

YOUR SPIRITUAL REVOLUTION

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The Warming Earth

The Man Who Sees Dead People

Health Consciousness



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Message From The Editor

Global warming is the greatest global challenge humanity is facing now. It is one aspect of a multidimensional ecological crisis. The cover story of this March issue is a spirit channelling that looks at the Earth from the perspective of ecological holism.



The channelling explains that global warming has many causes and consequences. It is the blaring siren drawing attention to a planet that has exhausted itself trying to compensate for the predations of humankind. It is also a precursor of worse to come if its lessons are not heeded. The cover story highlights the necessity of a lifestyle in harmony with natural and spiritual principles.

Other topics in this issue are the development of health consciousness, the creation of Pax Gaia the Peace of Earth, friction and harmony in relationships, how we can laugh about even the most difficult situations in retrospect because everything is temporary, the amazing life of a man who sees dead people and the concluding part of the series on understanding numbers. There are also spiritual poems as usual.

Love and Light,

Prabhath P

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The Warming Earth

Global Crisis and Restoration

Ramón Stevens channeling Alexander

Excerpted from *Spirit Wisdom II*

By Ramón Stevens

Of all the challenges facing humankind in a parlous era, one holds both the greatest peril and the greatest promise: global warming. In truth, global warming is but one facet of a multidimensional ecological crisis whose fearsome potential you are only beginning to recognize. Before addressing the issue itself, let us take a look at the Earth from the perspective of ecological holism.



Every planet is an ecological system of greater or lesser complexity. As Nature's fundamental principle is balance, every planet settles into a stable

equilibrium, however dynamic its surface may be. Earth is an exceptional planet for a number of reasons, including its extraordinarily lively and dynamic surface; its high water content; its equable temperature range; and its mix of atmospheric and telluric elements enabling life to thrive. Unlike other planets, which have little difficulty in maintaining equilibrium, Earth has an exceptionally dynamic and volatile environment, both atmospheric and telluric: from earthquakes to tornadoes, the party never stops. Earth rarely settles at static equilibrium; its dynamism is its equilibrium.

The Global Crisis

Every ecological system, from a tiny pond to a

planet, draws upon redundancies and reserves to weather periods of stress and restore equilibrium. This means that as an ecological system begins to suffer damage, the damage will not be apparent because compensatory mechanisms mask it. There comes a point, however - a tipping point - when redundancies and reserves have been exhausted and the system begins to unravel in a downward spiral of collapse.

Global warming, then, is not a single process, with a single cause, a single consequence, and a single cure. It is the most obvious manifestation of an unraveling global ecology with many causes and many consequences; the blaring siren drawing attention to a planet that has exhausted itself trying to compensate for the predations of humankind. It is also not the most dire potential outcome of an unraveling ecology; it is a precursor of worse to come if its lessons are not heeded.

As you understand it, global warming is caused by the burning of fossil fuels which pumps excess carbon dioxide into the atmosphere, triggering a greenhouse effect. There are other factors, however, not yet recognized. One is the electrification of the globe. In its natural state, the Earth relies on a clear and unhindered flow of 'information' from the heavens to the ground, and back again, in a cycle of mutual awareness. There is no 'mind' processing this information; the system operates chemically and energetically: the chemical and energetic composition of wind and rain is absorbed by plants and the ground, 'apprising' them of larger patterns encircling the globe. The chemical and energetic emissions from plants and animals, in turn, 'apprise' the atmosphere of events and trends down below. Again, it is an unconscious, unmediated system of information exchange that stabilizes and balances the Earth.

As an example, where pressure builds up in the Earth's crust as rock grinds against rock, the growing tension is transmitted vibrationally through the crust and into the atmosphere. When the tension is so great that equilibrium must be restored sharply

(otherwise known as an earthquake), this too will be broadcast before the event. It is well known that animals sense these portentous vibrations and seek safety and shelter. The system has a larger purpose than transmitting earthquake warnings, but this is one of the benefits to animate life.

The electrification of the globe interferes with the energetic information exchange between bedrock and atmosphere. It is a layer of thick static which mangles energetic messages passing through it. Atmosphere and bedrock lose their smooth exchange and communicate in garbled fragments. As well, the ocean floor is lined with electrical and communication cables, so the deep communion from ocean depths to atmosphere is warped and frazzled.

This bears on global warming because the Earth's ability to accurately gauge a threat to its equilibrium - to recognize it and take compensatory measures - is hampered by the loss of energetic communication. In other words, if humankind had burned all the fossil fuels it has but not harnessed electricity, global warming would not have such severe effects, had it occurred at all. As it is, Earth is blinded and deafened, just when it most needs clear perception to overcome a dire threat to its equilibrium.

The Rise and Fall of Civilization

There is a larger issue which no one - no scientist or politician - has even realized, yet alone addressed: it is civilization itself that is driving ecological holocaust. Global warming is only the most recent - and most threatening - symptom of a larger global malaise.

From the Industrial Age onward, the foundation of modern economics has been the ever more efficient grinding up of "natural resources" - as if the Earth were a supply cabinet forever stocked by indulgent gods. Every modern economy - and those aspiring to that status - rests on this foundation of ecological destruction in the service of economic progress. Liberal or conservative, it matters not: all

politicians see a robust economy as the greatest good. But a robust economy, by definition, means the consumption of “natural resources” beyond all need or reason.

Ultimately, then, global warming is not the problem; global warming is a symptom of a larger problem: civilization itself. We pass no judgment; we do not argue the merits of civilized living versus tribal living. Our point is to underscore that civilization itself - not the burning of fossil fuels - is the larger culprit in a systemic ecological crisis of which global warming is but the most portentous omen.

The question facing you, then, is not whether you can weather the effects of global warming - as profound as they will be - but whether this will inspire a deeper examination of the organization and values of civilized society. Like any indulgent parent, the Earth offers plenty of precautionary warnings and cautions before striking - but if those warnings are not heeded, civilization itself may be imperiled. The threat is that it won't be one civilization falling while others rise from its ashes; the threat is of a worldwide collapse of social order - of civilization itself.

A Zone of Safety

What is the foundation of civilization, any civilization? Agriculture: settled food production. However vast and high-tech your societies are today, and however remote they appear from the first crude rice plots, they still rest on the efficient and reliable production of food. Imperil that and civilization itself is imperiled. We mention this because imperiled food production is one of the forecasted effects of global warming. Just as the Earth is groaning under burgeoning billions of hungry human mouths, the ability to feed those mouths will be hindered by erratic weather and temperature patterns.

This scenario may inspire thoughts of fashioning a personal zone of safety to ride out the global warming crisis, and other crises coincident with or

successive to it. It is not our intent to utter dire prophecies of “the end is near,” but we would be remiss if we didn't underscore the risks to civilized life that global warming and other crises portend, and how quickly civilization can unravel.

Our purpose here is to outline which regions of the planet will be most conducive to establishing a Zone of Safety. (Note! - and note it well! - our purpose is not to incite fear and anxiety. Our point is to highlight the likely events unfolding in the future as global warming and other crises grip the planet; their effects on civilized societies, particularly food production; and that those already ensconced in a Zone of Safety are likely to weather those crises more securely. A return to natural and spiritual living should be motivated by a genuine desire for such a lifestyle, not by fear).

