

Reclaiming Your True Nature

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**A book for those who want to make a difference in their own life, and
the lives of others.**

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Forward

Nature and The Harmony of Life

Many years ago, especially in the East, people were in tune with nature. Nature's harmony and the human happiness were considered one. What happened outside of us, happened within. But now, with time and technology, we have lost touch. Concrete has replaced trees, paint has replaced grass and billboards advise us rather than the deeper sentiments of our own intuition. As our culture evolves into the future, we see the signs of how our world and it's people will suffer the separation from nature. As the pace speeds up, pharmaceuticals replace integrity, righteousness replaces kindness. We will suffer more and more from the separation from working with the land. We must try to reconnect, to understanding her (natures) rhythm and acknowledge the world of nature for her sustenance. As we modernize, we seem to move away from harmony with nature, this breeds disrespect but worst of all, we become disconnected from her teachings. This book is about the opportunity to re connect with the harmony of nature and in so doing reconnect with what is natural within us. The true power of the human spirit is harmonious, interconnected and very much alive.

A rhythm exists in the deepest levels of our being. The person who attunes themselves both externally and internally to what is natural, will possess an insight to the essence of the whole universe. This harmony, this rhythm, is a capacity that could change the world. Great composers, artists and inventor's have always had the capacity to be authentic, to cut past the surface and dwell, even for moments at the depth of what is natural.

Every person in the world should train themselves to depend on themselves as much as possible. Societies are based on interdependence of people and this is healthy; but in this

interdependence there is dire need to be self aware, self driven and self conscious. Self awareness, is a trait that has not been cultivated in our society, but that is part of life. To be self aware is as important as to be generous. One makes you strong and the other makes you human. It is much easier to be generous if you are so selfish that it is no problem to be generous. Generosity from a minimal place is hypothetical.

It is therefore the decree of nature to cultivate for people self-awareness. Make yourself a power in your day, if not in the world. Workout your own destiny. Be an architect of your own life on earth first. Learn self-reliance. Keep wholly within bounds of right dealings with all others, and then you will be able to show a generosity with the things selffulness has accumulated. You cannot give what you haven't got.

Many theorists believe that the ultimate end of civilization is a calm and beautiful peace. The reply to this belief is the assault the nature makes on peaceful people. Peace inactivity leads to weakness and death. Sickness and disease – ill health is caused by inactivity, not the excess of it. Today, we seek rest, television and easy food, and there are 8000 diseases, and as many remedies.

PERSONAL DEPENDENCE

The first step towards strength is personal dependence; the ability to depend almost solely on oneself. It is not the same as personal independence, as that excludes other people. You must learn to work with others. They are made to support your path. Depend on your own efforts and your own energy, and make all progress you can in the world by inspiring others in your team. Be dependent, not independent; dependent on yourself almost wholly as far as power or purpose is concerned, and dependent on others for manifestation. Be the master of your own world.

When a person is so weak as to consult an Oracle, they cease to command the respect of nature. When they ask a fortune teller to outline their future occupation, they sabotage their own journey. When people run to a fortune teller, an astrologer, or Oracle for guidance, their fates are sealed. Nature selects her favorites, but never from this class of people. She errs on the side of the strong at heart. She has the power to make or break any human being. Do not forget this great fact. You cannot afford to antagonize nature, for she is the controlling force of life.

When nature becomes your enemy you are the target of all her antagonisms and she carries many in her equipment. Backed by 8000 diseases and the countless dangers posed you, all added, she is able to challenge you at an any angle of your existence; and nothing that you can do will save you from her fury. It is therefore wise to align with her will, rather than your own folly, ego or intent.

The strong person never dies young; rarely by accident, for nature takes care of those who are on purpose. The intense, committed, on purpose, devoted people live as long as they are useful in the world. Those with emotional unconsciousness, with no active purpose, who fill their lives with the lowest of priorities, are of no value to nature and are in constant argument with nature's intention.

No wonder the righteous die young. They are weak as a rule. They have the willpower of water and the backbone of jellyfish. They offend no depth, and therefore are nothing but just good, negatively good, weekly good, morally good, but not vitally good. The moral law is made solely to keep tempted persons out of temptations; but strong people know nothing of temptations. They rise out of them as a cumulous cloud clears the fogs on the swamps.

Nature's purpose

She drives straight to the point, and cares nothing for the agony of her subjects. Nothing has ever happened without her consent. There was once a time when most deaths were by violence now they are by accident or disease, but nearly all are the result of a conflict with nature.

Physical disease is the result of defiance of the laws of nature, generally by a preceding generation. Harsh as it may seem, the time will come when sickness will be counted as a crime. In the plan of existence there is no room for defiance of the laws of nature. This statement refers not to people who are weak in body only, but to those who are weak in mind, deficient in energy, without purpose, inactive in their duties, and lacking in character.

Natures Rewards

Rewards are granted by nature alone. She can give you long life and health, with ceaseless gratification and a boundless pleasure for your existence, if you are a part of her march of progress. Food and lifestyle must change radically in order for us to appreciate the world in which we live.

Today the purpose of living is so vague that most people, can't see the purpose of trying to live at all. Health must be so improved that it makes every doctor and health retreat the laughing stock of nature. This step is not difficult, as it just waits for the invention of proper food and lifestyle.

If you don't care to cultivate your mind and soul, with commitment and discipline, then you will struggle to find any use what so ever in living. What good value can you be in the world? What have the years ahead install for you that makes you want to remain on earth? The whole generation of which you are a single unit, consists of millions in millions of people; and they as a whole constitute just one step on the evolution of humanity. Your role is not insignificant. Every atom is important to nature. You are a huge mass of them. She will not waste the resource. Should you think that it is possible, to waste your life, then nature will act in accord with her own laws and make best use of her resource. You will be challenged.

Why would people remain here to worry and to suffer burdens, and see no relief, just to breathe, eat, get rich, sleep and die? Take a different view, take courage, nature has a place for you and you are made of the right stuff. It is a commitment to usefulness that is the difference. There are those who speak of nothing but themselves and they are the underlings. They can see no other world other than their own mind, mirror and bank book. They are not wrong, only small. The masses that come and go are in the great melting pot of nature; but those who rise up in their mind with hearts open, a committed will and with souls of iron are never lost.

Future Seeing

Life's circumstances are not an accident. Although there are events we do not cause, our reaction to those events are, in the most part, free willed. We are also an active participant in causing much of our reality. To deny this is to play victim. But victim hood is giving away your power. Wouldn't it be far wiser to acknowledge the link between cause and effect and therefore have some say in charting your own destiny.

“Nothing affects the child more than the un-lived life of the parent.” Here there is some acknowledgement of the role of parents in their children's future. Cause and effect linked. Although most parents will acknowledge some part in this equation, some go into denial. “it is his father's fault” or “all his family had emotional problems” – Here the hereditary idea is being acknowledged but added to it is blame. And Blame is one of our societies greatest toxins. We need the courage to say I cause and therefore I can change any circumstance.

Rarely are we the originator of a line of events. We are more often the carrier than the original source. Breaking a lineage of a negative belief is a huge responsibility. It often requires the “black sheep” of the family to reject the nuclear family structure. Or the renegade business person or musician. We should be proud of the maverick in us, we need to break the bonds of conformity to ensure the originality and authenticity of our actions.

So much has happened since the universe became a fact that the succession of development seems endless. The order in which events occur is called succession, just as the passing of air looms from parent to child is called succession, being the direct descendent in a straight line. Nothing can happen without a cause.

If a person is able to be a single cause of a single fact, and to thereby set in motion a single line of activities, they count themselves inspired.

The laws of cause and effect apply to everything. Nothing escapes. Your present-day condition and circumstances are wholly due to these laws. You know it is too late amend the past. Resentment and guilt of the past only serve to remind us of our errors and therefore not to regress but as a motivator for future action they are dubious at best. You have said, as thousands and millions of people say constantly, “if I could have my life to live over again, I would know what to do and how to do it; and everything would be different.” You also know the present reality is conditioned by the past so it has served. And even once in awhile you have said that you are satisfied with what you have accomplished in life and have nothing to regret. But you don’t mean it. There is no man or woman who would not gladly take advantage of experience to amend the circumstances of the past, or the pain and drama they caused others.

The past is dead. So there can be no remedy for the errors of judgments and conduct of the past. The only consolation is the learning we get. Even experience is an unworthy teacher. It is based on finding things out after they have happened. This is the reverse of good judgment. If you put a \$10 bill in the fire to see if it will burn, you have acquired the knowledge through experience, but you have lost \$10 unnecessarily.

Thousands of people find out that they are in the wrong profession and they are halfway through their life when they make the discovery. Thousands of people learn that there are engaged in business careers of the kind that did not best suit their abilities and taste. To correct these errors of choice, people have consulted with all manner of guidance for advice to the future.

But Oracle's cannot not tell the future, nor have consultants had much success. Ninety percent of estimates of the future fail. In fact we know thousands of careers that have

been ruined by advice from some of the best in advise. There are reasons other than the stars that determine what the future has in store. It is the law of cause and effect, and is much more scientific than fortune telling. You do not have to wait for experience, and you don't need to seek the advice of fortune tellers, astrologers, or other so called predictors of the future.

We are not begrudging those fortune tellers. But the specificity of their advice should be taken with caution. To know that darkness lies ahead is important. To know the form of that darkness is impossible unless one can know the psychology of the individual. We cause the form of our experiences, although we may work with the greater hand in their creation. In other words, we may in adversity plough into an accident. How that accident affect us, that is purely a personal experience.

Serendipity aside, all mistakes that fill each personal history might have been avoided if only time had been taken to study the future and to have learned its meaning. Earthly existence is often paved with regrets. The fault is in the inability to look ahead. 50% of marriages are regretted. A large majority cling to each other against their real wishes, and are brave in doing so. Wasted years come and go while existence drifts along without aim until the end is too near for a definite purpose.

The present is the result of the past. It is foolish and indulgent to aspire to create happiness in the present or the future when the past is paved with errors of judgment and short term ideals. The present is here. It was designed, predicted and created based on past actions. Eat cake yesterday – be overweight today. Living in the present can become an ambition to abdicate responsibility for cause creating effect. We cause our future by our present and past actions. Delaying satisfaction now, will breed happiness tomorrow. Many people don't understand this in this modern era. They go to food, sex, drugs and spirituality in order to create a present state of mind oblivious to the past. It is simply not possible to sustain such an ambition.

Once the present is here it is too late to amend it. To create a present of a particular design we need the past to have been focused on it. It requires more integrity, more alignment between present actions and thoughts and the future desired. One cannot escape past actions, thoughts and ideals, it's results are expressed in the present. Integrity means past actions that produce today's result. It requires longer term thinking rather than short term gratification. It requires a commitment to ethics and discipline. It requires a view of life longer than the next packet of potato chips.

Children are suffering from this epidemic of short term gratification. All the world is now designed for fast results. When they don't come, there is depression. Who does not know someone with depression. And then look at that person with depression and you will not find an ambivalent individual. You will find someone with high hopes and low discipline. Someone who wants everything for nothing. The path between success and thinking about success is long. But it has been sold short. Many people want the world to change but can't change their own mind. That means righteousness.

Righteousness is the epidemic on this planet right now. It controls most of the west. People say I am spiritual but they also hold views about life that are fixed. This is not spiritual it is religious.

How many people delay action because they do not wish to make a mistake. Yet, after many years of delay they cry out "oh if only I had acted sooner" – marriages or business decisions, all fit this class of delay. The pain of regret always outweighs the pain of discipline. Depression is just one result of delayed action. An individual may delay action in order to avoid the pain of it, but the depression creeps in, because to resist the normal flow of life by hanging onto something that is dead or finished will cause a breakdown in nature's flow, disease and ill-health are the result.

One person I who contacted me said, "I thought my feelings of emptiness were my problem, I went to therapy and all manner of spiritual classes yet, the longer I

experienced them, the more depressed I became, until I was really suicidal. At your seminar you encouraged me to be honest and authentic, which frightened me no end. But after some coaching I got there, my relationship was dead, and I just refused to consider that possibility. It was my second marriage and my kids were just getting used to the new family, my heart was dead to my partner. I had spent the last 2 years in denial. The minute I confessed it, I was re born. I explained it to him and he said he already knew it. I told my therapist I was finished and just confessed that I was happier, healthier alone. I can't believe how stuck I was and how many lies I had told myself in order not to face the discomfort of my truth. In the end the depression – which is a reflection of the lies I was telling myself – nearly killed me. I encourage every student of Chris, to open their heart with him and find this authentic awareness and have the courage to live it. It's the greatest gift I ever gave my children.”

There is no other pursuit in which so many people are engaged, and have been engaged since history began. Seeking truth, personal truth is vital because it ultimately leads to the future. Predicting the future is the universal hunt, all humanity either worries about the future, or else is building its hope on it. All faces are turned to the front.

Some turn to Oracles, mystics and astrologers. Hand their power to numerologists as if the future is already predicted. In this there is only half truth. Our destiny may or may not be determined by our talent and skill, but our reaction to it, our decisions along it, our sense of authenticity in this journey are absolutely self determined.

One man lost his wife, his home, his business, his children and his personal wealth just before he had a nervous breakdown. His grief was overwhelming, he just couldn't work at all. His comments were, “ I was so full of anger, hate and self pity I thought this loss and all these circumstances were some sign from above that I'd screwed up, I was ready to die. But after speaking with Chris, well, I saw the bright side, sure this was terrible loss and I gave myself permission to accept that it hurt, but the other side was my blind side. I was free, a new world awaited me, travel, new work, hope and giving. I was born to help and I'd been delaying it so long I'd sabotaged my whole material life in the process. I

started to laugh and laugh until I cried. It is so wonderful to know that there's order in the chaos. I was not alone nor stupid or made some ungodly mistake. Life has two sides, like everything and this was the other side. I have never looked back. I always look for the other side. No more depression, no more self-pity. There's two sides to every coin and my life mission is to find those two sides in everything. No more righteousness, that causes so much trouble. Thanks Chris, you saved my life.

Authenticity is the most vital and the most essential faculty in human life, because it determines the future. A person bemoaning the past creates their own future pain. A person hating someone in the past creates the in a new form in their future. A person judging the past guarantees their future to include what they judge. Our inauthentic experiences and memories of the past, resentment, anger, bitterness and pain guarantee that we will suffer those humiliations in the future.. Authenticity, raw honesty, is the faculty that should be cultivated by all people because it creates their future.

Prediction of the future, by aligning authentic self-awareness and ambitions for the future guarantees harmony and success. Nature intends it. She uses this future prediction with all forms of life lower than man to care for themselves. She also plants the need - desire for its knowledge, in every human mind, and where people have acted on its impulses they have outstripped all others in the race for success.

The person who looks ahead with honesty, humility and integrity of the present reality creates the clearest vision and has become the leader in whatever walk of life they have chosen.

Therefore, because the past has created the present, there is no need to study the present. We must then turn 100% of our attention to determine those behaviors today that will create the future we desire tomorrow. Once tomorrow arrives it is too late to change it. All cause of the future is either in the present or the past. Future seeing must take higher priority above all other studies, above all other forms of human effort, above all other

powers that raise people to higher planes, and above all other faculties with which the mind is capable. There is no education that can compare with future seeing in the value of its results. It stands faraway above and beyond all other considerations, reaching out, as it does, into the coming years and beyond the grave to eternity.

You must take into your heart that any bad emotion that you carry now, from your past, will in itself guarantee the future you least choose. It will contaminate and destroy family and relationships, and most importantly, through depression and mental health problems, it will destroy health. Make it your commitment this day to find integrity in relation to past events. Determine if you are secretly harboring regret, resentment, anger, pain, loss or grief. And if so, set about to transform those perceptions to appreciation. Nothing in the past is worthless. Everything had a benefit and drawback, you must find both, and then focus on the affirmative, the positive. It is the only authentic way to release the past's affect on your future destiny.

We encourage you to set aside everything else that will distract you from this authenticity at least once every day. If you examine the past once it is likely that your first layer will be reached. If you examine it a second time, take those vital parts of it and let them seep deep into your mind, reaching the second layer. When you have examined the past twice, made comments and notes to yourself, then you are prepared for the final phase of authenticity. Release must come through the subconscious. You must be ready to fall asleep at night soon after making the past event into a balanced, appreciative experience. You must fall asleep at night with thankfulness for the past, either yesterday or 80 years gone, each layer will reveal another. The results will amaze you. But note, only one event can be absorbed at a time.

Have your note book near your bed, open it to any memory you may jot down during the day and test yourself to see if you can remember both the good and the bad side of that. Fall asleep remembering the good. Keep your thoughts on that lesson and fall asleep trying to understand its gift. Your last thoughts before you sleep will be on thankfulness

The result is that it's ideas will pass through to your subconscious mind, as sleep allows you to enter the realms of consciousness below the surface of thought.

On the same principle, whatever occupies the subconscious mind as you enter sleep will be manifest in the earth plane in the day. An intense urgency of thought in the last waking moments, becomes a prayer. Such thinking is always fruitful. So thankfulness for the past will release your mind during sleep to create the future unburdened with judgments, fears and regrets about the past. The future pictures that create future destiny will be clear. This is true prayer as opposed to mumbling prescribed text and remaining unbridled in negative or judgmental thinking.

Remember that every giant mind of the past has, without being taught, adopted this habit of absorption at night before going to bed. Daniel Webster, with the Bible, Milton and Shakespeare, all these people dropped asleep night after night, working out their destiny.

Future Seeing – Tapping the Deeper Mind -- Success

There is a cause for everything and knowing that cause serves one purpose only, that is to provide for the life ahead. Everywhere nature takes care of life until such time as that life can be spared. Prediction of the future, is the key for success. Tapping the source of future prediction is essential to life. Yet, for most, the pursuit of success is filled with worry and anxiety and therefore aggression and attachment. Such is the normal life of the ambitious person whose nervous system is so heavily taxed that their health begins to suffer, their nervous stability is undermined and they are brought to their knees with mental health problems.

