing down. (Einstein also came to the same conclusion.)

When energy slows down it seems to appear as solid matter to us, at least to the naked eye. Under a high powered microscope this is of course not true. Then as the movement of energy speeds up it becomes less and less solid or dense until it is space or ether again. Maybe you can think of it like this: An ice-cube represents solid matter, heat it a little and it will melt and become water, heat it some more and it becomes steam. Yet all the while it is the same conscious energy (atomic es-

sence) but in different stages of movement. That is why wise people know that there is really no "death" for our Consciousness, only change!

In Hindu philosophy, in regards to the most ancient Hindu text called the Vedas it states:

In the beginning there was Paramatma (the Primal Source God principle). The Vedas describe The Paramatma as "Not this - Not that" because this Primal Source of all can not be explained or conceived of through the mind or intellect. The Vedas continue to explain that the sound that started Creation, is the ॐ or 'AUM' or 'OM' sound. Centuries later this 'AUM' sound became 'HUM' for the Buddhists, 'AMIN' for the Hebrews and Muslims, and 'AMEN' for the Christians. This 'WORD' or 'AUM' sound originated from the Primal Source, God, and consequently the form of Narayana came into being to give a beginning concept to the human mind. Then Brahma the Creator grew out of Narayana's navel. (Same idea as the Sefiroth or Adam). Brahma again represents the Cosmic Mind or the Creative Principle, the Architect (so to speak, of the mind) of this Creation of name and form, of separation. Brahma could also be described as a single point of God's projected form of our Divine Consciousness.

Consequently this point of projected Consciousness (Brahma, the MIND) became the first created illusion of separation from God, or the first mirage of an imagined DUALITY. Brahma then, by His mental projection, His imagination, His dreaming ability (which inherently has the exact same power as the Primal Source Consciousness - God) created this diverse and multi-dimensional Divine Dream Creation of endless names and forms.

All the ancient Spiritual Adepts, Masters, Rishis, Yogis and Teachers, Saints and Sages realized the Truth, that there was nothing else but 'GOD,' through painstaking investigation and self-disciplined effort of certain practices (mostly by trial and error), and that it was the uncontrolled MIND'S imagination which was the root cause of feeling separate from God. They realized that the way to re-connect with our God-Self was to meditate and practice silencing the mind. They practiced, and became masters of the mind, by letting go of, or controlling, all thoughts dealing with the past, because they saw it only dredged up the illusion of old feelings and emotions. They also saw how important it was to control all thoughts that ventured into the future, dreaming of some unreal imagined fantasy, because that created more desires and attachments to this ever-changing momentary illusion of Creation. Then they reasoned correctly that there is only the present moment, 'the NOW,' which we can truly experience and interacted with. Eventually with practice the mind became their tool as they walked through this dream called life in the 'NOW.'

So we can plainly see that every Spiritual Master, along with all major religions of the world, tend to agree on and have declared, "In the beginning there was God and God created all of Creation!"

Here we should question, "Are we God or are we His Creation?" It's as simple as this: If you believe yourself to be only the body, the mind and senses, then... Yes! ... you are separate; you are His mind creation. Sefiroth, Adam, Brahma, Manu, Harry,

Ronesa, Joe, Mary, Courtney, Irene, Jane, Cassidy, Jaydon, Trenton, Kingston or whoever, and then when you DIE, you are DEAD and gone, that consciousness is deleted from Creation, you and nothing of you exists, and that's it! Kaput ... Fini!

But, if you know your Self as Divine-Consciousness, (the soul) which is forever, eternal, that can never be harmed or die, all powerful, all loving, and all inclusive. YOU ARE GOD! You, yes, you who have always been and will always be, eternally and forever. So choose, choose to be Divine, or if you like, you can believe the mind and eventually be food for worms.

Which one sounds better? Pick one ... Your Divinity, or worm food, the mind's creation. And then stick with your decision, make it your truth. You will have to fight for it, because it is a battle!

However, right along with this Truth comes the great responsibility of living your life in accordance with it. So if you are God, then your thoughts, words and deeds must reflect or express this Truth in your daily life as all loving, all inclusive, and all powerful (and that power must be based in selfless pure love or you will reap bad karma). We will come back to this and discuss it further.

Mankind has given a thousand and one names and ascribed many forms to this mental and emotional concept of God. The Creator, Heavenly Father, Divine Mother, Paramatma, Christ, Narayana, Jehovah, En-Sof, Allah, Ahura Mazda, The Light, The Burning Bush, Naugual, Nirvana, Sat-Chit-Ananda, Self-luminous Divine Consciousness, The Eternal Absolute, Tripura Ma, The Primal Source, The Almighty, Divine-Self, Life-force, The Force, The First Cause, Creative Love Force, The Nameless One or Energy and so on...

Still, no matter how many different names or forms the mind has given to this idea or concept of God, the common theme voiced by all religions and spiritual Masters is, that there is only the ONE single underlying 'Reality' or Truth (God), which manifested all of Creation. They further declare that God is Love.

So the answer to the question about religion would be that religion should BE and always represent Divine LOVE! As Sai Baba tells us, "There is only one religion, the religion of Love!"

If any religion does not express itself on the stage of the world as pure Love in thought word and deed, then it must be a man made, mind created dogma of concepts and rules for some other purpose.

(Mmm, maybe ego you think?)

And so the mind created its child called the ego in order to feel special, important, and separate.

It stands to reason, if everything originated from God, by God, within God, through God, Consciousness and Love, then we and all of this Creation must be God.

That is the reason why we are forever, personally and consciously perfecting ourselves. We want to be so good at everything, and we are forever searching for love all around us, not realizing, (because the mind tricks us) that the love we are searching for, is within us and has always been within us. Everyone and everything

in this Creation is the 'Embodiment of Love,' God, or this underlying Life-force or Conscious Energy stream of Divine Love.

Here is something to contemplate. When you feel or perceive that deep, clear, love in your heart or around you, it is always only your own Love reflected back to you, because somehow you are aware that you are that Love. This is a reflective Creation and you can only experience what you are and what you project! When this Love is for God, it is always a perfect reflection, like a clear undistorted reflection from a bright spotless mirror. The same reflective idea goes for everything else, like beauty, joy, inner peace, or anger, resentment, worry and fear. So you can see that exactly what you send out or project will return to you. As you sow, so shall you reap!

Christ like the Buddha, Rama, Krishna and Sai Baba as well as all the other Spiritual Masters and Teachers, Saints and Sages realized and shared with us that God's nature is pure Love. That God is Love, Peace and Bliss, and that all of Creation is really an illusion or a dream created by the Mind principle.

The Buddha explained the Primal Source, God principle, the Divine Consciousness (which is everything as well as **'no thing'**) in another way. He declared that there is only Nirvana, Self-aware Bliss. He realized that there is nothing anywhere that is not inherently Divine, and that in the final analysis and experience, there is no personalized separate entity or God figure of name and form. He realized that the idea of a separate God was a mind created illusion; and that this Creation was a mind created dream.

The 'Being state of Self,' the state of Nirvana, the Immortal Absolute (the En-Sof, Paramatma, Allah, God or the 'I AM' God-Self if you like), only that is real, and that is everywhere! We are all connected, that is why his philosophy was to do no harm to even the smallest creature.

He also explained this BEING state as a 'Great Emptiness' (like endless space without any stars) that is totally filled with the Light of Self Aware Eternal Consciousness and therefore can never be empty as we understand it. The Buddha, like many others, realized that all of Creation is really a constantly changing, momentary illusion or a dream created by the Cosmic Mind Principle. His personal experience taught Him that it was the uncontrolled mind, with its many attachments and desires, which causes this feeling of separation from the Creator and in turn creates all human misery.

God's nature is LOVE or "God is Love." This stream of Love is the underlying ONENESS which all the Divine Teachers, Avatars (conscious Divine personalities in human form), Saints and Sages have told us about. But remember Love does not always have to be just obliging smiles and outer gentleness or softness. It can take on many outer expressions and be very disciplining, correcting and forceful.

Example:

When Jesus the Christ was throwing out the money lenders, upturned tables and freeing the animals that were being sold for slaughter in the Temple, He was definitely physical and forceful.

Yet the underlying selflessness, of Love in every case, the total care for all, is always the clear, underlying, unchanging reality.

The Eternal Consciousness, the Divine-Self or God Principle is the root cause of All and Everything, and in the same breath it must be said that it is beyond everything, beyond even the mind, it is really '**no thing**,' because, God cannot be described as a 'thing' which can only be name and form.

The reason why we say that 'everything is God' is because God is the only underlying reality. God is inherent or the root cause of this Mind Creation, yet God is beyond Creation, beyond the Mind. But for our body consciousness self to identify with anything, or everything, our mind has to have a name or form identification so that we can try to conceive, understand or FEEL it.

Thus the mind created a system we call religion, in order to represent a belief in the idea that there is an Immortal, Absolute, Primal Source, Eternal, Unchanging, Omnipresent, Perfect, Creative Consciousness, Energy, Vibration, Force, God, which is the Creator of everything!

The rest, of what we label as religion in this world, is a manmade, mind created system of various dogmas, spiritual interpretations, personal opinions and rituals of elite secret societies or fanatic ego personalities, a pretense of specialty (of some imagined higher awareness of God) by self-serving individuals, brotherhoods or institutions. We are presuming here that these religions were originally created to help us find some sort of reconnection to our 'True Self.' But as always, if we allow the mind and ego to run amuck, then religion becomes egotistical and self serving. Just look at what the catholic religion did with Jesus' simple teachings of Love! They created a fearful God full of wrath, one that would condemn you to Hell if you did not adhere to their rules.

So you see, as long as we propagate some ritualistic practice of placing Religion first and a Loving God second, we are creating a separation above and beyond our human reach, and we will always feel separate, less than or unworthy. (Even the concept of true spirituality will seem beyond our reach.)

Or on the other side of the spectrum some will rebel and fight against anything to do with religion or God and become an atheist.

Heck, today we even make idols out of words and ideas. We put the idea of Liberation, Moksha, Salvation, Self-realization, unconditional Love and even the Light on a separate almost unattainable pedestal in front of which we mentally worship, by hoping that, someday in the future, we can acquire it by the Grace of God. (This is the mind's way to control our life by giving us the false idea of endless time in some future that does not exist.)

For each idol the mind creates, we start a separate religion or ideology, a secret society or brotherhood, a new church or building, a political governing party or cooperation, a New Age trend or what have you, and heaven knows what else we dream up in order to appear special to the world around us.

The original idea to create a personalized God (one that has a form and or a name), was to allow us to have a closer relationship with God. And eventually merge or feel connected with God, It is extremely hard for people to identify with nothing, or 'no thing,' since the mind can not create a feeling of closeness or intimate connection without some sort of reference.

So if individuals would fully identify with this God form/name and constantly think of God in a closer and more intimate fashion, then sooner or later the separation between God and the individual will become blurred and before too long they will merge into each other by losing their separate mind identity, due to this constant feeling of closeness, this all inclusive togetherness. This intense love or bhakti for, and devotion to, this God form/name will eventually dissolve the ego-mind-personality identification and in turn take them beyond the mind, into the state of ever existing Oneness of all. This has been the experience of many of our religious Saints and Sages.

If we look closely, we can see that same premise (of the underlying ONENESS) is represented in all the world religions. All of Creation is willed, fashioned or originates from the ONE Primal Source of Consciousness, God, En-Sof, Jehovah, Allah, Paramatma etc ... It is, ALL LOVING, ALL INCLUSIVE, ALL POWERFUL!

Now one of the best or easiest ways to correctly utilize this 'tool' called 'the mind' is to let the mind become completely immersed and attached to any chosen name or form of God and thereby let go of all other worldly attachments and desires. In other words, GOD becomes your first love, your only desire.

This will at first show itself as worship, which we all must walk through, one lifetime or another, and if we are earnest, it will quickly blossom into one-pointed devotion, (another way to focus and discipline the mind) which in turn will soon mature into unconditional LOVE for God and all of God's Creation, since they are always one and the same. The result of this complete Love identification, and immersion with God and God's Creation (everywhere in everyone and underlying everything) you will eventually lose your false ego separate self identification. And this will automatically result in the personal experience of being one with God. Then by this personal experience, YOU will know your True SELF as the ALL, the ONE, as GOD!

This then, is the simple and ultimate shortcut to Knowing God, the 'SELF.'

When Christ told His disciples, "Love thy neighbor as thy self!" or "Love ye one another as I have loved you!" He was expressing the Divine Principle of Unconditional Love, that they should follow, and that He Himself was living.

Krishna (a Hindu Avatar) explained in the Bhagavad Gita (part of the Hindu scriptures) to simply surrender your mind and heart, every thought, feeling, word and

deed in love and devotion to God. To only see God as the doer, as the underlying reality in all. To think only of God at all times. In that way, Krishna explained, the false illusion of the mind-created ego-personality self will no longer function as the dominant controlling aspect of your life. God will then become the charioteer, captain, guru or guiding energy of your life. By becoming the watcher, by surrendering, or letting go of this false you (mind) as the controller, doer, sufferer or enjoyer of anything, you (Your Divine-Self) will thus allow God's energy (a higher Consciousness energy) to guide you through the maze of life. This full love and devotion to God will result in the final Oneness, the complete merger with God.

The Buddha, Christ and all the other Avatars like Rama, Krishna, Sai Baba etc... along with all the Saints and Sages of Creation, shared with us that the one unchanging 'Reality' or 'Truth' is that there is ONLY GOD! That God is within you and all around you, and is our Divine Consciousness-Self which is all loving, all inclusive, and all powerful. All the rest was, is and will be, simply an ever changing cycle of mind created illusion, a diverse emanation of momentary or temporary dream like experiences, created by our attachment and desire that the mind tricked us into believing we needed in order to survive.

When Christ said, "Split any piece of wood or lift up any stone, look close, because there you will find me, there I AM!" He was telling us again that God is everywhere and in everything.

Or when Christ said, "Whosoever sees me, also sees the Father!" What does this statement suggest? Does it not say, "I and the Father are One? I am God?" all else is a projection of the MIND.

Here are a couple of simple practices that you could work with.

Mind created thoughts from the past, are history! They no longer apply in the moment, they were only lessons learned. So when, or if these sneaky little thoughts creep in, YOU your Divine-Self, take charge, and tell the mind, "Get into the tool box. I will call you when I need you. I choose to live in the moment"

Mind created thoughts of the future, are fantasy! They do not exist in the moment. It is the mind trying to create a false existence, and draw you away from the NOW.