That said, some areas of the planet are more conducive than others to building a Zone of Safety - and within every country, some areas are better than others. The worst place to be is in an inner-city apartment totally dependent on external systems of light, heat, water, and food. All it takes is a major storm knocking out power for a day - or a riot - to underscore the fragility and vulnerability of such a lifestyle.

The first order of business is to find an area to live in - if not a country to live in. Surprisingly, some First World countries will be among the worst to weather the shock; whereas some Third World countries will offer a smoother ride. There is a mix of factors to consider: geography, altitude, urban/rural, water source, population density, cultural values.

Geography: Generally, areas within 30 to 40 degrees of the equator, north and south, offer the safest haven. Much of the world's population lives within this zone already. Remember that Nature always seeks balance, and that balance is easiest to maintain in regions that don't see severe seasonal shifts over an annual cycle. Regions outside this zone - including northern Europe, the northern United States, and Canada - by the very nature of

their profound seasonal variations, are more fragile and vulnerable to extremes, including more severe winters and storms. Life is simply more difficult to sustain in already adverse climates likely to become more so.

Everywhere in the world, coastal areas are to be avoided. Rising sea levels threaten cities, groundwater, and coastal agriculture; hotter temperatures portend unbearably torrid weather; collapsing fisheries threaten loss of food and livelihoods; more severe hurricanes, typhoons, and storms will lash the coasts. The spread of tropical, mosquito-borne diseases beyond their traditional zone portends misery and disease. The Zone of Safety begins about 100 miles inland from the coast.

Altitude: Temperature rises as altitude falls. It is best to avoid low-lying areas, including inland areas at or near sea level, because there rising temperatures will be most severe; marginal lands will decline to desert. Climbing in altitude offers a buffer: stable agriculture, an equable climate, fewer storms, fewer mosquitoes. From about 3,000 feet to 10,000 feet at the extremes - and, best, 5,000 to 8,000 feet - is the best altitudinal niche for a Zone of Safety.

Urban/Rural: We have already mentioned that city dwellers are in an especially vulnerable position in the event of disrupted utilities or food supply. Consider, also, the multiplier effect when millions of people are hungry and desperate. Rural areas, or smaller cities and towns surrounded by rural land, are the Zone of Safety.

Water Source: Where does a region's water come from? Rain, glacial melt, rivers, groundwater, a mix? Those regions of the world heavily dependent on glacial runoff for drinking water - Southeast Asia, parts of South America - will suffer drastically as glaciers evaporate. Water is essential to life, and further essential to agriculture. Areas dependent on rainwater may experience dramatic shifts in traditional rainfall patterns; yet these areas are safer than glacier-dependent areas. With improved

systems in capturing and storing rainfall - rather than depending on a traditional rainfall cycle - these areas will adapt. Groundwater pumping as a reserve backup - not as a primary source - would enhance safety.

Population Density: Those areas of the world already groaning under burgeoning numbers - Southeast Asia (again); Africa; the cities of the Americas and Europe - are more vulnerable to climate change because they have so many mouths to feed; and their vast numbers breed an alienation which makes social cohesion unravel that much more readily. Again, we look to rural areas, or small cities and towns, to locate a Zone of Safety.

Cultural Values: Cultures differ in their attitude toward outsiders. This is especially relevant if you look outside your home country for a Zone of Safety. If you buy land in a Third World country, can you be sure the laws guarantee your ownership? Will the locals resent or welcome new arrivals? If push comes to shove - and an area suffers severe effects of climate change - will your property and life be respected? Most likely this is dependent on your attitude toward your new neighbors, whether you seek to learn their culture and language and work to integrate yourself into their society; but consider also the cultural mores regarding outsiders - friends or foreigners?

Considering all these factors, those areas that meet all our criteria are inland regions of temperate climate and moderate altitude; namely, the southern United States, Mexico, northern South America, and southern Europe. There are pockets elsewhere - there are pockets everywhere - but Africa is best avoided, as are Southeast Asia and Central America. Islands are to be avoided. There are pockets in the belt stretching from Southeastern Europe through the Caucasus and Kazakhstan, but cultural and linguistics differences, as well as political instability, are to be considered.

Fearlessly Facing the Future

If you find yourself reacting with fear and

urgency to this material, such is not our intent. Let us affirm the following:

1. Nothing is written in stone vis-à-vis the effects of global warming and other potential crises. Scientists can model all they like - and their prognostications are of value - but ultimately no one can predict the course of global events; too many variables are involved.

2. Do we predict the collapse of civilization? No, we point out that *in its current manifestation* it is unsustainable: Nature can't replace "natural resources" as fast as they are extracted, ground up, and burned. How, whether, to what degree civilization will decline is as unknowable as the state of the planet a century hence; for your infinitely clever species may well avoid the worst with technology not yet conceived. Still, the trend must be toward restoring a lifestyle more in harmony with natural and spiritual principles.

3. Remember that you chose to be here in this time of turmoil and transformation - 'you' meaning your higher self - and that you are meant to participate meaningfully in the family and culture in which you were born. Working together to avoid the worst potentials of global warming is a greater triumph than retreating to a survivalist bunker, gun in hand. Further, the mass migrations likely to occur - and the smaller-scale relocation of North Americans and Europeans to congenial climes -

promise a mixing of previously discrete racial, ethnic and cultural groups, leading toward a blended human family.


4. If you still feel fear or anxiety about the coming period of upheaval, reframe the issue. Can civilization as currently constituted continue its rapacious destruction of the Earth? Do you want it to? Can humankind expand its numbers ad infinitum, until every other species is crowded off the planet? Do you want it to? Do you approve of restoring a smaller-scale human lifestyle in harmony with natural and spiritual principles? Viewed this way, the long-term effects of the global warming crisis are salutary: reducing human impact on the planet; restoring a sustainable human population living an ecologically harmonious lifestyle.

In the end, the Zone of Safety lies inside you: for the one who walks in inner peace and harmony meets any crisis with deep equanimity. May you walk in peace.

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www.alexandermaterial.com

Excerpted from 'Spirit Wisdom II: The Enlightened Warrior's Guide to Personal and Cultural Transformation.' Ramón Stevens has been channeling Alexander for over 20 years; their collaboration has produced five books.

The background of the central text area is an abstract, ethereal image featuring swirling, luminous blue and white energy fields or auroras against a dark, textured grey backdrop. The light patterns create a sense of dynamic movement and spiritual energy.

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Development of Health Consciousness

By Acharya Mahaprajna

(As told to Lalit Garg)

Naturopathy, Ayurveda and other systems have given a lot of attention to hygiene or health science. In medical science, therapeutics has been highly developed, but it will be no exaggeration to say that health science has developed much less. The science of remaining healthy and the science of treating diseased people are two different things. Even though allopathy has put forth the principle: "Prevention is better than cure," it has been given much more attention and emphasis in naturopathy and Ayurveda.

Let us first concentrate on health science. Since earliest times, man has wished to remain healthy and not fall ill. But who can be called healthy? According to Ayurveda, he is healthy whose sense organs and soul are in a state of felicity. Perfect equilibrium between the three forces controlling all bodily and mental activity (doshas) viz. phlegm,

bile, wind (kapha, pitta, vayu) and a parallel equilibrium of biological combustion are the hidden symptoms of good health. The visible symptoms of good health are a happy mind and uncontaminated sense organs.

