



YOUR SPIRITUAL REVOLUTION

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In Jungian Words

• Unconsciousness to Consciousness • Thought Therapy Through Colour



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Message From The Editor

Carl Jung was one of the most influential thinkers in the field of psychology. He used a spiritual approach in his understanding of the human being. The cover story in this issue attempts to understand the psychological philosophy of Jung by explaining his analysis of symbolism, dreams, archetypes, and the process of individuation, which is the process of integrating the conscious with the unconscious.



Other topics covered in this issue are a channeling on transforming unconsciousness to consciousness, simple truths about detachment, acceptance and the subtle difference between contemplation and meditation, an exploration of spiritual growth, uncovering the hidden treasures of our authentic selves, a channeling on thought therapy through color, and the way of spiritual practice. There is also a poem to inspire the soul.

Love and Light,

Prabhath P

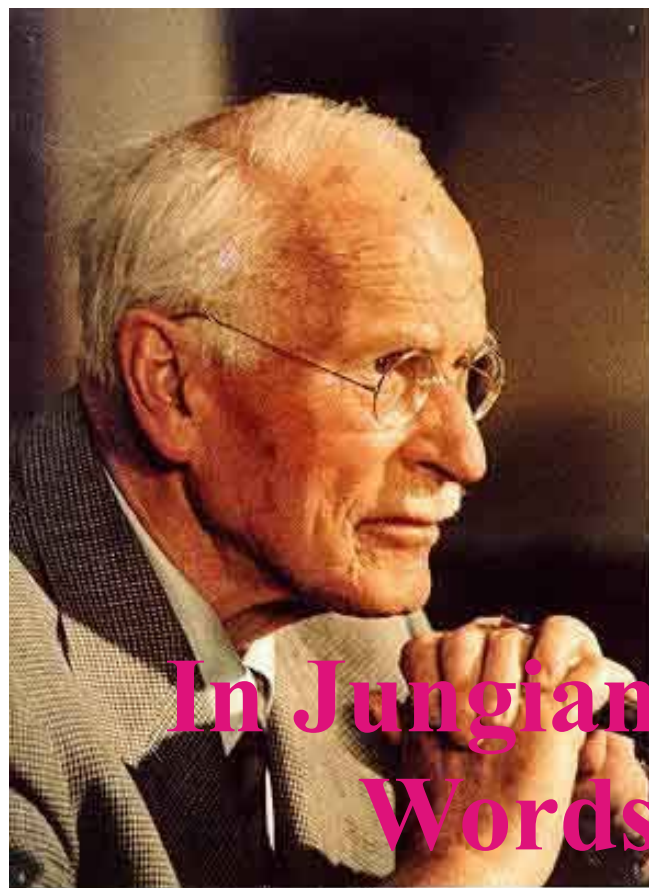
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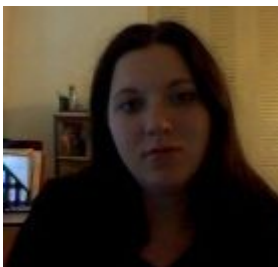
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By Amanda Zafar

Carl Jung used a spiritual approach in his understanding of the human being through psychology. In order to understand his psychological philosophy, one needs to analyze symbolism, dreams, archetypes, and the process of individuation. Individuation is the process of the union of the conscious with the unconscious, which is the accomplishment of the Self.



Symbols existed in cultures around the world right from the time when man was able to etch them out on the walls of caves and they were used as the earliest form of communication, prior to the creation of alphabets. Archetypes have been present in folklore and literature for thousands of years. In his

last book, published before his death, *Man and His Symbols*, he discussed some of the world's most common symbols that are repeated throughout the ages, long before the invention of internet, phone, or even the telegraph to communicate these ideas. Interestingly, such symbols that we see are universal and appear in synchronicity, marvelously demonstrating the so-called coincidences that are much more than pure chance, but actually a sequence of events that are a mapped out part of destiny. One such example is the simultaneous upspringing of similar events repeating themselves throughout history making this fact evident.