In order to go beyond the mind you must let go of all mind concepts, preconceived ideas, judgments, prejudices and coveted perceptions, because they are your prison bars that will not let you be free. To have perceptions is perfect, but the moment you believe the perception to be true and more valid than any other, it becomes a judgment due to your ego or emotional input. Have the perception and then let it go. It only means you are aware, which is perfect, but do not believe it to be 'real,' true, more important or lasting.

You may be doing this for as long as the body is breathing, but once the mind realizes that you, Your Divine-Self, means business, the mind (like the naughty child) will listen and it gets easier.

NOW is Eternity, all else is the mind illusion. Life only happens in the moment.

When you wake up in the morning, become consciously aware of any thoughts or feelings that are present. See if there is any sort of mood that just seems to be present.

Then purposely decide that you will be joyful and energetic all day, just because you like it that way! In the beginning your mind may try to tell you, "I can't just decide to be happy, it does not work like that! There are just too many unpleasant issues to deal with in my life to be happy." Think a moment! Then if you do not discipline the mind it will instantly drag up a past left over anger or frustration situation or create a non-existent future scenario of how you must worry and stress about something that might come up. So remember, the mind is now YOUR TOOL! Be vigilant and every time you catch the mind dictating your thoughts and feelings by indulging into the past or in some non-existent future, you must immediately discipline it. "I am here in this moment; in the now and I choose to be happy! How dare you try to deprive me of that! You're my tool now, so get into the tool box!"

AUM

Chapter II

Do you believe that this world all around you is permanent, solid and real?

Do you believe that you are the body, the mind, the thoughts, feelings and memories?

Do you believe in a life in the here after? Or do you think, "When you are dead you're dead. There will most likely be nothing except darkness and you will simply cease to exist?"

Well, whatever you think, dear Reader, it might just be time to contemplate about the body's inevitable fate, death. Fact is, the body is born to die ... but what is death really?

Truth, Honesty, Love and God are simple. The mind, ego (Maya or illusion), religion and spirituality, they often are (or tend to be) very complicated. They basically try to confuse us to the point of making us believe that perfect joy, peace of mind and quiet inner bliss are out of our reach, basically unattainable, which of course is a lie perpetrated by the mind-ego-personality self. Our true natural state of 'Being,' is perfect joy, peace of mind, equanimity and inner equilibrium or bliss, and don't you ever forget it again! (Or should we say, never allow the mind to take you away from this state!)

So, from this moment on, "QUESTION EVERYTHING" and then practice something. But most of all, from this moment on, work on being **Ruthlessly Honest** with your self.

Before we get started with a little background on some of the above fundamental questions that require some deep inquiry and contemplation, let us list some of the basic tools for this inner journey that we find often essential or very helpful.

To have a great burning desire for Liberation or Self-realization.

Or - to place God as the first priority in your life.

Or - to only want one more thing, to know and experience the absolute Truth, God or your Divine-Self ... Truly, in the end, they are all the same.

To employ your will power of unbending intent and from this moment on, this is your only true quest from which you will never waver, YOU ARE TOTALLY DETERMINED TO KNOW THE TRUTH!!

To make a continuous effort in thought word and deed, of consciously separating your 'real Self' from the 'false' (the monkey mind) the mind created thought, feeling and 'ego-personality-self.'

To let go of all concepts and judgments, to never expect, want, need, or desire anything from anyone.

To realize that so far nothing in your life is lasting, except a deep inner awareness part that knows that you exist (the 'I AM' consciousness) and the recollection of all of your experiences that are now an integral part of you.

To adopt a calm smiling attitude of detachment to all worldly things, because you know that nothing lasts and everything is forever changing. In this way you can maintain a constant stream of silent joy flowing out from your heart, no matter what happens in your life.

To know that from your nose on outward, you most likely have no real control over people or the world around you; but with practice, from your nose on inward you can gain control over your thoughts, feelings, time, space, words, actions and your life in this dream (again controlling the mind).

To stop and take a moment and reflect (take a deep breath) before reacting to anything that comes at you, or from you.

To find a few minutes of silent repose, where you close your eyes and breathe deeply, letting your full attention follow the flow of your breath in and out. Or contemplate the beauty of nature by focusing completely on one aspect like a glorious sunset or a flower, beautiful music or a scenic view.

Or pray to your chosen God representation of a name or a form or the formless aspect. Talk to God directly and be honest and real in your communication. Talk about anything that is on your mind, just like you would talk to your closest and dearest friend. Confide everything, even your deepest darkest secret without hesitation. Empty or surrender your mind to God! (This will give you a glimpse of real inner peace.)
Or look into the mirror at yourself, because in truth your eyes are the windows of your soul (God); ask questions and then expose everything.

And stop beating your self up over all the past mistakes that you might have made in your life. In truth they were only learning experiences. This is just another ploy of the mind to keep you forever busy and involved, by feeding, or shall we say believing, these negative energies that have a tendency to get trapped in the body and can eventually make the body ill. Sorrow, guilt, shame, resentment, anger and hate tell you that your mind is dwelling (and indulging) in the past and is not here in the present moment. Worry, stress, anxiety, poor me attitudes, feelings of dread or fear of some undetermined future (which is not here in this very moment), that is the mind in the future, indulging in your uncontrolled and runaway imagination. It is your mind imagining some impending future doom that is not here now. Again if you indulge in this mind projection (remember you are all powerful) you will eventually create it. In addition, you are now missing the present moment and all its new opportunities to make good and reasonable choices. Think of all your life experiences, pleasurable or painful, as being just learning experiences, and now let them go, just accept them for what they are and finally, just drop them. Forgive

yourself for everything, or maybe a better way to say it, is this, simply ACCEPT everything for what it WAS (or IS), just another learning experience. Because had you known better, you most likely would not have done it in the first place. So you must have required the first hand experience in order to learn something.

As you can see all these lessons or focus points are aimed at controlling the mind and the senses. Focusing on the moment, the NOW, for NOW is all that exists.

NOW IS ETERNITY!!!

We will start with a couple of simple practices that you can work with. It might be an excellent idea to take a moment and look at your true priority in life. What is most important to you in your present life situation. This truly will decide your path.

If worldly experiences are still your deep felt first priorities, like: Finding a life partner, desiring children, creating wealth (even to serve humanity), needing or making a name for yourself, being enamored with the power and glamour that might be available for you, if there is still a deep persistent need for better and newer worldly experiences (more money, food, sex, alcohol, drugs) or toys, then be ruthlessly honest about it and dive fully into the world of your desire. But, put a ceiling on those desires, otherwise they will take you over and may continue for many lifetimes.

Sort of like that long running TV soap opera Dynasty; that guy never seemed to have enough money. He always needed more, no matter how wealthy he was already or how miserable his life seemed to be, or shall we say the life he created for himself. Look at this; here he had a beautiful loving wife, millions of dollars and all the toys in the world.

Just think, he could have just liquidated everything and taken his loving wife to some beautiful Pacific island (hey, he could have bought one for that matter), dabbled in some great humanitarian projects just for fun, and lived happily ever after. But no, every episode brought him more hell. If it wasn't some greedy relative, then it ended up being some greedy business deal. So who was in control, his God-Self or the ego-mind creation? What controlled him in this case was greed, money, lust and power. His mind was in full control, and thus many lifetimes of karma were self-created by his own Godly power.

So dear Self, if you decide to dive fully into the temporary world illusion, then put a limit on your desires and do it on purpose with full intent. Be fully aware of what you are doing, until the time comes when you are so sick of it, you want only to know the Truth and nothing else.

Remember, all is only God so what can possibly be bad; this includes the world and everything in it. You most likely took a human form to have all these experiences, so don't think of them as bad or not spiritual, just see them as learning experiences

and never bury these desires or feelings; instead bring them out into the open and accept them for what they are, okay? That will be much more valuable than pretending to be so highly spiritual that these desires or feelings do not exist for you anymore, because you buried them so deep. YOU MUST BE RUTHLESSLY HONEST with yourself!

So here are some more practice ideas:

Find a quiet place and just sit with no mental agenda, for no particular reason, just sit quietly (relax) and become aware of your body and immediate surroundings. (Even people watch if you prefer.) Then after a while pay attention to your thoughts and feelings. Does your mind want you to feel antsy, bored, and unable to just sit still? Is your mind making judgments about everything you see or perceive and telling you this is silly, a waste of time? Is the mind continuously trying to categorize everything to feel in charge? Experience all the various thoughts and feelings that might rise up and see what happens. Become the Watcher, the one who is watching the thoughts and feelings. Work on consciously relaxing during the entire procedure.

After a few minutes work on consciously (on purpose) to bring your mind back to just being with no thoughts, empty. An old Tibetan technique is to stare blankly at an object while practicing to keep the mind empty. Ramana Maharshi would stare at one particular star high up in the night sky (but you can use whatever suits your fancy). Use a picture, a sunset, a tree or flower, the moon, a star, or what we found to be very simple, was to use some part of your body. Since you carry it around with you, you can practice this at any given moment. Look at your hands, feet, a finger, thumb or a toe to help you focus on the moment, to stay empty in the now, but most of all, be relaxed.

Watch how random thoughts will suddenly creep in. Then at one point say "Enough! "Stop! ... Mind, you are my tool now, get back into the tool box!" I choose to be silent, to have no thought, quiet! (out loud if you like) and then consciously, purposely bring your mind back to that empty focus on your hands, feet, body or surroundings. Practice this as long as it feels comfortable, no need to worry or feel stress, have fun with it, see how long it takes before that naughty child called the mind tries to take over. by creating random thoughts. Even if you can only do it for just a few moments at a time, the more you practice the easier it gets. You are NOW in control. So stay in control!

AUM

Chapter III

All the great Saints, Sages and Avatars showed us that all human suffering is the result of believing that we are only the body, mind, and our five senses. The mind keeps playing its constant creating game by taking (or stealing) our Divine power from our Divine-Self and thus making us forget the real Truth. Remember, that is why it was created in the first place. The mind makes us believe the illusion that we are separate from God, inferior, or at best a tiny part of God. In fact, as time went on, it deceived us by telling us that we are less than, lacking, always in need, impure, and not pure Love.

Sounds like an abusive relative, husband, wife, sibling or parent doesn't it? I mean, isn't that how one can manipulate another person, by making them feel inferior? If you look at it psychologically, that is one of the ways of how one can control, manipulate, bully and dominate another. Well, that is pretty much what the mind has been doing to us for many, many lifetimes.

It is time now to reclaim your Divine Love, Beauty, and Power. The mind is YOUR Divine tool now, and no longer your master.

This is the reason why we all find ourselves forever searching for something to make us feel complete; like money, power, sex, fame, relationships and love... but what we are truly searching for is our natural Pure Unconditional Love, our undefinable eternal Self! This is the other half that we so desperately search for in order to feel whole again. But we look for this completion in the temporary world, in other people, in sensual indulgences, possessions and toys, which always end up disappointing us in some way. Oh sure, our ego-mind fools us now and then into believing that we'll find completeness by possessing great wealth, power, fame or some special physical relationship, but in the end it seems all hollow and meaningless, because when death comes we must leave it all behind!

So in order to reclaim and then experience our wholeness, we will have to venture beyond the mind and senses. Truth is, there is really nothing to search for, no place special to go to in order to find it (because it has never been lost), nothing to acquire that we do not already possess. We just have to control and silence the mind and then we will come face to face with our God-Self. So by disciplining the mind and controlling the senses, we will be able to once again remember and experience our loving Divine-Self.

What is Karma?

Karma is one of our greatest teachers. It is the cosmic law of Action - Reaction. You reap what you sow.

Then tell us, are there victims?

Well, let us contemplate a little more about this idea of being the victim and suffering. Ask yourself, who is suffering? Who is a victim?

The suffering and victim mode starts with the false idea that we are the body, an undeserving innocent body, who did nothing to deserve this (self made) hell. Your mind will whisper, "Poor me, why would God do this to poor little me?"

But, the truth is, you as God manifested this. To learn new lessons or repay your karmic debt that you personally created throughout your many life times. It is perfect karmic justice (equal reactions to actions you made), and they are simply learning experiences that you created to teach yourself to become more and more conscious. The fallacy in this arises when you identify yourself as the unjust helpless victim of these experiences.

Look at them as a just reward or payment for something you must have done in the past, as another life lesson. The truth is, "Have you ever learned anything really important when things were going great?" Most likely not... Pain and suffering are definitely a quick way to learn. The harder the experience the quicker the lesson is learned. Sometimes the bravest souls choose the most difficult and hardest karmic lessons (like being born handicapped), because they feel they will reach their God-Self even quicker.

But, if you hold on tightly to your TRUTH, that you are Perfect, Beautiful, a Divine Loving Being, encased in a dream body that is experiencing its dream karma, walking in a dream world, then regardless of what kind of karma (good bad or ugly), 'You' will be triumphant! But only if you separate your God-Self from the 'mind-ego-personality dream self.' In truth nothing can harm YOU, your true Divine-Self. Sure, your body may still have to experience certain karmic effects, but you will no longer feel like a victim or identify with the pain and suffering as yours. You will be able to say, "The body has pain or the ego is suffering, but I AM perfect!" and accept the pain, in the moment, for what it truly is; as a karmic or learning experience just like the Saints and sages have told us, no matter how painfully perfect and horrible any of it may seem.

This is where you must practice to separate and hold on to (or desperately cling if you have to) your truth. Hey, do whatever it takes! **Just do it.**

Without the full personal experience of knowing who you truly are, you will have to employ faith and then practice something. Have the deep faith that the Saints and Sages spoke only TRUTH. Then by practicing what they have shown us, your true God-Self will become evident and the Truth will overcome this victim mode, or this lie of pain and suffering.

Here are some examples of how you can practice 'Your TRUTH' and separate it from fiction:

Example: You wake up with a bad headache.

Practice: Instead of believing that it is you, having the headache (that it belongs to you) ... Separate the 'false' from the 'real.'

"Ah, my body has a headache but my God- Self is perfect!"

Or if the body was diagnosed with cancer:

Again ... separate the false dream body from the truth.

"Ah, this Dream Body may have cancer and is working off some karma, but my Divine GOD-SELF is PERFECT!

Work on consciously separating your Divine-Self from the 'false ego-personality self.'

Another example: Let's say you wake up and you feel tired and grumpy, then, someone asks, "How are you doing?" and instead of saying nothing and being grumpy or saying, "I'm okay!" speak the truth. "The Atmaself (God-Self) is perfect, but my body feels tired and my mind is trying to tell me that I have to be grumpy! Okay, I can accept that the body could use some more rest; but it's time to go to work. Life is just what it is! However, I choose not to feel grumpy!"