Such aggression applied to the path of success is only necessary when there is no certainty of the future, a surface perspective. Fear of the future breeds anxiety about it. Ambition without intelligence breeds excess and from this an individual will One great

trouble with people is that they don't allow important thoughts to enter the deeper layers of the mind, the permanent memory. Ideas that enter the outer layer only, are soon forgotten when they should be retained. Tension, worry, stress and ambition keep the mind on the surface. Friends, gossip, telephone conversations, worry, talking and rushing about going nowhere keep the mind on the surface. On this surface there can be no certainty. Therefore the worried person, who has anxiety of the future, enters a vicious cycle of thought. Their mind cannot enter the realm of future seeing, therefore stays uncertain, and their anxiety can only be cured by such certainty. One breeds the other until a nervous breakdown brings all to a deeper, albeit uncomfortable, depth.

The deeper layers of the mind is like a sea that is everywhere. The same sea that is in your mind is in the minds of every human being on earth. It is a medium of communication between you and all people who live. For a long time it has been known as the subconscious faculty. But it is deeper than that. Subconsciousness is personal. This deeper layer is universal. It belongs to no one as a universal soup belongs to no one. It can be tapped, it can be contributed to but it cannot be owned.

I think of the first layer of thought as one that receives passing information only, and discards it as soon as it is used. I think of the second layer as a storehouse of memory, by which all human conduct is guided and all experience made relevant. I think of the third, or deeper layer as a sea in which the mind dwells and which surrounds the earth.

The first two layers belong to the individual; that is, they belong to you and are yours alone. The third layer is a common domain, a boundless ocean that brings its wisdom to your mind, an ocean that you know little about. Values come and go, they are of the second layer, and only the deep thinker, the inventor, the artist, the poet, the genius catches occasional glimpses of the ocean and seizes once in a while, a prize. It is not to say that these people do not experience the pains of life. Because one cannot dwell permanently in this third or deeper zone. Such is the aspiration of the Yogi in a cave, but such people are usually immune from worldly pursuits. Einstein would lock himself in a

basement for days, during which he would enter that deeper realm and then emerge, to the surface and be a crazy as the next person.

How to gain access to this deeper mind?

Great composers, artists and inventor's have always had the capacity to be alone for extended periods of time. Edison, lived, ate and slept in his workshop laboratory for weeks at a time, because he needed to be alone. Interruptions bring the mind back to the surface layers. It is only through the depth of aloneness and silence that the mind can access the great ocean, it is from there it can tap discoveries. Edison knew this and has stated the fact, hundreds of times. *To be alone, to allow the mind to pass from its workday layers down to the universal sea, is the secret.*

Some children are called hyperactive, some adults talk on the phone or gossip, others talk to themselves. These people avoid the contact with deeper realms of mind. These are the people who live by emotion, unable to delay, even for a second the gratification of the surface mind, emotion or feeling. They have lost the discipline of focus and concentration.

Some day the deeper layer will become much more acknowledged. It will be acknowledged as a vital part of the solution to depression and uncertainty, it will become a vital part of life and business because it is the key to the prediction of the future.. An era of honesty will be necessary.

The creative mind taps the universal sea; and, while a person knows very little of its contents, they are inspired by it. All great thought comes from this level of awareness.

If the time should ever come when people have the power to connect with universal minds, the result will be a remaking of the conditions that exist on earth. This power prevails in a very limited degree today, but, it is slowly increasing and it is evidently a major goal of life. Humanity of the future depends on it.

"Give me a few hours by myself, let me alone, shut out all interruptions, and I can bring myself down to my work. I take my pen in hand. I write a few thoughts. I see the future. And realize my responsibility. The more I think of the duty placed on me, the graver since my responsibility. Every idea has weight. I can see the effect of days ahead."

Your True Nature - Getting Past

EGO

There are many planes of existence and the material one is on the surface of life. On this plane we may choose to live out most of our life and so a great journey takes place here which is disconnected from nature. There is no security in this surface world of materials. Human security cannot be achieved through bondage to material realms. Often we become trapped in the transient emotions of this material realm, hoping that structures and success can appease the fears and questions we all carry within. Security cannot be found like this because it is disconnected from nature. The material realm is the smallest drop in the great ocean of life.

The great mystics knew this. If they wanted to understand something, they simply observed it, They didn't criticize it, they didn't condemn it, they didn't reach out for it or avoid it. They just sat in silent observation of it. Great composers, artists and inventor's have always had the capacity to be alone for extended periods of time. The greater their achievements, the more alone they were. Edison, lived, ate and slept in his workshop laboratory for weeks at a time. Interruptions would bring his mind back to the surface layers, so he would immerse himself in the inspiration of silence for days at a time. It was through this isolation that his mind could access that great ocean of knowledge.

When the mind is still and under your control you can paint on this canvas the dreams you have of the future. It is the canvas of the heart. Spaciousness, clarity, inspiration and calm all arrive through the art of perfect stillness. Being alone.

In order to feel and re connect with nature, we must learn to be alone, alone from all influences, from all compulsions, from all demands, longings, hopes, so that the mind is no longer in the action of frustration, if only for an hour a day. The mother with newborn child must be alone for time in order to regain her self consciousness, a business person must be still in order to compose and turn to inspiration rather than reaction. The sick and those in pain must learn the skill of aloneness in order to tap that great power of will.

When we have appreciation for the spiritual emptiness within us, the beauty of everything which is our true heart, then that state of despair which overcomes us and causes us to seek noise to fulfill us, vanishes. Ideas, thoughts, things material, approval, company, people, stimulants loose their motive. They loosen their gift, we move beyond fear and become masters.

Many people go out into life, and then they meet with all the contracted energies and every other complexity that could obstruct their efforts, and then, only after all that, do they to think about their spiritual practice as something to tack on when all the “important “ things have been taken care of. Not surprisingly, by that point a person feels “Oh, I’m too tired already” and gives up on the idea of developing a spiritual practice.

You need to start each day with your inner work. Not separate from but connecting back to nature. Meditation is done with eyes open to the world that is real, beauty reveals itself in every drop of dew, we must begin the day by reconnecting to our true nature. Early is best, and as you move through the day, you will meet each opportunity that presents itself from your own center, then you establish a sense of joy, vitality and enthusiasm for life. You engage this joy, you dance with it. The whatever the activity, it not even work any more – it’s an act of love. You find that you’re tireless in it, You have all the energy you require for anything. It is a question of where you begin , and of what you understand your real work to be. Try to start out with an intense love of life, and an intense love of your creator.

Then go where ever that love takes you and do whatever you are called upon to do from there.

Integrity - Becoming Open to Truth

To find our True Nature, the first thing that must be learned is to unlock what has already been learned and then to unlearn it. We spend half our lives learning how to judge the world and others, and then we must spend the other half learning how to unjudge. It means losing our individuality. And what is individuality but a series of ideas, beliefs and perceptions that belong to the ego. Some of those ideas are unconscious, others learned but most important none of them are permanent. What are one's ideas and opinions but a collection of erroneous facts that, through conditioning, or experience have been adopted as truth? They are in fact simply collections of data and knowledge that was necessary for growing up but in maturity, need to be unlearned.

It is not easy for most people to let go of these learned responses. Even those who pose as students may fake the idea that they are interested to learn – or unlearn. Often a person comes to me and says "here I am. Can you help me spiritually?" And I answer "yes". Then they say, "I want to know first of all what you think about life and death, or about the beginning and the end of existence". At this time I wonder what their attitude will be if their existing opinion does not agree with mine. They seem to want to learn, yet they do not want to be empty. That means, going to the stream of water with one's cup covered up, wanting the water, and yet the cup is closed, filled with preconceived ideas.

You see the main difficulty in life is always what comes from ourselves. With a full cup, a mind full of beliefs, identities and ideals, it is impossible to learn or even change a thing. Many do not like to be a student, they like to be a teacher. If only we knew that the perfection of the great ones, who have come from time to time on this world, is in their pupil-ship, not in their teaching! The greater the teacher, the better the pupil they were.

They learn from everyone, the great and the lowly, the wise and the foolish, the old and the young. They learn from their lives, and study human nature in all its aspects.

How can one unlearn all that is collected in a life time? Unlearning is simple. You simply have to search for balance.

Unlearning is knowledge. To see a person and say, "that person is bad", that is learning. To see further, and recognize something good in that person, that is unlearning. When you see the goodness in someone you have already called bad, you have unlearned. You have unraveled that knot. If you have once said "I dislike that person" -- that is learning. And then you say; "I know, I can like them, or I can have empathy for them". When you say that, you have seen with two eyes. First you learn by seeing with one eye; then you unlearn and you see with two eyes, this makes the learning complete.

Ego versus Truth

Beyond the fight to look glamorous, or to impress others with our wealth or wit there is another world. Beyond shame and embarrassment there is a ground so firm you can build a life on it. That world is our True Nature. Our true Nature is capable of relaxing in the most tense moment, it is capable of peace of mind, it is authentic and has no need to delude itself or others and most importantly it is capable of Love.

As we search for our "True Nature" the very definition of "who I am" must grow. The concept of the "I or Self" must become bigger and richer. When we are capable of seeing that we are not simply "body or thoughts, feelings or imagination", then we are able to understand ourselves more as a whole. We are not only our body or our mind. When we take on the path of self realization, beyond body and mind, we begin to feel bigger than before, a bigger context to see our life. We also begin to recognize the cause of our suffering. Then we see that by identifying with our body or thoughts (ego) we breed the very suffering we so long to eliminate.

When a person explores their deeper spirituality they begin to experience a feeling of “I”-ness, which is a part of a larger world than simply, “The Self”. That identity is a merged one, a sense of “other and self” as one. When this idea springs up there is a journey that has begun on the path of truth. Then they also begin to understand that they can identify with this body, but that it is only a vehicle, and then they also know that their thoughts are just an accumulation of experiences and perceptions, conditioned ideas that constantly change, and consequently they come to understand a powerful new perspective. Self consciousness gives way to a bigger picture. Then they might ask, “ if this body, and these thoughts and these beliefs are not the true “I”, if I am no longer identified by my possessions, my beliefs and my actions, who am I”? And what is individuality? What is my environment, and what are my actions? Who am I really? This is a crucial step into the realms of peace of mind and personal integrity.

When we think of that feeling that makes us affirm the word "I", we realize that it is difficult to ascertain the exact definition of "I". It is something that is beyond human comprehension, beyond definition. Hence, what a person knows of themselves is first their body. An individual will call themselves a body; they identify themselves with their body. They say, “my body is in pain, and therefore I am in pain” there is no separation between the inner self and the body. They say, “I ate a great meal, therefore “I” am happy, the body and it’s pleasure and pain is their only viewpoint. If they cannot tolerate pain, then they avoid life by staying in the past. If they cannot tolerate pain they seek to avoid challenges and therefore can’t apply themselves to life. This is the first layer of mind, I am, what my body feels. This is a prison

Exploring this question can be complex but this is only because of resistance in your mind. It is simple, but we make it complicated because we resist change. Your mind can create difficulty in very simple circumstances. This is the nature of the mind. It gets attached to a certain way of thinking. Personas are just like clothes. Our body is here, it is hidden in clothes. In the same way our truth is here, hidden behind certain clothes,

beliefs or religious dogma. These clothes are your personality, your ego. You can take off the clothes right here and now, and in the same way you can be in your truth anytime. But if you do not know what the clothes covering your true nature are it is impossible to take them off. If you do not know how you are hidden in them; you do not know how to take them off, to be truthful. We have been in clothes for so long -- for years of our lives, we have forgotten that we are in clothes -- we become so identified with the clothes, that we don't even recognize them as clothes. You think these clothes are you. And that is the main barrier.

It comes down to simple things. Seeking approval, worrying about what people think, ashamed of your appearance, criticizing your weight because it doesn't fit convention, looking to impress others. All these and more are the ego in it's full flight. A sign of the false world most people take as being real.

Learning to be alone – Finding And Caring For your True Nature

Loneliness – is a spiritual experience

Running away from loneliness is running away from our True Nature. Running can push us to always be somebody, to be well-thought-of, approved, escape from ourselves. Can we learn to live with that loneliness and not run away from it, not try to fulfill through some action? Can we live with it and not try to transform it, not try to shape and control it? If the mind can see it differently, then perhaps we will go beyond that loneliness, beyond that despair, which does not mean into hope or a spiritual state of devotion, which is simply another means of filling the emptiness. On the contrary, if we can understand and live in that loneliness and not run away from it, but live in that strange loneliness which comes when we are bored, when we are afraid, when we are apprehensive, without condemnation of it, are we in that time truly at home with ourselves, and possibly God?

Aloneness and awareness make loneliness entirely different. Awareness is observation without condemnation. Awareness brings understanding, because there is no condemnation or identification but silent observation. If I want to understand something, I must observe, I must not criticize, I must not condemn, I must not pursue it as pleasure or avoid it as non-pleasure. There must merely be the silent observation of a fact. There is no end in view but awareness of everything as it arises. That observation and the understanding of that observation cease when there is condemnation, identification, or justification.

Love produces harmony and harmony creates beauty.

If you can feel the life-force within you then you cannot be lonely. You become nourished and self satisfied, and you feel a joy beyond the body. Your physical being always craves companionship in it's own form, physical. Consequently the body, the physical, can be lonely, but not the spirit. The more you absorb yourself in how lonely you feel, the more you focus on the body, then the more lonely you feel, instead, if you allow that feeling to enter your openness and feel the pain, you can transform this feeling into a deep connection to the one and the all.

Lonely, you may search for answers, you may decide that, "really what I need is a soul mate" Now you have another quest and another book list to fill your already over crowded shelf. You meet people and then you say "this is it". Perhaps after a small time you are forced to recognize "oh no it's not it". Then, after twenty or thirty relationships you say "Oh, this spiritual stuff is crappy" At that point you settle for someone who is willing to live with you. By then you may be so disgusted at yourself, that you go out

and get a job you didn't want in the first place, then you persuade yourself that you're happy at it, and then go home, eat dinner, watch TV, and forget about it. The point is clear. All this means that you have to be careful. You have to think it through before you let yourself get absorbed in feelings of loneliness, or of the determination to escape from it, into activity and habit and relationships of need. If you indulge in them in the long run they overpower you. They take you where you never wanted to go. They can convert your energy into tension, into a self-reinforcing feedback loop. Your task is to remember that you don't have to get caught up in it in the first place and that loneliness can be seen as aloneness, and everyone on earth experiences loneliness but some, who are aware can enjoy it and it becomes the great aloneness of a spiritual foundation.

To rid ourselves of the fear of loneliness, we must understand the gift of aloneness. Aloneness is not the opposite of loneliness. They are one in the same however, one is beneficial and the other an infliction. WE glorify the skills to master aloneness in order to prevent the rift between heart and mind. In city life we must be alone, alone from all influences, from all compulsions, from all demands, longings, hopes, so that the mind is no longer in the action of frustration. Ultimately, loneliness is the complete sense of not being able to depend on anything, not having anybody to turn to, whereas, aloneness is to embrace that we are never alone.

When we have appreciation for the spiritual emptiness within us, the beauty of everything which is our true heart, then that state of despair which overcomes us and causes us to seek noise to fulfill us, vanishes. Ideas, thoughts, things material, approval, company, people, stimulants lose their motive and we enjoy their company rather than seek them through fear and compulsion.

Aloneness is essential, it is a spiritual thing. But the mind cannot come to it with a city built understanding of it. The whole problem of loneliness is that it is not seen for its worth. All people are, at times lonely, but for those whose city life does not embrace it, they spend so much of their life running to escape it, and in that life, all activities are the

activities of frustration. The happy person is not afraid of loneliness, it is for them the sublime truth from which the beauty of life can be appreciated. Happiness is happiness, alone or in company, and the action of aloneness is to create that awareness, permanently.

Learn To Be Alone

Great composers, artists and inventor's have always had the capacity to be alone for extended periods of time. The greater their achievements, the more alone they were. Edison, lived, ate and slept in his workshop laboratory for weeks at a time. Interruptions would bring his mind back to the surface layers, so he would immerse himself in the inspiration of silence for days at a time. It was through this isolation that his subconscious mind could access that great ocean of knowledge known as the Akash. It is from there it can tap discoveries.

To be alone, to allow the mind to pass from its workday layers down to the universal sea, is the secret.

Someday, this deeper layer of life will become more widely acknowledged. It will become a vital part of relationship and business. What will happen? Mind will not be mind. An era of honesty will be necessary. Where the benefit of aloneness will be treasured in relationship for it on it's own can be the key to longevity, love and harmony between people. It has been said that to really know ourselves, our thoughts, our sincerity, or our evil, where nothing can be hidden, we must be alone with ourselves. This is obvious to one who is conscious of the subconscious, it is a natural consequence. The creative mind taps the universal sea when it is left undisturbed for long periods (exceeding 3 hours), and while a person needs to know very little of its contents, they are totally inspired by it. All great thought comes from this deeper level of self awareness immersed in the universal sea.

If the time should ever come when people have the mastery to connect with this ocean of thought, the result will be a remaking of the conditions that exist on earth. This capacity exists only to a very limited degree today, but it is slowly increasing .

Nothing can bring you peace but yourself.

Emerson

Hesitancy can be so essential to discovery, to further self understanding; but how can there be hesitancy when we know so much, when our minds are so full, when the self-protective armor is so highly polished and all the cracks are sealed from within? What perspective are we left with when life is measured in steps, kilojoules, payments and schedules? What connection to the trillions of stars is possible from within the threatening dimension of streets, cars, noise and competition for resources. This city dweller will smoke and drink and pray and meditate and read in order to survive, a self serving strategy of coping, and all this pillages the true humanity within people.

When the mind feels lonely, it turns on the radio, picks up a book, picks up the telephone, runs away from what is into something which is not. When there are not the physical demands of everyday living, when the mind becomes aware of its loneliness, it runs away, escapes. The escape, whether into religious contemplation or a cinema, is exactly the same; it is an escape from what is. The person who escapes through drinking is no more troubled than the one who escapes by meditation or Yoga; they are both the same, both are escaping, they fill the moments with doing to escape the being.

VIEWPOINT - Perspective

You can't manage anything you can't see the balance in. To have a global vision, one must rise to a universal viewpoint. In other words we must see our lives and the world on which we live in a greater context.