The circle as a symbol has been repeated countless times in artwork, religious symbols, tools used to exercise spiritual practice and objects used for religious devotion. This symbol is depicted, from the East to the West from often oppositional

religious cultures, which deflects the theory that they were repeated on purpose. For example, in Christian art, a halo is depicted over the head of Jesus and the heads of religious saints. Abstract mandalas and circles appear in Christian cathedrals. Roman cathedrals that go back to the era of pagan origins also have circles in the figures on them.

The pentacle used in Wiccan practice, is a star encompassed by a circle. So is the Jewish star. In the art of India and the Far East, a four or eight-rayed circle is the usual pattern used as the instrument for meditation. In Tibetan Lamaism, mandalas are very important. Muslim prayer rugs are intricately designed with circles. These are some examples of the circle as a symbol repeating itself in far and diverse places.

It is ironical that some groups of people would cringe when thinking about this striking similarity with a group of people that they do not historically get along with. Yet these similarities exist! The implication is that this miracle of synchronicity is possible because we are from the same root and it suggests unity in diversity. Dr. Jung talks in great detail about symbols and synchronicity because they correspond directly with the subconscious exercise of the (spiritual) psyche, which as you will see, is essential to good mental health.

Consciously we may ignore symbols, but unconsciously we respond to them. It is a great irony that the more the conscious mind ignores these ideas, the more ambiguous they become in the subconscious mind. They continue to crop up, in this manner, particularly in dreams painting vast landscapes of what we do not dare to dream when we are awake. This is a stunning example of the forbidden fruit syndrome. That is to say, if someone prompts you, to not think about pink elephants with pink and purple polka dots, you will not be able to initially divert your attention from these images!

When we look at this, it is the actual examination of the relation to the unconscious, the waking self, and the sleeping self. In the waking self, we may be

run by our ego in such cases, and the dreaming mind protests this existence in the form of vivid dreams, with spiritual themes, such as falling. Likewise, if one is living in tune with one's spiritual, true self, one may have dreams that wish to deflect that existence, in the form of a symbolic dream, as the ego is struggling for air. This is not the battle between 'good' and 'evil,' but the battle between the spirit and ego. Somewhere a balance must be reached between the two, in order to transcend this battle allowing for the existence of personal peace. This is the process of individuation.

Dreams

Carl Jung believed strongly that dreams are the doors to the subconscious mind and that we should make a conscious effort to remember them by recording them in a diary daily. Far from believing that dreams are hogwash, he believed that dreams are but one avenue of the sleeping self to communicate with the waking self and perhaps the most important one, as it is most accessible. Further, he believed that analyzing one's dreams can lead to the solutions to the problems we are unable to solve in the waking state. This can be done at home or with the assistance of a psychologist.

Archetypes

Archetype is a key way of understanding the different aspects of one's personality. The major archetypes Carl Jung identified include the Self, Shadow, Anima, Animus, and Persona. The Self is the regulating center of the psyche and the facilitator of individuation. The Shadow is the opposite of the ego image, often containing qualities that the ego does not identify with but possesses nonetheless. The Anima is the feminine image in a man's psyche. The Animus is the masculine image in a woman's psyche. Finally, the Persona is how we present ourselves to the world, and it usually protects the ego from negative images. It acts like a mask.

A Closer Look at the Animus

The Animus contains the Muscleman, described

by Jung as the embodiment of physical power. It also includes the Planner, which allows the capacity for independence, planned action, and initiative. It contains the Professor, which embodies 'the Word.' And it encompasses the Guide, which is the highest level of mediation between the unconscious and conscious minds.

A Closer Look at the Anima

According to Jung, the Anima has four levels of development. The first is Eve, named after the Genesis account of Adam and Eve. It deals with the emergence of a male's object of desire, yet simultaneously generalizes all females as evil and powerless. Next is Helen, in allusion to Helen of Troy in Greek mythology. In this phase, women are viewed as capable of worldly success and of being self-reliant, intelligent and insightful, even if not altogether virtuous. Then, Mary, named as per the Christian theological understanding of the Virgin Mary (Jesus' mother.) At this level, females can now seem to possess virtue by the perceiving male. Finally, Sophia named after the Greek word for wisdom. Complete integration has now occurred, which allows females to be seen and related to as particular individuals who possess both positive and negative qualities. The most important aspect of this final level is that, as the personification 'Wisdom' suggests, the Anima is now developed enough that no single object can fully and permanently contain the images to which it is related. Such aspects of self within, give an appealing call for self-examination and growth.