Immediately you have made the separation between the real you and the false you and you also took control away from the mind by exposing it. And most likely everyone around you will smile and enjoy the humor.

Let's address this all too familiar idea of the 'victim mode' shall we?

Years ago a woman called, she asked us if she could come up to our mountain home for a week, to meditate and get in tune with her inner self. She arrived on a Monday, settled in, and immediately started her yogic practices.

She practiced yoga, meditating for hours as well as singing God's name and after a couple of days followed it with three days of silence.

Well, let me tell you, those three days of silence were the noisiest days (thought wise and vibrationally) that we had experienced in quite a while.

You see, we practice living in the moment in our God state, and that means that our tool, called the mind, is silent, unless we choose to access it from the tool box. So when you live in this state it is very easy to perceive thought forms. They have different colors and shapes (depending on each thought and the intensity), like pink, blue, red, yellow, golden, white, or muddy browns, dark grays or black. They most often appear like rotating energy or clouds around the person's head.

Well, our lady friend had some dark muddy colors and black clouds around her head.

So we confronted her, in spite of her highly spiritual performance. At first she was amazed, then insulted, and right away defensive and very confused. Finally, after a few more minutes, she broke down crying and in this highly emotional state she blurted out, "I WAS MOLESTED BY MY FATHER and I can never forgive him."

"Oh," we said, "You were molested by your father, is that so?"

Well, she changed the subject immediately, denying it and acting as if we were hearing things. But we did not allow her tricky little mind to get away with that. So we kept on addressing the subject until her dark little secret was fully revealed.

We waited patiently until she finally stopped crying. Remember it is very good to allow all the emotions to completely empty out, so nothing is left or stored as negative energy, and then the healing can begin.

We questioned her and as you can imagine her ego-mind didn't like it. We asked her what she believed in and what her Truth was. We asked, "Do you believe in karma and reincarnation?"

She answered, "Yes of course I do!" So we continued, "Then it stands to reason that you must have done something horrible to your father in one of your past reincarnations in order for you to receive this reaction, don't you think?" She was quiet.

We continued, "Instead of feeling like a victim, you should be relieved that the karma has been paid and is now done with, right?" She was now looking down and fidgeting with her hands, but still silent. "So, Sweetheart," we added, "Maybe you should be thankful, and say thank you Creation."

She immediately blurted out, "But I was only a child, it was not right!" So we countered, "Are there really children? Or is there only Divine-Consciousness in little bodies? Again, do you believe that you are the soul, spirit, Divine-Consciousness or are you the body?"

She answered quietly, "I believe myself to be eternal Spirit."

"Then, if you believe that you are eternal Spirit, how do you explain all the constant changes in life, like childhood, youth, old age or the idea of gender for that matter? Come on, face your Truth head on!" we coaxed.

"Be ruthless and look closely." we prompted as we continued. "Have you been living a lie? Believing what is false? That you are the victim? Has your spiritual practice been just an escape of some sort? Because if you truly believe in karma and reincarnation, and that there are no victims, accidents or children for that matter, then what in the world is your problem?" Our friend was again softly crying and nodding her head as she was obviously reflecting on what had been exposed.

We continued, "Or, you can keep on believing that you are the body, mind, and senses, and the poor helpless child victim ... and that this place is real and not a

place of karmic lessons ... and then fine, relive and indulge in your pain, dwell in your misery and lament your unjust suffering till it chokes you. But at least do it on purpose and enjoy your misery. Or you can choose right now to live in your God state. But then your life must reflect this!" by now a slight smile curled around her lips as she nodded again.

"Can you see how you allowed your mind to dwell in the past? You have carried this pain with you for so many years, why? Why did you not tell the mind to get into the tool box, each time it tried to keep you from the NOW, the present moment? Can you see how you were not really practicing your Truth but hiding in spiritual fanfare?" we questioned further.

Our friend sighed and said, "Yes, I can see it and no, I was not practicing my Truth. I really thought by meditating, or just loving God and being a good spiritual person, that it would be enough."

"It's a great steppingstone and okay for a little while, sure, but sooner or later you must grow out of this lie of separation and be the God-Self that you really are, and live it. That means that you never allow the mind to manipulate you ever again. Think of all the lessons you learn from the body's molestation experience." we asked.

"Yes, now I have deep compassion for anyone who has had this kind of experience." was her soft reply.

"Then forgive that part of yourself that is your father and most of all forgive yourself, as Swami would say, 'past is past.'" The way to do this is by simply accepting the karmic lesson for what it was. Know that it was all a part of your life lessons that you chose for yourself (even before you took birth) and know that everything is perfect, no matter how it looks to the mind or the world around you!" we added.

"So right here, right now it is time to practice living in the moment and not allow the mind to trick you again. Make the distinction of WHO YOU CHOOSE to BE; this illusion of body-mind and senses, or the Divine-Self, which the Sages and Saints have told us that we are, and have always been. Remember, the only thing they gained from telling us this was persecution! Our beloved brother JESUS got hung on a cross for telling us this!" we ended smilingly.

Our friend left within a day and began to practice earnestly, and when she called us a few weeks later she shared with us that she is finally being honest with herself, and her life was now truly joyful for the first time.

So dear Self remember, you alone are responsible for your inner peace, no one or nothing else is! Not God - Savior - Saint - Sage - Avatar or spiritual teacher/guru, not your parents, not wife or husband or children, not friends or foes, not any special environment, circumstance or profession, nor anything or anyone else; **just YOU!**

For a few moments stop and contemplate the following statement and see if it makes sense to you:

"There is the one (person) that you think you are!

Then there is the one that others think you are!

And then there is the one you really are!"

So, who are YOU?

AUM

Chapter IV

So let us take a closer look at living in the moment, 'THE NOW.' This is what life is all about. It is why we took human form, to experience the moment. Life can only happen in the moment, the present, the Now!

The mind keeps pulling us out of the moment by creating a thought about some negativity in a past experience, and then creates a feeling in your body (in the solar plexus or low chest area, because that is where the thought energy first touches the body) and then it rises up from there. This feeling in turn intensifies the original thought and thus provides more energy for the mind to create stronger thoughts, which in turn create stronger feelings. Before long you will be taken over by this vicious energy cycle and you identify these thoughts and feelings as YOU. "I am angry!" "I am lonely!" "I am Happy!" "I am no good!" "I am great!" "I am this - that - or the other!" and so this energy cycle (positive or negative) goes on and on and on. Then after awhile, (who knows how many lifetimes) you start believing these feelings, and thoughts as YOU. We refer to it as a Fusing of our God consciousness with the mind and body senses. Now the trick, or practice is Defusing, or separating.

Can you see the trap, of this vicious cycle? It is up to you to break this cycle by being fully focused in the present moment and separating the truth from the lie. It can be done! All you have to do is practice and be aware!

If you do not discipline your mind, your life most likely will be a mixture of past memories or future illusions. Then you are no longer living fully in the moment but are missing the moment, missing life's miracles. You must understand that the mind along with the five senses is our self created life experience. It can be a drama, comedy, joyful or sorrowful. (Sorrowful if we are missing the Now, the moment.) For the moment is absolutely perfect, beautiful and wonderful; it is truly magical!

So pay full attention to this moment and separate what is 'false' from what is 'real.' Remind yourself of your Truth, the big picture so to speak.

With female emotional bodies, we found that one way to stop it from escalating, is to go immediately to your Truth, "I am Divine-Consciousness walking in a dream body, playing a part in a play of my choosing, as wife, mother, friend, lover or business woman and everything is PERFECT, no matter how the mind may perceive it."

In this worldly dance (or drama) of life things can often look pretty horrible, evil, unconscious, ignorant, horrific, wrong, unjust or downright unconscionable and inhumane. That's when we must be honest with our normal human feelings, never suppress them. But we should never just be callous, self-absorbed or come off as a ruthless gloating ego, instead we should have deep compassion (for God is all compassionate), and along with it, the clear understanding that it is all somehow just self-designed karma. So once in a while we will have to take a deep breath, send a thought of Love and Light into the perceived atrocious and appalling situations that confront us.

Grimace and say, "Ouch!" ... and then we can add, "ahh ... (sigh) but somehow I know, ... I know ... (and between clenched teeth say) Yes, karmicly ... ITS PEER-FEECTTT.. ouch... I just pray that everyone learns their lesson as quickly and painlessly as possible!"

Most likely you still have some unresolved situations in your present life, so use this precious moment to resolve all the left over things. Let us just say that you have a left over anger or resentment issue with one or more of your friends or relatives.

Since we only have the power to act in the moment, in the NOW, let us utilize this present moment while we still have a body.

Here is what you can do if you are in your God-Self Awareness. Right now, (if you can) go and visit (or simply pick up the phone or even write a letter to) the individuals that you have the issue with and communicate. You could tell them something like this, "Listen, I just want to tell you, no matter what has happened in the past or who was right or wrong or who acted inappropriately for some reason ... I now understand that it was simply a learning experience for us, me in particular. Hey, I can't even really remember what it was all about, but I want you to know that it is all in the past. All I really want to say is that I am sorry for this past misunderstanding and stupidity and basically that I love you." or anything along these lines. So choose, would you rather live in a hateful angry state or a loving peaceful state, which sounds better? The main thing, you clean up any left over negativity and end the whole thing in love (or repeat it some other lifetime, until it does end in love).

You know, the Buddhists have a great practice that they adhere to. They call going to sleep, "the little Death." They picture Death as a small bird sitting on their shoulder. And every single day they have a conversation with 'Death.' They make sure that everything that day is completed, or finished and that nothing is left undone to the best of their ability before the day is over. They are prepared to die at any moment. By finishing up everything in their life, they are ready to move on. So then, when night comes and they go to sleep, they are ready to die without any regrets!

This is also an excellent practice. Remember, these bodies were born to die!

Dear Self, let us use take charge of our mind this very moment. Let us live wisely and finish any leftover emotional, mental or physical unresolved issues, instead of wasting it on past history or future fantasy.

Live each day in the moment, as if it is the very last day of your life.

Yes, share your LOVE and Light each day as if it was your last day on earth.

AUM

Chapter V

True inner SILENCE is one of the cornerstones in the experience of the Self as it has been told to us by Saints and Sages, the 'Masters' of the mind.

For a moment let us experiment and contemplate on the idea of Silence. Let us look at Silence as the source of all sound. Sound rises up out of the sea of silence (inner and outer) and then sinks or merges back into that silence. Close your eyes and listen to just one particular sound and see how it behaves, how it rises up and then disappears.

Practice:

Close your eyes and focus on (or become acutely aware of) the underlying, ever present silence that is all around, right underneath the sound as well as all the many sounds that your ears hear.

This silence is endless and as vast as all of Creation. It also reflects as the inner silence, when there are no thought and emotional feeling occupying your awareness. It is the absolute stillness of your natural Being State, the True-Self.

As you think, so will it be.

A quick story:

A young lady was telling us how her family was always interfering in every aspect of her life and how it was so frustrating. She constantly spoke of all the negative interactions and lamenting the fact that they just could never understand her. She just went on and on about her family.

Well, needless to say when she did this with us, we listened for a while till she ran out of breath and then when she started up again we interrupted her.

STOP!!! We yelled in a very loud and commanding voice. She was instantly quiet. Then after a long pregnant pause we added, "Be silent for once, let your mind be empty!"

It unsettled her and she sat in silence. Then we told her once more to pay attention to her run-away mind and emotion, and pointed her once again to her True-Self as being the Watcher of these thoughts and feelings, of her mind's attachment to her judgments, opinions and perceptions. She was still silent.

She called a month later and told us that she now was able to resolve her family issues. She said that the forceful shout of "STOP!" had shaken her right to her core and consequently out of her normal mental routine. She was now finally able to see it clearly.

For most people in the world today, there is no such thing as inner stillness, or the ever pregnant (full of life, yet empty) space or silence. Because the ever chattering mind keeps them constantly busy. Couple this with the many nagging and pester-

ing feelings that never let them relax, not even in dreams, and the result is that they can find no inner peace.

Silence, perfect Stillness, endless Space are all attributes we have given to our idea of God. Silence is the basis, the eternal womb, backdrop or foundation to all sounds. Silence (within and without) is therefore all inclusive, unchanging, eternal, endless without any limitation etc... it is God!

Within yourself, in silence, is where you usually communicate with God, isn't it? So close your eyes and become aware of the underlying silence within as well as without. (In order to do this effectively you will have to practice to silence your thoughts, and emotional feelings, in other words your mind.) Space is another point or idea to contemplate.

A similar experiment (like silence above) can be done with forms and space, since space is the source of all forms. Nothing can exist without space, yet space is 'no thing.' All forms occupy space. The form rises out of space and eventually sinks or dissolves back into the ever present, all pervasive space all around. So space could also be called the womb of all forms. God is often given the same attributes as Space. Omnipresent, all pervasive, endless, unlimited, infinite, invisible, everywhere but nowhere, etc...

Look around you, and become aware of the empty space that surrounds or underlies everything. Look at the scenery and see all the objects that are visible. Now focus your attention on the space these objects occupy. Pay attention only to the unlimited space in which these objects appear. Now close your eyes and see, or feel, the same space within your body self.

This is your awareness (your God Self) perceiving the emptiness or that being state of '**no thought,**' when the mind is not active. Soon the two will merge and you will become aware that it is the same space inside of you as well as outside of you. There is only the One, or un-seeable Space, but, it is full of the possibilities of all name and form, like the omnipresent, omnipotent seed or womb of Creation. Therefore your mind, when it perceives empty endless outer and inner Space or Silence, it experiences the eternal and natural, 'Being state' of your 'True Self.'

Use the mind energy, as your tool, to consider yourself free, liberated, and you will surely become free.

Here is a twelve (12) second focus practice exercise Swami showed us: For this silencing of the mind practice (mind control), you could look at an object (pick any object near you) or just use your thumb and hold it out in front of you at arms length. Now for twelve seconds look at the object or thumb with full awareness, full concentration, without moving your body, eyes or anything. Have no thought whatsoever. Not, "I'm looking ..." Or, "Thumb..." or "This is stupid..." or "OM" or anything, just perceive (or just be) Empty, with no thought, just stare, and

if a thought creeps in, just tell it 'TOOL BOX.' And don't look at a clock, and don't let the mind count, one, one thousand, two, one thousand and so on and so forth! Just feel it! REMEMBER THIS PRACTICE IS TO EMPTY THE MIND, NO THOUGHT!

If you practice this throughout your daily routine here or there for just 12 seconds at a time, your ability to focus and have no thought, only Awareness, will be exquisite in a few weeks of solid practice. You will then be able to stop the mind from running wildly into the past or future to sidetrack you from the moment.