Let us look at the issue from the physiological point of view. He is healthy whose digestive and excretory systems function properly. One eats, assimilates the required elements and excretes the rest. If this happens, man may be regarded healthy. Let us go a step further. He is healthy whose nervous and endocrine systems function properly. Let us go still further and analyse the word 'healthy' also. In the ancient view he is healthy whose skeletal system is good, for the entire body rests on the bones. Jain Yoga puts it succinctly thus: Depending upon the quality of his bone structure, man can become proportionately knowledgeable, and meditative

knowledge and meditation are assessed on the basis of the bone structure.

Our physical health is very critically dependent on the spinal cord (sushumna). The spine has 33 vertebrae. The more flexible they are, the better the health of a person. If the spinal column is bent, it is a sign of deteriorating health. Our grey matter, the bone marrow contains a large part of inherited traits and knowledge. The health of the marrow determines the quality of knowledge, meditation and health.

What should we do to preserve our health? While discussing it, the first thing to consider is our food. In modern scientific language, balanced food is essential for health. There are scores of tables relating to balanced food, which comprises vitamins, salts, alkali, carbohydrates etc. But it is not enough. The principles enunciated as part of Preksha Dhyan are very useful for health also. One of them is eating moderate quantities of food. Merely taking balanced food is not enough; it should also be moderate in quantity. Even nutritious food taken in an excessive quantity damages health. Further, food should not only be tasty, but also beneficial. Its benefits will have to be judged from a number of angles. One of them is the avoidance of inimical. There are foods, which should not be taken together, for example, oil and milk do not go well together and similarly muskmelon and milk are inimicals.

Ayurveda has considered age in terms of phlegm, bile and wind. Up to the age of forty phlegm predominates, thereafter bile predominates up to seventy and in the third and final stage it is wind that predominates. Those who are above seventy are bound to harm their health if they eat things causing the formation of wind.

Let us consider health in relation to time. The first quarter of the day is phlegm dominated, the midday bile dominated and the third quarter or evening is wind dominated. Therefore if things like muskmelon or guava are eaten in the evening, it will be difficult to avoid illness. It means one should

know which food would be useful at what time of the day. Those who eat after sunset are also wrong, because the digestive system cowers in the absence of the rays of the sun. It again proves that it is not enough to take balanced food.

Now we can treat health from the point of view of air breathed through the nostrils, the Science of Svar. It requires food should be taken when the right nostril (svar of the sun) is operating. Food eaten during the operation of the left nostril (svar of the moon) will do no good even if it is nutritious. Water should be drunk while the moon svar is on and food should be eaten while the sun svar is on.

Proper food is that which has been earned through just means. Such food has purity in it. Our health is related not only to material substances, but also to our attitudes and mental states. Food earned through evil means, guile, deceit, fraud and crookedness has a harmful effect on the body. Judged by this criterion, it is difficult to identify people unaffected by these evils. Even our (Jain ascetics') food comes from other households. Even proper food should be subjected to further improvement by taking it only when one is very hungry. Wealthy people rarely observe the above principle. Wherever and whenever they go, they are served attractive things to eat and drink. They hardly worry about the number of times they eat. Such a practice proves extremely harmful to health.

Everyman has the tendency to react. There is no man who will act but not react. But sometimes the reactions are very fierce and aggressive. They throw the digestive system in turmoil. One of the principles of good health is to restrain reactions, practise indifference and avoid extreme reactions.

Another element of good health is friendliness. Once a man gets used to becoming hostile, he begins seeing an enemy in everybody. He becomes obsessed with the desire to pull others down, to wipe them out, or to teach them a lesson. Such a hostile temperament is inimical to health. Hostility is mental poison. Heart attacks and cancer are

psychosomatic diseases. Behind them the main cause is bad thoughts and enmity. These causes act as internal poison and render the body diseased. Only those people can stay healthy who observe friendliness towards others.

One more element of health is thought activity. It means while eating, all concentration should be on eating. No other thought should cross the mind at that time. According to Charak, the mind should be happy and free from all worries while eating. It is a symptom of health.

Another element of health is restraint in speech. The whole day should be calculated in terms of periods of silence and those of speaking. In fact there are three ways of dissipating our energy and one of them is excessive talking, the other two being excessive thinking and excessive activity. Thus restraint in speaking is also an important sign of good health.

Ayurveda speaks of three secondary supports of health. Breath or vital energy is the main support, which helps us preserve health. It has three secondary supports: food, sleep and continence. Sleep is extremely important. Without it, health is inconceivable. Even a day's loss of sleep disturbs everything. In modern times, sleeplessness has become a widespread problem. Even as tension is a universal disease, sleeplessness too is acquiring the same proportions. Sleeping pills are manufactured to treat it and the sales are so enormous that the manufacturers are multi-millionaires.

The third secondary support is continence. Today we witness a topsy-turvy situation. Instead of continence we have free sex. People wonder at the phenomenal and constant increase in the number of hospitals, doctors, medicines and researches. And yet diseases are multiplying. Thousands of animals and birds are being killed in the name of research, just for the sake of keeping the humans healthy. Despite all these, newer and deadlier diseases like cancer and AIDS are appearing. Earlier, the incidence of tuberculosis was also much more

limited. It was deemed to be a princely disease, not affecting the common people. A few of the emerging diseases have not yet been identified. One factor, which is at the back of them all, is lack of restraint of the sense organs.

Self-restraint in terms of continence does not mean restraint on only the reproductive organs. Brahmacharya is a term of very wide scope. It implies restraint on all the five sense organs. Our health cannot be good if we do not learn how to control these sense organs. The number of hospitals in all big cities is constantly increasing. Even then, not all patients are getting the expected curative treatment. The reason is that we rely on medical treatment, not on health. We do not know the method of staying healthy. At the slightest indication of disease we rush for getting medical treatment. The right thing to do is to first give careful attention to health.

In the context of Preksha Dhyana the development of health consciousness has been given a serious thought. Development of health consciousness is as essential as that of spiritual consciousness. Understanding the ways of keeping good health is a prelude to staying healthy and avoiding the need for medical treatment. Though all diseases are not the result of our actions, some of them are and their proper treatment is possible only through spiritual cleansing. Seasonal ailments are quite common. But we can save ourselves from many dangerous diseases if we know the rules of good health and practise them.

Preksha Dhyana prescribes Yogic postures and rhythmic breath control. There are some methods of meditation like Vipassana that prohibit Yogic postures, but we consider them indispensable. We believe that meditation without yogic postures results in the weakening of the digestive system. Meditation entails a high expenditure of energy, which is only natural because concentration involves considerable use of vital energy. In that state, the digestive system will be thrown into disarray if yogic postures and rhythmic control of

breathing are not practised. That is why Preksha Dhyani insists on yogic postures. These postures are useful for both preservation of health and therapeutic purposes. But why should we think of therapeutics in the first instance? We should practise yogic postures for preserving health. We should choose postures, which would preserve health, keep the digestive, elimination and respiratory systems functional and preserve the balance of the nervous system and of the endocrine secretions.

There are two types of Pranayama, one meant for the body and another for meditation. We have to take care that rhythmic control of breath is not exclusively for the body, but also for meditation. Otherwise, the mind can grow more fickle.