The Call of the Spiritual Self

If the call of the spiritual self is unanswered by the ego-based surface self of 'modern' man, as is common in the hustle of everyday life, the result is the emergence of neurosis caused by the estrangement of the inner need and craving towards the natural state of a human being that is within and not actively expressed. That natural state is to live with the inside psyche outside and the ego tucked inward in a spiritual consciousness. This is the

natural reconciliation of psyche and ego. Without that, mental symptoms abound due to the unbalanced existence of modern man.

In today's world, most human beings are running from the spiritual self by allowing the ego to be in the front seat. To illustrate this crisis that initially serves a purpose, but need not persist, I will quote Carl Jung in *Modern Man In Search of a Soul*: "...he is completely modern only when he has come to the very edge of the world, leaving behind him all that has been discarded and outgrown, and acknowledging that he stands before a void out of which all things may grow."

From the above quote, it can be realized that neurosis is a call from the spiritual self within and that dissolving this conflict by allowing the spiritual self to lead the way, results in the evolution to the modern, in the true sense of the word, thus curing the neurosis. In other words, it is a spiritual awakening that can yield good results by approaching it in the right way. This right way, is the spiritual self or psyche outside and the ego inside. So let your spiritual self guide you and enjoy good mental health.

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Amanda Zafar is passionate about writing, psychology, spirituality and the intermingling of psychology and spirituality. She is currently attending a local community college in southern West Virginia for a degree in social work with emphasis on psychology. She hopes to pursue a master's degree in psychology with specialization in holistic healing later.



Unconsciousness to Consciousness

By Ellaeenah

Channeled on **2-10-2009**

Times of acute despair are most essential in the life of every individual. No one can escape; no one should wish to escape. If you haven't yet encountered a moment where only darkness surrounds you, then we assure you that that moment will come, and however strong you might think yourself to be,



however well-prepared and well-armed with spiritual tools, in that moment, you must realize that your preparation and your readiness had not prepared you for such a moment as this. In each soul chart, in each life blueprint, one such moment, if not more, must be charted in; *must* be charted in.

You, as souls, have chosen the path of Earth, of duality; you have chosen to forget in order to remember. How then will you live upon this Earth if

it is only a merry holiday? Upon this Earth, to gain you must first lose, to love you must first experience separation and loss, and sometimes hatred. In order to be enriched, you must first feel the cold claws of impoverishment. In order to be empowered, you must writhe in powerlessness. And in those times, like this foolish, foolish boy (*referring to a member of the group*), you begin to believe that you are falling in an abyss that has no end; a dark, dark hole that will suck you in, squeeze you out and chew you up. But however strong this belief system might be, we, the Universe, is stronger. The abyss has an end: it ends in glory. The pit has a bottom: it bottoms out into self-value.

You wonder: *'Who is this that speaks today?'* What name shall we give? Why not just call it 'God'? God speaking to Gods! God, in Consciousness speaking to Gods in unconsciousness. God in Awareness speaking to Gods in non-awareness. Gods who hold and never let go, are hearing from God who insists that you must. And this is the time of letting go. The Universe has planned this moment for an eternity, and even when you were born you knew you would be here at this moment. Acute despair and all, you knew you would be here at this moment.

Why did you choose such a moment as this when it is imperative to let it all go? Let what go? Of course, let go unconsciousness to be God in Consciousness. We are here to teach you how to transform unconsciousness to Consciousness. For that is where your greatest struggle lies.