A lion roaming through the desert found a little lion cub playing with a sheep. It so happened that the little lion had been brought up with the sheep, and had never had a chance to realize that he was a lion. The traveling lion was greatly surprised to see the young lion cub running away from him, with the same fear as the sheep. He jumped in amongst the flock of sheep and roared "stop!" But the sheep ran on, and the little lion also ran on. The lion pursued only the cub, not the sheep, and said; "wait, I wish to speak to you". The cub said; "I tremble, I fear, I cannot stand before you". The lion said, "Why are you running about with the sheep? You are a little lion yourself!" "No, I am a sheep, I tremble, I am afraid of you. Let me go. Let me go with the sheep", said the cub.

"Come along", said the grown lion, "come with me. I will take you and I will show you what you are." And he took the cub to a lake and showed him the reflection in the water. "There," the lion said, "look at me, and look at yourself. Are we not closer in image? You are not like the sheep, you are like me".

If you look from this earth, this grain of sand, out into the sky, then your mind will be controlled by the small dust of existence, the worries and the struggles of this short life. Rather, throw your whole mental power into the center of the cosmos, there take your new viewpoint and then give this earth it's just rank in the sky. It is merely a grain of sand. Compared with the rest of creation, it is so small that its absence would no more affect the great universe than the loss of one fine particle of sand taken from the beach of a thousand miles.

Bringing this universal perspective to your life takes you to your truest nature. Happiness can never be known on the surface. We may eat sugar or drink alcohol or dance but unless joy is felt deeply then there is no sense of it. True life can only be known at the center. Living on the surface, looking at ourselves as self important beings, is as an ant in the anthill thinking its existence is long and significant. With self importance only a lukewarm life is possible. This is not authenticity. A self important life is a shallow life. It is lived out of balance with high fluctuations of emotion. From one drama to the next there can be no peace of mind. Life, for the self important person becomes a daily routine of emotional turbulence of high and low, tension and surrender. These people almost attract drama. One thing after another gnaws at their ego. This is a very frustrating existence although on the surface it may look rich and dramatic. Ultimately it is shallow their heart and mind can have no rest. For this person their interactions become inauthentic because they have not really lived in their true nature. All they have done is danced up and down all day, running around the anthill, making noise and impressing themselves that they are alive, giving the impression of life.

Only authentic life can become authentic relationship, and anything that is authentic, is beautiful.

To transcend this inauthentic life needs a penetrating intensity, a different perspective. A perspective which transcends, cuts through, trivia. It is a complete change in perspective.

Viewpoint is Everything

If we take up the real viewpoint of life, we realize how foolish it is for humans to live in worry during their stay on this earth.

What you think depends on the viewpoint from which you think. If you select the right viewpoint you'll see order in any chaos and this will transform your life from this

moment onwards. You'll become a leader and not a follower, one who looks from a balanced viewpoint is a person you would be interested in following because they could guide you rather than mislead you.

Viewpoint determines from which perspective you look at things. If you lived on an anthill and never looked beyond it, then you would be a citizen of that Anthill; You'd be running around the anthill worrying about premature ejaculation and getting all bent out of shape because the toilet won't flush or your kids failed some trivial exam question. You'd have expectations of your boyfriend or girlfriend that they stay with you for life and therefore spoil the whole opportunity to find a morsel of love in your life. And then, from that perspective, if you looked outside of that anthill, at the fields around you, a broader fear would rise in you. Not only then would you struggle to understand that tiny fragment of reality which is your body and it's needs, but you'd have to look at the nature of things. You'd scream, How do I live-in this big world, I feel so insecure, and then more fear would come, what if that happened to me, and then you'd pull your head back into the anthill and mind your own business.

You'd laugh if you knew an ant lives for a few days and spent most of it worrying. Or doing personal growth courses trying to become a tiger because one ant was a freak of nature and promised that if you follow them you'd become a freak of nature too. Or you found out that there are ants running around thinking that they are so important. Ungrateful for life always talking about how it could be tomorrow. Ambitious ants. That's so funny. Accidentally you spill your tea and a million ants bit the dust. So much for all the worry – I bet if they knew their trivial existence was so precious that they would waste it, worrying and trying to become tigers. Maybe they'd start to learn how to prioritize, how to love and let go of all the constructs that block the awareness of beauty in their lives.

What fills our mind, day and night is a matter of perspective. What worries us, what causes our stress and therefore what maintains tension in our lives is a matter of perspective. What fills the mind of the president of the Untied States as he goes to sleep,

may be the same issues that fills the mind of a poverty stricken vagrant on the streets of India, if they both choose the same consciousness.

Putting life in perspective is vital to our health. You can spend the whole of your life worrying about matters that you cannot do anything about. Or worrying about the inevitable. Conventional thinking is this. Religious thinking guarantees disharmony. But there needs to be discernment. The ideals that religions sell that their way of seeing the world of right and wrong is the only way, is the beginning of hell on earth. This is pure adulteration of the original teachings and has caused most every war on earth. Fanaticism, breeds conflict, both between peoples and within your own mind.

We rarely step out of the comfort of our own small reality; yet when it is remembered that this earth is but a tiny grain of sand in a shore of almost endless drifts of sand, you see that this viewpoint will be limited. Most people's perspective is the visible distance from their home, they have never explored the world. The travels they have made have been hardly a scratch on the globe. Most people are self focused, worried about the milk bread and survival. They are too busy or stressed to look up and wonder about the context of their existence.

So the business persons viewpoint sees life, religion, morals and the standard of living, the rules of society and all their present and future plans and hopes from the viewpoint of commercial affairs. It is rare that their gaze goes beyond. Their thoughts may radiate out from the office but they will be held on the leash by the power of commercial intention.

The artists have their own viewpoint. It is broader than that of the business person, is less practical, and more enjoyable. Disaster to the commercial person would empty their heart, while to the artist it would only arouse it.

The reluctant person and who works in the kitchen and is closed in by four walls, their heaven is found in periods of relief, when exposed to a small part of the outside world.

They get the stimulus to return and perform their work, however, it is short, sporadic and temporary.

But if you select the right viewpoint you'll think inspired, and this will transform your life from this moment onwards. You'll become a mystic, one who has gained the truth and the universal viewpoint. Your thoughts and your existence will be transformed, and you will become a citizen of the great universe. We must find a way to say – I am glad that happened. Loving the past is the great healer. Finding how to thank the past, being thankful about the past, is the cure –in real world terms, “where is god not?”

Relative Size Means Everything

Relative size means everything. It means clearly that, if there were millions and billions of tiny people living on a grain of sand, and even if that grain of sand was so small that it was totally unimportant to us, they would seem as great to themselves as we do to ourselves; and a grain of sand would appear as vast a world to them as our earth seems to us. And those tiny people could in no way manage that grain of sand unless they stepped beyond it. Unless they saw the whole grain, they would have a local viewpoint and the more extreme local viewpoint would have to be those tiny people who walked around talking about how they feel. Their body would become their kingdom, it doesn't get smaller than that.

This concept is to impress on your mind the opportunity we have to rise above our little concept of self importance and begin to find those things in life which really connect us to the bigger picture. Most people don't understand the smallness of their life or even our world in this amazing cosmos, and consequently they have an anthill perspective of their

life, self importance becomes the God they worship and the world becomes doomed to wars, stress, drugs to solve simple health problems. The cost of an anthill perspective of life is more than that. The cost is that those things that are really, really important, don't get prioritized and we die before we die. We stop valuing humanity, love and a sense of awe vaporizes. We so easily loose that childlike wonder and gravitate to goals, objectives, self improvement and work.

Perspective is so crucial to happiness. What awe one can have when we step out of our little anthill. When we recognize the billions and billions of stars, the trillions of years that has gone before our little few tiny seconds of universal existence, and how lucky, how absolutely blessed we are to be spending even a few seconds inside a womb, to experience this moment in galactic time. Then I wonder if the crumpled newspaper, the missed train, the flaw in the silk pajamas would be so life threatening. One movie star flew her own china and dining setting to Bali for a two night stay in a hotel. This is not an anthill perspective, it the anthill inside the anthill and makes for a guarantee of the most miserable existence life could possible promise.

The Journey to a Universal Viewpoint.

Let's leave earth. We'll travel at the speed of light, 1 million miles each 5 seconds. Our first point of reference would be our nearest star, Alpha Century. It's the closest to earth and one of the trillions of stars that make up our own small galaxy which in turn, is one of the 50 billion currently known galaxies in the Cosmos A few seconds takes us past the moon, a few hours takes us outside the outer confines of our solar system. 24 hours, at 1 million miles each five seconds, and we are still no nearer to Alpha Century. It is still a tiny spec in the distance.

A whole month passes traveling at the speed of light, 1 million miles each 5 seconds, we are no closer. A whole year, and Alpha Century is as far away as it ever was despite our trajectory remaining constant all the while. Our course has not deviated once. That

nearest star doesn't grow larger. We are perplexed. A year goes by, two, three, four no change, we feel no closer to this, our nearest of the billions of stars in the sky. Then at last, 4 and a half years traveling at 1 million miles each 5 seconds, at last a change in size. Four and a half light years, to reach our nearest star.

We look back. We can't even see our sun. The earth from which we came is not even a concept. We feel fear. How do we get back. There is no direction here. No north or south. Nothing but space. Vast vast vast space. But this is just the beginning of our journey. We are heading to the center of the universe. Vast, vast distances. We want a universal perspective. Because this is the perspective of the mystic. This is the perspective that puts everything in perspective. Divorces become irrelevant, churches get seen for their narrow manipulation, war loses it's reason and life can be seen in the context of it's few milli seconds in billions of years of universal time.

Now we can ask how important our problems are? The towel on the rack the right way round, or the cracked plate, or whatever. We can question the importance of saving species that will surely become extinct and protecting our lives from the inevitable. WE can question the authenticity of boundaries and fences and procrastination. We can feed the starving knowing that withholding resources is a waste. Surely in this context we are beginning to reveal our insignificance, and that which we call important will become trivia. Isn't this the way we see life in true perspective.?

Traveling at the speed of light we are limited. We took 4.5 years already to get a tiny fragment of space under our belt. We have to change mode. We must now begin to travel by thought alone.

Traveling by thought alone we are free to explore the vast reaches of space, and that we intend to do. By a change of pace from light to thought we traverse the vast expanse of space in a few seconds of actual time. It makes a great difference how we go. Light is swift. Electricity is swift. A ray of light will pass around the earth six times in one second. But light, swift as it is, cannot serve the demands of true knowledge. We must

use imagination and thought as our vehicle, we must go in thought where humans cannot go, and in doing this, we become truly students of the mysteries, citizens of a whole new world.

By the power of imagination we travel the vast expanse of space. Most of it is nothing. Billions of miles separate things, trillions of stars, billions of galaxies are passed in a moment until with our guide, UT, we have reached the center of the Cosmos.

All is still. The eye of the universe. The core of this swirling vastness. We are here. No matter exists not even your body. Can you imagine a more magnificent place. The home of the Gods. A place where perfection exists and our duty is to bask in it. Beyond the mind there is a stillness. Awe. Silence.

There is no tomorrow and now yesterday, it is an eternal moment. Your heart is open, and there is nothing to close it. There are no wars, there is no aggression, there is no conflict or doubt, or pain or suffering. It is nirvana. There is no separation one is all and all is one, silence is beauty. Miracles here are simply everyday life.

The past and the future are not here. Neither exist. There is energy, it is perfect awareness. All time has condensed into this experience. We are here in the central courts of heaven in our True Nature, no emotion, no time, no separation, no space, no past, no future.

There is a music, but not of the ears. It is the sound of harmony, that perfect harmony we all know in our deepest being. Our spirit celebrates the vast dimension of life, the expanse of it and the wonder.

Home of genius, realms of the Gods, you are one with them, and they with you. Your body drifts unnoticed, your mind is thoughtless, there is simply now. It is here that your deeper being understands, this is Your True Nature.

There is no grasping or holding on, your wanting is fulfilled. Insecurity is lost, because here all needs are satiated, you are truly in your True Nature. Desire gives way to contentment a deep personal contentment in the knowledge of the wonder of the eternity of life and there is no need to alter one molecule, you now see the perfect order in everything.

Here in Your True Nature there is no separation between man, woman and God and Goddess. They have merged. Complete, there is simply a love of being. There is a stillness and it is this stillness you choose to carry back to your little home. This stillness seems to be the key, the stillness of timeless space, you choose to understand it. This one element of Your True Nature seems beyond all else, a gift that you can transport from your journey – from this home in the heavens to your home in material worlds, stillness you will carry.

There is order in the chaos

You will never find a law that prevails in the sky, that is contradicted by nature on earth. What do we find?

From this journey you are invited to see that the universe is held together by laws and forces that are all powerful. If any one of these laws were to cease to operate, disaster would follow. Nothing is left to chance. The supposed blind activity of nature is contradicted by the most deliberate and careful adjustment of all parts of the greater universe.

The difference between a universal viewpoint and that of the ordinary person is the former views the whole at once, while the latter sees only the part. This distinction, slight as it seems at first, means the vast scope of the universe on the one hand and the

worst of all personal and human interest on the other hand. Now which is the more important?

We can know that whatever happens in human associations, must be found already established in the universe, the laws are all pervasive and therefore understanding universal law, is understanding nature's law. Our bodies can only operate freely, to the degree that they conform to these laws. There is no part of creation where these laws are not obeyed. What may seem like chaos and confusion to an earthly ant, operating in the perspective of the anthill, is really operating under laws of order. No movement escapes it anywhere in the cosmos, including your earth.

Seeing order in the earthly chaos is the role of a universal viewpoint. Rather than losing the great wisdom you have collected on this journey, you must learn to dissolve tension. You will need to consider how to live in a mindful state, one in which you are able to be still and therefore not lost in the illusion of earthly reason. A state in which you are able to be still and know within yourself the infinite nature of life. You need to be able to see beauty everywhere you look, in every event, and every circumstance and the only way to do this is to apply a universal perspective. In doing this you rise above victimhood and emotional reaction and take responsibility for your perspectives and in doing so give others the gift by handing them back the responsibility for finding the beauty in their life.

You will need to turn your attention inside of yourself every day. You will need to open your mind and heart to feel the flow of energy within yourself. On this journey your awareness has expanded—your consciousness has grown, and now the issues in your life have become smaller. Finally, there are no issues at all, you will see the complete universal order in the perceived chaos of life. Your notion of who is living your life and who is motivating your body will totally change as you return to earthly life. Furthermore your understanding and experience of the creative power of life in its fullest sense brings you to a total acceptance of your life within a larger scheme of life itself. You begin to embrace a real appreciation for the opportunities you have to interact and communicate

with this gift of life, in any form. Then, whatever dance you do, whatever game you play, it becomes merely the arena in which you discover and express your interchange with this creative flow. Whenever you feel that energy of tension or anguish spinning in your head, it means that you are not doing something right, and at that moment you need to take a breath, relax for a moment, and return on the wings of thought to your new home.

In doing this, over a few weeks it will become instantaneous and you will be able to live every moment of your life in harmony with all. Finding the order in the chaos requires this universal perspective because the ant is in it, it cannot decipher it's life from the level of life that has caused it. No problem can be solved at the level of thought that created it. No argument resolved from the level of life that instigated it. You must rise to these central courts in order to understand your earthly role, to see yourself as a citizen of the universe and thereby hold center at all times in your life.

So for a wise person, reality provides the beauty in which the laws of the cosmos are mirrored in nature. The whole of life becomes a celebration of what is great and profound. It is seen in light and dark, creation and destruction, pain and pleasure, self and other. This awareness gives balance to the personality. Wisdom gives that weight; seeking order in the chaos is the mark of wisdom. Foolishness at it's core is worry, anxiety, stress, and giving ones power to circumstance through anxiety over that which cannot be changed. To emote on matters of opinion or reaction is unproductive. Wisdom alone brings freedom and when we free ourselves, we free others.

You must learn to open to life on an earthly level, without getting lost. You have to remember who you really are in relation to universal citizenship, you must know where you are and where you're going, in the context of this greater story, and you remain open even under dire circumstance. This is necessary so that the energy you draw to you from the sun and stars, and the expansion that results, will re articulate itself in your daily life in concrete, practical and beneficial ways. Ways that will serve you and all the people whose lives are connected to you. Only in this way will you really learn about energy, nothing comes from you, it only comes through you. You can stop taking credit and

blame for what you do, and focus on seeing order in chaos and hence becoming a clear conduit for this energy exchange. It's the subtle energy of life itself.

Natural Laws and Everyday life

The law of the universe is an immense backdrop to the picture we call life.

When we look at the cosmos; the movement of the stars and planets, the laws of vibration and rhythm, that are all perfect and unchanging, we see that the cosmic system is working by universal law.

The divine order of things is magnificent and unchangeable. All else in life is impermanent. Temporary are the assets and lifestyle, relationship and business, all material form must be born and then die, this is the ultimate truth of all things. But the energy from which all form is created, is permanent. The key to that divine order must be self-evident, it should require no further proof than your own keen observation. Taking back your power means to remove the complexity of the spiritual path. The more order you embrace, the more beauty you see. The higher your consciousness. The more of this beauty you see, the more empowered, inspired and motivated you become. With this expansion, you will write more songs, dance with more vitality, paint more paintings, feed more children, make more bread, and give more to others.

In the complete vaporization of this earth, and all that exist in self importance on it, building bridges and houses, worry and stress, birth death and marriage, and all doing –in that one tiny, unnoticeable instant in the billions of years of cosmic history, the disappearance of earth, and all who live on it, would truly go unnoticed. This perspective, viewpoint is an essential part of our journey.

We need to create this and understand ourselves in the greatest context possible. To see ourselves with a universal viewpoint; one tiny spec in a vast ocean of life. To look in context and so free ourselves to fly into the realms that take this context. Beyond earth, especially beyond earth. It is essential to our journey to be able to image the context of the trip. We must comprehend the distance we need to travel in order to reach this sacred kingdom; the dream world in which we humans, and our little world, are no longer the center of the universe.

“Be in the world not of it”

Natural Law Number 1 - - Balance

When we look to the stars we see balance. We know that the earth and the sun are in a dance. If either one were to push or pull too hard all would be destroyed. A delicate balance exists.

Thus, those who say they would have right without its correlate, wrong, or good government without its correlate, misrule, do not apprehend the great principles of the universe, nor the nature of creation.

It is a self-evident fact that everything that is free in nature seeks balance. All universe is free, in this sense, and it therefore is always searching for balance. Light carries the power of repulsion. Matter carries the power of attraction; and these two influences working together give shape to the entire universe. This is the balance between all forces, and the Universe itself must, of necessity, be round in order for the two forces to co exist.