Here is an incident, which relates to the ancient Takshila University. The Acharya told the disciples, "Go and explore for a whole year the region at the back of the University in order to identify the root of a herb having no medicinal property." After spending twelve months, the disciples returned empty-handed. The Guru said, "How come, none of you could discover even one herbal root having no therapeutic use?" The disciples replied, "No Gurudev, we could not, despite our best efforts." The

Guru was pleased and remarked, "You have all passed the test."

As there is no herbal root without at least some medicinal property, there is no yogic posture that does not have a therapeutic effect. Properly understood and practised, they can prove extremely useful. If we think about the body in the light of the contributory factors of health - yogic postures, rhythmic control of breathing and mental purity, we may be able to enjoy good health and vitality.

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Acharya Mahaprajna, the tenth and the oldest living Head of the Jain Svetamber Terapanth sect, is a learned teacher, a realized soul and mystic. Preksha Dhyani, a proven scientific meditation system to transform and awaken the self, and the Science of Living, a value oriented educational programme, are two of his invaluable contributions to human regeneration. He has authored about 200 books and his enrichment of Indian cultural heritage, especially the incisive analysis of ahimsa, has earned him universal acclaim.

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Pax Gaia

Putting All the 'Peaces' Together

By Amara Rose

Only now can we see with clarity that we live not so much in a cosmos (a place) as in a cosmogenesis (a process) scientific in its data, mythic in its form.

- Brian Swimme and Thomas Berry, 'The Universe Story'



James Lovelock proposed that the Earth is not only alive, but innately intelligent, regulating the conditions that allow life to exist. Now we're learning how to co-exist not only with our global siblings, but with our Mother. Our ancestors grasped this connection organically: they knew they were

kin to Gaia, because they had a direct daily experience of how the land produced their food and materials for shelter.

Divorced from our origins, we've fallen into the sleep of self-forgetting. Lynton Caldwell, who helped write the U.S. Environmental Protection Act, said, "The environmental crisis is an outward manifestation of a crisis of mind and spirit." Wrapped in our cell phones and iPods, living at 110 decibels, we're anesthetized against an undefined yearning, what Teilhard de Chardin called "almost a sensual longing for communion with others who have a large vision." Having lost touch with the wilderness within, we savage the Earth and each other in an effort to combat our loneliness.

Yet despite pacific cultures, past and present, peace is not intrinsic to the human experience. Cultural historian Thomas Berry writes, in *The Dream of Earth*: “The universe, earth, life and consciousness are all violent processes ... The elements are born in supernovas. The sun is lit by gravitational pressures. The air we breathe and the water we drink come from the volcanic eruptions of gases within the earth. The mountains are formed by the clash of the great continental and oceanic segments of the earth's crust.”

So if life itself is born from struggle, how can we hope to be peace? By embracing the Hermetic dictum, “As above, so below” - seeing ourselves as the universe, and beholding the cosmos in each individual. Blake put it more poetically: “To see a world in a grain of sand/And a heaven in a wild flower/Hold infinity in the palm of your hand/And eternity in an hour.”

Human and planetary survival now depends on a resourceful resolution of our antipathies. In other words, neither violence nor peace is the answer, but rather, the highest state of creative tension that we can hold as a species.

To create Pax Gaia, the Peace of Earth, we need to truly view Earth as a global village biologically, geologically, theologically. Berry says, “The Peace of Earth is indivisible. In this context the nations have a referent outside themselves for resolving their difficulties.”

Now we're getting juicy. Evolutionary emissary Jean Houston speaks of her tendency to “mythologize rather than pathologize ... What often appears to be chaos is really cosmos in its most literal sense - world making and remaking.” How might we adapt this philosophy on a planetary scale, so that instead of seeing problems needing solutions, we seek the grander story, the connective tissue that unites the issue?

Tom Atlee, author of *The Tao of Democracy*, tells a fascinating tale of being part of a mobile community that reached consensus without making

a decision. Somehow, the group 'knew' how it was going to function on the Great Peace March of 1986. Much later, Atlee learned that this is standard operating procedure among the Iroquois: in the tribal council tradition, participants simply talk until there is nothing left but “the obvious truth.” It's a bit like boiling sugar down to syrup, or an oyster spinning a pearl from the irritating grain of sand in its shell.

How do we midwife the obvious truth? Atlee admits the Great March breakthrough came only after all the feelings, stories, and information had cooked awhile in the group consciousness. “[It's like] the necessary cultivation of the earth in preparation for planting, like making compost ... 'setting the conditions' needed to help the natural truth emerge, that takes into account all the different pieces of the puzzle. The straggly, juicy work early on provides the nutrient base for the ultimate discovery of that big truth” which is then birthed in “an ad hococracy rather than a bureaucracy,” to borrow Houston's evocative phrase.

The more we can perceive ourselves as cells in the body of Gaia, ever-evolving, willing to leap creatively across chasms of confusion and miscommunication to form elegant, improbable connections, the greater the possibility we seed for creating the Peace of Earth, rather than the pieces of Earth over which various factions routinely fight. As the cosmic comic Swami Beyondananda says, “If we put all the little pieces together, pretty soon we'll have one big Peace.” One planet, indivisible. It's a thrilling concept, and a refreshing response to war.

As one strand in the system grows healthier, the others must follow, since we are all interdependent. Kirstin Miller, Executive Director of Ecocity Builders, suggests we “start thinking like a flower, not like a tailpipe.” Devise ways to pollinate instead of pollute.

We might also invoke the essence of the creative commons license prevalent in cyberspace that allows people to share their work as long as proper

credit is given, and no third party profits. Our air, water, and land resources are all ripe for 'creative commons' protection and usage.

And this kind of cultivation, at once mythic and mundane, will accelerate our global guardianship into warp drive.

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Amara Rose is a 'midwife' for our global rebirth. She is the author of the CD, 'What You Need To Know Now: A Road Map for Personal Transformation,' and a contributor to many health, business and new thought publications. She offers the inspirational monthly newsletter 'What Shines' and her eBook series, 'What Shines: Practical Wisdom for Unleashing Your Inner Brilliance,' is available from <http://www.radiancepublishing.com>