It is not that you do not wish to change and shift, it is not that you do not wish to grow and evolve, it is not that you do not wish to be the Light you are. It is that you do not know *how*. You do not know what holds you back; you do not know what are the chains around your feet, which make you fall every time you take a step towards the Light. These are the chains of your unconscious. To be freed from this you have to understand what this unconscious is, and how does it form. If you should know how your

unconscious forms, you will know how to take it apart. For isn't it true that if you have a machine before you and if you know how it is put together, you will be able to disassemble it as easily in order to repair its flaws and put it back together again?

So let us understand this unconscious. Firstly, you must understand that **your unconscious is not a part of your persona. It is not a part of your persona.** This vast unconscious is an energy field of strands lying unassimilated. Into this sea of non-assimilation you dive as spirit beings taking embodiment. And as you dive into this ocean of unconsciousness, and as you come up back to the surface of this ocean, you carry with you certain strands that stick to, adhere to, are drawn to, are magnetized by the strand, the core strand of your spirit beingness, that which you call your Divine Essence.

Your Divine Essence, (*pointing to a sitter*) beloved, will magnetize and draw unto it certain strands which her (*pointing to another sitter*) Divine Essence may not attract. The Divine Essence swims (and we do speak pictorially, of course) in the sea of unconsciousness, and as soon as it dives into this large energy field, by its very structure and by its composition, it attracts strands of non-assimilation unto itself.

These strands of non-assimilation adhere to the core strand of Divine Essence, surrounding the Divine Essence, seeming to become part of it. And as you climb out of this sea of unconsciousness with non-assimilated strands now adhering to your core essence, almost hiding your core essence from view, it forms your unconscious.

And then you start the process of creating that embodiment that will work with that unconsciousness, in order to transform it into consciousness.

The psyche?

(*Nodding*) The unconsciousness is a field of energy, a field of energy that is waiting to be

assimilated into your Divine Strand, into your core essence. And we, once again, reiterate, who has magnetized, who has attracted these strands unto them? You have! Now whether you wish to consider yourself as you, the soul, or you, the spirit beingness, or you, the embodiment, eventually, it is all you; different degrees of you, but you.

So you have now an energy field, which becomes the corner-stone of your embodiment. You choose your embodiment when you have your unconscious ready and in place. Then comes the Ray structures, then comes the psyche, then comes persona, then comes the blueprint, then come the events and the birth and the people who will play a role. But the root is the unconscious: that field of energy which you must now assimilate.

To assimilate the energy, you need to know what it is. What is it that you have surrounded your Divine Essence with? What is this energy field, which you have undertaken the responsibility of assimilating? But first, why is this assimilation essential? **Each strand that assimilates into the Divine core, enriches, empowers, creates unity, oneness, and blocks separation.** Even as we speak, your unconscious is separate from your Divine Core, and to make it part of the Divine Core, it has to be assimilated.

Why does it lie non-assimilated? Why does it lie separate from the Divine Core? Why has it not already become part of you, as Divine Essence? The reason is: A non-assimilated energy is an energy that has become warped due to ignorance and non-understanding of a divine truth. A divine truth warped, results in a non-assimilated strand. In order to assimilate, you must first know which truth has been warped, and then understand that truth in its fullness.

Is it our belief system that has warped it?

It is the belief system of humanity, as it has been created and as it has evolved and it has lived, over these thousands of years.

So it's more of a mass consciousness.

That is right! Let us call it a 'mass unconsciousness.'

And now the time has come for 2010: the Year of Unity. But there cannot be Unity without Consciousness, so the Universe brings out its cannons. Now small armaments will not do the trick. In your Earth time, we are left with 3 months; in the course of the Universe, it is a moment. In a moment! In a moment you must now transform from unconsciousness to Consciousness. That is why the cannonballs. And the planetary systems that were created and are continuously in transformation, contrive with the universal energies to bring forth these cannonballs. And when you are faced with the cannon, you cannot deny that you are staring into the bore of a gun. (*Referring to the global Rahu activation*).

The more you deny, the larger is the cannon that is needed to be used. So when acute despair befalls, it is not a moment to collapse and fall, it is not a moment of defeat. It is the time to rise and fight, for if you should lie down before the cannonball, it will roll you over flatter than a pancake. It is time to rise and face the cannonball, to deflect it; to deflect it by the power of wisdom, understanding, knowingness, awareness. You are not special or unique or more hated or more loved when you face acute despair. From the universal perspective, it is part of the Plan.