If one single atom, in the entire universe were out of balance the whole of creation would be destroyed. And yet, we, on our anthill, see all things out of balance in order to witness

contrast. Every emotion, is an imbalanced thought. Every feeling, all attraction and all repulsion. Nature expresses this law of balance by continually seeking it. Growth and decay, birth and death, weather, tides successes and failure are all the manifestation of this greater law, all in the universe seeks balance, and without it, all would self destruct.

Look around in this wondrous space and take careful note, all creation is drawn to be spherical. The earth is round. The sun is round. The planets are round. The solar system is round. A radius reaching out from the sun in all directions would describe the interior of a hollow globe. If you drop hot lead through the air, it takes a round shape as it falls. All matter seeks the same shape, and no power exists in the universe that can alter the tendency.

More than this, there is the influence that one set of planets has on all the others, and that all have on each. Wherever a ray of light travels, balance goes with it, and there go the laws that are inseparable from all existence.

In the central courts of heaven, there is no material and therefore no separation. No masculine and feminine, no good and evil, no pleasure and pain, no self and other. All is one, unity, so everything is one thing and one thing is everything. You are no where and you are everywhere. There is no separation between one place and the next because in this place there is no material separation between one place and another. It is called Nirvana, heaven, the cosmic mind. Here, in the central courts of heaven, there is only pure thought.

Disharmony only exists in human thought, an earthly perspective and it exits when a person aspires to defy nature, create imbalance. Then the objective is to create a good without it's correlate wrong, an upper without it's correlate downer. Stress is caused by imbalance. All stress comes from the mind, a way of thinking, choices we make. What sickness is not the result of a stubborn hold on imbalanced thinking? What war and boundary between nations is not divided on the basis of imbalanced ideals. We build prisons and then fight to remain inside them. Is there any single event in their world that

is not part of the perfect balance? Is there a birth without a death, a loss without a gain, a growth without a decay.

Every emotion, every feeling, every attraction and every repulsion, every like and dislike, every good and bad are an attempt to find a half truth, a defiance of nature. There are four such separations which define humanity, a human perspective versus the universal. They are all based on defiance of the law of balance.

1/ Masculine and feminine. In the Biblical Story of Adam and Eve, the definition of male and female energy was the first separation from love. The first separation then, between the central courts of heaven and earthly perspective is that there is no separation between masculine and feminine energy. A universal citizen has both of these energies alive and well, easily accessed within them. It is not androgynous, it is both energies working in harmony

2/ Self and other. In the central courts of heaven self and other are one, all is one, one is all. We see ourselves in everything and everything sees us, there is, in other words, no blame, no victim.

3/ Pleasure and pain. These are separable by the senses, the feelings, but in the universal perspective they are two sides of a single coin.

4/ Good and evil. Light and dark are two sides of one truth, they are mental separations, judgments and these beliefs, in the human perspective divide the worlds their people and their lives.

Our earthly viewpoint limits our understanding. We believe only what we see. So we cannot understand that balance exists. We cannot compare what happens in one part of our ant hill with what is happening in another ant hill. We know only what we can see.

Nature is the keeper of sacred law. Witness her life and compare it. She is the guardian of reality. Our expectations of nature are for her to be her best. To be strong, to change, to be calm and to surrender. To be born and to die. And in her existence to evolve.

Since the forest is the keeper of sacred law it is a worthy beginning to ask her to share principles of reality. The forest, the ocean, the sky, species, plants, animals insects have a voice. It will require the deepest silence to hear it, and it is here that you are invited to observe, sacred moments.

Evolution

2/ The second Natural Law– the law of Evolution

“Everything flows, out and in: Everything has tides: All things rise and fall: the pendulum swing manifests in everything: the measure of the swing to the right is the measure of the swing to the left: Rhythm compensates”
The Kyabalion.

When you align your body, intellect and metaphysical self, life just unfolds in a harmonic poetry. Life opens up to support you when you are ready to open yourself to life.

Nothing in nature is aimless. There is a purpose in all things. It is the harmony of nature

Everything in this universe fits some part of a greater puzzle, everything has a purpose, everything thinks. Trees think, rocks think. They have a beginning and an end, they have an innate destiny, they begin in one form and end in another. In the seed of a tree is its destiny. Birth, life death and the vital things in between which make it fit into the puzzle of life, are prearranged. Yet, trees have evolved, DNA changes. One thousand years has seen even a change in the structure and function of a tree. Environment and change has seen the tree adapt. There is growth, a movement toward something. We may not, in our smallness on our anthill, measuring time in thousands of years, see that context, but it is undisputed, there is a purpose to all events, all activity in the universe. Destiny is written. The harmony of the universe is the evolution of the species.

The earth, its very soil, and all that lies in it, thinks. It cannot help it. It is thinking out its future. It cares nothing for its past. All the eyes of nature are turned towards the future. Everything is preparing for something that is ahead. All parts the vegetable kingdom, from the blade of grass to the giant trees think; and the thoughts are for the future. The grass plans to make fruitful life. The tree plans to build houses for homes, wood for fires, oxygen for life. Nothing is in vain. Nothing is aimless. Nothing is useless. All is evolving.

Animals have a sectional brain that concentrates thought, and thus they are a step in advance of a tree, just as the tree is in a step in advance of the rock. First life on earth came from a rock, and had a rock shell to protect it. The latest life on earth, humans are rock in part (bone), and flesh in part (Tissue) ; but no life is separated from mother earth.

We know that our brains are endowed with the power to plan, to look ahead, to make provision for the future, and to investigate the problems of life and death. Thought is universal and it has a purpose greater than our short span of life. The very fact that

matter is progressive, shows that it was originated from some power that gave it intent. The very fact that thought creates matter, shows that the power is now present in it; and this is the power that created it.

Progress is the motive of existence. Everywhere there is evidence of this fact. It is written in every era of this universe's history, in every galaxy, and in every individual life. There is the being born, the growing, the developing, and the dying. Between these three phases, there is an eternal rhythm, a music, a harmony of evolution.

Nature grows in cycles. Birth, life and death. Creation, maintenance and destruction. Infatuation, management, destruction. Like our families, we see births, life's, and deaths. Stars are the same. The story is the same. Birth life death. Stars are born, stars exist and give life to planets such as our own, and stars all die. It is an eternal cycle. The rhythm of life on this huge scale of billions of years, is replicated in our tiny ant, all conforms to rhythm, there is a path of growth for all things.

As humans are a part of such an eternal mission they must also leave this earth at death having completed some tiny fragment of that mission. And so, our own growth is a part of the universal growth, we form some essential part of the universal plan. It is more than conforming to the expectations of other humans, somewhere there is a larger code, a billion year journey into which you fit like a finger to a glove. This fit is harmony, personal harmony, growth. The resistance is disharmony and the cause of all human suffering.

There is an eternal rhythm, everything beats to the same rhythm, different drums, same rhythm. Creation, maintenance and destruction. This is the universal rhythm. The story is told in all great myths. Three gods, the holy trinity, the creation; birth, life death. Water, earth, fire. Brahma Vishnu, Shiva. Isis Ra and El. (spelled Israel).

This is Evolution and Evolution is the purpose of Nature. Maximum evolution occurs at the border of chaos and order. That is the dance. The cycle is a spiral, every creation an

evolution on the last, greater in consciousness less in number, every rising in sophistication, every growing. It would seem that nothing dies where it was born. What enters the field of material existence must evolve through manifestation into form and will be destroyed and in this process the greater purpose of creation inches it's way through this cycle. Create, maintain and destroy.

The feminine principle seeks order, order is the nurturing, the calm and the stable. The masculine side seeks chaos, change, growth and revolution. If the feminine is too strong, too much order, agreement it generates the masculine side to break it and create chaos. It makes an interesting question as to who and what causes violence and war.

Revolution is fast change. It is the masculine side. When things have been too stable, too quiet, too settled for too long the masculine principle chips in to create change. Bush fires are a great example of how nature always seeks the balance between chaos and order. Order in the case of the bush fire is slow growth, fallen leaves, too much foliage on the ground. The masculine principle is change and revolution is the bush fire. Can you see in your own life the fire and the calm? What about economics? What about your children if you have them? What about football clubs and business? Can you see order and then chaos in world news. Can you see discomfort and comfort in you relationships?

3/ The Third Natural law, the law of Interconnectedness – Abundance

Nothing is missing it just changes in form. This is the essence of the third law

Consider the inevitable destiny of this planet, which, at some time in the future will be consumed, destroyed by the sun. When the destruction of this world is referred to, all that

is meant it is that the globe or its people may be displaced; but the material of which they and it are composed can never be destroyed. The suns in their systems in the sky will all undergo changes that are revolutionary, their condition may be wholly wiped out, but their material must endure forever in some form.

You may burn the house in which you live, but every atom in it will be found again; some in gases that remain in the air; others in solids that go to the earth; and a few ashes that are heaped up, nothing can be lost. If you took a contract to end the existence of a drop of water for which you get \$1 million if you succeed, you will not do it. No matter how many chemical changes the water passes through, it still lives and will live to that remote period that marks the end of eternity.

There never was and never will be any limit to space, this is something that overwhelms the mind. We know that it must be true, because it is one of those facts that prove themselves. No one doubts it. If you are able to travel through sky with the speed of the mind, which will take you to the furthest visible star in one second, and if, at that rate, you were to go on and on, what would you find? Just space? Stars in it? Perhaps; but when stars were no longer there, it would be just space. If you think there is an end to space, what would you find there? What marks the end? A door? A wall, or an ocean, or a solid bank? what? It is merely space. When your mind travels to the highest heights, to the deepest depths, the furthest east and west, and north and south, and endlessly everywhere, it will find space, just space. Beyond the limits of space, there is more space. And so on until the end of thought. It is an amazing idea.

Abundance is existence. Nothing was or is new. It is a change in form. That the cosmos is filled with space does not imply it is empty. Thought must have existed. Light is it's child. Matter is the grandchild. Therefore the original thought are imbedded in everything. Where is God not?

The Fourth Natural Law --- Harmony

1 - i 4/ The 4th Universal law Making material – The Law of Harmony

The whole mystery of the universe can be unraveled in the understanding of harmony. Fine vibrations of thought become coarser as they slow to form action, ending in physical manifestation. As water, when frozen, turns into ice and snow, so does thought turn to activity in order to materialize itself by a shift in vibration. Spirit descends into matter by the law of vibration, and matter may also change to spirit through the same action.

Nothing can happen without a cause. So much has happened since the universe became a fact that the succession of development seems endless. The order in which events occur is called succession, just as the passing of air looms from parent to child is called succession, being the direct descendant in a straight line. If a person is able to be a single cause of a single fact, and to thereby set in motion a single line of activities, they count themselves inspired.

To be able to find some meaning, some purpose in everything, is worth more than all else in any line of investigation, especially when the plan of creation is under discussion. If you were an all-powerful, all knowing and ever present thought, slumbering in space from the dawn of eternity, if such a term is possible, and you were to wake up and find yourself as nothing but power and knowledge, what would you do?

Just such a question must have been asked of thought by itself. What would you do? It is hard to be alone, to be nothing but oneself, to see no one and do nothing. What would you do? You would think it over. But not long, eventually, **You would act.**

The fact that there is material existence today in the universe proves one or more of the following conclusions;

1 Whatever exist in the material world must either have been created by some power, or must have been always present in some form.

2 If material was always present, therefore, it had no beginning.

3 If it was created, that which created it must have existed before it; and must always have existed or must have been created.

4 If that power that created matter, then it too had always existed and therefore had no beginning.

5 If it was created, then some other power must have existed before it.

Power is the ability to do anything. But this does not mean the ability to make something out of nothing. Such a thing has never been done, and never will occur. Music, is the perfect demonstration of this law. There was nothing and then there is sound. Was this sound created from nothing? Or was there a thought that preceded it” and if there was a thought that preceded the music, where did that come from. Did it come from nothing? If it did –then it is independent of the environment it was created in. it therefore can also go back to nothing.

Creation is the keynote. From thought to form and back. Humans are part of this evolution and therefore creating, through thought to form and back is a natural part of the human role in the universal dynamic.

Each realm is in fact a realm of vibration. In the central courts of heaven there is the divine harmony, the perfect note, the highest frequency. As we descend to the material world, we descend to lower notes of harmony. What is important to notice is that harmony can exist on every plane of existence. From the highest, unconditional love to the lowest of physical and material pleasure, there is a harmony possible at each level. Bringing the universal viewpoint down through each level of life, is bringing harmony to all areas of life. Then, it is not as aspiration to escape life through spiritual practice but to see the beauty of it at all levels of life.

When we contemplate and learn to become one with nature, our hearts open to its music. We say "I enjoyed nature". What is it in nature that we enjoy? It is its harmonic, or harmony. Something in us has been touched by the rhythmic movement, by the perfect harmony of nature, a harmony that has been lost in the artificial life. This is the real temple, the true religion. If one is in tune with themselves and the rhythms of nature, then one moment standing in the midst of nature with an open heart is like a life time of fulfillment.

A lack of harmony has disastrous effects on the world, all the troubles on our earth come from this dissymmetry. All the tragedy in the world, in the individual and the multitude, comes from this lack of harmony, and harmony is best given by producing it in one's own life. We see that the world today needs harmony more than ever before. One should be able to express the harmony for which the soul yearns and longs at every moment.. There may come a time when nature's law and its philosophy will become the religion of humanity.

The beat and pulse of the heart are harmonious. The Inhalation and exhalation of the breath are the result of a continuous rhythm and tempo. All life depends upon this musical pattern. The breath manifests as voice, as word, and as sound. This internal harmony, with its dependence on a perpetual cadence of notes, echoes the sound of a perfect song, from the harmony found in the world around us. This is creation at work.

Manifestation Formula

- 1/ Pure thought without desire – Unconditional love – no attachment
- 2/ A purpose – an intent greater than the self
- 3/ Vision – bringing a pure thought into tangible form
- 4/ Goals – steps to construction – now with time and space lines
- 5/ Visualize – it must be seen first in the mind before it can be seen in form
- 6/ Concentration – energy must be focused on it
- 7/ Action – it must become a priority for all effort must converge on it
- 8/ Intensity – there must be a sense of urgency for now power flows through a dull medium
- 9/ Happiness, a joy – there must be gratitude – it is the energy of creation
- 10/ Harmony – there must be the love of doing.

In nature, what we appreciate will grow. Human bodies are a composition of trillions of vibrating particles, with our total well being reflected in their movement. Our thoughts control this vibration. By developing certain thought patterns, we can alter our lives in a positive way. What you appreciate grows – what you don't appreciate does not.

5/ The Fifth Natural Law Obedience

The universe is held together by laws and forces that are all powerful. If any one of these laws were to cease to operate, disaster would follow. Nothing is left to chance. The supposed blind activity of nature is contradicted by the most deliberate and careful adjustment of all parts of the greater universe.

The forces involved in the government of this world and family of worlds, are mighty in their power, and yet humble in their obedience. They must conform. We've seen lightning leap across the sky and tear its way into the earth, seemingly following some movement that was due to chance; but every scientist who has studied lightning, knows that it obeys a fixed rule in all its activities. It will never deviate a hairs breath from that fixed rule.

The sun itself gives out original light. No other member of its family of planets does this. All borrow their light and reflect it back. If you look at the sky at night you will notice some of the bodies shine with a steady light that never flicker, while others have a constant twinkling. Those that twinkle are the stars, and each has its own solar system, with planets and moons. The orbs that never flicker are planets. Out of the stars you can build constellations having imaginary shapes, and you will find the same 1000 years from now. But the planets move from night to night, and can never form groups, because they lose their positions so quickly. They are traveling around the sun. They cannot get away. They go just so far out into space and there they keep their fixed distance from the sun.

Every family in the sky is of the same material, substance and governed by the same cosmic laws as our own family, that somehow, even by the fact that they are in operating under the same laws of attraction and repulsion, all are related, and that distance is not relevant, even though its vastness overwhelms the mind for a time.

The difference between a universal viewpoint and that of the ordinary person is the former views the whole at once, while the latter sees only the part. This distinction, slight as it seems at first, means the vast scope of the universe on the one hand and the

worst of all personal and human interest on the other hand. Now which is the more important?

You will now begin to see that this earth is just one world in the solar system which also contains a number of other worlds each under the control of the sun. Altogether this makes up one family in the sky. This family is given a part of cosmic space all by itself. Every star that shines, and there are billions and billions and billions, is the head of a family far away; so far away in fact, that the distance is inconceivable. It can't be measured, it is so vast that the human mind staggers under the thought of it.

Everything in the universe reports to a higher power. It is the law of the one and the many. Obedience is the nature of things. To defy that obedience is a the disastrous life.

The same law of central control holds each moon to its mother planet. If the smaller body could get away from the greater, it would become a free agent, and its course in space would mark uncertainty if not ruin. We would never know at what moment some stray world might crash into our planet.

The sun has a long leash, like ropes that extend in all directions, leading out from itself to all planets, and that with these leashes each planet is held in check. The sun feeds them all with light and therefore energy, she defines their path through the sky and she controls their rate of speed. Now you will have a good idea of the control that is exercised by the sun over its family, the a solar system.

The Sun is the leader giving light to dark, the planets are the follower fulfilling their own density guided by the light of the sun. The earth is free to fulfill it's purpose, but cannot escape the leash of the sun, it is bound by it's laws. Any contradiction to this would result in the expulsion of the earth from the family of this sun. Corporate Culture are these larger laws, job function are the individual purpose. All of life fits these rules.

The same is true of every one of the mighty operations of nature. All is government; all is mastery ; all is obedience.

All things have a central power that controls them. This is a self-evident law. There never was or could be a tribe that did not have its chief. Nor has there been a city or a town without a mayor or leader. There is no body of people that is without a leader. No government has ever existed without a leader, or a group of leaders; All business's have their leader. And partnerships that are supposed to be composed of two people holding equal rights and rank, always have the senior partner, and one voice is stronger than the other in the management of the business.

This fact is due to the necessity of centralizing the control of everything. But it is also instinctively derived from the same law that pervades all creation. The individual who cannot obey the guidance of their higher power, their soul their creator, cannot hope to tap the universal ocean, nor reach beyond an earthly viewpoint., they are what is called Self centered because the center of their universe, to them, is within them.