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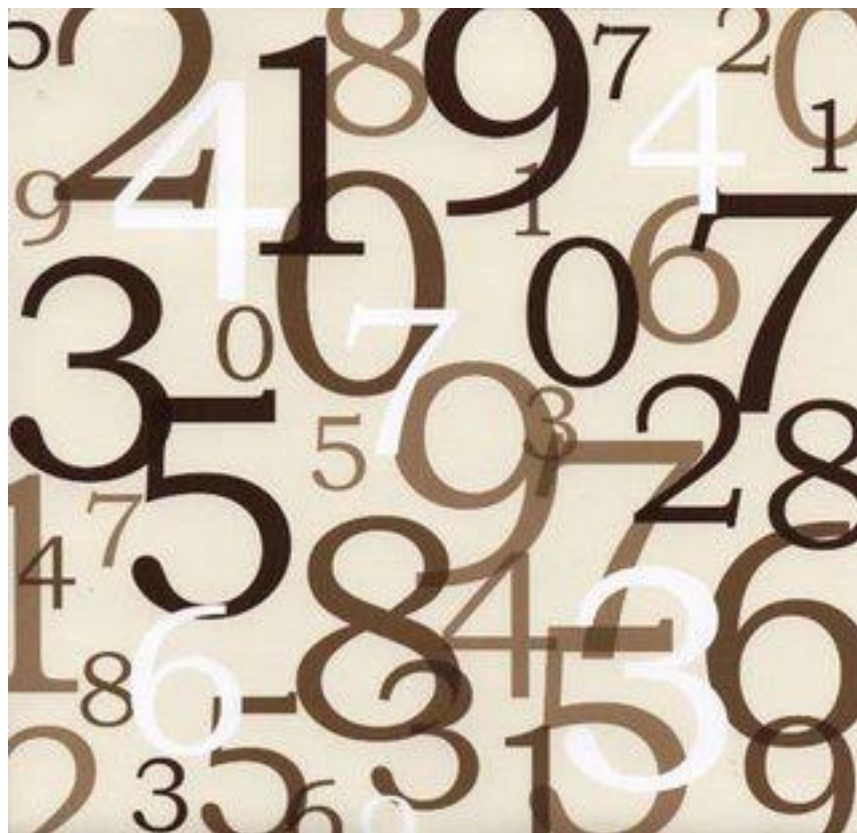
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UNDERSTANDING NUMBERS *(Part III)*

By Divyaa Kummar



To exist is to change; to change is to mature, to mature is to go on creating oneself endlessly. - Henri Bergson

SEVEN - THE DRIVE FOR INNER AND OUTER PERFECTION

Seven is a number of perfection! 7 colors make a rainbow, 7 musical notes make a song, 7 days make up a week, 7 major planets make up the solar system and 7 chakras symbolize the perfect human! And yes God rests on the 7th day as he beholds the utter perfection of his creation! He also steps back at this point, leaving the reins of furthering this perfection into mankind's able hands - and thus in our story of numbers it is 7 that symbolizes the true autonomous self - endowing on sevens their distinctive and

individualistic streak!

Man's destiny is now his own and separate from God's and thus sevens are independent thinking, self-sufficient and somewhat the loners! Also it is at 7 that man realizes the need to go beyond already reached ideals - even the 'heaven on earth' he has experienced as a 6 - and this confers on sevens their spiritual seeking, mystical yearnings and love for the unknown (including travel!). Like fives they seek that elusive something 'more,' but this time the search is deep within because all the wonders of the outside (already experienced at 6) have to be transcended. Thus sevens who seek fulfillment only from the outside will always wonder at their

discontent unless they also tap into it within! And it is for that they are bestowed with an in-built ability to look inwards in all ways - be it through deep study, reflection, analysis or investigation. The deeper they go for answers and guidance, the more enhanced will be their outer life!

So come conjure with me the challenge of being a 7! View the resolve required to go back to the drawing board and start from scratch towards more permanent solutions; view their valor to risk all for unknown higher ideals; understand their fascination with the deeper truths of creation; and appreciate not only their skills to delve deep within but also their drive to practice the paradox they discover - that perfection is not a static state of rest but one that demands constant growth, experimentation and reinvention.

Each number has its strengths and challenges and your role is to move into its balanced energy in personal ways. A balanced 7 energy is distinctive, courageous, self-sufficient, deep, wise, and inward looking in many ways - be it imagination, reflection, intuition, spirituality or intellectual analysis and the exactness of science! In imbalance they veer towards being self-serving, rebellious, aloof, taciturn, snobbish, critical, fussy, stressed, secretive, eccentric and reckless dreamers!

Other influences: Numerologically too 7 is a complex number, and cannot be reached by any multiplication! Neptune, the planet of the unconscious confers on them its mysterious powers of imagination or illusion; intuition or confusion! Tarot's Chariot card depicts their strong inner sense of self and capacity to overcome all odds through sheer grit, determination and strength of mind; yet at deeper levels the Charioteer symbolizes their endowment towards understanding and thus overcoming the odds presented by the dual plane and thereby mastering human experience itself! The Tower card represents the constant changes they undergo towards this, even back to zero if required, for they more than any other number know the all-potential of a zero and how it can only lead to a

perfection ever enhanced, for an egg when burst from inside (rather than outside) means new life!

You are number 7 if you are born on the 7th; 16th or 25th of any month. Its energies intensify if your entire birth date (day, month and year) adds to a 7. Its energies also play out in your life if your name totals 7 numerologically.

EIGHT - AUTHENTIC POWER TAKES TIME TO GROW INTO!

There is no authority superior to each person's essential self. - Unknown

Eight is a number of consolidation, authority and power! The material order and experience of 4 is doubled at 8 - raised by the infusion of spirit into matter. This is why number 8 is connected to material prosperity and financial rewards. Indeed the figure 8 is made up of a higher circle representing the perfection of the celestial order operating through the physical plane of the lower circle! Together, the circles show polarities integrated, and become the sign of balance and infinity - as above so below! This is also symbolized by the octave that 8 is - coming back full circle, but to a higher frequency as all things are integrated sagaciously! Thus 8 depicts law, order and justice on earth and number 8 people are known for their administrative prowess, commanding presence, equipoise and honorable actions.

However, as 8 is nearing the end of the numerical cycle, it has taken hard work, persistence and sound judgment to reach here - qualities that are visible in number 8 people along with the independent streak that they thus display! And yet, due to being so close to the end of the cycle, 8s unconsciously work for lasting results - making them diligent, prudent and disciplined. They instinctively know the chain of cause and effect that has got them here and thus they are diligent about what they further put into effect!

So come conjure with me the tasks of number 8! A large part of your journey is done and you have the ensuing sense of command, confidence, power and

stamina; yet now you need to adapt, be flexible and tread carefully! You are close to the end yet patience and nitty-gritty work are required! You are ready to go through to nine and beyond - but all that you have learnt and encompassed in self is being tested! And how - with Saturn, the task master as your ruling planet!

A balanced 8 energy is high on energy, ambitious, enterprising, persevering, disciplined, organized, responsible, discerning, clear-headed, just and effective. In imbalance it can either not tap into its strengths or go the other way and turn egoistical, power hungry, cold, confrontational, manipulative, obstinate, controlling, materialistic and prone to corruption.

Other influences: Numerologically 8 is a feminine number. Eight's real power is inner strength - not domineering in nature but a strong compassionate force which comes about through an inner alchemy and balance. This is depicted beautifully by the tarot card Strength symbolizing authentic authority as gentle yet firm - showing us how a chain of roses can be stronger than a chain of iron links! The strength card is also known as Tantra - the rise of your own power (kundalini) conferring on you the sovereignty to be true to who and what you really are! The looped figure eight actually represents the coiled kundalini rising infinitely! Tarot's Star card, representing the 'future' depicts the rewards eights can look forward to if they accomplish their purpose of being born an 8 - long-lasting tranquility, grandeur, abundance and deep fulfillment of the physical plane! And who confers this? Saturn of course - the much maligned tough taskmaster and ruling planet! Saturn, known as the planet of delays and obstacles, rewards you many times over once you fulfill the reasons to be born under its guidance!

You are number 8 if you are born on the 8th, 17th or 26th of any month. Its energies intensify if your entire birth date (day, month and year) adds to an 8. Its energies also play out in your life if your name totals

8 numerologically.