Soon you will be able to sit and focus without any thought for two minutes and twenty-four (2:24) seconds, which is twelve (12) times the exercise of twelve seconds consecutively. This (in the average use of the term meditation) is all the time anyone ever needs to spend a day on this practice, 2 min. & 24 sec. ...

All this other fanfare of having to sit for hours and days to meditate is mostly plain self-deceiving mind created nonsense. To practice this mind concentration 2:24 is all it takes.

But, as we shared before, anytime you think of or feel love for God in your heart, or you loose yourself in that God state and the beauty of nature (like a beautiful flower or sunset etc...) **you are meditating**, and you can do that all the time. All the other practices are just different ways of concentration in order to become master of your mind.

Many Saints and Sages, yogis and wise teachers, have shown us several ways to start controlling the mind and senses by contemplation and meditation and above all through SILENCE. For in that inner silence you will know yourself as GOD.

Here are a couple of simple practices. Remember, if you practice just one little thing, it is enough. The rest will follow:

Practice the 12 second focus exercise whenever you can during your day.

A substitution method is another way that would keep the mind busy and focused on one thought, instead of letting it go all over the place. Like repeating "Aum or (Om)", "Hum or Amen", "I am" or "Sohum" "I am God" "I am that I am" or "Tham That Asi" (pronounced Tum Tat Asi - meaning, This is That) or a certain payer like "May all of Creation be happy forever" or a mantra like the powerful Hindu "Gayatri mantra" over and over in your mind or out loud. Practicing this will soon result in you loosing your ego identity, because the mind is busy with something else.

Or you could sing or recite God's many names or listen to, read or tell stories about all the various God incarnations of name and form. This will keep the mind busy with thoughts of God, which will eventually result in identification with God more than with the ego self.

Or your Atma-God-Self could start questioning these mind created thoughts, confront them, by asking the ego-mind to search for its origin. Tell that little voice in your head, when it tries to tell you, 'ahh, I don't need to practice any of this!' ... "Hey mind ... Who does not need to do this?" "Who is this, 'I'?" and "Where does this 'I' come from?" "How and where does this 'I' originate?" "What is the primal source of this 'I'?" Or just state the fact "I AM!" And you are only MY tool so be quiet, unless I call you. Use any of these and if you practice to repeat one of the questions like this every time a thought rises up (which is the mind's ploy to sidetrack you), you will soon find that there will be a gap of silence: '**no thought.**' Stay in that gap as long as you can, and then repeat the procedure. Soon this silent gap or period of no thought will extend.

Or you could simply focus on your breathing. Follow the breath in and out of your body with your mind. If you like you could add a mantra like:
"I AM!" or "Sohum (I am God)!" with each in and out breath. This will again stop the thoughts and feeling process and point you to the origin within your body of this '**I am**' Awareness.

Remember, as you think so you become! ... Because your thoughts, words and deeds are all powerful ... **Remember you are God!**

AUM

Chapter VI

The dance of Life and Death, and Light and Love is the dance of CREATION. So dear Self, be adventurous and dance through life by constantly sharing your Love and Light (that which you have always been) with all of Creation.

Our son, Kodey shared with us one of his personal adventure stories. He showed his honesty by exposing left over desires. It is how we all can, in the moment, fulfill any leftover desires when the opportunity presents itself, if we are in tune with the flow of creation. But we must acquire that adventure spirit, and again, not be concerned with the outcome, just enjoy the game. It is a cute, funny, enlightening story. We couldn't stop laughing all the way through it, when he told it to us. He confessed later, that he was actually a bit afraid to share it with us. He thought maybe we would scold him, for wasting all that money on stupid things, when he had bills and responsibilities.

Instead we told him, "How wonderful! In one weekend, you sweet Divine Lover of Love, you experienced, finished and fulfilled one or more lifetimes of desires, and that is worth every penny! How great, what a beautiful adventure." And here is what he wrote, enjoy.

Las Vegas:

About a year ago I enjoyed a trip to Vegas with Eric (one of my very close friends) who had never been there. I was very excited, because I had been there a couple of times and always had a lot of fun. Anyhow we decided to drive up to save some money and stay at an okay hotel on the Las Vegas strip. We left Los Angeles and arrived after 3 ½ hours. (Yes we drove very fast)... and arrived very excited for the evening of fun.

At that point in my life I had a little extra spending money to play and gamble with. Normally I only have like \$50 to \$100 to play with; but this time I had \$500. Yet I really wasn't in the mood to spend a lot of time gambling.

Anyway, we checked into our room, changed and went directly to the casino. It was about 7:00 o'clock. I wanted to spend my 500 dollars because I knew I was basically going to loose it regardless (we all know how the casinos rig things). Now this is where it gets interesting.

I am usually very tight with money, because I have never really had a lot. I have always been blessed with just enough. But maybe it was the free cocktails. However, I would like to think that it was me, just letting go... I decided to play ONE hand of black jack for the whole amount!

My friend asked me, "Why?????" and I said, "I really don't want to drag this out, besides we came here to have fun not to sit in a smoky casino and loose our money slowly. There are clubs to go too and women to meet!"

So I walked around the black jack tables looking for the one that would call out to me. Now understand, I don't like playing black jack...?? I love playing roulette, so this in itself was weird to me. Anyway, back to my story.

I saw a nice older woman with gray hair called Victoria. I said, "That's where my grandmother lives." and that was all the reason I needed to throw away \$500. So I sat down at the table by myself and said, "I would like to play just one hand for all of it."

She smiled and asked, "Feeling lucky?" and I replied, "Nope, feeling impatient."

With a smile I placed my money on the table as my friend Eric looked at me like he was going to kill me! So I said to myself, "Here we go."

As she slowly shuffled the cards, for what seemed like an hour, I began to realize what I could have actually done with that money! (I just basically gave away all my money to a nice stranger named Victoria.)

Then she gave me my first card and it was a jack. Now I smiled and said, "That works ..." and then she gave me my next card and it was an ace. Now I don't play that much, but at this point I know there is no way for me too loose!! Now Eric starts smacking my shoulder saying, "Drinks are on you, drinks are on you!"

Victoria smiled and said, "Good job!" and gave me \$750 in chips to add to my \$500. I was feeling lucky and good about my discussion. It made the weekend, and I was going to have a little bit more fun!

So we decided to go have dinner at this restaurant in the casino. On the way there was a roulette table that had a women dealer named Jamie. Now this name meant nothing too me, but the cute girl sitting at the table with the open seat next to her did!

So I decided to play. Eric kept telling me he was hungry, and let's go eat, but everything inside of me said sit down, so I did and put \$100 down on green #0. Now I usually play this color, but normally only bet \$1. So, knowing that I was going to loose this bet, I got up from the table and began to back away. Now as I turned away from the table, everyone started clapping and hollering. I looked back and IT HIT 0!!!

I hate to say this, but with a confused look on my face, I said, "Holly x?#!" as they slid \$3,500 over to me!! I said, "Man I have to try this again!" So I put another hundred dollar chip on my birth date #13.

At this point I had about 25 people standing around me cheering, saying 13-13-13-13... The woman spun the ball and just like that, lighting struck twice!!!!

Everyone cheered and I dumfounded, looked like a deer that got caught in the headlights. I remember looking over at Eric and with a huge smile on his face he said, "YOU'RE PAYING FOR EVERYTHING THIS WEEKEND"!!!!!!! Creation had now put over \$8,000 in my pocket!

Immediately I went back up to the room packed up my clothes and told my friend to follow me. We walked over to the taxi line and took a taxi to the Balagio hotel and casino! Now for anyone who does not know much about Vegas, this is one of the best hotels in this little town! We walked up to check in and asked for a suite overlooking the beautiful fountain and the Vegas strip! The cost was \$1,200 a night! No problem!

We went upstairs and started unpacking in the most amazing two room 1,800 sq. foot suite I have ever seen! Wow! We almost just wanted to hang out in there the whole time, but then decided to go out! At this point it was almost 10:00 o'clock. So we got ready and headed to a club.

When we got to the club, there was about a forty foot line to get in this place. Now, I have always seen people do this, but I had never tried it; so I wrapped \$200 around my driver's license and walked up to the door man.

On the way there I saw two lovely young ladies that were waiting in line and I just asked if they wanted to join us. With a smile they asked if we knew someone and I simply replied, "Ben Franklin."

With that said, we walked up to the door man and handing him my driver's license said, "Do you have room for four?" He replied, "No problem Mr. Wintergate, come right in..." Eric was in heaven and we had a great time. We went to bed at about 3:00 am.

The next morning after the amazing room service and a great body massage, we decided to take in some sights. As it happened, we walked by a car rental place that had a yellow 355 Ferrari Spider sitting there. Now this happened to be one of my favorite cars. It had a big sign on it saying RENT ME!

So, following the flow, I veered off the side walk, right into the building, and asked how much it was to rent. The man replied with a smug smile on his face, "Sir, that car is \$250 an hour or \$800 for a day." The way he said it was so, "I'm better than you!" attitude, it sort of irked me. I said very off handedly (almost flippantly), "That's fine, I'll take it for two days, thank you!" as Eric's jaw dropped!

Next thing you know, I am doing 140 mph on the freeway, right outside of Vegas! Wow, what a rush! Eric with tears of joy filling his heart, yelled at the top of his lungs, as we both laughed speeding down the desert Highway.

After awhile, we decided to head back to the strip. (I must say, we looked much better driving a convertible Ferrari than walking down the street.) We ended up at a store to buy some champagne, in order to celebrate in our room, before we went out on our last night. Of course, Eric insisted that we buy six bottles of 'Crystal' which went for \$250 a bottle. (Hey, I have always wanted to try it!)

Then we decided to go to dinner. Normally I would be eating subway sandwiches, but here we were eating the most wonderful delicious \$150 dinner! AMAZING, but

to us, worth every penny! Our taste buds had not tasted such delicate flavors, textures or tastes! Once again, "AMAZING."

After dinner my friend said, "What is Vegas without a strip club?" I said, "Sure, we can go to one if you want, but I really don't want to waste too much time doing this, so we'll just go for an hour, okay?"

We ended up going to a very nice place and, of course, I tipped the parking valet \$50 to park my Ferrari right in front. Now honestly, I am all for women, but in general, strip clubs just don't do it for me! (Everything is just fake. The women are only nice to you because they feel they can get money from you!) With that being said, a stripper approached me and asked if I wanted a lap dance? I replied with a smile, "No, thank you!" She said something snide and walked away. Eric, on the other hand, was off with his so called dream girl. He had found her there and was spending his allowance of the \$100 that I had given him! Anyway, another girl walked up to me and asked if I wanted a dance and again I politely declined, "No, thank you, we are leaving soon."

She replied very sarcastically, "Ooohhh, you're the broke guy." I was slightly amused and said, "I don't think so, I just tipped the waitress \$50 for this \$5 water."

She smirked patronizingly and said, "Sure you did! I hope you have at least a dollar to give the girl that just got off the stage!" as she left.

At this point Eric came back and I said, "Let's go, let's get out of this joint!" I, or I should say my ego, was feeling just a bit irritated at being treated like that. But Creation was very cute and made it all perfect.

When we walked out, the same two girls, who had said things too me, were outside taking a smoke break! As we walked out they saw me and smugly said, "Can't wait to see what this cheap skate drives." and just as perfect as it could be, the valet, whom I had tipped so well, yelled, "Mr. Wintergate, I have your car right here and pulled up in my \$250,000 dollar Ferrari. I smiled quietly as I glanced over at the two young ladies, who's jaws, by now, were touching the ground and said, "Sorry ladies I don't pay for things I can get for free, have a nice night!"

As we got in the car, I looked at Eric. He had tears of laughter in his eyes once again and shouted, "THAT WAS AWESOME!"

Later on we ended up going to the same club again, and this time invited about 20 people back to our suite for a party. Needless to say, once more we had an amazing night!

The next morning we had another massage and breakfast in bed again and got ready to go home, back to reality. First we returned the car and then we checked out. At this point it was so funny, because almost the entire staff, and everyone we happened to run across, knew my name. It was really strange, but I clearly saw

that it was just the money that made everyone act that way. It certainly can make the ego feel the illusion of power!

I had tipped better than I have ever had the opportunity to. I ate and drank the most expensive things, which I always had wanted to try. Drove one of my dream cars, which had been a left over desire. And for two days, I lived the way of the fabulously rich. Secretly, I had always wondered how it would feel, to not have to think about spending money.

Many people, that I told this story to, said, "You blew your \$8,000 in two days? Are you bloody crazy?" My reply was, "Yes, but really, I didn't spend my \$8,000. I didn't spend anything, because I still had my \$500 that I started with."

I saw it all as the perfect moment to experience another way of life, which I had always dreamed about. But I also experienced the fallacy and shallowness of that life, especially how the people acted around me. This is a life that most people can only dream about. I have never regretted that weekend, and let me tell you, a lot of the desires were fulfilled. Even hidden left over desires I didn't even consciously know about.

Thanks to my parents, I have always worked on living life in the moment. Hey listen, it might have even saved me one or two whole lifetimes, which I might have had to live through, in order to experience these left over desires, and all it took was just two days and a bit of money. Wow, what an easy way to clear up desires. Cheap at even ten times the price, don't you think?

And if you really want to expand on it, I was also able to give someone else this experience along with me. My friend Eric probably would never have had the courage to do some of the things we did together.

I look at that weekend as a learning, growing experience, a gift from Creation, showing me that any kind of attachment will only bring worries, stress and woe. Letting go, and being fully in the moment, and letting life lead, is truly freedom, and it can be a wonderful gift! Follow your heart, not the mind or societies judgments. If I would have listened to the mind, there would have been no adventure! I hope you enjoyed my adventure along with me!

**

Practice:

SEE THE IMPERMANENCE IN EVERYTHING EVEN YOUR OWN BODY.

Desires are all mind-created, like everything else, (right-wrong, good-bad, hot-cold etc...). They are not you. You are the Awareness that is watching it all transpire. You are the self-luminous Consciousness that simply is, and is always present. You are forever and eternally free, the watcher, dancer, actor, player ... in, as well as throughout, Creation. The mind, dear Embodiment of Love, will try to hold you in bondage, entrap you into believing that you (the ego-mind) are the cause, effect, doer, and creator of everything. WRONG!

But if you have been practicing to silence the mind and control the senses, and live in the moment, then your DIVINE-HEART, your Consciousness- Self will be in control. Then and only then can you say that you have charge of your life.

So, if you should ever again be in doubt about your choices in life, look deep inside your heart and not your mind, the answer is always there, in your HEART.