Contentment

Grasping and desire keep us dissatisfied.

Harmony comes from the natural spiritual life which is formed from within. When that spiritual life comes forth, it lightens all the burdens that humans have. It makes life smooth, floating on the ocean of living. When there is no appreciation, no receptivity, we sink like a rock to the bottom of the sea. Instead, we must float like the boat that is hollow and is receptive to movement.

When you reach out for things the energy you use usually pushes the thing away. Like the bow of a boat pushing the water. Like reaching for a feather the pressure of reaching pushes it away. The real way to have everything and anything is to want nothing. And then see what comes to you. If you are willing to take whatever comes and to care for it and cultivate it, then everything comes. The whole world pursues love outside themselves in the hope of having it. You need to have love within yourself cultivate that then the whole world comes to your door. If you want love and go looking for love its like looking for your car keys when they are actually in your pocket.

There is a lot of confusion about abundance in our society. People think that it is about wanting and having and getting and receiving and building things. You can see it in all these courses that people go to, to help them develop greater skill manipulating the universe and others, so that they become more abundant. That is not true abundance because it's connected with things. True abundance is connected with the spirit. It is not dependency on things good and bad or love from others or pleasure. To experience a true

abundance requires a capacity of our hearts to face the dark side of life with equal equanimity as we face the light. To face life and death, gain and loss, equally.

The abundance of heart requires us to face all things; to be the same, still amongst birth and death, achievement, accumulation and release.

“Whoever does not sometime or other give their full and joyous consent to the dreadful scenes of life as well as it’s beauty, can never take possession of the unutterable abundance of power in our existence. They can only skirt the edge and one day when their own judgment is given will be judged to have neither been alive or dead.”

Abundance also requires us to be open to all experiences in this moment. To witness life fully awakened. This is to call life as it is. To see violence, starvation, racism and pain and suffering, and witness it. And to know in amongst it all that there is another, more natural way. Victor Frankel reminds us that “all things can be taken from us but we are still able to choose the abundance of our heart.”

The joy of life is not about the new parking spot, the size of the car, the new suit, or the size of the house, or bank account. There is much changeability in these things and therefore they must generate fear. There is more to life. We need to find an abundance of heart in amongst these things.

The world does not need more oil or cars or plastic packets, we need less greed. Happiness cannot be made of grasping. Whether it's our children, our work or our friends and lovers is not about grasping. Grasping and greed are synonymous. When there is letting go and when life becomes simple, abundance is automatic.

A man died leaving significant wealth and someone said “how much did leave?” The relative replied, “everything.” Abundance is about witnessing the gift of being alive. Just breathing and humbling yourself to this beautiful world.

This grasping can be transformed from fear based to its opposite which is an abundance. The need for things and the grasping for things reveals our sensitivity. It shows our recognition of the magnificence of the world around us. But if the grasping for these things and the hoping for them becomes some form of addiction, then we are imprisoned. We must realize that we are already abundant, already fulfilled and already have everything we need for happiness. It is right here in the human heart.

It is not the absence of possessions that frees a person, quite the opposite. But it is the absence of attachment, the absence of greed and the absence of fear that makes a person happy. Truly a happy person is happy, without anything, and equally happy with everything.

Where there is insufficiency, there must be desire; and out of this desire is born a particular mode of life or a method of action, and therefore further conflict, further struggle, further pain. That is, where one, consciously or unconsciously, feels the drive and insecurity of insufficiency. Then there must be conflict, there must be misery and a sense of shallowness and emptiness and of the utter futility of life. One may not be conscious of this insufficiency, or one may be conscious of it.

What is the process of the mind when there is a perception of insufficiency? What happens when one becomes conscious of this emptiness, this shallowness within one's self? What do we do when we become conscious of this emptiness, of this void in ourselves? We desire to fill that emptiness, often by looking for a pattern, for a mold

created by another; we imitate, follow that pattern, we discipline ourselves in that mold which another has established, hoping that we may thereby fill this emptiness, this shallowness of which we have become more or less conscious.

We begin to reject our own particular experiences and the understanding of these experiences, because we feel insufficiency, and we turn to imitate, to copy, and to live through another's experience. And when we look to another's experience and do not live by our own understanding, there naturally comes more and more insufficiency, more and more conflict;

We strive for the dissipation of this insufficiency, to action, because where there is insufficiency and emptiness our one desire is to fill that emptiness, and so we look to action merely to fill that. Again, what do we do when we look to an action to complete that insufficiency? We are merely trying through accumulation to fill that void, and so we are not trying to find out what the cause of insufficiency is. We just make it hurt more.

When you feel that you are insufficient, what happens? You try to fill that insufficiency with something, you try to become rich, and you say that to become rich, is to become complete. But this does not give you richness, this does not bring about completeness or fulfillment. And then you say to yourself, "I will try to live by my own understanding," which has its dangers leading to isolation and delusion; and if you merely look to action, saying, "I shall go out into the world and act so as to become rich, complete," you are again, by substitution, trying to fill that void.

The solution is to find the cause of the insufficiency. If you become aware then you will find out the cause of insufficiency. Then, instead of seeking completeness in accumulation you create fulfillment through the heart, and your true nature takes good care of the rest.

Beyond Doubt

Devi Asks

O Shiva, what is your reality?

What is your wonder filled universe?

What constitutes seed?

Who centers the universal wheel?

What is life beyond form pervading forms?

How may we enter it fully?

Above space and time?

Names and descriptions?

Let my doubts be cleared.

To sit alone, in doubt is hell. To resolve doubt sitting alone is impossible – distractions would become essential. “Let my doubts be cleared”. Is the call. This is significant because if you are asking intellectual questions, you are asking for a definite answer so that your problem can be dissolved. But you are really asking, let my doubts be cleared. And if you knew this you would not be asking them for answers, you would be asking for a transformation of your mind, because a doubting mind will remain at doubting mind no matter what the answers that are given to it. A doubting mind will remain a doubting mind no matter what intellectual knowledge is provided to it, the answers to the questions are really irrelevant. If you are given one answer and you have a doubting mind, you will

doubt the answer. If you get another answer, and you have a doubting mind you will doubt that answer also. If you have a doubting mind, then a doubting mind means you will put a question mark on everything. To anything and everything that is presented to you, including love.

So answers are really useless to solving doubt. You may ask me why does the universe exist? And if I would tell you, then you are bound to ask why, or how did you know, or who created that which created the creator of the universe. You will doubt all answers. After everything a life of searching for answers you will come to see that you were not seeking answers, you were full of answers, you were seeking to be away from doubt. So the real problem is not how to answer the questions. The real problem is how to change the doubting mind, how to create a mind which is not doubting -- or, which is trustful.

So there are several reasons people ask questions. The first may be that they want a confirmation. In other words they already know the answer, they already have the answer, they just wanted to be confirmed that their answer is right. Then the question is false; it is not question really at all. They may be just asking a question not because they are ready to each change, or adjust what they think, or transform who they are, but just as a curiosity.

But, after all this pretence at questioning, and searching, the mind goes on questioning. So it is not satisfied and then there is more suffering, more learning. That is the very nature of the mind, to question, so it goes on questioning no matter how much it is fed. It doesn't matter what you are questioning, with anything given to the mind, it will create a question. It is a machine to grind out, invent, to create questions. So give it anything and it will cut it into pieces and create many more questions. One question answered, and the mind will create many questions from that answer. This has been the whole history of philosophy.

There are many stories of philosophers who were as children very inquisitive. They set out on a path to answer the many questions of life, and then on their deathbed they will

say, "the more I know, the more I know I don't know". The doubting mind is the real problem not the questions. We are really searching for a way to clear our doubts. Answers will not fulfill my needs. My needs are to clear my doubts.

But how can doubts be cleared? Is there any answer, is there anything that will clear doubt? The mind is doubt, it is not that the mind doubts things, the mind itself is doubt. Unless the mind dissolves, let's go, releases, doubts cannot be cleared. So the mind becomes the gateway to where there is no doubt.

So we teach not answers, nor dogma, nor solutions, we teach techniques. These techniques are complete and lead to experience and experience is the only mechanism that can eliminate doubt. You can hypothesize, study philosophy, attach yourself to dogma and religion, but doubt will always exist until there is an experience beyond all of these intellectual pursuits.

When you awaken to your heart you find to your surprise that your heart is empty. You find to your surprise there is pure space. You are what is in your heart and if you look closely you won't find anything tangible. You find nothing, except feeling, an intent, a caring

Love is the glue that binds all things.

One day we graduate and want a higher reason. Our natural quality of spirit, which can express itself in creativity and love, must be born into everyday life. Without it, in work and relationship, to self, other and the world, the struggle for happiness can be fruitless. Approaching spiritual life we must be cautious so as not to get caught in the path of imitation. It is not like putting on a new costume and becoming a Buddhist or something like that. You come to spirituality to calm, to awaken the fact that you are, naturally and wonderfully related to something greater, that although you act with seeming autonomy, nothing you think do or say can be separate from the greater whole. You come to

spirituality to clean up your motive, to find a certain clarity with which to live your life other than simply consuming and collecting more trophies.

Living from your center is about the bringing of nobility into the world. It reminds you of what already exists inside of you. Nobility is awakened – it is what exists before we go to work, make a success or find a relationship. It affects how we treat others and ourselves, and how we act in the world. It is really nothing in particular – opening the heart just means no tension, an inner smile and not reacting to anything that happens.

All things are nothing more than condensations of the creative energy of life

Will Power – The Essential Key

Without Will-power – nothing is possible. Without the will to change, to grow or develop nothing will happen. Without the will to tolerate pain – life cannot be lived. Without the will to forego distractions, no vision was ever fulfilled.

Will is not power. But it is all the power that exist. What we call will power in us is, more accurately, Life power. A power which increases by us recognizing its potentiality, which proves to be the greatest phenomena in life.

If there is any secret behind the mystery of the world of phenomena that can be learned, it is through the power of will. Will power is a combination of physical and mental strength. Our hands, with all their perfect mechanics, cannot hold a glass of water if there is no will power to support it. If will power fails us, a person seemingly healthy, will not be able to even stand.

It is not only the body which gives us strength to stand-up, it is our will power. It is not the power of the physical that makes us move about in life, it is will power that thrusts the body forward into motion. Therefore, birds do not fly with the wings, they fly with will power. Fish do not swim with their body; they swim with their will power. And when man has the will to swim, he swims like fish.

Humankind has been able to complete tremendous things by the strength of the power of will. Success and failure are its result. Will brings us to success, and when will fails, however intelligent the person, they fail. Therefore it is not the human power solely that moves us, it is a divine power found in the human body that makes unbelievable feats possible. The work of the mind is still greater, for no man can hold a thought in his mind

for a moment if there is not the strength of his will to hold it. If a person cannot concentrate, cannot keep their thoughts still for a moment, it means that will power fails them, as it is will which holds a thought.

Will power is love; in metaphysical terms love is Will power. If one says "God is love", it means in reality God is Will. For the love of God manifests after the creation, but the Will of God causes the creation. So the most original aspect of love is Will. When a person says, "I love to do it" it means, "I will to do it", which is a stronger expression and means, "I fully love to do it".

In the Koran it is written, "we said, 'be', and it became". This is the key to the world of phenomena. To the progressive world of advanced thinkers, this is the key, which reveals how manifestation came into existence. Its existence came into being, in answer to the will which expressed itself in saying; "be", and it became". This does not only belong to the origin of things, it belongs to the whole being of things, to the whole process of manifestation.

As Rumi, has said "Birth, water, fire, air seemed to us as things, as objects, but before God they are living beings; they stand as his obedient servant's and obey divine Will"

A part of that will we received as our own divine heritage, and it is in being conscious of it that we multiply that will and make it greater. If we are not conscious of it, it becomes smaller. It is the optimistic attitude towards life, which develops the power of will, and the pessimistic attitude which reduces it and robs it of its great power. Therefore, if there is anything that hinders our progress in life, it is ourselves. It is proven a thousand times over that there is no one in the world who can be a worse enemy to us than ourselves, for at every failure we see ourselves standing in our own light.

The earth holds the seed and the result is that a plant springs out and bears fruit. So it is with the heart; the heart holds the seed of the thought, and within this, a plant springing out and brings forth the fruit of fulfillment. But it is not only the power of creating the

thought that makes it grow, it is the power of holding the thought which is of very great importance. Therefore, the thought of the heart and the act of holding the thought in the heart are both of great importance for the fulfillment of an individual's life's purpose. Often a person will say "I try my best but I cannot get my mind to concentrate, I cannot make my mind still". It is true that they cannot concentrate, but it is not true that they try their best. Best does not appear here. Best really brings purpose to fulfillment.

The mind can be compared to a wild horse. Many have brought a wild horse to the yoke and made it work. It is such a strange experience to be controlled and tamed, that the horse will kick and jump and run and try to destroy the yoke. So it is understandable for the mind to kick and jump when you yoke it to one thought and try to hold it for a while; the mind becomes restless because it is not accustomed to discipline. It has been said that the mind will hold by itself a thought of disappointment, of pain, of grief, of sorrow or failure. The mind will hold it so tightly that you cannot take the thought from its grip; the mind holds it of its own accord. But when the mind is requested to hold a particular thought, then it will not hold it, responding instead by saying "I am free and I will not be controlled".

When the mind is disciplined by concentration, by the power of will, then the mind becomes yoked to your work. It becomes your servant rather than your master. Once the mind has become your servant, what more can you wish? Then your world is your own, you are the king or Queen of your kingdom. But some people will argue, "why not let the mind be free, as we are free?" But this is like saying: "let the horse be free and the rider be free". The horse will go one way and the rider will go the other. Who will win? They cannot go in separate directions or there is madness. But how, under these circumstances can they go together?

Some people will say; "let me be free, and the will also be free". But without discipline, we are nothing. Self-discipline, however difficult and tyrannical to ourselves it may seem in the beginning, is that which makes the master of the self. Self mastery is a combination of discipline and applied will. It is not in vain that the great sages lead

aesthetic lives, with great purpose. It is not something to imitate, but it is something to understand; it was self-discipline, it was the development of will power.

You lack nothing if you have will

The best way to cultivate will power is by first systematically putting the body into a certain discipline. It must sit in the posture that is prescribed to it; it must stand in a place where it is asked to stand. The body must not become restless, or fatigued by what is asked of it. You'll see this in yoga. The body must answer to the demands of the person to whom it belongs. The moment we begin to discipline the body we begin to see how disobedient the body has always been. Then we find out that this body, which I have called mine, myself, and for whose comfort I have done everything possible, given rest, nourishment, even closed my eyes to the unpleasant things of life, remains faithless and disobedient. So the body is trained with physical exercises by the mind.

The discipline of the mind is done by concentration. It can only take place after the body has become disciplined. When you wish the mind to think about one particular thought, while the mind is thinking another thought, then the mind becomes very restless. It does not want to stand in one spot, because it has always been moving about without discipline. As soon as you discipline it, it becomes like a wild horse. Very often people tell me that during the day their most difficult moment is the moment that they want to concentrate. At this time the mind will start to jump, at other times it moves. This is because the mind is an entity. It becomes restless. It feels like a wild horse would feel in the taming process. At the same time this mind is meant to be an obedient servant. This body is meant to become your tool with which to experience life. If mind and body are not in order, if they do not act as you wish them too, then you cannot hope for real comfort or for real happiness in this world.

There is a difference between concentration and silence. Concentration is holding a certain thought before you. Silence is relaxing mind and body, it is repose, and healing. Further, concentration is the beginning of meditation, meditation is the end of concentration; it is an advanced form of concentration. The subtle working of the mind is called meditation. It is more profound concentration, but once concentration is accomplished fully, it becomes easy for a person to meditate.

It is therefore by putting the human will in harmony with vision and dreams that the world benefits and life mastery is accomplished.

Willpower is the Key to Mental Stillness

"Give me a few hours by myself, let me alone, shut out all interruptions, and I can bring myself down to my work. I take my pen in hand. I write a few thoughts. I see the future. And realize my responsibility. The more I think of the duty placed on me, the graver since my responsibility. Every idea has weight. I can see the effect of days ahead."

Dead stillness requires perfect calmness of the mind and emotions.

Create perfect calmness of body and mind while charged with tremendous energy; the power to think great thoughts and not let them run wild with the emotions; the power to hold great determination and not lose any of its force in wasted action. Is achieved through stillness.

Can you imagine a perfect machine that has been built for the execution of a most delicate yet most useful purpose; a machine that does what it was made for, and nothing else; a machine that has no losses in motion. Every detail of its work has a purpose behind it. If it were committed to perform other details some of its power and much of its usefulness would be wasted. The body is such a machine and properly tended this machine will perform incredibly.

When the mind is excited the body as its agent loses control of itself to some extent. Therefore the mind must always be calm. A calm mind is a successful mind, if the calmness is one of intent and focus not exhaustion.

- **The muscles of your body, by constant involuntary motions, may waste the vitality without involving the action of the mind.**
- **The nerves of the body, by constant twitching, may waste the vitality without involving the action of the mind.**
- **Dead stillness will overcome all such loss and lead to the accumulation of life force.**
- **The excitement of the body may or may not involve the action of the muscles all the nerves. However it generally does affect them seriously.**
- **It is a test of power to be able to separate the feelings from truth . It is the best test of power to be able to separate the emotions from the mind; then from the face and general body. The excitement of the emotions is almost certain to affect the mind and therefore energy.**

The practice of dead stillness will accomplished such results through strong magnetic self-control. Mental and emotional excitement may be managed by controlling the muscles and nerves. But it requires the highest degree of this power to prevent the voice from betraying the emotions.

The greatest leaders of our time have been renowned for their solidarity and compassion in circumstances of emotion. Napoleon never allowed his nearest friend or closest

counselor to know what was passing in his mind. Or what affect any news, good or bad really produced on him. He retained a capacity of steadiness that told nothing. He was a person of dead stillness;

If you can't manage your emotions you can't manage you life

Make everything count.

Every person whose existence is worth anything to themselves or the world, must at times be alone with themselves. It is in this un stimulated silence with the gift of thankfulness to your creator that you will find the voice of certainty and guidance. Your Guru, your wisdom, your Christ, your vision is within you. Your heart lies waiting to be opened. This is the magic of silence.