NINE - ENDINGS AND BEGGININGS!

The only way to keep from going backward is to keep going forward. Eternal vigilance is the price of success. There are three steps, and each one is absolutely essential. You must first have the knowledge of your power; second, the courage to dare; third, the faith to do. - the Master Key System

At 9 the numerical sequence reaches its peak and breaks into a new cycle thereafter. As the last single digit number, it holds a special significance symbolizing completion and pinnacles yes, but also the last chance to deal with unfinished work of the cycle you are on, for it represents the cumulative effects of all that you have experienced since you spun this cycle forward as a 1! Thus it is a number of maturity and strength - indeed 9 is the grit, passion and drive that power the desire and potential of 1 to reach actualization, making it a number of harvest, rewards and even glory! At the same time, as a threshold to a new phase, it demands more than a glance inwards, and deep reflection on what you will put into effect as your next phase is mandatory for you to make full use of its energy! 9 is also a number of self reliance because by this point in the larger sojourn, your personal identity has been established conferring on you a personal autonomy, confidence and independence; but this fulfillment itself becomes a catalyst propelling number 9 people to seek that which is beyond the personal self, making them the humanitarians they are known to be - idealistic, mystic, visionaries seeking to impact their world.

So come conjure with me the mystery of number 9. You are at a pinnacle, but also at a new beginning. It is indeed easier to move forward from stagnation and fears. Moving beyond pinnacles is what truly allows you higher and vaster experiences! You have come into your own, yet this 'self' is becoming redundant as your focus shifts to 'others,' and service is what must be encompassed! At nine there are no

limits or boundaries, yet the unknown must be entered into and embraced! 9 as the end of the numerical cycle is about fulfillment and endings! Finalities and starting points! Known to unknown! It is in giving that they receive, in service that they get to lead, in being unconditional and pure of external motive that they get to touch glory!

A balanced 9 energy is independent, confident, self-reliant, passionately driven, resilient, spiritual, mystic, compassionate, humanitarian, and charitable; in imbalance you don't tap into its strengths or tend towards being prejudiced, zealous, overly idealistic, over-emotional, dramatic, crisis oriented, self-centered, hedonistic, resentful, vindictive, lonely or even melancholic!

Other influences: Numerologically 9 multiplied by any number always returns to self, depicting number 9 people's self-sufficiency and ability to do things on their own. Mars as ruling planet bestows on them passion, grit and drive yes, but also its fire - dollops of magnetic charm and sparks of temperamentality! 9 is easily understood through pregnancy - something has come to full term, and yet must begin a new phase of existence! Geometrically 9 is the three-cubed form, known as the perfect form, having within it the essence of 3 and beauty of 6! Celtic tradition often sewed 999 patches on marriage

quilts in honor of this! The Tarot card Hermit and its imagery may appear a strange symbolism of the number 9 - a stark hermit with a lantern. But this is because the Rider Waite card emphasizes the guidance that will optimize the 9 experience - the need to go deep within and find this perfected higher self at every nine of every cycle! The Moon card in contrast shows the emotional aspects of 9: that which must be delved into; that which must be let go of; the narrow line between illumination and illusion; and going beyond the final chimera of all - Maya!

You are number 9 if you are born on the 9th; 18th or 27th of any month. Its energies intensify if your entire birth date (day, month and year) adds to a 9. Its energies also play out in your life if your name totals 9 numerologically.

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Divyaa Kummar, from Mumbai, India, is a spiritual facilitator reaching out through discourses, writings, tarot workshops, personal energy sessions, and meditation groups blending ancient dhyana and tantra techniques with a more current approach.

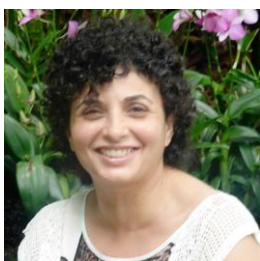
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RELATIONSHIP FRICTION AND HARMONY

A talk with Ellaeenah

Not all universes, dimensions, races have relationships. They don't have male and female union. Our earth does have relationships and it is important for us to understand why. Why do we need relationships? We need relationships in order to complete ourselves. We find it difficult, in the human race, to complete ourselves without having an external source. That is why you will find spiritual masters. Spiritual leaders have transcended the need for a relationship; they do not need an external source to complete who they are; they have been able to find and assimilate within themselves the two opposing polarities of energies that are required for completion.



Now that's the crux: in order to have a relationship you need to have two opposing polarities; you can't have a relationship with the same energy. Very often, when you have a person exactly like you, you will find the person rather boring. Why do we get attracted to someone? It is our way of pulling that opposing polarity into our realm so that we merge with that opposing polarity. So I would have to draw into my sphere an energy structure that is opposing my own; that does not have characteristics as I experience them; that, in fact, has a lot of opposing realities as he or she is experiencing.

This is wonderful because it helps us complete our own energy structure, but because the two structures are so diametrically opposite, it creates friction. Now here's the paradox - on the one hand,

you need the opposition, and on the other hand, the opposition itself creates the conflict. It seems as though it's one of those Catch 22 situations, that's no win/no win. But that's not true at all.

Yes, relationships will bring in conflicts and agitation, but through this conflict it demands that you understand the energy you have drawn into your life at that point of time, and why you have drawn it at that point. The understanding leads to self awareness which is the root of completion. To understand your energy structure and what it needs to complete itself, study your relationships at that point of time. What kind of relationships are you involved in? Don't look only at parents or siblings, who are like a constant, but look at your friend circle as well. We have seen, in our lives, our friend circle changes with time. You have one set of friends who come into your life at a certain time, and then they drift away and a whole new set of friends come in. Of course, the most vital of relationships are those that you are romantically involved in; those are really, really strong because those are your strongest opposing polarities that have come in order to be resolved, in order to be united within you.

You may ask, "If I've united all opposing energies within me, does that mean that there is no relationship left with that person?" Most times, yes. When you see two people parting ways, in a happy manner, they have resolved the two polarities; there's nothing left to do. In certain, very few cases, the joyous unity within, is shared by the two who still continue the relationship, now from the level of transcendence, which is almost divine in its nature.

What happens when relationships go sour? First of all: the two have gotten caught in the conflict. Because they haven't understood the purpose of a relationship, the conflicts that come into a relationship become larger than themselves. Once you know why you are in a relationship, the conflict will remain smaller than you, and then you can choose to end the relationship or stay in it, but then it's a choice of will exercised; it's not the conflict that pulls your reins. You see, when the conflict pulls

your reins, you get into turmoil. If I've had a spat with someone and, out of anger, we decide to split; the conflict has pulled our reins. But if we are able to be free of anger and resentment and blame, and say, "We're not able to get along; let's part ways" then we are still larger than the conflict. But most of us, at most times, get so involved strongly in the conflict that we are unable to be detached from it. Of course this is understandable because we are all human beings, and as such, reactivity is still a large part of our energy behaviour.

And it is in the reaction that our conditioning and emotional and mental programming comes in. In every relationship you will play out a certain role. We don't realize this; but it is important to question: *what is the role I am playing in this relationship?* Sometimes, you are in a man/woman relationship but you are actually playing rescuer and victim. Sometimes, you are playing the role of teacher and student. Sometimes, you play the role of mother and son; sometimes, of father and daughter. Though we don't realize it, a significantly large majority of relationships play the drama of master and slave.