You can try a little experiment. If you have to make a choice about something, hold the thought of one of the options in your mind, and then let it, or feel it, sink down into your heart charka area, (somewhere in the middle part of your chest). Then see how it feels. Does it feel warm, calm, gentle and nice? Or does it feel a bit tense, edgy or uncertain? If it feels nice, then probably it is the right choice for the moment. Know that the feeling here, in your heart, is always more correct than the voice that will whisper in your head. (That's why our female selves are often more intuitive than our male selves, females listen more to the heart.)

By knowing that you are the Loving Eternal Consciousness-Self, and then putting it into practice with thought, word and deed (by being all loving and all inclusive) throughout your life, your God-Self will then have conscious control of your life. This is what people commonly call Enlightenment

So, constantly remind yourself that you are and forever will be the Primal absolute Self, the Eternal Witness of it all! You are Love, Consciousness itself, beyond all name and form; and this entire multifaceted wonder-filled Creation is in truth a momentary experience at best. It is unreal, a mental mirage created by the mind! So live contentedly in your body as long as it lasts, perceive the apparent existence of Creation all around you, but remain ever focused on your inner peace by knowing that all of this around you is only a reflection of your Divine Light, Love, Glory and Beauty, it is a dance of Light and Love. And by consciously knowing this, your job is to share that Light and Love with all of Creation and awaken all hearts to this Truth; not by preaching, but by being the example! Let your life be your message!

Here are a few more simple practices that you could work with:

If the mind try's to pull you to the past, against your will, then as soon as you catch it, tell it, "TOOL BOX."

The same thing when it tries to manifest a future thought form (fantasy); as soon as you catch it, "TOOL BOX!"

By living in the moment, you are then allowing creation, the flow of God, Your true self to manifest for you all sorts of wonderful and exciting adventures. That is freedom!

AUM

CHAPTER VII

So dear Embodiment of Love, dear Self, we understand that this idea of being God might at first encounter some resistance from your mind. Your mind might argue with you that you can only be a small part of God.

Then question this mind thought, and ask why and where this thought comes from. Then your Divine-Self can use your tool of reason and intellect and ask yourself what the difference is.

For fun, let us say that the ocean is GOD and we have a cup full of ocean water, what is the difference between the ocean water in the cup and the ocean? It is all just the same water, and if you break the cup or pour the cup of water back into the ocean, where does one begin and the other end? What is the difference? Think of your body, the senses and ego as the cup, and the ocean water inside of the cup as your Eternal Consciousness, your Divine-Self.

Another way to look at this same concept is this: Let us play and say that the ether or air all around and everywhere is God. Now think of your body as being a clay pot or a vase filled with air. Break the pot or vase and what happens to the air in the pot? Got the idea?

This same idea of omnipresent air can be used to contemplate the existence or non existence of God. How can we with the ego-mind prove the existence of God? We can't really, can we? Because by definition, God is everywhere and nowhere, he is beyond our human mind understanding, yet He is in everything and without Him, we do not exist at all.

Now let us look at the air all around us. Without this air, we can not live. But in the same token, we can not see, touch, hear, smell or taste the clear pure still air, can we? So how do we know that the air there? Well, we are alive and breathing aren't we, and that, in itself, is the proof that the air exists. (Unless you are in Los Angeles around August, then most likely you can see, smell, and taste the air, ha ha ha.)

So by the very existence of everything in Creation it implies and proves that something like an Eternal, Conscious, all powerful Creative Force, Energy or God must exist, because we are here. And since no human being has the power to create all of this, even if we look at it atheistically or scientifically as some random, cosmic event, development or accident of the five elements, we must ask, "Who, or what, created this?"

Yea, yea guys, we know, cloning and all that stuff. (See we are slowly becoming God on a scientific level.)

You see, we all intuitively know in our heart, that God is really beyond all words, all thoughts, all perceptions or concepts. He-she-it is beyond the mind. But here we are, or seem to be. And as the Saints and Sages have told us we are GOD, LOVE, All, ONE!

Therefore let us try to find another way to describe God; we might as well find some reasonable way to relate to and describe the indescribable.

We decided to be simple since everyone's uncle and aunt (mind) has tried to mystify and complicate GOD. Let us find something we can all agree on. (You will already be aware of this, if you paid attention).

How does this sound:

ALL LOVING ... ALL INCLUSIVE ... and ALL POWERFUL, okay? This means, that 'YOU,' your true God-Self, has all these qualities. THIS IS WHO YOU TRULY ARE!!

**ALL LOVING
ALL POWERFUL
ALL INCLUSIVE!**

Your mind might whisper, "Yeah, right, uh hu, sure ... So you are all powerful, all loving, eh? (Hey, I remember when you were a kid throwing rocks at that bird nest) ... and all inclusive, eh? ... Sure you are!"

Listen, now is the time to Reclaim your Divinity and tell that mind to, "Shut up and get back into the tool box! Mind, you are truly a wonderful tool, but I got news for you, you are a terrible master! From this moment on you are my tool and my God-Self is the master! Because **I am all powerful, all loving, and all inclusive!**

Remember, the mind is a ruthless little devil that lulled your Divine-Self to sleep. It kept you so preoccupied and busy with things, that you forgot who is who and what is what. Remember the old saying 'Absolute power corrupts absolutely' this (as you can plainly see today as well as in human history) will ultimately be the fate of all selfish ego-personalities who quest for power.

Look closely and see that this tricky little devil called the mind will not give up OUR DIVINE power easily. So, in order to once more gain control of this mind, get ready for the fight of your life. Just like Arjuna prepared himself for battle with Maya (the mind) as written in the Mahabharata (Hindu scriptures), buckle up and get ready for a rough ride. As Swami always tells us, "**It is simple, but not easy ... and as long as you are breathing, you must practice!**" Know this ... right now!

You are Consciousness complete and the entire Creation rises up and dissolves WITHIN YOU. Not the other way around, which is what the mind and ego conned you into believing. That you were small, frail, constantly in danger or fear, and full of sin! HOGWASH!

Speaking of sin, if there is anything like sin at all, it is the sin of forgetting who you REALLY are (Divine and beautiful, pure Love and Bliss); or the false belief that you are separate from GOD. Now that is a sin!

You are the pure Spirit which pervades the whole universe and on which the entire Creation rests. You are the Permanent, Formless, Unconditioned, Unfathomable, Omnipotent and Omnipresent Intelligence. You are the Supreme Self. Universes appear and disappear in you, but you, the Supreme Self, are never affected by any of it.

Now start to believe it! Then the more you practice any one of these suggestions, the more you will become it.

Now, right now, control this lying ignorant ego-mind, this separate selfishness, which has so completely hidden you from yourself, by lying to you for thousands of lifetimes, telling you that you are less than, not worthy, not beautiful, not divine or lovable. Actually you are the embodiment Love itself.

Also remember, the Saints and Sages had nothing to gain from telling us this. In fact, they were called blasphemers and often relentlessly persecuted, ridiculed and violated, tortured and crucified for telling us that we are God!

Just look at how many unspeakable atrocities, wars and mass murders, have been and are being committed in the name of God (Inquisitions, Crusades, holy wars, systematic exterminations, unconscionable military invasions, terrorist attacks and so on). How can any war ever be holy? Look at our present day situation? Is it really so different?

As we have personally experienced, if you are vigilant, your practice will become a part of you and also part of your everyday living. The more you integrate this truth in your life the easier it gets. The mind will soon mind it's p's and q's. Just remember that it is the same for all. We must continually practice as long as we are living in these dream bodies!

But since the mind has been in control of every thought word and deed throughout your many lives, your loving God-Self has fallen asleep (into a trance of ignorance) and has had no conscious power over the mind. In fact the mind can not exist without the power of your God-Self, so for thousands of lifetimes the mind has controlled you by making you believe that you are separate from God, your Divine-Self. Lifetime after lifetime this prison warden, called your mind, has been deceiving you. LYING and CHEATING you out of your Divine Heritage.

Contemplate a moment, whenever you watch a God movie, Jesus movie, or a movie that is depicting a loving Saint, Sage or some selfless act of love (and if the actor is good) you feel incredible love and compassion, you might even cry, why? Could it be that you are remembering something? Is something pulling at your heartstrings and opening up your heart? Selfless loving deeds stir something inside of you, and it feels so warm and familiar, doesn't it?

That's because this is who you are and have always been! The mind will tell you, oh that's Jesus, you are not a Saint or Jesus Christ, but the truth is, that you are that same loving Christ Consciousness, and have always been it. You are as beautiful,

as loving and giving. You simply forgot. So just tell the mind to shut up and get its lying 'tush' back in the tool box!

It is now time to put the mind in its rightful place! Make it your Divine tool and let it no longer be your tyrannical master!

Yes, we know we have repeated this over and over again, and we will continue to repeat certain things because the mind has manipulated our life-energies over and over again. We are purposely re-programming our subconscious and turning the mind back to search out its origin, the Truth! We are 'Reclaiming our Divinity.'

So as we have stated before,(and for the rest of this book) whenever we speak of the 'Real' Self, our 'Divine-Self,' 'True-Self' or 'God-Self' as we call it, we are identifying with 'YOU,' the real you, who is eternal, unchanging, All LOVING... ALL INCLUSIVE... and ALL POWERFUL. WOW!!

The impermanent physical body, along with the mind, the ego, emotions and senses, we have, and will continue to call the 'false' self, this mind created personality-body-complex.

'False' meaning temporary, that which constantly changes and re-arranges, gets born and then dies, gets created and destroyed, grows and erodes.

Hopefully this will give us all a clear and common understanding of our word usage throughout this book

So what are we going to do with all of this power, this incredible unconditional Love that we are and have always been?

Remember, knowing this comes with a great responsibility. So, **Love all, Serve all, Help ever, Hurt never**, as Sai Baba tells us (to help prevent anymore negative karma). Because you are and have always been Atma, God, the Divine-Self, and your thoughts, words and deeds are, all loving all inclusive and all powerful.

**ALL LOVING, ALL INCLUSIVE,
ALL POWERFUL!!!**

Here are a few more simple practices that you could work with.

Exposing the mind and its various ploys out loud (whenever you catch them) to whoever is around or just to the world in general, is a great way to discipline the mind. Immediately it will become silent, because it hates to be exposed. You are no longer protecting it.

Here is another thing you can work with. Let us say you are in a public situation and someone is in your face being negative, okay? Stop yourself before you just automatically react to it, even if your mind is outraged. Practice to excuse yourself for a moment to go to the bathroom (everyone will understand). Then take a few

deep breaths, splash some water on your face and hair and remember who you really are. Go to your truth; see it as just another learning experience for all concerned. Then, just feel how to best interact with the situation or person at hand. When you feel centered and even again, go back out and do what is best in your perception. See what feels right in your heart, and share it calmly. But be careful - do not expect any particular outcome. Do not care about the result.

AUM

Chapter VIII

So, we are all inclusive, all loving and all powerful. This mean our thoughts words and actions are all powerful?
Absolutely!!!

Let us look at how powerful our thoughts really are. This will give you the idea of how the mind has created hundreds of thousands of previous lifetimes, and if we do not discipline the mind now, it will create many more future births.

The mind honestly believes it is doing you a favor. It actually believes that 'IT' is GOD, because it can not conceive of anything beyond itself. So, by unknowingly allowing this monkey mind indiscriminate access to your Divine Creative power you have given it the freedom, to create more desires and attachments (all just for you), along with brand new personal experiences. It believes it is doing its job to propagate this creation and keep you happy and preoccupied. What a pal!

Remember, you are 'God,' and that automatically makes your thoughts all powerful.

Here is how it works:

Let us say you are at work in the office. Your routine is second nature and you are bored, because you don't really like your job, and your fellow employees are always grumpy. In general, it's not a happy place. Last week, a friend who was on vacation in Hawaii, had sent you a lovely postcard. You placed it on the wall right above your computer and you can't stop looking at it; now you start imagining yourself being in Hawaii.

So your mind starts dreaming of the future and a vacation in Hawaii. Because you still identify yourself as the mind-ego-body, you are unsatisfied in your life. So your un-disciplined mind now feels that it is its job to create a better future for you in order to make you happy. Now your runaway mind will have free rain to imagine and project numerous thoughts, with deep emotional content, for this non-existent future; this pleasurable experience of being happy in Hawaii. You do this for many days, even weeks, and now your thoughts have created a deeply charged emotional fantasy, or dream, by envisioning yourself tanned, beautiful, resting on the beach, swimming in the beautiful blue lagoons or surfing at the North Shore. You even imagine yourself riding a 30 foot wave, WOW!

These thoughts or fantasies are continually rotating in your mind, and your daily life at work becomes even more depressing and boring. (Remember, you are God and your thoughts are all powerful!)

So, one day you go to lunch and as you walk across the street in front of your office building, not paying much attention (because you are still imagining riding that 30 foot wave), you get run over by a bus. You did not see the bus, because your mind was too busy dreaming of Hawaii.

Your body is now dead, but your consciousness and this unfulfilled Hawaii energy desire pattern is still right there vibrating in Creation. We all know that energy can

not die, it simply transmutes itself. Remember, you are the creator of your own creation!

Now these intense feeling and thought waves of energy which you created, they have your own exact, personal, electro-magnetic, frequency vibration and no one else has the same one. Your mind energy with its distinct signature, which acts like an identification stamp, or a cosmic fingerprint, is alive and well. You, by your intense desire have set into motion the creation of your next body.

Know that once YOU (because you are really God) create something, it must manifest itself and be experienced; at least until the energy of the creation is exhausted or spent. So now this Hawaii desire energy condenses within itself the atomic structure best suited for the new body in order to release the energy by an actual material creation of the desire that you manifested.

Then before too long you are born as a bouncing baby boy in Hawaii. Of course now you don't remember why, so you grow up surfing and become a handsome young man.

Soon everyone around you tells you how gorgeous you are and that you should be in the movies. So your idle mind whispers, "Yeah, I'd really like that. The whole world loving me, the money, the parties and sex, Hollywood, movies etc..."

So now you start dreaming and imagining yourself in Hollywood, being in the movies and your desire grows more intensely day by day, month by month, thoughts like, "Maybe one day I will be discovered by some talent scout, the next Brad Pitt ... Yeah, I'm even better looking, and younger ... I may need to change my Hawaiian name Vahini to ... maybe ... oh, I don't know, I will have to give it some thought ..." and so on and so forth, the typical runaway mind.

Then one day while you are out surfing and showing off for the girls, you don't pay attention, because your mind is dreaming about your future movie career. "Crunshhhhh!" whups, you get eaten by a great white shark. Wow, another body bites the dust; but just like before that intense desire energy will create the next body.