Personal Harmony

You have an inner vibration, which is audible and visible. It is not visible to the eyes and not audible to the ears, but it can be heard and seen clearly. There is a feeling that we create without saying or doing anything. We might say, "I feel their vibrations, I feel their presence". Therefore, a person who communicates a warm and inviting energy with authenticity will do so without doing or saying anything. Their inner world creates a positive atmosphere, and you will be comfortable around them. In the converse, I hear people say "I have done nothing, and yet he or she dislikes me, why?". That person does not comprehend that it is not because of their saying or doing; it is because of their inner world, their inner thoughts, that this feeling is expressed. A depressed person sends out signals. An inspired person does too. It is in the vibration of life itself that the tone and color of an individual are experienced, irrespective of words or action.

You can understand and tap into this immense resource of comprehension, then you can begin to appreciate the power of life itself. We have a greater scope for approaching that unlimited potential which is within us when we understand how to manage and develop our personal harmonic. This is what is meant by self-knowledge, it does not mean knowing how old one is, or how good one is, or how bad one is, or how right or wrong one is. No that is on the surface. It means knowing the other part of one's being, that deeper, subtle aspect of one's life, the private, supposedly secret garden of our inner world. The fulfillment of life depends on the knowledge of that inner world. We call it Inspiration, Inner Vision.

If you can truly practice mastery with this inner world you will create a personal harmonic that will begin to create a profound benefit to your happiness in life. You will begin to feel in synch with the presence of other living beings. People, places, animals and nature will all come alive in a different and more profound interaction. Your intuition

will heighten, your sense of connection will grow, your need for approval will fall away and a quiet confident calm will descend over your life like a rainbow on a summers day. You will reconnect the separations that cause all pain and suffering in the world.

The happiness of each person lies in the knowing found within them. One is not made more inspired in life by following a certain religion, or by having a certain belief, or by being a fanatic with regards to an idea, or by becoming good, because this increases the separation of the four elements. Conforming to rules and earthly dogma decreases inspiration. Future Seeing is simply found by finding your true nature. Inspiration is natural, it is born within us, it is the beauty of life, inner harmony and is the key to our happiness.

Harmony of things

Every object we see is revealing something. It tells us its character, nature and secrets. Every person we meet tells us their past, present and future. Every presence explains to us, without words, all that it contains. There is no other language. It comes in the form of harmony, if we allow ourselves to hear it. We hear, but not with our ears. A friendly person shows harmony in their eyes, their words, their movements and manner. An unfriendly person, in all their movements; their glance and expression, in their walk, and in everything they do. They will show disharmony, if we free ourselves to see it.

This concept of becoming tuned in, or aligned with the universal consciousness may seem complex, yet it is so simple. Through the opening of the heart, we can experience attunement. It is during a moment of honesty with a friend that we come to know how to experience and to enjoy friendship. The more depth a person shares, the more friends he or she will have. It is smallness, narrowness, lack of spiritual development which makes a person exclusive, separated, and distanced from others. They feel superior to others; they become distracted from the harmony, and their friendly attitude transforms into sour

notes easily. They cut themselves off from others, and in this lies the tragedy. That person is never happy.

A person who is blessed with the gift of intuition, can read these vibrations. Outwardly, things may appear as solids, but inwardly they come as a narrow continual record, a talking record, which is always expressing what is written within it. No traveler with an attunement to their intuition will deny the fact that in lands of ancient traditions, you will experience numerous places which sing aloud the legends of their past.

The one who finds the key to harmony in life is the one who becomes the intuitive. It is they who are inspired, who create revelations and manifest their destiny. To this person, all language is simply music. Every object they see becomes revealing of nature's secrets, as they are unveiled to those who are ready. We know those who have been blessed with intuition, and those who have devoted themselves to spiritual practice and achieved a deeper understanding of life. They are obvious, they stand out in society. We also know those without it, and who are lazy in the process of diligence of thought and word, still waiting for the cosmos to hand them their escape.

Intuition arises from the depth of the human heart. It has two aspects; one is dependent upon external forces, while the other is independent of any outer experiences. The former is called impression, the latter is called intuition. Intuition is a definite faculty, as it comes by responsiveness to the feminine qualities we all possess. Women tend to have this faculty well developed and are therefore typically more intuitive by nature than men.

We often say, "this person gives me such and such an impression", but there is no evident reason to prove this judgment. Perhaps we are not capable of finding any reason to prove it. Nevertheless, our impression is more often than not correct. There are some people who are unnaturally intuitive. For someone who is intuitive it is not necessary to wait to speak to someone, all they need is one moment. As soon as they see the person, they get an impression, which is a form of intuition. An individual with a clear, still mind

generally is very capable intuitively, while someone with a distracted, restless mind lacks intuition.

Intuition is a super sense. It may be called a sixth sense; it is the essence of all senses. When a person says they simply “sensed” something, it does not mean that there are objective reasons to prove that it was true. It means that, without any external affirmation or objective signs, they have sensed it.

Intuition, which is independent of impression, is of a deepened nature. It is a sense that comes to us before we choose to begin something, and so we know what will happen in the future. Before the beginning of a venture, a person senses the result of it. Intuition can be considered a sort of inner guidance, sometimes it serves as a warning from within.

Personal Harmony – how do we know?

Harmony is first expressed as a feeling. That feeling turns into a thought in the mind. In the mind, it shapes itself, and becomes clearer. Then the mind turns it into a form, and at this point it becomes language. In order to become clear, so that it can be distinguished, intuition turns into three different conditions: a feeling, an imagination, or words. Some people hear the inner voice, the voice of clear intuition, while another person may simply have a feeling, which they may call the gut. Another person may not experience an intuitive feeling at all, until they have spoken or heard the words spoken aloud, clarifying where this knowing came from.

An openhearted person is the most intuitive of beings. Intuition has nothing to do with learning. And uneducated person can be much more intuitive than one who is academically certified, as intuition lies in another domain of knowledge and it comes from another direction.

It is sometimes a challenge to distinguish an intuition from a fantasy, or even a memory. One comes from one side of the brain, the other from another side. If we take action based on the idea of an intuition, and it fails, we can lose faith in our intuition and question our ability to trust ourselves. Then naturally, we no longer give credit or power to our intuition and the ability to use it diminishes more and more each day. At any one time, both mind and intuition can be found working simultaneously, yet not together in fact they compete for attention. They feel similar, they can both feel right, and they are both internally motivated. The difference is that the mind emanates from the outer world and is reflected within, as a learned response. While intuition comes to the inner self from another plane of existence. To separate them, we need a keen sense of our own mind, a stillness of memory and concentration.

We need to be able to see our mind as if it were a screen placed in front of us. While looking at it, we must be able to shut ourselves off, and fix our mind solidly upon our inner being. By developing concentration, by stilling the mind, we can be tuned to the pitch, which is necessary to perceive intuition. You cannot let failure or error discourage you in this process, no mistakes are possible. If you persist, you and your intuition will become as God and citizen. You will have knowing beyond the mortal plane. This is a powerful asset to have as a human being; you can tap the asset of the greater consciousness, and break the limits of the human condition. This is freedom and aligns with the soul's innate desire to be free.

HARMONICS – SECRET LANGUAGE

There are many ancient places where one can discover engraved stones, woods carved with artistic designs, or some symbolic representation of an ancient people's prayers. I have found such places while trekking in the mountains of Nepal, where one finds miles of Mani stones, engraved over thousands of years by a village people steeped in their commitment to prayer.

The same experience can be found in the atmosphere of gardens and trees in the forest, they also express the past— and the ancient impressions that have been given to them by those who sat amongst them. Often people have superstitions about a tree being haunted, especially in the East. In truth, a vibration has been created, consciously or unconsciously, by someone who has lived there or taken shelter under the tree. Their ponderings, thoughts or feelings have been absorbed into the tree and the tree's vibration expresses it. Perhaps the person has been forgotten, but the tree is still repeating the thought that has been passed on to it; for the tree can express the voice that has spoken to it with more clarity because it is a pure, uncontaminated container.

In countries, where, in ancient times, people used to travel long distances by foot through the forests and take shelter under a certain tree, such trees are rich in messages and questions absorbed from these weary travelers. Many aboriginal cultures adhere to this system of communication, seeking answers from the wisdom of the trees or even rocks, with developed intuitive faculties, they will hear the messages more clearly than if they had heard them from a living person.

Such communication can be found amongst animals as well. Pets absorb thought and feeling through their contact with humankind. Those who know horses are very particular in buying one which has good vibrations, apart from considering its health and breed. Often a horse of very good breed and perfectly sound health can be unlucky. The reason for this is that the disposition of its former rider will have been left in the energy of the animal, leaving its influence on the heart of the horse. Perhaps the personality of the person will change, but the horse will elicit behaviors indicative to the time spent with its previous owner.

You can also see pets take on the demeanor of their owner. This is seen in vicious dogs, gentle ones, playful, biting dogs, and kind ones. We have all met a cat that simply won't let a person touch it. All this reveals secrets hidden from the human eye, revealed to the

spiritual eye. It is the spirit of the animal, expressing the feeling they possess in their hearts, that manifests in a human-like behavior.

The Language of Things....

We put our energy into everything we do. Not only our physical energy will become the thrust behind a project, but also the inspiration that was present during its creation. For instance, it is not difficult for an intuitive person to experience, from the food that is cooked for them, the thoughts and feelings of the cook. It is not only the level of skill the cook possesses but also the what the cook was experiencing and thinking at that particular time. The cook's mood, be it irritated while cooking, or grumbling or sighing, or if he or she is miserable and depressed, the final state of the food will express this lack of presence and loving preparation.

The thought that accompanies an object is a vibration of free energy, a life energy. From a mystical conception, vibrations may be considered to have three aspects; audible, visible and perceptible. The vibrations passed into an object are neither audible nor visible; they are only perceptible. You may wonder what they are perceptible to? They become perceptible to the intuitive faculty of mankind. It is not to say that one who lacks intuitive faculty does not perceive it, they will do so unconsciously.

In a creative work of art, there is found, independent of the skill it has taken to produce this piece and the ideas it conveys to us, there also exists a perceptible feeling that comes from it, of it. A work of art may be a beautiful thing to look at, derived of great skill, but with it comes the workings of the mind of the artist. The effect of that picture is not what it suggests outwardly, but what it speaks from the voice of the heart behind its creation.

Energy exists in all things. The object can be thought of as the instrument, while the thoughts of the individual are life itself. A person puts the life into an object. When an object is being created, a transference of energy takes place and the form receives its integrity, its strength, or it may receive weakness and negativity. Other forms of matter that represent messages and energy, can be the flowers one takes to a patient in the hospital. As we convey our healing thoughts through the flowers, the patient will receive whatever messages we passed along each time they look at the flowers. If we take food or sweets to a friend with the message of love, its consumption will create a harmonious, happy result.

In every picture, in every statue, in every artistic construction, one can hear the voice within the piece, telling the story of its purpose, the reason for its creation. Sometimes an artist is unaware of their purpose for creating their work, they may be just following their imagination. There may be a result that contradicts their desired image, there may be a product that tells a greater message than what they were aware of during its creation.

Once I paid a visit to the central head office of a local business. I wouldn't describe the business as hugely successful, but it was wonderfully unique. No sooner had I set foot inside the building than I observed an outrageous color scheme and pictures chosen as its prominent features in the main lobby. I was immediately surprised, and wondered how such a business could have existed so long with such chaotic undertones. Not long after, I learned that the business was plagued with bad luck and human resources problems, illness and stress. The life of this business had died. Where was the presence of harmony, inspiration and spirit in the physical representation of the single most important building of this business?

A friend once took me to see paintings made by his wife. When I saw them I was able to read the whole history of her life. It was obvious that his wife had experienced severe depression and was living totally outside of her body. The pain of her story was expressed in the vibrations of those paintings. As much as the paintings expressed angelic pictures of the life ever after, a fine thread of sadness and depression weaved

itself through the those pictures. Whoever now owns those paintings will surely feel the vibration of a life not fully lived.

The same experience can be had with poetry. In history, there were many poets who were sad, depressed and alcoholic. Their ability to string words together in ways that provoke feelings and thought is powerful. Yet deep within the words and behind the words are the depression and ugliness of their miserable lives. We can clearly see that our unconscious thoughts and feelings produce an effect upon all things we come into contact with; a place, a rock, a tree or a seat. Whether we give it our messages, or receive messages from others, an exchange happens, an imprint, and a memory.–The individual who can understand the psychology of this, will accomplish the purpose of their life with gratitude and serenity. We can impress great power upon our life work through the impression of thought and feeling during the creative process.

Therefore every little thing given and taken in love, with a harmonious and good thought has a greater value than the object itself. It is not the object, but the thought that propels or animates the object. It becomes evident to us then, that it is not simply the everyday tasks of our life to hold and create material value, but also, to focus on the source of our motivation, our thoughts and integrity. Because it is our thoughts that are projected into the world through our creations that hold our energy. We can choose to pass on negative destructive thoughts or harmonious, constructive thoughts. When we are mindful of the harmony of our thinking and therefore our creations, at all times, then we can watch our work become 1000 times greater in effect and real value than could be predicted.

Our current lifestyles do not foster an appreciation for the energy and love put into products, and we carelessly purchase items without much thought. There was a time, in both Eastern and Western countries, when people would spend significant time preparing clothes, taking into consideration ritual and tradition in the process of creating a garment.

Now an article can be easily bought at a shop; many people don't consider where or by whom it is made, whether it was made grudgingly or with grumbling.

At Work

Ultimately harmony appeals to a unique part of the mind and emotional being. The environment in an office can create or destroy harmony. For example red walls excite a person and will make them inclined to fight. A striking color will give you an argumentative environment. From a psychological point of view ancient customs use a certain color for a wedding, and other colors for different festivals. It all has meaning, there is a psychological significance behind the subtle realities of our lives.

Consider the manufacturer of ships and planes, methods of transportation that are used daily, risking human lives. Who makes these? Who knows what suffering or internal struggles existed in the minds of the builders of the Titanic? Was there a peacemaker amongst them, coaching them to keep a certain rhythm of mind while making this great ship? Were the individuals who handled each and every beam with their hands, distracted and impatient, or living in harmony and presence? Everything that is made carries a magical influence in it. If a vehicle is made with thought quite contrary to what is required for it to run smoothly, surely danger awaits this ship, train or car. In emergency situations, often without apparent cause, a boat will be found in danger, due to a malfunction or broken piece. The cause, as stated above, can be attributed to the thoughts of its maker, or the conditions of its purchase.

So it is when a house is built. The thoughts passed on by one who is building it, or by those who worked on it, are all important. In short, we understand by this concept that there is thought attached to all things prepared either by individual or by a multitude, and that thought must give and cause results.

This is also true for action. Not only is energy exchanged in the construction of a thing but in the funding and management of it. I have seen many a poor person, wealthy in money at the expense of others whose life is totally cursed by toxicity in their use of black money. Dark energy surrounds people who have deceived, they and their possessions are cursed by the energy that attaches to them.

Mindfulness

From this lesson, we learn the art of mindfulness. The thoughts that go into something multiply its effect by thousands. The emotional state we are in when we write a letter is worth more than all the words combined. The positive thoughts filling the mind while we cook are more important to our nourishment than the origin and source of the food itself. The love and care we invest in the writing of a story, painting picture or composing of a song, is all so much more vital than the work itself. We can expand our thoughts even further to consider how our conscious and subconscious thoughts will affect our own bodies, and potentially that of the person we sleep next to. Continuously plagued with negative thoughts, or living with little gratitude, our bodies will start to reveal the toxic inner dialogue, eventually manifesting in physical disease.

The following story illustrates this point clearly. An acquaintance of mine has a son who is five years old. This child has witnessed his parent's difficult and rather violent separation. During the time that the child was under the father's care, the adult would express his hate for people, his anger and violent thoughts toward his ex wife, his wish for ill to befall others. The child absorbed these thoughts and began to experience ill health. Asthma and mental stress, accidents. By internalizing his father's toxic shock, it affected this child's own health, he eventually fell seriously ill. The attitudes, thoughts and feelings that exist in our heart, not only affect our own bodies, but those around us and subsequently the things we create. This is the source of what has been called "black

money”. Income gained through darkened thoughts, will breed in its owner, the torment it caused others in losing it.

In the writing of a letter, the author may sometime mask the true meaning, yet the letter conveys the messages that have not been written. Words written with living thoughts behind them will have a far greater affect than a thousand pages of dry, well written literature. Have you ever “heard” a letter speaking? It is not simply what is written on the paper, a letter brings the one who wrote it to life. You can decipher the mood they were in, their evolution, their pleasure, their displeasure, their joy and their sorrow. A letter carries the vibration of thought and feeling, as do all forms of communications.

The power of inspiration can become eternal. The lifespan of a living thing does not necessarily decrease with time. According to the intensity of feeling that was put into it at the time of its creation, it may sustain the expression of its birth for a long time. The sound of a note on the piano resounds according to the intensity with which you strike the key. If you strike with less intensity it lasts a shorter time. The duration of the lifespan is directly correlated to the strength with which a note has been struck, and the instrument you play.

If man in his daily life would examine every action that has created disagreeable attitudes and cause darkness and dissatisfaction of himself, from the soul’s perspective, he could simply become more mindful and change the behaviors that destroy his own creations. On the other hand, if he could consciously watch each thought, word or deed that produces an inward love, harmony and beauty as well as each feeling that had brought him wisdom, calm and peace, both aspects of life would be satisfied, the inner soul fed, as well as the outer life manifested.

The soul’s satisfaction is much more important than that of the body because it lasts forever. In this perspective, the mastery is in conscious management of thought, word and deed, and they can be adjusted so that harmony can be established first in the self, and then in the outer world.

Inspiration – Harmony is listening

The whole mystery of life can be unraveled in the understanding of it's harmony. This fact is expressed in the Koran as well as the Bible. Spirit descends into matter by the law of vibration, and matter may also change to spirit through the same action.

According to the metaphysical standpoint, there is a harmonic sound which is the beginning and the end of the universe. All actions and movements made in the visible and invisible world are based on rhythm and harmony. That is; they are made up of vibrations pertaining to a certain plane of existence.

Mystics can lose themselves in this harmonic. (remember it is not audible to the ears) Psychic and occult powers come after experiencing it, and knowledge of the visible and invisible existence is possible. Many of the great musicians in the Orient have become great saints through the power of harmony.