Now let us see what is happening to many of us who have been on the journey of self-empowerment. Let us assume that you have been playing out, with your spouse/partner, the drama of master and slave. In the course of daily living, every one of us is growing, expanding, and our energy structures are evolving. With this, the 'slave' role player in a relationship may change considerably in inner power, but the conditioning, being strong, does not permit you to make this change outwardly. Thus, the role still appears to be that of the slave, but inwardly, you've already become master. There is an inner conflict in you, which is manifested in your relationship as rage, resentment against the spouse or the partner, who used to originally play the 'master' role. That's because suddenly you want to shift the role; you're not happy with being slave anymore. Thus the conflict escalates, especially if the partner is unwilling to make the shift with you, which happens very, very often.

When you choose to shift the equation, and the other person is not ready to change their role, there is no common ground left because the conditioning has been broken. Either the two decide, together, to shift into another equation, or they have to go through a tremendous upheaval. One has decided: I'm *not shifting* and one has decided: *I'm not returning to the old equation*. Now the energy flow between the two is completely different. You have to allow the energies to settle and find another equation.

But then the relationship becomes more tumultuous doesn't it?

Of course! But though it is tumultuous, if you know that this is the role I was playing and this is the role I am shifting out of, and if there is communication, then the two know what the shift that is taking place is, and why it is taking place.

And what if there is no communication?

That is when the conflict gets bigger than the two. The only way out, when the conflict gets bigger than the two, is to part ways, either temporarily or permanently. It's the only way out. When the conflict gets bigger than the partners, there is no harmonious way you can stay in the relationship. If it is not possible (for whatever reason) to part physically, then you must place an emotional distance between you and partner, till your energy structures can find another more comfortable equation for you both. Please understand, though, that this can be a very difficult phase to go through. Conflict in a relationship is a wonderful spur as long as it remains within the sphere of the relationship. For the conflict to stay within, the other relationship has to be bigger than it so that it can embrace and encompass the conflict.

Once you know the role you are playing, you have to question, "*Why am I playing this role?*" The inner reasoning may go like this, for example: *Why do I externally play a tyrant? Because I'm inwardly feeling like a victim. This means I have given away*

my power. I've given away my power to X who, I feel, is now pulling my strings because I have given him my reins. Now I begin the process of taking them back. How will you do this? In small ways: by not allowing X to do things for you which had earlier been dependent upon X. Do these yourself, or choose not to do them at all.

When you are shifting a role, you have to do everything opposite to what was taking earlier. You can't go back to your old patterns; you have to be very careful and not slide back into them. Do whatever you have to do to take the power, the reins, back into your hands because it is only when the reins are back into your hands completely, that you will accept the other fully. As long as you are caught in an inner power struggle, you will continue to blame and resent the other. Once you don't perceive a power struggle, you are complete knowing that it's all about you, not about the other.

We have to carefully study ourselves in a relationship. *What is my conditioning? What is my need for emotional security?* Maybe there are abandonment issues, rejection issues, survival issues, self-worth issues.

If relationships go sour and you have to take a break, and if those breaks are disturbing, how does one heal?

Your power has been shattered. Relationships have this ability to take away from us, what we feel is, our deepest core essence. You feel completely and utterly depleted. In order to heal, you must first allow yourself to go through that depletion phase. Why? If you try, in that period, to deny yourself the time you need to deplete, you will never allow the old energies of hurt, of pain, of being dominated or abused, to completely dissipate, because you will go into a space of denial and think you're fine. You're not fine. Allow yourself the grief. Whenever there is loss of anything, you must allow yourself grief; it's very, very important because that's the time of depletion. Allow the complete depletion to take place. You feel as though your inner core is depleted.

It's not being depleted; no one can deplete your inner core. What is being depleted is the violence of your relationship. By violence, I don't just mean being physically abusive; an emotionally traumatic relationship is also a violent relationship. You can't be in denial of your pain. Give yourself as long as it takes to deplete completely.

In those weeks or months, find yourself just one person with whom you can talk or vent. Vent all that you need to, all the blame and rage and frustration that you feel. Tell it all to that one person who is there to support you, who is there to strongly hold you and contain your emotional collapse. This is not the time to fall into spiritual entrapment about "I forgive" and "I understand the other's pain." No, be honest about your rage and blame. You are not becoming spiritually less because of this.

It seems as though you will never get over it, but you must give yourself the freedom to completely expiate the pain, in the manner you need to expiate. There will come a time when you vent, but it will be at a much reduced level. You know then that the energies are being depleted.

After old energies have been cleared, you will come to a realization, very naturally, that it's all about you. That's the time the true healing begins. Then you start asking yourself: *this is the role I played; why did I play this role? From where did it come? What do I need to do now?*

Before you enter another relationship, have this complete awareness of yourself, so that the next relationship is not the duplicate of this one. Otherwise, the partners only change faces; the relationship remains the same.

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Ellaeenah is an intuitive spiritual facilitator, teacher, writer and life counselor whose practical insights into Ancient Wisdom have empowered innumerable people. Her work extends into the realms of the Spirit-Psyche, such that life is directed by consciousness of thought, word and feeling, to bring about self-empowerment through complete recall of one's Godhood.

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The Man Who Sees Dead People

By Jill Wellington

Nobody really dies. I know because I see, hear and feel them...

- Psychic/Medium Joe Power

The film *The Sixth Sense* scared the heck out of moviegoers a few years ago. This so-called horror story dramatizes the eerie life of a young boy who sees, hears and feels spirits. Dead people invade his bedroom at night and blow in at school confusing and frightening the boy. Psychic/medium Joe Power knows the story well - he lived it!

"My boyhood was a nightmare," Power says. "Just like in *The Sixth Sense*, spirits raided my life starting at a young age." He remembers the first time he saw a dead person. He was three years old lying on his back in the soft grass of his stepfather's magical garden. As he stared lazily at the sky an



Joe Power

image appeared. It was hazy and fleeting yet Joe saw the image of a face.

An old, rusting car was parked in the middle of the garden and Joe often played inside pretending to drive to faraway places. Many times he felt a presence beside him riding along on his imaginary adventure. Young Joe sensed it was a man and was comforted by his company.

When Joe was five, this mystery man visited Joe in a dream. "My father was deathly ill in the hospital after a botched surgery for an ulcer," Power recalls. "I had a vivid dream and met a stocky guy with a jolly sense of humor. He told me he was my mum's Uncle Tom and that dad would be okay." Family pictures proved this 'dead' visitor was indeed Uncle Tom and Joe's dad did survive. His spirit uncle has stuck with Joe ever since guiding him through many journeys and eventually appeared as a normal human.

Uncle Tom was just the beginning of a virtual army of spirit invaders. "As I walked with my friends in the school yard, we were surrounded by strange people who looked totally real to me," Power says. "Yet I noticed the other boys did not react to them, so I learned to keep my mouth shut."

Joe was scared out of his mind when the spirits infested his home, sweeping through the living room like haunting ghosts and worst of all, invading his room at night. "I slept on the top bunk and my two little brothers slept together beneath me. I woke up and saw these strangers and it freaked me out."

One woman in particular visited often. Her blonde hair and creepy blue eyes frightened me out of my mind, says Power. "A cigarette dangled out of her mouth and she reeked of smoke."