This time you are born in Hollywood California, into a producer's family. Your Dad is a big shot director, producer and your Mom is a famous actress. Of course, once again, you won't remember why. So you grow up in the fast lane. Eventually you enter the movie business as an actor because it's easy with your family name (you already have your foot in the door); it is the perfect in. You eventually become a movie star and later maybe even a producer or director.

After indulging to the hilt in every possible sense gratification, you find that you feel more empty, now, than ever before. You realize that everyone only wants something from you and no one really loves you or even cares to know the real you.

So you start thinking how wonderful it would be to be just a normal average Joe or Jane and have a quiet life with someone who really loves you, for you. So you

dream about it and the desire builds just like all the other times before. Then one day you are at a wrap party for your latest movie and you have a heart attack and die. Woops, there is that nasty desire energy creating another body.

You are born into a loving family and grow up and marry your High School Sweet-heart And so on and so forth, again, and again. You get the point?

YOU are GOD!

Now realize that your mind has done this same routine for thousands of lifetimes. Aren't you tired of this endless treadmill? So stop your mind from dwelling in the future. Stop projecting name and form creations. Time to take charge of your life!

Stop desiring, dreaming, wanting, imagining and planning, and instead focus on this moment and live it fully in joy and abundance. Live to your means and enjoy what you have right now, because this moment, is your life. It will always and only be right 'NOW'.

This does not mean that you can not make a tentative plan, or choose a certain direction in your life.

No, on the contrary, use the mind on purpose and make the plan, but do not invest any emotional energy into the plan by constantly dwelling or thinking about the plan or the outcome.

Example:

Let us say you are planning a trip. Take the mind out of the tool box. You are now consciously putting it to work for you, now think about everything involved. Complete the plan in your mind and then call the airlines and make all the arrangements necessary in the moment. But, the moment you are done with the task, stop thinking about the trip. Because if you keep dreaming and imagining how wonderful it will be, then if it turns out that you can't go, you might be sad, disappointed, frustrated or even angry. Bluntly put, if you expect anything, expect disappointment! Don't invest your emotional energy into any plan because it may not end up exactly the way you expect. You know that old saying, "You make the plans and God laughs!"

Think of it this way: "Well, that's the plan, but since everything changes all the time, we'll just see what happens when we get there." and then don't think about it anymore.

Now if everything works out, great! But if something unforeseen comes up and you need to change things, great, you'll deal with it then! In this way, by not expecting, or wanting a certain result, you don't have to be disappointed.

So as you are making your plan in the moment, you are being fully present and are only using the mind-created tool of time to make a plan.

Let us call this regular time, physical time, clock time or actual time. As we all know this can be extremely helpful with our day to day living. It is a good organi-

zation tool and quite useful when work related, or for arranging things like vacations, etc...

Now the other kind of time, we could simply look at as emotional time, imagined or psychological time, that's the one that gets us in trouble.

With this kind of time the mind dupes us, by promising that there will always be time enough for everything, endless time. (Of course, a thousand more lifetimes.) The mind using emotion, entices us to dream about future desires or past resentments. This is not regular working clock time, this is imagined unreal time. Actually, in truth, there is **no time**, only the eternal Present!

Now that we are aware of all of this, let us take another look at our friend who works at that dull job, and just received that postcard from Hawaii.

Since he is obviously tired of his job, and has been **practicing** his truth. He knows that his thoughts are **all powerful**; so he can **consciously choose** to change his present situation.

When he is at work, he can consciously, on purpose, send out mental loving all inclusive thoughts like, "May everyone in the office feel joy in their heart and wake up to the truth that they are God and have always been God!" This will create a much more joyous environment. Then for fun he could add, "... and I will be promoted and sent immediately to our new branch in Hawaii along with a big raise. And so it is!"

So whether he gets promoted or not, is not really his concern, because he is in the moment and no longer attached to any particular outcome.

But if he feels that his desire is really strong in regards to moving to Hawaii, then he can make a conscious choice to move there to fulfill his desire. He can be joyfully adventurous and take a leap into the unknown.

By living in the moment, he can now be self-confident, bold and joyfully adventurous, and choose to immediately change his job, his life and move to Hawaii, and tell the desire thoughts and the mind to get its butt back in the tool box.

For instance, he could say, "Hey mind, I may need you later to make reservations for my flight, if I choose this path and move to Hawaii, but I am here at work right now, so get in the tool box!" More than anything, have fun with your reacquired knowledge and power, be the joyful giving, loving child that you have always been! And so it is!

As we said, eternity is actually the ever present NOW. So stay even and unattached and know the Truth. Become free of the mind and its constant chatter and you will free yourself from the effects of past karma (actions negative or positive) and that in turn will stop the endless cycle of birth, death and rebirth.

AUM

Chapter IX

Now let us look at this idea of being "All Inclusive and All Loving" shall we? How to actually be a thinking, talking, walking, living God, your Divine-Self, in everyday life; no matter what you might be doing.

So let us start putting our Divine gifts into practice with something we all do, eating and drinking. Each time before you eat or drink anything, don't stop with just thanking God, but continue to mentally or verbally share that food with all of Creation.

Something like this:

May all of Creation share and enjoy this food with me as I am enjoying it, and let the energy produced from this food be shared by all, and may they realize the God within them, and may all bellies be filled as I am eating. And so it is!!!

Let's say you just finished a hot fudge sundae, and you forgot to be all inclusive (mentally) with all of creation. Don't kick yourself, it's okay, because for many lifetimes you forgot you even had this power. Just order another sundae and then share it in laughter, joy, love and light.

Make up your own loving and beautiful affirmations, something along the same line that feels comfortable and playful to you.

You can do this with work, play, all diverse hobbies or enjoyments, even in your love-making.

When you are making love to your partner, don't just selfishly make love to that person; instead, envision making love and embracing all of creation in that heated, warm, playful embrace. You can do this, it's easy to embrace all of creation in that passion, in fact, it's more fun, like children playing. It's no longer serious or important, but fun and expansive, and we guarantee you a greater Climax! Just envision all hearts opening up to the truth that they are God, while you are embracing your lover in that pure unselfish love, Bliss, Oneness. And so it is! (Believe us when we tell you that creation can use it, for lovemaking is a very powerful tool! In fact, as householders think of it as your duty to Creation! And it's okay if you forget to share in the heat of the moment. Just tell your partner, "Honey, I sort of forgot to share, and it was selfish of me, we've got to do it again?") Ha,ha.

In short, you can be all inclusive and all loving like this, with everything that you can think of and do in life.

Have fun with it all, be like the child and joyfully play with all this, and never get serious about anything. And it's okay if you forget, in fact it's great, because you remembered that you forgot. Because for thousands of lifetimes you didn't even know you had this power.

If you work in a restaurant serving or cooking food: Mentally bless the food that whoever consumes this food, may they be healthy and happy and realize the God that they are and have always been. And so it is!!!

If you fix cars: May everyone who looks at, touches or rides in this car, be safe, healthy and happy and realize the God that they truly are. So it is!!!

If you are buying new cloths: May everyone look as nice and beautiful as I do in these clothes and may they realize the ...

If you pay with money, check or credit card for any thing, any purchase: May whoever touches this money, check, credit card, may they realize ...

If you program, fix, sell, touch or work with computers or anything: May anyone who touches or has anything to do with this computer (or whatever) ...

If you are walking down the street: May everyone who walks in these footsteps ...

If you play tennis, go river rafting, skiing, snow-boarding, skydiving, flying, boating, camping, surfing and so on: May all of Creation share and enjoy this experience with me and ...

By consciously doing this, you are automatically acting all powerful, and being all loving and all inclusive. You are now thinking, speaking and acting like your true God-Self.

Even pain and negative experiences can be used for the good of all. If there is a pain in your body, or if you have some mental or emotional anguish, or you encounter some negative experience: May all of Creation be alleviated and relieved of this type of pain or experience that I am feeling right now and right along with it, may it help everyone in Creation to realize the God within them.
And so it is!!!

There are no limitations with this practice, unless you allow your mind to create them.

As we stated before, "It is simple ... but it is not easy!" Just remember to do it, any of it, anytime ... anywhere.

Not easy, because it will take a conscious effort, and the deep belief, or the experience or knowledge, of who you truly are. And after awhile, when it becomes like a new habit, you won't even realize you are doing anything, because it will just become part of you, and your life will reflect and radiate it through your very being.

Just remember, as long as you are breathing you will have to be on your toes and practice, because mind and Maya are very tricky.

So start practicing right now.

Whenever you can remember, share everything that you do with all of Creation.
Now you are being all Loving, all Inclusive and all Powerful!!!

AUM

Chapter X

You will always have to experience something within yourself before you can say you know or understand it. A mind perception, judgment, or a book you might have read **is not really knowing**. Only with a personal experience can you ever know or understand the truth. So if you haven't had the full personal experience, then have the faith that the Saints didn't lie, and practice any one of the suggestions. And we guarantee that the more you practice one or all of these things, you will become more and more conscious, because it is all within you and has always been there. Practice, and you will remember who you are and have always been, a walking, talking Divine Being, filled with joy, love, bliss and laughter. And that joy, love and laughter will spread everywhere you go and infuse more consciousness in all of Creation.

If the mind is in control, then the mind's story or drama that is seen as your life, gives the ego that false identity. And this is the lie we have been conned into for many lifetimes. The second you start to live each moment in complete acceptance of what is, and control the mind, you will be taking back your power, control, your life.

You have a great Divine gift! It is your physical body. It probably took you a million lifetimes to get to this moment of conscious awareness. So look at your body as Divine, because all of the other bodies on all of the other levels are encased within you, right now! So treat it as the Church or Temple in which God resides and RECLAIM YOUR DIVINITY.

Utilize this body right here, right now, as your doorway to awaken awareness or to transform energy into more and more consciousness. Take a moment and just feel your energy, that tingling sensation all over or that sudden rush up your spine or the Chi energy that gently flows through your entire body.

That is a much more valuable practice than running away into your mind and creating endless birth and death scenarios.

For centuries the metaphysical idea of leaving the body and escaping into the astral or causal plane through visions, conscious dreaming and in general out of body experiences have been expounded and heralded as a superior experience.

This can be relatively correct if we look at it closely. It may be initially helpful to have a direct personal out of body experience to help you realize that you are not just the body, or experience some Divine visions, or it can be helpful in some specific learning pursuits.

But if you spend all your focus and energy (your life) on astral or causal projections or travels you will find that it is just another con of the tricky mind to keep you in bondage to more name and form creations, or games, to entrap you in the subtle

dimensions, lokas or realms. It can become another form of running away from the moment. Beware, the mind has had control for thousands of lifetimes and it will try anything to reclaim its power over you!

No one (that we are aware of) has ever become enlightened through denial, running away from or just fighting the body (by punishing it) and the mind (by suppressing it); nor through the denial of what WAS or what IS in the moment; nor just by exclusively experiencing a glorious or fantastic mind created out of body experience. Sure it can help, as we said before, but it all takes some sort of conscious practice, in order to integrate any experience and have it become a natural part of your ever expanding Consciousness.

In the end you will always have to return to the body, the second the experience is over, no matter how glorious, wonderful, Spiritual or Divine it was. And then you have to find a way (by practicing something) to express it in your life in thought word and deed and share it in joy as Love with all of Creation. And if due to karma your body dies during any out of body experience, the mind will then have control of your subtle energy body, until sooner or later the mind, who fashioned it all, will create a new physical body due to left over desire and attachment.

Here is another thing to pay close attention to. If by chance the mind pulls you, into some form of deep depression and maybe even tries to drive you to suicide by whispering, "Ahhh ... it's all a dream anyway, why should I bother doing anything. Why even get up out of bed." that's when you have to be extremely vigilant.

Example;

A friend who has heard us many times speak about all this along with her family, once called us up on the phone. She was very frustrated she said, "My son won't get out of bed and go to school. He figures, why bother? It is all just a dream anyway."

We told her to breath deep, relax and hand the phone to her son. "Listen," we said, "...you good for nothing tricky mind, you get your butt out of bed right now, get dressed and get to school. You have a responsibility knowing what you know. You are God, so now it is time to act like it and share that Light, Love and Divine energy with everyone in your school and with all of Creation. It is your responsibility as the God-Self to open more hearts to this Truth, by sharing your Love. When you are walking down the halls at school, touch all the lockers and mentally say, 'Whoever touches these lockers may they know the truth that they are God and may their hearts be open to this truth and in doing so, there lives will be happy and filled with love. AND SO IT IS!' so get up, you have work to do!" He grumbled but laughed and then went to school.

Be aware that this is simply the mind trying one of its final ploys to keep or regain control of your life. You see, if you kill your body, then the mind is again assured control over a new body.

Swami once told us that even the greatest Self-realized Master, Yogi, Saint or Sage (one who has the mind under control and knows them self to be God) will eventu-

ally re-enter the world society and share all of him or herself (in Love and true understanding of the Divine-Self) with all of his or her other selves. By fully knowing, that it is the One Eternal God-Self, playing all the different parts, they will then share their Love and Light and uplift consciousness wherever they go.

So if you think that hiding away in some cave might be the answer to all your problems in life, then know that it could be an excellent steppingstone in order to gain control of the mind and senses (if you have the personality and talent for it) but it will never be the completion of your journey.

Because, when you know yourself as God, Selfless Divine Consciousness, it won't matter where you find your consciousness existing; here, there, anywhere, because you know the truth that you are, and have always been, connected; ... and it becomes an integral part of your basic nature to share all of yourself with Creation. And that dear Self, is the inherent Love responsibility that comes along with knowing the TRUTH. SWAMI would say, **"Life is a game, play it, play it well, but without attachment."**

There is only the ONENESS; so, who are we hiding from?

We will repeat this one more time. It is important that you fully understand this, because it is a vital truth.

You have a great Divine gift! It is your physical body. It probably took you a million lifetimes to get to this moment of conscious awareness. So look at your body as Divine, because all of the other bodies on all of the other levels are encased within you, right now! So treat it as the Church or Temple in which God resides and RECLAIM YOUR DIVINITY.

Now let us take a closer look at what we can actually do in the present moment. In our experience (and please contemplate your own life to check it out) there are only three basic actions we can do in the present; and Remember, anything can only be done in the moment.

Remember, whatever it is, you can only act on it in the moment, accept it, change it - re-arrange it, or walk away from it.

Contemplate this a little and you will find that it is the only thing that makes any sense. The past is gone, it is History. The Future does not exist, it is a Mystery. Only the present is always here for you to interact with. As Swami often states, "It is a present from God, that's why it's called the Present."