Music was, according to this early view of humanity, the way in which our bodies came to harmonize with the spheres, creating a perfect accord between the universe, and the good of the earthly individual. According to the Ancient Greeks, the earth was once a solid sphere in the centre of seven transparent revolving spheres. From within this sphere exited each of the planets; the moon, mercury, Venus and the sun, Mars, Jupiter, and Saturn, after which the seven days of the week were named. The sounding tones of each of these seven created the “music of the spheres”, which now are known as our diatonic scale of notes. There also existed a metal to correspond with each; silver, mercury, copper, gold, iron, tin and lead. The soul was known to descend from heaven to be born

on earth and as it came down, picked up the qualities of each of these metals, uniting the souls and bodies with these elements of the universe, creating a unified song.

Every person differs in its choice of life, in its choice of path it will follow. This differentiation comes from the variety of the human mind, for the souls, in their essence, do not differ. It is no exaggeration to say that the understanding of harmony alone could be the means by which the souls of all races, nations and families, may one day be united. The more the individual is conscious of harmony in life, the greater service he or she can render to humanity.

Developing Intuition -- Seeing with your heart

You have to learn to become what you see. Seeing with your eyes is not good enough, you must learn to feel it. You see a rose, but this is with your eyes, and if your heart is not stilled, you are not feeling it. It is not true seeing is it? While there is a separation between you and the rose, you are seeing only with your eyes. That seeing is incomplete. When you see the rose with your eyes, there is no real experience, you are actually recalling a memory, from the past, and this seeing is just recollection. You see it and go Ahh, that's a rose, you intellectualize it and keep moving. Did you really experience anything? Only that experience you just had is the one of the past. Your memory substitutes even the smell, you are just too busy to keep smelling things, you say, "I already smelt a rose" But what about the rose you are looking at now? Just a short glimpse of anything is enough to revive the memory of the past experiences, and simply we pass on thinking, I have seen a rose it is beautiful, but we really haven't seen this rose.

You must remain with the rose. See it, with your eyes, and then feel it with your heart. How do you feel? Smell it, touch it, let it become a deep bodily experience. Close your eyes and let the rose touch your whole face. Feel it. Let the eye's and the ear's touch it, smell it. Taste it with your mouth. Put it against your heart, be silent with it; give this rose a chance to be itself, give yourself the chance to experience the feeling. Forget

everything else, forget the whole world, make the whole world just this rose. If your mind is thinking of other things then your experience of this rose is not real. It will not penetrate deeply. Forget all other roses, do not compare this rose to any other rose, or any other flower. There is no need to say that this is better than any other rose, or this is not as pretty as the rose I saw last week, or this is an Australian rose and that is a Russian rose, they are unnecessary thoughts. Be here with this rose now and experience all it has to offer.

There are many people who will find this exercise difficult because they are not sensitive. For women it is not as difficult as it is for some men because many men have not developed these aesthetic senses. There will come a moment when there is no separation and you will say in your heart "I have become a rose, I am a rose" This is what happens in love. If you are in love with someone, you forget the whole world. If you are still remembering the world, then know well that this is not love. When you have forgotten the whole world; only the beloved, the lover remains. That is why I say love is meditation. You can use this technique with the rose to find your partner, to explore him or her, to know them completely.

Over the past 40 years we have seen people lose this skill of becoming one with the object of their love. We have literature replacing intimacy for so many people. But they do not understand what they are looking at because they are just sitting on the surface of sex and absolutely do not understand the relationship between love and sex. Sex is like the hallway to the place of total presence where the object of love and the lover become one. Just as with the rose it is possible to become so connected to the object that there is no separation and in this time true love and intimacy is experienced, it is not a sexual thing. But sex for lovers can be like the scent, and the flavor and the touch of the rose, it can draw the senses inward until there is no separation.

Zen masters have used rocks instead of roses for the object of their meditation. They say that if they can become one with a rock, then there is no human being on earth that they cannot become one with. A rose for them would be too easy. But we are not Zen

masters and therefore we need to begin this practice with something that we already love. Choose an object, which is something precious to you. Feel it, go deep into it and let it go deep into you. It is not for the purpose of achieving pleasure but for the purpose of achieving stillness. The moment will come when all other objects have left you, and there is simply one in front of you and then this one will disappear. When you have forgotten all, you and the object will merge.

And eventually, you will fall into the place where absolutely nothing remains. There is no you and there is no object and this is the place of absolute unconditional love. In this place there is no time and there is no space. You cannot tell where you are or how long you are there. To stay in this place for long is nearly impossible. Only those who have practiced for most of their lives achieve extended periods in this State of absolute oneness.

To approach this place of love directly, without practice or without object would be very difficult and arduous. So we have the opportunity to pass through an object as a vehicle. You do not have to have an object which is tangible it can be in your imagination. But this is dangerous and can be confusing. Elsewhere in this book you are provided a series of exercises for the development of mind control and in this exercise regime first we learn to master the imagination and then we open the eyes and make the imagination reality. This for the purpose of focusing centering the mind.

If you wish to master this process then it is important to note that you should begin with one object and not change it. Because if you change a lot you will go across the surface of this process rather than deep into it. You should use the same object everyday. When you can, with great comfort, be filled with the flower or whatever the object you have chosen, then you will say "now I am the flower". Then all else is forgotten, and you can experience this repeatedly. This is an amazing achievement in itself.

The second part of this process which is to allow the rose to vaporize and for you to sit in the void which was the rose and now you become nothing.

Soul Guidance – Life Purpose

There are two aspects of individual harmony; the harmony between body and soul and harmony between individuals. The soul celebrates moments of eternal love, yet mankind becomes so engrossed in the material that the soul's true comfort is neglected. This keeps mankind dissatisfied through all monetary comforts he may enjoy, but not understanding that this hunger has a never ending appetite, the soul is not satisfied by the senses.

“Being in harmony with the world around you, makes you the receptacle of the harmony of life. We can all intuition the presence of energies.”

Every external activity is directed by an inner emotion that is guided by a source or principle cause. Every cause has its effect and all effects are working toward a specific purpose. In the daily events of life, this order is not always obvious amongst the chaos of anger or trauma. People often see themselves victimized and therefore cannot attain a balance that has occurred, in effect, from a lack of order. But it is not the lack of order that is the cause, it is the surface impression which is damaged and must be corrected. Yet to the keen observer, awakened to the real world there is nothing but order. With its every motion, the purpose becomes more definite, and in evolution it adjusts itself, creating perfect harmony, (although in limited time the same activity may appear

inharmonious). Therefore good and evil, right and wrong, when viewed by the keen mind, correspond with a certain purpose, and are therefore harmonious.

Every individual experiences either harmony or disharmony, depending on how tuned in they are. The more they are open to all that is beautiful and harmonious, the more their life will resonate with universal harmony. Their friendly attitude towards everyone they meet surrounds them, creating an atmosphere through which their individual harmonic will flow. They will know the Future. Life makes its effect on the human heart through the law of harmony. Experiences have either a warm or a cold effect, according to their element, since all elements are made of different degrees of vibrations. Therefore, intent can produce agreeable or disagreeable effects upon our mind and heart.

Dreams – a Powerful Source of Insight

Harmony also operates during our sleeping hours. A clear intuitive, calm mind during the day, will produce a powerful depth of dream state. Dreams are the intuition at work while the perceptions of the outer world are resting. At this time, the intuition must receive messages from a deeper well of consciousness, the sub conscious can feed your intuition. But the same qualities that allow for accurate and clear intuition during the day also exist at night. A disturbed mind during the day creates, unquestionably, a disturbed mind at night. Clear, focused and concentrated thought, with mental stillness during the day, will become stillness and concentration at night.

There never exists a dream without meaning. If the dream has nothing to do with intuition, it is a purely automatic activity of all that the mind has gone through during the day. The same activity repeats itself automatically just like a moving picture before us.

Yet even behind this screen, there is meaning, for nothing is projected onto the curtain of the mind, which does not take root in the soil of the heart, producing similar flowers and fruits. If in the dream intuition is working, then the dream is narrating something from the past, present, or what is in the future.

It has been suggested that dreams which occur in the early stages of sleep are the reflections of the day just passed. Dreams of the middle stages of sleep are those of the imagination, fears and memory. Disturbing and confusing dreams are great insight into the unseen conditioning of the daily life and thoughts. Then there are dreams in the last hours of sleep, the morning dreams. These dreams are the predictions, the intuitions of the real future. These images are most likely to predict the future and will create the template for a reality yet to come.

There is however, a kind of dream which shows everything like a reverse mirror. This is a condition of the mind in which everything appears quite the contrary to what it is. The mind has been turned upside down, and therefore all that a person sees is upside-down, especially in this dream state. Sometimes the dream shows quite the opposite of what was, what is, and what is going to be. If a person does not understand the nature of the dream, they would interpret it quite contrary to its reality.

There are also dreams called visions. These are the early morning dreams and are typically about the conscious focus of the individual during the hours before sleep or during the previous day, and can also be a projection of events happening during this phase of their life. If this person is thinking about their future, the dream would be reflective of that future, and if they are thinking of themselves, then the dream is about themselves. If it is about the past, or plans of the future, or details of children, the dimension of the dream is the reflection of the dimension of life that is within the consciousness of the individual at that time. However, the content of the dream may not look at all like the idea that motivated it. Surreal imagery is sometimes used in dreams to portray elements of insight, which are abstract, but always relevant.

The deeper we go in seeking understanding of the mind and dreams, the more we find that in the understanding dreams; their nature, their mystery, and their character, the more we understand the secret of life as a whole. The difference between impulse and intuition is significant. Impulse is like the spontaneous reaction or action springing from the conditioning of the ego. Intuition comes from a deeper source. Impulse guided by intuition is a successful combination. Impulse guided by impulse is not.

Symbolic dreams are the activities of the subconscious mind. For this reason, it has been easy for mystics to see the evolution of a person from their dreams. An individual's dreams can lead to a deeper consciousness than the individual is otherwise capable of accessing. People with incredible imagination have wonderful dreams, and the splendor of their dreams is shown in their amazing symbology.

The mind creates a reaction on the body, therefore dreams can be inspired by the body. For example, a dream may be inspired by a feeling of pain in the body. Therefore, it is natural that a bodily disorder may throw a shadow on the mind and produce the same disorder in the mind.

Dreams of flying signify the inner yearning for escape, an innate desire to rise above all and fly free of the body and material limitation. These dreams often reflect impending travel plans, or opportunities for change and movement.

People who rarely dream are still imaginative. In fact, individuals who never dream are often very happy. It can be said that a very spiritually advanced person does not dream much due to their contentedness, just like a very dense person may not dream much, as they are quite blissful in their ignorance.

The difference between a dream and a vision

The difference between a dream and a vision is a profound one. Vision is an emotion free description of the realistic future. It contains details but little description. Fore

example, “there will be \$20,000 in my bank account”, versus a dream state which can be described as “I will be blessed and will have \$20,000 in my bank account and I will be so happy”. The second description is fantasy because the emotion is expressed in the statement. This emotion is lopsided. It claims to contradict the laws of nature, as it infers that the owner has stepped down their inspiration through their vision to an infatuation or dream. Dreams of this nature rarely come true because they are emotionalized into fantasy. There is a loss of real time presence in this emotional outpouring.

Inspiration

Inspiration is a higher consciousness form of intuition. It is an inner response, a deep intuition, a stream of wonder and bewilderment that comes to the individual through mysterious means. When a truly inspired person has received an inspiration, be it a writer, a poet, a composer, or a creator, they are totally satisfied.—Their satisfaction is not with themselves, but with what has come to them. Inspiration is called “the soul’s reward”. It does not come from us but through us and requires steadfast diligence in thought, vigilance in word, and a deep order to make it manifest.

Inspiration may strike at anytime. When there the mind is open and at rest, the possibilities are limitless. There are moments in our daily routine when inspirations may occur; when we take a shower, run a mile, swim in the ocean or play golf. Truly inspired ideas will flow in these moments of presence and calm. It is difficult however, to capture these precious moments. They appear in pictures and must be recorded either in pictorial form or in words. Yet as we do so, we lose some of the purity of an inspiration while translating it to the heaviness of matter.

There can be little doubt of the origin of inspiration, as it is derived from the “True Nature”. No one person is more worthy than the next for inspirations. However, to those with noise in the mind, inspirations come but may go unnoticed. A Stressed and crazy mind filled with emotion can only operate on the surface of life.

What we don’t appreciate we lose, and so it is with inspirations, should we receive them, that it is our duty to bring them to form in the shape of words, pictures and idea. We always have the choice to hand them to others or keep them for ourselves. The less we act on these inspirations, the harder they become to hear.

Inspirations come when we are least expecting them. It is not by being anxious of receiving something that we are able to receive it. It is not by straining the brain that one can be inspired. It is not by worrying for days on end that one is able to compose a piece of music. A person whose mind is cluttered, worried, stressed, or angry cannot receive inspiration. The individual who receives inspiration is a tranquil and unconcerned soul, calm and assured about what is coming. Certainly they desire to receive something. They are passionately waiting to conceive of it. It is by focusing the mind to the divine mind, that consciously or unconsciously, we will receive inspiration.

The phenomenon of inspiration is so great and so wonderful that its joy is unlike any other joy in the world. It is a joy which is almost indescribable, and it is in this joy that the genius experiences ecstasy. Inspiration comes from the divine mind. What the great musicians, poets, thinkers, philosophers and writers have left to the world is a purity of inspiration. Although not everyone will comprehend their work fully, and therefore not everyone can enjoy it fully. But imagine the enjoyment a dissatisfied person will feel when their inspirations come to them, there are no words to express it. It is through inspiration that one begins to experience the mind of God. The most materialistic genius begins to wonder about the divine spirit when inspiration has come to them.

Inspiration comes to the artist as though by another hand, they will create as though their eyes were closed and their hearts were open. With this guidance, they will create or paint, with little recollection of how they produced their final piece. Inspiration comes to a musician as though through the voice of another. The music will appear, a complete song, with perfect melody and rhythm. A poet's inspiration comes to them as though someone were dictating and they were simply writing it down. There is no strain on the brain while writing, there is no anxiety in receiving this information.

Many people confuse inspiration with spirit guidance. Inspirational people are glad to attribute inspiration to a spirit, knowing that it does not come from them, but it can not always be considered spirit guidance. Inspiration does come from others, sometimes by

external messages and sometimes from within, but mostly inspiration comes from the infinite consciousness. The divine mind, when we tap into this great ocean, connects us to the greatest resource in existence; which is universal consciousness. This is inspiration and many people sometimes perceive this to be some form of spirit being.

It is quite crazy for humanity to attribute inspiration to some limited being, which has nothing but a shadow of truth. When people speak of past lives, of spirit guides, or of tapping the ancient minds of the past, they are usually deluded. They claim the ancient Egyptian comes from the other side to inspire them or an American Indian comes to lead them on their way, they put their will and their mind between themselves and the creator. Instead of receiving information directly from the source, which is perfect and all sufficient, they picture themselves limited, and create a filter between themselves and God.

The best way to tap inspiration is to make yourself an empty vessel, free from pride of learning or conceit of knowledge. Become as innocent as a child who is ready to learn anything that is to be taught to them. It is the one who becomes a child, while at the same time longing and yearning to express the best of who they are, who becomes inspired.

When a person can rise above the definition of themselves as a means of production and expand to become a citizen of the greater world then everything they do can become inspiration. Compassion exists in the human realm inspiration exists in the universal.

We can receive inspiration from anywhere like through a medium that lives here on earth that comes in three forms. These three forms are; when you are in the presence of someone who is inspiring, when you are in the thoughts of someone who is inspiring, and when your heart is in this state of perfect tranquility, inspiration will come flowing through your heart easily.

The analogy can be made to that of a radio playing music. Sometimes you connect with a certain station from which you are to receive the music, and sometimes you cannot connect, but the object still remains a radio, whether it is turned on or off. If there is music passing through it while it is turned off, it is not received, but the sound is there just the same. The heart receives inspiration in the same way, from these three different sources. It all depends on where the heart is focused. For some, the heart is focused directly on the universal consciousness, while this approach for others may be too remote. His heart is focused on something, and the something is focused on the universal consciousness from where it receives messages.

Developing Inspiration -- Future Seeing – Insight

Every person in the world should train themselves to depend on the third eye as much as possible. It can make you a power in your day, if not in the world. It can work out your destiny. By having mastery of it, you can become an architect of your own life on earth, you will learn self-reliance. The third eye awareness will keep you wholly within the bounds of right dealings with all others, and then you will be able to show a generosity with the things that self awareness has accumulated.

Through third eye awareness you will begin to perceive the true significance of environment, whether it is of the past or of the present, that is, perceive the true significance of continually changing circumstances; and in the perception of that which is true in environment, there is reality. You will rise above conflict. Then, in that acuteness of reality, you will discern the true significance of environment, you and it will become merged and your true nature will just open in front of you. In that clarity of thought there is no deception, no insecurity, no withholding, and no limitation.

When action is born of the third eye, which is insight, when action is itself is insight, then you do not seek that which is irrelevant. There is a completeness, a sufficiency, a richness and the realization of the universal viewpoint applied to everyday life, this is yours. And that completeness, that insight prevents delusion. You simply see the beauty of what is, as it is, and then live moving forward as if there is a river and that river has a flow and you stop fearing life, and look to find beauty in every circumstance.

When your eyes come to the front of your head they are in attention, when your eyes soften toward the back of your head, they are in awareness. One is hard one is soft. One creates tension the other releases it. First try it in selected periods. For one hour just be attentive to your breathing. By and by you will be able to change your attention into awareness. Then do some simple things -- for example, walking; walk attentively with full awareness of walking and also of breathing. Attention is to focus on just one thing, awareness is to be able to hold that focus and do many things. Do not create any opposition between the two actions of walking and breathing. Be a watcher of both. It is not difficult.

When you have mastered awareness over attention, these exercises help to open the third eye. Close your eyes then focused both of your eyes just in the middle of the two eyebrows. Focus just in the middle, with closed eyes, as if you are looking with your two eyes. Give total attention to it.