To temper his terror, Joe told his little brothers about the night invaders. "My mother punished me for frightening my brothers." Joe was often reprimanded or disciplined for reacting to the dead people that cluttered his life.

Now Joe is 43 and has lived among dead people all his life. It took years of excruciating psychic experiences for Joe to understand his innate gifts for spirit communication. But not before his life sunk into a hell of gangs, prison and alcohol that Joe desperately used in hopes of stopping the insanity.

The turning point came when Joe's younger brother Denny died under suspicious circumstances. During sleep, a man and woman came to Joe and told him they were taking him to a sacred place only for people who have passed over.

"I had a strong knowing it was not my time to die, but these people were giving me a huge insight into the afterlife." Joe swept out of his body and found himself in an old marketplace that seemed very earthly with people ambling about doing normal shopping.

"I heard a familiar male voice," Joe says. "He said he was fine and safe. A warm, loving energy

blanketed me and I felt peaceful and content. I never felt this quality of comfort before. It was Denny. He wasn't 'dead'...he was very much alive in this other realm."

Joe was so intrigued by this experience, he began to study metaphysics to figure out what plagued and scared him all his life. He worked with psychic/mediums in spiritual churches where he honed and practiced his extraordinary skills.

Power is blessed with every level of psychic/medium talent including clairvoyance which is psychic seeing, clairaudience or hearing, and clairsence which means psychic feeling. "Skeptics don't believe me, but that would mean my entire life is a lie. I tried everything to bury this ability. I didn't want it and was afraid all the time," Joe explains. "But, now I embrace it and know I brought it to the earth to use it to help others."

Joe uses the ability daily doing private readings, stage shows where he reads for audience members and his passion is helping police solve difficult murder mysteries. "Murder victims started coming to me and asked me to help solve their murders. Every case is a new learning experience for me. I continue to evolve every day."

Joe's astonishing life story is now a book. *The Man Who Sees Dead People*, published by Penguin, will be out in May, 2009. "I hope the book will explain psychic phenomena to the world and comfort people that we never really die."

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Joe Power is a popular psychic/medium in England. He appears on radio and television and tours the UK with stage shows which include live readings. His book is available on www.amazon.co.uk and in stores all over the UK.

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Someday, you'll laugh about this

By Marlene Buffa

Our friends provide us with the most amazing reflections of ourselves through their patient understanding and perspective. Often when things seem difficult in our lives, we pout, whine, get angry and ultimately wonder how life will ever be the same again. One quiet, sensible friend, will inevitably take a moment to remind you, that no matter how rough the waters may appear at the moment, someday soon, you'll laugh about the situation in retrospect. The gentle reminder that everything in life is temporary no matter how dire the circumstances or insurmountable the odds, brings us back to the present moment.



Financial

These days, a small majority of Americans find themselves unemployed. While some financial situations may appear desperate, they are a manifestation of our choices and a culmination of our attitudes towards prosperity, and should be recognized as a necessary lesson. For the most part, more money can always be earned, and there is enough for everyone. Your personal finances and the economy of our country, as history demonstrates repeatedly, are impermanent. It won't last forever and it will change. Hang in there - someday you'll refer to the tough times as "the good old days!"

Situations

Whether family matter or work situations keep you up each night with worry and doubt, know that these, too, will eventually go out with the tide. Waves of fear and anger over personal injustice, or the rough waters of struggle and the unknown leave all of us longing for the shores of contentment.

Take a moment to step back and realize that all that worries you today, will be tomorrow's history. The anxiety wanes, the cold sweat and panic subsides and whatever the outcome, you'll emerge more resolute than you thought possible. Time drags change right along with it. Whatever you stress over today will dissipate with tomorrow's sunrise - or at the very least, it will have changed enough for you to notice the illusion of the fear you held so closely.

Relationships

Louise Hay says that all relationships are temporary. People come in and out of your life exactly when they should, and they stay as long as they need to. She astutely tells us to love but understand that separation of any kind is inevitable.

In life, we attend births and funerals. We celebrate marriage and console one another through divorce. Friends and family move away, and new people come into our lives. A constant flow of love's energy moves through us, and if we embrace the person and the gifts they offer us by their presence in our lives, we accept the impermanence of the relationship. We bless others, and release them when its time to move on. We honor them by freely letting go, and acknowledge them by recognizing the mutual contributions made in one another's visit.

Love

Throughout our lives, we see many types and degrees of love. Some say love fades away or even dies, and others believe love is eternal. If love can be created and in some ethereal sense, become 'matter,' then it cannot be destroyed. While our relationships are temporary, the capacity to give and receive love endures beyond our physical appearance on earth.

You may find yourself in or out of love, but love still endures in your heart. The object of your affection is temporary. The love lasts forever.

When we reflect on our day in our evening prayer or meditation, we thank our Creator for all the good in our life. Knowing everything exists only in the moment thereby making everything we experience temporary, we also give thanks for things which don't last forever!

May you learn to separate your spirit from the situation, the relationship, the hardship and the love, and realize the only permanence you experience in life is who you are. And you are temporary, too.

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www.wordsofmind.com.

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

Spiritual Poems

The cosmic sea

They told me my soul chose my fate
My destiny, my parents and even my mate
But how can this be, I wanted to yell
Why would anyone choose a prison cell?

I searched for the truth that would let me be
Religions tried to trap instead of freeing me
Months and years of my own contemplation
Only to be drowned in mind deep concentration

The many words and thoughts eventually blurred
Senses raw, felt and saw, tasted and heard
Cloudy minds dissolved into rain water and flowed
Into the cosmic computer to decipher my code

And then I was a telescope zooming strong
To where galaxies and shooting stars belong
Back to the beginning of time and sand
I saw the universe not yet on the expand

The answers came, not in the form of a movie
Or digital still pictures, way too groovy
Rather, it was more of an old rooted realization
That penetrated the core of my misty foundation

And I saw my soul and all that it had done
Helplessly orbiting my body like Earth to Sun
Dwelling within the body, its commuter
My mind was a mere programmable computer

My soul programming my mind with its voice
This was a programmer who did not have a choice
Like a robotic data entry clerk of the bank
My earnings were updated and ranked

My destiny was not chosen; it was earned
My fate to my robotic soul was of no concern
Luckily, I am more than the body, mind, soul
I am also part of the Self, the cosmic whole

My soul, a mere droplet in motion
I am water from The Cosmic Ocean

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Cosmic Creation

cosmic creation...
consciousness seeing...
particles dancing,
in and out of being...
reflection, reflecting,
reflection again...
uniting, dividing,
without and within...
forever becoming
the essence of all...
floating thru stillness...
an illusion of wall...
mirrors of mirrors,
what is seen today...
yesterday, tomorrow,
all is now the same...
cosmic creation...
consciousness seeing...
particles dancing,
in and out of being...

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Spiritual Science & Research Foundation

Truth - Teaching - Tools - Technology - Transformation

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- How To Increase Dream Recall?
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- Using Dreams For Your Development

Timing: Saturdays - 3pm to 6pm Sundays - 9am to 5pm

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He is a seeker of Truth and a spiritual trainer passionately working towards spiritual evolution of mankind using practical spiritual science. To know more, visit www.amittparikh.com.

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