In the moment, you can simply accept what is, without any, judgment, blame, resentment, worry, anxiety or fear etc... Just accept what IS, without trying to re-arrange or change it in any way. If you do this in complete love you will not have to repeat it. But, if you cannot accept what is, and you are filled with hidden anger, worry, and fear you most likely will have to repeat the particular situation until it ends in love.

The same when trying to change the present moment because you do not like or agree with it, or maybe you think that you can make it better. Now if Creation does not comply with your like or wish to make it better or different, by setting up constant obstacles, then one way or another you will have to accept that, and just accept it for what it is and move on. Or you can resist and rebel, but that will only prolong the karmic lesson and cause more pain, and you will have to again repeat it unless it is resolved in love. Remember the situation is somehow self-created (even if you cannot see it, truth is you created it) in order to learn from it.

Or, you can walk away from the present situation. But this must be done in a complete loving selfless manner, with no emotional ties. Or you can deal with it at some other point in time and space. But know, right now, this same exact situation will come up over and over again, even lifetime after lifetime, until you can resolve it within yourself in love, forgiveness (acceptance) and harmony.

By understanding this clearly and then practicing it, you will no longer be compelled to just react blindly, out of some mental or emotional programming or judgment (or to have to prove that you are right) to the ego personality or the situation that confronts you. Instead become aware of the many underlying possibilities for positive change. Simply allow what IS, to be; and instead of feeling anger at the person or situation, feel gratitude for the present life experience, because it is perfectly designed to teach and make you more conscious.

So dear Self, whatever situation you might encounter in your present life drama, accept it for what it is, change it if you can, or leave the situation in patient understanding and love. Because as we said, if it does not end in love and understanding, you will have to repeat it over and over again until it ends in love and understanding. There is no way around it, because whether you like it or not (or even if you are not conscious of it), we are forever steadily advancing towards remembering and expressing our God-Self.

From this moment on practice!

Smile and laugh at your mind's ploy when it tries to involve you in the past (which is gone), or in a future that does not exist. Tell it to get into the toolbox.

So once more, instead of sending anger at a person or particular situation, feel gratitude for the present experience, because it is perfectly designed to make you more conscious. Accept your life as it is this moment. Then you will be able to feel the abundance and prosperity all around you in the present moment.

So right here, right now finally let go of the past. Each moment is a brand new start and has unlimited possibilities, but you have to be aware and be fully present here and now, to experience the moment.

Just accept your life as it is this very moment! Live realistically to the means that are at your immediate disposal at this present moment. Consciously work on avoiding endless debt, even if it means not having that brand new car, house or thing, right now. Stop the mind from listening to those purposely designed, psy-

chologically enslaving, advertisements that tell you to live above your means, on credit! Then, when you can clearly see the whole manipulating world agenda, you will be able to be satisfied with whatever you have in the moment

Listen, dear Embodiment of Love, it is possible to appear to be completely failing in the world's opinion on the outer physical level, but at the same time, be very successful on the inner level.

So wake up! You beautiful Divine-Self, put the mind, your tool, back in the toolbox until you call it forth to be of service. You, the Divine-Self, are now in control and when you do not require this tool, called the mind, to solve some problem or create some plan, some momentary situation or organize something, then tell the mind to be silent.

Qualities such as open mindedness, equanimity, non-judgment, forgiveness or acceptance, patience, forbearance, sincerity, calmness, contentment and selfless love can be great new habits or allies in your practice of controlling the mind.

One way to practice these loving qualities, and to humble the ego and mind, is to become fully aware that you must have lived many lifetimes, and experienced many things, in order to identify, to judge or perceive, these negative or positive aspects, like bad, good, right, wrong or jealousy, greed, anger, fear, resentment, judgments and so on. For you to be aware of them, and understand these qualities, you must have done it, been it, and walked through all the experiences in order to perceive them. Or else, you would be ignorant to all of it.

Just figure, you lived so many lifetimes you must have been the worst of the worst and the best of the best. You must have been a giving person as well as a greedy one. A loving individual as well as lustful one, an honest personality as well as deceptive one, a philanthropist as well as a miser or thief, a murderer as well as a murder victim in one life time or another, otherwise you would not be able to identify these things so clearly. What an EGO CRUSHER!

How does a young child know that the pretty fire is hot and will burn? Usually by the personal experience of touching it and getting burned!

Logically tell me, how else would you be able to perceive it as something right or wrong, good or bad, pleasurable or painful? Unless you had a first hand personal experience in some former life, you would never be able to see it, perceive it, let alone, understand it so clearly.

So who are you, to judge anybody for their personal learning experiences, no matter how right or wrong they might appear! We must have all had our personal, perfect learning experiences, so now let's be gracious and allow everyone else to have their own.

So consciously work on letting go of your old judgments and those negative feelings like anger, hate, resentment, worry, frustration, fear, lust, greed and jealousy.

Those again, are all warning signs, telling you that the mind got a hold of your Divinity.

You know just were to send them, to God's toolbox!

Things to work on:

Maybe it could be helpful to write down all the old, now useless bad habits as well as all your good qualities that you want to work on and then cross the old habits off the list, whenever you have substituted a new good habit for an old useless one.

Whenever the mind wanders, pull it back to the moment. Then if you want to think to organize or make a plan, call the mind and do it on purpose.

Make the plan and then forget about it. Do not put emotional thought energy into it, this mostly results in disappointment.

Give up the insane idea of expecting, needing, wanting, desiring anything from anyone.

Sink into your heart and feel or perceive the ONENESS in the underlying Life-force that is visible as vibrations, as intelligence, beauty, love, service and sacrifice in the mineral, vegetable, animal and human world respectively.

AUM

Chapter XI

Once again, remind yourself:

If you had known better, or been in control of your mind and senses, at the moment when any of these past experiences happened in your life, you would have acted, spoken, thought or felt differently, right?

Well then, obviously you did not know better at that time, so hopefully you learned from the experience. But now, that you know better, don't keep repeating the same experience over and over. So you can stop blaming anyone (including yourself) or any circumstance or environment. Remember you alone created the situation (consciously or unconsciously) in order to have this learning experience.

Listen Beloved Self, you can learn the hard way (because nothing is really easy in this dream) or you can learn the harder way. And if you are unwilling to learn, then there is the hardest way. You decide, but before you drop your body you will learn, because you yourself have designed your own lessons before incarnating into this life. You might say that the constantly re-edited script or play (the end goal is always the same but in the script, we are offered many crossroads) of your life was already written before you took birth.

We do this to clean up or rectify our past ignorant unconscious actions. And as we said, karma is the perfect teacher, or perfect cosmic justice, that always lays the foundation for each self-designed life-lesson plan. So you can stop blaming or condemning anyone or any circumstance. There is no more need to prove or justify anything, because now you know, that it is only the mind's ploy, trying to have you protect it, lie for it, cheat for it, or even kill for it.

Remember the ego always needs to have or create conflict, problems, or bad guys, someone or something to blame, in order to strengthen the illusion or lie of its own existence, of being real and feeling separate. Accept it! And fully forgive the past, the present and whatever the future may bring! Do this in love.

So dear Divine-Self, by no longer identifying yourself with the past or the future in any way, and no longer allowing these mind games to define who you are, you now have a tool to stop all kinds of self-created pain and suffering.

Next time you find yourself in a situation where the mind is pulling your focus away from the moment, re-focus your thinking power back to the present moment and become fully aware of what is going on. First focus on the immediate surrounding then start watching the thoughts or feelings rise up. Now see them, experience them, but do not react or put up any resistance by criticizing or judging them, just watch them, but never allow them to take you over. Work on never again reacting out of old habits to these thought and feeling energies, which have been pretending to be 'YOU' for a very long time.

If you find yourself slipping into some identification with the thoughts or feelings, you can simply exert your control over them by saying (out loud or silently), "Hey mind, did I call you? NO, I am not these thoughts or feelings. They have nothing

at all to do with this moment right now, or with ME. I am here right now, and that is it! Mind, you are no longer in control ... **I am!** You are just a tool, so get back in the toolbox! Mind, how dare you show your face, when I did not call you!" Again discipline the mind as though it is a run-a-muck, willful, naughty child.

Remember, this practice, of separating the real (the God-Self or the Consciousness-Self) from the false (the mind-ego-personality complex-self) is one of the first real steps towards Self-realization and true Self-control. **BE THE MASTER!**

Self-control is the only real control that ever matters, because usually from your nose on outward you have absolutely no control over anything. But, from the nose on inward (if you practice) you can have control over everything. It is only a mind ploy that makes you think that you can control what's outside of you; and that, dear Self, will keep you thoroughly frustrated and preoccupied, which in short, is the mind's plan. So this is why we **MUST PRACTICE!** Be vigilant and be aware!

As a footnote here, it does get easier when the mind realizes that you mean business.

Know that God's Divine Grace is always there to help all of us. Grace is like the sun that shines equally on all, and only appears to be gone, when the dark clouds of our ignorance hide it from our view!

Here are things to work on:

Accept what IS, what WAS, and what might BE. Forgive everything, everyone, yourself included, simply by acceptance, that is enough. Each and every moment is what it is. Relax into the moment and find a way to be satisfied with whatever fortune the moment holds for you.

The idea of humility is another way to look at acceptance. Sai Baba once told us the following, "When you no longer feel the need to add or subtract anything from anything ... that is true humility!" That is actually unconditional Love!

Here is one more way to think about acceptance. It is the Zen practice of 'non-doing,' (keeping the mind empty but being fully conscious and focused in the moment). If a person needs to unload, be there for them as the listener, with no thoughts or judgments. To be there only for them, empty.

Remind yourself of, of your truth, "Who am I (or for that matter who is everyone) really? Or what am I supposed to learn from this? Will it last forever?" Or maybe you could think, "How would Christ, Buddha, Krishna or Sai Baba deal with this particular situation?"

Be perfectly focused on whatever you do, but, do not look for any particular result. Consciously stay alert (as the Watcher) and never allow the mind to make you feel serious about anything. Seriousness is a perfect WARNING SIGN, telling you that the mind tricked you.

AUM

Chapter XII

Everything in this Creation is alive with movement. It is a cyclic pattern movement which is seen in everything from the atom structure to the galaxies and universes. Our life, just like nature, is also governed by various seasons, cycles and rhythms. These cycles have individual distinct rhythmic patterns. Take a closer look at your personal life rhythm. How is it? Is it hectic, calm, stressful, serene, paced and steady or erratic and frazzled?

Are you following your own life rhythm or is your work, society and the world in general dictating your life rhythm? It is time right now to establish and then adhere to your personal rhythm. Your life rhythm is your basic natural flow of how you do things. How you move, think, feel, speak, play, create and in general deal with your daily activities. When a child is born, it has his or her own, perfect, natural rhythm until the household overshadows it's rhythm over the baby.

Example: The husband and wife have to leave for work at a particular time. The baby is jolted and shocked out of its beautiful tranquil sleep. It is quickly bathed, groomed, dressed and rushed off to daycare with strangers. SOCIETY'S PROGRAMMING HAS BEGUN, and from then on society dictates it's rhythm over the household.

As we are sure you have noticed, this world-rhythm-demand speeds up or increases year after year. Does it not seem that there is never enough time in your day to complete what is required?

Look at it, we now have more conveniences and less and less time to play or share with our loved ones. It is all due to our often unreasonable attachment to things, wanted or desired from this creation. The problem that arises is that we give up our personal rhythm, which affects the whole family, for what? Things acquired, new car, toys or keeping up with the Joneses, etc. ... So we loose our personal rhythm and this in turn creates stress, anxiety, frustration and all sorts of other negative experiences. The family unit suffers, the children are neglected and often brought up by day care, society or other strangers, is it all worth it?

The mind will say yes, everybody does it, but what does your heart tell you! So, you have to take a good look at the real reason you allow your personal life rhythm to be changed, or controlled by something outside of you. Look closely and find out for what specific momentary worldly result? Is it for money, greed, sex, praise, glorification, fame or to just to fit in like everyone else?

Things you could practice:

See what is most important in your life. The pressure of society, or the peaceful harmony in your life. Don't you find that love is the most important thing in all of creation, Love and Harmony?

So, do whatever it takes to retain this love and harmony within you. Hold on and constantly remember your truth and adjust to your personal life rhythm. Play with it and stop being 'serious' about anything. Has being serious ever helped you, except maybe give you an ulcer. Instead become more focused and practice any one of the lessons, to reestablish your rhythm.

See what you can do without, in order to have at least one parent home with the child or children. Take turns, if you can, so they can have that male and female energy, respectively. Also allow them to experience their own rhythm and do not force your own personal rhythm on them. Allow them to find self-confidence and self-satisfaction in their own life-rhythm, before society grabs hold of them.

Next, whoever remains home for the longest time, for the most part, he or she should set the rhythm in the home, to make the home a sanctuary from the frantic rhythm of work or daily routine. You can do this with beautiful soothing music that both you and your partner like, or when one of you comes home have a good sensual dance together (but remember to share it with all of creation), or sit down and have some tea or coffee, or make love to your beloved. Whatever it takes, to get back in sync with each other. Talk about your day at work, talk about anything, and everything, but in your natural rhythm, synchronicity, calmness and harmony, because in the end, that is all that really matters.

When the kids come home from school ask them to wash their hands and in doing so they can wash the frantic school energy down the drain. You and your partner can also do this whenever you first enter the home in order to change the world vibrations from outside, which we often unconsciously bring home with us. We have a friend that sits in his car for a few minutes when he leaves his office at the end of the day. He consciously sends all negative work related issues out of his mind, while breathing deeply until he reclaims his own rhythm. And only then will he enter his home. It works for him, so find out what works for you.

Make your home your family sanctuary, the one place where you can all regain your own personal life rhythm.

Also, at work, take some time for yourself to reset your rhythm. Whether it is at lunch time (preferably quietly alone); or you could make an appointment with yourself to shut out the world for a few minutes, lock the door and turn off the phone. You could even do this by closing your eyes and just breathe deeply and on purpose, or go to the bathroom to be alone, whatever works for you. Do whatever it takes to reset your inner natural pace and life rhythm, your balance.

Try taking a weekend off, surprise the family, surprise yourself go somewhere, anywhere, have an adventure ... have some fun experiences together, just do something different, out of the norm.

Here feels like a good place to address this idea of being serious in life which fits right in with taking back our life rhythm. Remember when your parents told you, "You have to be more serious about life and start taking responsibility!" when all you wanted to do was to enjoy the moment with your friends? Well they were right about taking responsibility for your actions, but in our perception they should have used the word focus instead of serious. So let's distinguish between seriousness and concentration or focus.