Now this is an amazing awakening when finally you becoming aware of (Prana) life-force in your center of imagination. There will develop a blur between reality and your imagination, dreams and visions. Now this throws a whole new light on thinking. Because if your thoughts are toxic, fearful, angry and you cannot see beauty. By focus on the third eye, and awareness of life force, you become the beauty, you feel it, it is you. This is the key. You feel the heat, the warmth, that's the clue. If you are cold within,

always feeling chilled you have lost the inner glow, the warmth of self love, the life-force has escaped. Then you need to turn the world inside yourself and find the third eye and feel the life-force, then inner beauty will come and you will again feel the warmth of inner strength return.

Now with the third eye awareness you become aware of the harmony of things, pictures, thoughts people. This is why in the ancient practices purity, not moral purity but physical purity of the body were also important. They were concerned with the vibration, the health of all matter that surrounded them, including food. (see later chapters about this) Because if you awaken the center of imagination then if there is impurity it becomes very dangerous. Dangerous to you and dangerous to others.

The Buddha said "now that you are centered in the third eye, dream and reality are one. Whatsoever you are dreaming will be real, and vice versa" when you are focused on the third eye, just imagine that the essence of Prana is showering from the top of your head, just as if you are sitting under a tree and the flowers are showering, or you are just under the sky and suddenly a cloud begins to shower, or you are just sitting in the morning and the sun rises and the rays begin to shower. Imagine, and immediately there is a shower -- a shower of light falling down from the top of your head. To shower recreates you, gives you new birth. You are reborn.

Witnessing is inner listening.

Keep active.

There is an incredible value in the importance of making yourself worth more to others and to your family than an owner of money. You must also acknowledge your worth as a friend, a family member, a guide for others, your thoughts., your example, your strength and your courage. Your persistence is worth something, your constancy of purpose, and your integrity. These are more precious than pearls and diamonds. They should be valued as such and not diminished. Money and wealth give freedom and this is independence. It is important. But more important is the necessity to find integrity in the development of awareness of beauty within and the valuation of this for others. Here lies true self worth and from it, material wealth may grow in abundance.

Study and work are requisites of great lives. Easy activities should be cultivated for recuperation but they are essential only to balance the vitality and intensity of commitment. Remember there is little difference between the human will and the human spirit, the only separation is when the will is directed against the natural flow of the laws of nature.

Vacations tire and waste body, mind and purpose. They are not advised and badly executed as a rule. There are two extremes for everything. Things that are good for a person may become injurious if done to excess. Certainly the family that spends all its surplus income and more, as is too often the case, in a wearying and disappointing vacations, and returns weakened, to the same worries as before, is not receiving good, but rather harm, from the venture.

You see, we teach self-fullness – not selfishness. Feather your own nest. Birds do it, and they are taught by the Great Mother of us all; so why not you? Don't take this wrongly. Don't steal or deceive. Don't lift one finger to hurt or abuse your neighbor. Try to make them like yourself, saving and cautious, creating wealth for the future. Universal prosperity is better than a wide distance between the rich and the poor. But, after doing all you can to help others, never fail to take advantage of wanton wastefulness. People waste money on all manner of things, alcohol, indulgence and more. Take your advice from nature.

Chance

If you want success in this world, don't be tossed about by the phrases and anecdotes that lead careless people to ruin. When in Australia, I watched a speaker sweep through the country telling people how to live their lives. I saw people adapting this in no small way. Two years later he was in Jail. Nearly 300,000 people watched and paid for his presentations. And accepted his philosophies, which eventually failed. Be careful. You can't defy nature, she is relentless.

When a person has made up their mind to avoid taking chances, and has accumulated some money, they need to invest it. The first temptation is to obtain a large profit on a small capital. This is wrong. Nor is it right to be content with an unreasonably small return for the money. Now we are getting into practicalities. Most financiers are people who take chances. They make and they lose. Ninety percent, die poor. This record is a bad one. Even if only 10 percent of the financiers became poor, you might find yourself in the rotten tenth.

Some teachers will suggest wildcat investments; some brokers will have sure things for you to go in to; advertisements will promise gains – they prey on greed and ignorance - to attract your money. But the wise will know that short term investment with high yield is playing on good fortune and this is high risk. If the loss is not issue to you, then the risk level is inconsequential.

Take no chances. Do not believe what you are told. Do not believe advertisements, all your judgments should inform you that. If there were the golden opportunities that you see so often in print, the idle capital of the wealthy would absorb them in a short time. As you find yourself with more capital, you must invest more in learning something about the financial markets and conditions. They are worth studying. You can find out many facts that will give you a keener judgment.

If you earn money easily, you have no right to give away to desperate individuals. On the other hand, if you earn money is slowly and painfully, what you save, coming after years of efforts and denial, it should not be put at risk.

The natural investment where risk is almost totally absent, is in land; but the land must be under your eyes, not some far away place; and the title must be clear. Every person can learn how to examine title to real estate. It is a good part of practical education. And remember a little knowledge is dangerous. Trust no one, not even your best friend, or family when you can depend on yourself. Creating business with friends and family doubles the risk of that investment because there are emotional issues which often cloud the judgment, and egotistic issues which cloud decisions.

In making a land investment, the better way is to first place the money where it will draw interest in some first-class and high-grade savings bank, or in bonds. There it will be safe. Then look around for a good real estate bargain. There may be none for awhile. Do not believe anything told to you by a real estate dealer. They can make simple truth stagger like a drunk, or loosen your mind with friendship and charisma, friendly advice,

even sexual overtones. Accept their opinion as biased from a sales person and it will be of extraordinary value.

Much of the trouble of life has come from believing other people.

Study real estate conditions. Wait for the bargain that is sure to come, and in the meantime your money is drawing interest in a safe place. Do not buy land in a place that has no future prospect. By skill and judgment with investment keenness, you'll be able to make a turn around that will bring 100 percent profit in a short time. But be patient and learn to bide your time for a real bargain.

This simple method is presented as a sample process whereby a person who is willing to learn and to acquire new knowledge, may make money out of money. Is not a theory because this is being done successfully all over the world.

It is, as we have said, a simple method. Yet the investment may be carried out by someone who does not wish to work in building development. A person who wants to learn more of business life than they now know can carry this plan through successfully.

There are a lot of people who watch the market and know when to buy and sell shares. This is no different precaution to real estate – be very wary – and use knowledge to extinguish risk.

Be patient

The law that says take no chances is the best of all human laws, and leads to success at all times. Another law which says "be patient" is perfect advice for the astute. Be willing and able to wait, for everything. This does not mean going to sleep. Waiting should be with intensity, but without frustration. It requires continuous diligence and vigilance. Waiting is not sleep it is action.

A Course in Future Seeing – INNER WORLDS

Mind over matter is a critical element of Future Seeing

Future Seeing is a form of personal power.

Future Seeing allows the individual to be in the affirmative.

Future Seeing leads to the power for control of mind over matter.

Future Seeing is acquired by the practice of shifting the defensive attitude.

Future Seeing is capable of accomplishing the great things of life.

Future Seeing links cause and effect.

WE have explained what the mystics have found to be the keys to life and now it is time to practice the mastery of them. This process of mastery takes one year. It should be done religiously, fanatically without break. The commitment is to build the mastery, through regular practice. Although we have defined the perfect environment here in these notes, the exercises, learned one at a time can be done anywhere that there is no disturbance possible. Follow these instructions where possible. Please note they are not essential until the more advanced practice but help build harmony in the mind from the beginning.

Thought power is all power. Rather than control thought, we choose to direct it. This is the art of creation, idea, thought, vision, visualization, detail, manifestation. This amazing program is for all individuals who choose to remember their true home in the universe, the power that has been invested with them and the responsibility to create destiny with it. It is yours.

Here are the steps to mastery in the material world. They will take you over one year to complete.

1 - ii Setup

Choose an environment with absolutely no interruption. There can be no sudden starts or shocks during this exercise period.

Place a mirror against a wall and sit on a chair, or the floor (whichever is most suitable for a straight spine for you) 2 meters away from the mirror, facing the mirror. Place the mirror straight in front of you standing on a table so you can see the upper part of your body and head.

Place a candle on each side of the mirror, three inches ahead of the right or left side of the edge of the mirror in front at the level where your lower sternum in the center of your chest parts with the ribs. (Leave the mirror unobstructed) make the room completely dark, except for the light of the two candles. Cut out of strong white paper or cardboard, an equal sided triangle measuring 450 mm on each edge.

Place the triangle on the floor midway between you and the mirror. Have the base of the triangle toward you. At one side of the triangle base (The side facing your left as you face

the mirror) place a bowl of clean earth. At the opposite side of the triangle base place a glass or crystal bowl of fresh clean water. At the center of the base of the triangle between you and the triangle place good quality incense.

Place the chair or sit on a skin, a rubber mat, a piece of plate glass or four glass insulators.

Keep the triangle clean. Light the candles. Sit in your chair or on the floor for ten minutes. Focus your mind on inner stillness, have your eyes open.

After ten minutes, light the incense.

Look into the mirror with the inner (third) eye. (as described in the notes the area between the eye brows)

Remain calm, blot out all and every form of thought. Hold this position dead still. 10 minutes

Work on this for four weeks.

Envisioning

Set up your chair or floor mat and arrange the mirror candles as already shown. Have nearby a musical instrument. Do the preparation exercise as presented above for 20 minutes

Strike a note on your musical instrument (it can be a bell even), hold it sustained (keep it sounding – let it ring) , close your eyes, attempt to see the note as a color, an overtone. You will see rapid changing series of tiny specks of different colors, each speck being a different overtone (one note has many different components. Strike another note and close your eyes, each different note creates a different series of overtones and a distinct series and ranges of color.

This exercise helps develop inner centers by translating sound into visions. Harmony of sound and light are one.

Work on this for four weeks.

– In enervate

Complete the preparation exercise. God is in the details.

Sit perfectly still in your dark, quiet, undisturbed motionless, noiseless, uninterrupted room. Close your eyes, concentrate on a color (red, blue, yellow) Associate the color with an item if necessary (like a red car or yellow balloon). Think hard on one color one at a time. Fifteen minutes is adequate. Inner stillness and tranquility will flow and this will bring to your life an amazing shift in awareness, success. Don't jump to different colors, adhere to one color at a time. If unsuccessful after fifteen minutes, then:

Light another candle, place it 3-4 inches away from and in front of a chosen colored material on a table or a chair in front of the mirror.

A purplish haze should appear between the candle and material and around the candle.

Concentrate on the candle, look at it for 3-5 minutes.

Blow out that candle (The material color may remain purple or white while the candle is lit.)

Close your eyes, observe the original color of the chosen material.

Repeat each night until you can see any chosen color with your eyes closed successfully.

Remember, success in this exercise is the ability to hold the color without change for 15 minutes.

Other colors should be easier now.

Work on this for four weeks.

** Don't visualize colors before you go to sleep.

– InAgrigate

Complete the preparation exercise but reduce this to 10 minutes

Once relaxed, with your eyes closed, create by an act of will, a white small cloud in front of yourself at the level of your closed eyes. You are to Imagine it.

As soon as you see the cloud you will see it drift and change shape continually, appearing and disappearing. Do not permit this.

Will the cloud to remain steady. Hold this image in your minds eye for 10 minutes.

Finish –

You must master this exercise before continuing. It is the key skill in holding an intention, vision or commitment.

Work on this for four weeks.

Imagination

Once you have mastered the last exercise, undertake the preparation exercise but this time reduce it to five minutes. The arrangement of mirror, candles and triangle are all the same as before.

After this 5 minutes, light the incense.

Once relaxed, close your eyes. Create by an act of will, a white small cloud in front of yourself at the level of your closed eyes (closed) as before (you have mastered this already. You are to Imagine it.

Will the cloud to remain steady. Hold this image in your minds eye for 5 minutes.

Once it is steady for 5 minutes, will the cloud to turn upon its own axis to the right.

Make it spin round as fast as you can.

Then command it to stop.

Then command it to spin in the other direction.

Practice this exercise four to five weeks, no more than once a day.

After the exercise is over; snuff the candles.

Swing your arms to and fro to restore circulation.

Return to your sitting position.

Meditate on one intention, a vision, plan or desire for ten minutes.

Visualize it and build it in your mind, asking for inspired guidance. Every detail is vital.

Work on this for four weeks.

-In Projection

Arrange the mirror and chair and incense etc as before. Do the preparation exercise and while doing so breathe slowly and deeply only through the right nostril for ten minutes.

After that, light the incense, do not light incense during the breathing exercise.

After lighting the incense, close your eyes, create your cloud.

Spin it to left, stop it, spin it to the right, stop it again.

Will it to assume a circular shape, not a ring, but a full flat disk.

Color the disk by projecting from your mind a desired color, which is clear, bright and luminous. Spin it to the left, stop it, spin it to the right, stop it. Master this exercise over the next four weeks.

Inner Creation

Arrange the mirror and chair and incense etc as before. Do the preparation exercise and while doing so breathe slowly and deeply only through the right nostril for ten minutes.

After that, light the incense, do not light incense during the breathing exercise.

After lighting the incense, close your eyes, create your cloud.

Spin it to left, stop it, spin it to the right, stop it again.

Will it to assume a circular shape, not a ring, but a full disk.

Spin it to left, stop it, spin it to the right, stop it again.

After you have spun your colored disc to the left, stopped, and then to the right, will the disc to become a ring of colored matter, first white, then any color.

Turn the ring into a triangle, then a square, oblong, or any other shape.

Return to the white disc again, then bring it to life in the form of a flower. First a rose, add stems and leaves, then change it to any other flower you choose.

Work on this for four weeks.

Inner Merging

Arrange the mirror and chair and incense etc as before. Do the preparation exercise and while doing so breathe slowly and deeply only through the right nostril for ten minutes. After that, light the incense, do not light incense during the breathing exercise.

After lighting the incense, close your eyes, create your cloud.

Spin it to left, stop it, spin it to the right, stop it again.

Will it to assume a circular shape, not a ring, but a full disk.

Spin it to left, stop it, spin it to the right, stop it again.

After you have spun your colored disc to the left, stopped, and then to the right, will the disc to become a ring of colored matter, first white, then any color.

Turn the ring into a triangle, then a square, oblong, or any other shape.

Return to the white disc again, then bring it to life in the form of a flower. First a rose, add stems and leaves, then any flower.

Blow out the candles, leave the incense smoldering away.

Keep your eyes shut. When the flower you have imagined stands clearly before you, open your eyes. It will eventually still stand before you a few inches from your face. Your imagination will become reality.

You may alternately open and close your eyes and the object remains.

Upon mastering the technique, the object will be vitally alive in front of you, gleaming with the vitality you projected into it by the act of your will.

This is the process of creation. Images in the mind of creators are projected into manifestations. As a son or daughter of creation, you can do the same.

Work on this for four weeks.

Inner unity

Arrange the mirror and chair and incense etc as before. Do the preparation exercise and while doing so breathe slowly and deeply only through the right nostril for ten minutes. After that, light the incense, do not light incense during the breathing exercise.

After lighting the incense, close your eyes, create your cloud.

Spin it to left, stop it, spin it to the right, stop it again.

Will it to assume a circular shape, not a ring, but a full disk.

Spin it to left, stop it, spin it to the right, stop it again.

After you have spun your colored disc to the left, stopped, and then to the right, will the disc to become a ring of colored matter, first white, then any color.

Turn the ring into a triangle, then a square, oblong, or any other shape.

Return to the white disc again, then bring it to life in the form of a flower. First a rose, add stems and leaves, then another flower.

Blow out the candles, leave the incense smoldering away.

Keep your eyes shut. When the flower you have imagined stands clearly before you, open your eyes. It will still stand before you a few inches from your face.

Turn the flower into a geometric shape. E.g. A triangle and when the triangle is fixed in front of you silently. Will the triangle to move toward the mirror with your eyes open.

Work on this for four weeks.

– Inner merge

Ten minutes of positive breathing first. Begin with the preliminaries.

Do the whole series with the eyes first open, then closed while one candle is burning, which is placed in the center of the triangle on the floor.

Do white cloud with eyes closed, then hold it with eyes open, will it to stay.

Move the cloud toward the mirror, command it silently (speech disperses it)

Move the cloud away from the mirror (silently).

Do white disc, hold with eyes open, silently move it.

Do colored disc, (eyes open) (silently move it)

Do cloud ring - white - colored, eyes open - closed, move toward and away.

Do triangle (same as above)

Do square (same as above)

Do flower (same as above)

Practice these for four weeks.

Do not retire after exercise, unless you feel warm from increased circulation.

Inner Creator

For the next four weeks do the last exercise as given except for:

After usual preparations and ten minutes of positive slow breathing through the right nostril, place during the first week another lighted candle in front of the left side of the mirror frame upon the table, and do the same as in last exercise, when the candle stood in the center of the triangle.

During the second week, add another lighted candle to the right side mirror and a fifth candle should be placed in the center of the triangle again, so that now you have five candles burning simultaneously.

During the fourth week try the experiment with your temple completely lit up by broad daylight.

Always burn the incense whether using the candles or not.

You are gradually overcoming all material influences caused by light.

inner Vision

For the next four weeks do the exercises outdoors in the open air by daylight.

While strolling along, imagine the same objects as before. Let people be no obstacle.

Go where there is no traffic.

Fill yourself with positive power.

Image. Send objects not a short distance but toward whatever horizon then let them go; upward too.

You can do this to anything in mind.

If you want something; imagine them clearly and send them away in the direction where they will do the most, good toward a person.

You may also draw it toward yourself just as you sent it away.

– Inner Sacred Love

Light a candle in a dark room. Place it in front of the center of a mirror on a level with your eyes.

Sit, relax and look steadily at the candle. Don't strain, 1/2 closed and relaxed.

Sit 1 meter away and look at a candle from the back of the head (seat of vision) not from the eyes (lenses) i.e. forward through the head.

Look at the flame, you should see a halo with all the colors of the rainbow.

Practice with any light non conspicuously.

Once you see all the rainbow colors in proper sequence, project from your mind, any color you wish toward the halo (this is an act of will from the higher mind). (The higher mind projects material vibrations.)

If two people both 2 meters away from a triangle with the flame at the apex and one male projects blue and the female red the resultant flame becomes purple. (blue-red)

Repeat this with many people and observe the many color combinations.

1 - iii There are a further 20 steps to this course. They are available to advanced students and can be passed over in retreat.

Acknowledgement

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