Contemplate a moment. Does the feeling, behind the word 'seriousness,' not imply a focus with an emotional agenda or input and the expectation of a certain desired result?

Only the mind, in order to control our life, will tell us to be serious. You can be absolutely focused and fully intent on what you are doing, right now in the moment, but that does not mean at all, that you have to be serious in any way.

Example:

A surgeon doing a heart transplant has to be in his own life rhythm in order to be in the moment, absolutely focused with full intent, otherwise the patient will die, but he does not have to be 'serious' about it (emotionally attached). One of the rules for surgeons is that they should never operate on any family member, due to their obvious emotional involvement.

But if it happens, and you do get serious for a moment about something in your life, don't beat yourself up. No, instead just see it as a red flashing warning sign that tells you to stop and pay attention, because the mind is trying again to con you, and then tell the mind to get back in the tool box.

AUM
Chapter XIII

NOW, BELOVED SELF, GOD, ATMA, LOVING, BEAUTIFUL, ALL CONSCIOUS, ALL LOVING, ALL POWERFUL AND ALL INCLUSIVE SELF..

As you can perceive by reading this book, isn't easy separating your Loving 'God-Self,' from the 'mind-ego-personality self' is it? It takes a lot of practice.

It would have been nice, and so much easier, if our parents had taught us to separate the ego-mind-self from our God-Self. Just think about it (but only for a moment, because its fantasy, then tell the mind to get in the toolbox). If our parents had done that, then we would have known right away, and at such a young age. Then the mind could have been our tool, to be used all along by our DIVINE * LOVING * POWERFUL * SELF! WOW! How simple, how easy! Oh well, I guess some of us have to walk through our self-made hell to finally figure all this out the hard way.

Please be aware, some children, even though you will share with them these lessons ... may possibly, because of karma, still have to walk through their self-created hell in order to separate their mind-ego-personality self from their God-Self. Then, because of your love, allow them to walk thru there own experiences. And be warned, the outcome should not concern you. You just do your best in sharing your Love, Light and Truth.

So here goes:

We will share with you all the things that we practiced with our children and grand children.

When the little ones are just at that age of understanding, this is when you begin. Until that time just love them.

First, we instilled in them that everything is GOD, alive, and had feelings: trees, rocks, tables, flowers, basically all animate as well as inanimate objects. Along with that, we also shared that everything really enjoys being loved

Example: If one of the children were being naughty by banging on our glass table, we would say, "Oh Sweetheart, you are hurting the table, can't you hear it? Go on, put your ear to the table!" and we would in a very soft disguised voice whisper (because they were still young and impressionable) OUCH ... STOP ... YOU ARE HURTING ME!"

And the look on their faces was priceless. Oh my goodness, right away they would perceive what they did.

So we said, "You were hurting the poor table. Now say you're sorry, and you didn't mean it, okay?" And they would say, "I'm sorry little table."

Then we would say, "Come on, let's make the table happy by cleaning it, by making it all pretty and shiny, since it does us such great service by allowing us to eat on it and sometimes play our games on it. This service is the table's love for us, so let's give it some loving service back."

Now, when they were cleaning it, when the children were not looking, in the same soft sweet voice (preferably not sounding like your own voice) we would whisper, "OOOHHH ... Thank You! That feels so nice." And the kids would be all excited and answer, "You're welcome table."

You can do this with everything, and in time, they learn to respect everything as alive, as God, and they will learn self-sacrifice, by respecting everything around them as no different from them.

In truth the fact is, everything is alive has feelings, and desires love. (Remember God divided Himself to love Himself?)

Just look at a grain of sand under a high-powered microscope. It's a whole creation unto itself, full of movement, life and Consciousness, God.

Next:

As we are disciplining ourselves, practicing to separate the mind from our God-Self, the same goes for the children!

Let's say you are shopping at the market, and your two or three year old is screaming, just having a tantrum, because you will not let him or her have something that they want. It truly doesn't matter what it is, the tantrum and the screaming is simply not appropriate.

(On a personal ego note: Too many people, often the so called 'Spiritual New Age People' do not discipline their children enough. They let them run wild thinking, "Oh it is okay, they are just children!" Well, don't we have enough undisciplined egos running around in this world? Do we need more? Children need discipline, just like the mind! But never discipline your children out of anger or frustration, **only** out of your **love** for them, because they will have to learn discipline, one way or the other. Just as you are disciplining yourself, teach them some self-discipline, which is of course the best kind.)

EXAMPLE:

Just as we confront our own ego-mind, confront the child's ego mind.

Here is what we did and said.

"Who is having this tantrum, who is screaming? Is this your beautiful, loving God-Self, who is sweet, sharing, loving and kind and gets hugs and kisses? Or, is this the naughty selfish ego-mind-self. Listen, that selfish ego-mind will only get you into trouble, punished, and sent to your room!

SO WHO? ... Who is this screaming, come on tell us?"

Well, at that age, they haven't learned yet (from society) how to hide the truth. So, what we discovered was that they would first become distracted by these questions, and then, the tantrum would stop. In fact, the first time we did this, they looked at us like we were crazy, but then, you actually could see them thinking, trying to figure out who or what we were talking about, and then the truth would come out and they would say,

"Ah ... ego-mind?"

So we said, "So, what are you going to do about it? Wouldn't you rather have hugs and kisses?"

They responded with, "Ah ha!"

"Then you just tell that ego-mind to be quiet, go on..." we would prompt until the child would say, "You, be quiet ego-mind!" and then we would reward their God-Self with hugs and kisses.

This practice can be used with everything; every time they expose the ego-mind, confront them, as you would confront your own ego-mind.

And every time they are in their loving God state, help them see it as their true 'State of Being.' And in doing this they will learn self-discipline.

So don't be surprised, if one day you slip and expose your 'ego-mind-self' in front of the children. They may correct you, by asking you, "Who is this? Is this your God-Self or the ego-mind-self?" Then you know that you have done your job properly and your life has been your message.

Remember, your life is your message, and your life will reflect this to your children.

Here are some more practices to work with:

It is a good idea to first focus and get your body into balance. If you have a sick body it is very difficult to focus on anything else except the body. So start by watching what you put into the body, because that is what you will become. This includes food as well as all visual and audio energy input.

Decide to take enjoyable, leisurely, quiet walks (in nature if possible) and perceive that connection or God all around you, this can be one of the best exercises. Or you can do some stretching or swimming exercises, yoga, dancing, or some Tai Chi, basically whatever feels good. "But remember, while you are doing these things do not allow your mind to wander anywhere else."

Breathe fresh air deeply and purposely every chance you get and focus on the breath entering and leaving the body. This will energize your body on the cellular level.

Drink a lot of fresh water during your day. Water is the only liquid that will actually keep your cells healthy and hydrated.

Check out a more alkaline diet. The internet can help you research this. It will keep your body in better health.

Focus on the one and only real choice that you actually have this very moment. Identify yourself as the God-Self, and then interact with all of Creation in love from that point of perception. At the same time see your old mind-ego-personality self as a momentary mind created illusion.

Contemplate and be aware that most people do not have any choice at all, even though they think that they do. Most people simply react with prior mind-created reactionary learned behavior patterns due to ingrained, countless repetitions, which compel the ego to think, speak, feel, act or react in a certain way. This is a form of addiction. That is why most individuals, that have some type of addiction, don't really have any choice at all about their self-created situation. They are just reinforcing an already existing mental, emotional and physical reactionary pattern. They are completely unconscious, meaning they are completely identified with their mind (and therefore their addiction) as the self. So for any of us to look down on such behavior implies that we have no true awareness of who we are and the situation in general. To understand and to be of service to someone exhibiting this type of habitual addiction or unconsciousness, show them how they can focus on the Awareness, behind their thoughts and feelings, so that they can break through their pre-conditioned mind patterns and separate, who is who, what is what, and finally have a choice.

Here is a way that we can all help change any addiction, if the person is really willing to change their life experience. (This is strictly on a mind game level.) If the person with the addiction believes in some form of God, then explain that each and every time before they commence, start or indulge in, their particular addiction habit, to offer it in a prayer at the feet of God. Along with this have the person reduce the intake or volume of the substance or the repetition of the act (or whatever it may be) by small increments each time until the craving subsides. If they diligently practice this they will break their pattern before long. You see, by first placing it before God, they are putting God before the addiction; this mentally and subconsciously places the addiction in second place. By systematically making God more important than the habit, the mental hold will lessen. By taking or indulging just a little bit less each time there will be no unbearable pain or withdrawal syndrome.

Contemplate and see that every type of addiction arises from some unconscious fear or uncontrolled desire and the refusal to face or expose it.

Stay present in the moment. Only then will you have a relative choice. To be unhappy, that requires conscious or unconscious negative thoughts and feelings. It happens, when the mind is no longer in the present moment. So, stay in the moment and be happy.

See all various forms of despair as devious ploys of the ego-mind, in order to stay in control. Realize, that the moment your mind brings you face to face with despair, at that very moment, if you catch it and tell it to get into the toolbox, you are just one single step away from true Salvation, Liberation, Self-knowledge, Enlightenment!

Another practice often shared is visualization. You occupy the runaway mind by focusing on a candle at eye level in front of you. By staring at the flame for a while and then by slowly closing your eyes, you will find that the light is now reflected within you. Now let your mind take this inner light and visualize it expanding to fill the entire body, then the room, then the city, the country, the world, the universe, Creation. At one point there will be no more 'you' (the mind-ego-body identification). Only the Light will remain in your Awareness. You can also do this with a picture of a beloved God form.

Or if for some reason there is still a mind residue of enjoyment for prayer or affirmations, then you may like to do something like this.

Sample Prayer / Affirmation: Beloved Primal Source of all, Mother-Father God, Divine Self, due to the awareness of our ultimate Oneness, this dream projected part of us, called, hereby declares that this dream extension of body, mind, heart and soul, exists only for the power and glory of God, the Oneness of all. Therefore let all the energies that flow through this dream extension as thoughts, words, feelings and deeds, along with the impulse that prompts each one and the true intent behind each and every one, be used for the benefit of all. Let the transmission of the ultimate Truth of our Eternal Unchanging Oneness flow as a clear unobstructed reflection, vibration or frequency of Love and Light through all interactions of energies with all beings in Creation. Or let this energy transmission serve all beings, so that they can remember to realize the God, the Immortal Self, within and outside of them and in all! And so it is!
Aum! Om! Amen!

By purposely proclaiming a statement like: "And so it is!" at the end of your clear communication, you are actually expressing and declaring your **Divine birth right** of being the clear channel for the creative force of the SELF, who's thoughts, words and deeds are all powerful.

Practice: Close your eyes and focus your attention inward on something that feels beautiful to you. Soon you will begin to feel a sense of inner peace. Practice it, and you will see that it has always been there, like a lingering melody deep inside of you. By putting your attention into the body like this, you will actually at one point transcend the body.

Practice: Direct your thinking ability (power), your awareness inward, and feel your body from the inside. Feel the cursing energy that runs throughout your entire body. It is like a very gentle current which emanates or radiates life from every cell. It is the Life Force or Chi energy. Now feel this tingling or living energy field within your entire body as one connected unit. Focus on this subtle state and soon you will perceive that it is not just limited to your body, but is the same everywhere; within you, all around you, in everything and everywhere. That is the feeling of our Oneness with all. The more attention you give to this limitless feeling, the stronger and clearer it will become. But the moment that your mind wants to start thinking about what is transpiring, you have to stop it by simply refocusing on the original feeling. In the normal society perception you might label this as a

meditation, but as our present day Avatar in India, Sri Sathya Sai Baba, explained to us, "Real meditation is always and only at the very moment that you think of God, or perceive and acknowledge God within you and all round you! The rest is simply contemplation or a concentration practice!"

Be perfectly focused on whatever you do, but, do not look for any particular result. Consciously stay alert (as the Watcher) and never allow the mind to make you feel serious about anything. Be perfectly focused with full intent. Check it out, seriousness always tends to express a mental and emotional investment, which deals with expectation and looks for a particular desired result or outcome. May it be praise, fame, fortune or even just some slight acknowledgement for, or recognition of something, or for some emotional investment that will only deal with some want for the ego, or emotional-self. Again let us state, **seriousness is a perfect WARNING SIGN telling you that the mind tricked you again.**

And above all, Master your mind, and keep it in the **toolbox** whenever 'You' are not using it.

AUM

REMEMBER:

WISDOM will always tell us that we are 'Nothing' ('NO THING') because we are beyond all form and name Creation!

LOVE will always tell us that we are 'Everything' (ALL) because we are always Intimately connected in eternal ONENESS.

The ONE DIVINE SELF simply dreaming (imagining, playing) to be the many!

Here are the lyrics to "MAYA" which is a Lightstorm song from the 'White Album' and is a condensed version of most of the things that we have shared in this little book.

MAYA

Can't you see the truth behind this world illusion, separation is a lie!
Maya is the cause of this immense confusion, so watch her walk on by! ... Maya step aside!

Attachment and desire are the trap of this illusion, it's time to fight for Truth and Love!
Stop clinging to this momentary sense delusion, turn your desires to Love! ...
Maya step aside!

Lifetime after Lifetime and from body to body, Maya keeps playing Her game!
This constant up and down of emotion and ego, mostly ends up in pain! ...
Maya step aside!

We are One Heart, One Love, One All!
Forever One Heart, One Love, One All!
We are One Heart, One Love, One All!

Living in the moment, being in the Present, it's our practice all the time!
Everything's connected, the rest is an illusion, this lie of 'yours' and 'mine!' ...
Maya step aside!

To Love all and to Serve all, will conquer this illusion, let's do what must be done!
Time to take a stand against this mind delusion, the fight has just begun! ...
Maya step aside!

We are the Creator, that's the true conclusion, see God and Love in all!
Practice this and it will solve your deep confusion, open up your heart and call!
Maya step aside!
We are One Heart, One Love, One All! ...

Let us share with you one last thing. A secret as Sai Baba told us long, long ago!
He came into His room one day and sat down with us. Lowering His voice to almost
a whisper, He said, "Do you want to know a secret?"

We of course said, "Oh yes SWAMI!"

He then whispered, "When your life on earth is done, and you look back at your life,
it really does not matter whether you were the wealthiest, with the most toys, or
king of the world, a genius, priest, hard working person or the loneliest beggar on
the street, all that will really matter is

**HOW MUCH LOVE YOU HAVE SHARED, EVERY MOMENT OF YOUR LIFE,
WITH ALL OF CREATION!"**

Dearest Self, now practice and share your Love and Light!

AUM