Now let us help you to swim in this unconscious sea again and once again, to do what you did once before... to bring forth the strands. But this time, to bring them forth in order to transform them to Consciousness. This time you will take each strand that hides your Divine Essence and modify its energies, such that the energies become the energy of your Divine Essence, for unless this occurs, you cannot assimilate it into your Essence. Oil and water cannot be assimilated; it will always remain separate. But if, from that drop of oil, you can remove the water content, then that water content becomes a part of the main body of water.

The first step is to know: where is your unconscious? Is it in your head? In your heart? In your brain?

Your body is the vehicle of your spirit beingness. Your body knows where the unconscious lies. The unconscious is an energy field and this energy can radiate and spread wherever it wishes to. If one strand lies within the heart, another strand may lie in your kidney, and a third in the brain and a fourth in a chakra, and a fifth in the mind.

Let us take you through a simple exercise which, you may use as is, or you may modify as you desire, or you may even choose a completely different exercise.

First shut your eyes from the outside world for your unconscious does not lie there. Understand that one truth: **your unconscious does not lie outside of you.** Seek it not there, oh ignorant, but beloved Gods. Let your eyes become blind to all persons and all things and all places.

Turn your tongues inward. Let your tongue roll inward, towards your throat as far as back as it can comfortably go. As soon as the tongue rolls inwards, there is a command given to the entire system to shut out what is external.

Now search for the center, the seat of your Divine Power. Take time over this. Do not hurry. Search. Ask the seat of power to show itself to you, either by feeling or temperature or light or color or just a sense of firm knowingness.

In this seat of power lies your spiritual guru, your spiritual beingness. Connect with that guru. There is no other truer guru than the one who sits upon the seat of your Divine Power. All other gurus merely take on forms and faces that mirror the guru within. Connect to that guru. Gently allow your tongue to come comfortably back into position, only after you have completely connected with the guru within.

Now you must gently seek out one strand at a time. Speak to the guru within about a situation that

is causing you grief or despair, conflict or struggle, or maybe just some discomfort. Acknowledge to the guru with: *'I am conscious that it is I who has created this situation for the express purpose for assimilating the strand; I am conscious that I have the might to assimilate.'* Ask for that strand to be given a name. Is it 'greed' or 'jealousy' or 'violence' or 'lack of self-love' or the 'yearning to belong' or the 'fear of loss' or the 'fear of death or insecurity'? There are far more non-assimilated strands than there are spirit beingnesses. Let the guru give you the name of the strand. And if, beloved Gods, such a name is not given, but you are just made to experience or feel the energy of this non-assimilated strand, it is sufficient for this purpose.

Now, from your seat of power where the guru dwells, ask to be shown the area where lies, knotted, this non-assimilated strand. Pay attention to all methods, which the guru will employ to make you aware of the place. It might be a sharp point of pain, a dull ache, yes, even a cough. It might be any number of different ways.

Now that you have the place discovered where this part of the unconscious lies, you will enter that place in full Consciousness of your being. The Consciousness of your being lies within that which you have called the 3rd eye. Allow a beam of the brightest golden light to enter into that place where hides this non-assimilated strand and consciously begin to swirl the golden light of your 3rd eye in this area where hides the strand. Seek not to destroy the strand, for it is not possible to destroy energy. Seek, instead, to assimilate the strand, to make it part of your Divine Essence. In order to aid the process, you might wish to give the golden light a command: *"Assimilate this strand into my Divine Consciousness, my light, my essence, my Godself."*

You can sit in that silent space of sacred assimilation for as long as you wish. Know that assimilation will take time. You may need to enter that hidden space, again and again and again and again, till you know that you have assimilated the

unconscious energy into your very beingness. To that degree, you have, in fact, moved into unity and oneness, for unity, beloved Gods, is the unity of self; oneness is oneness in self. Only then can it be translated into what you so fervently pray for: world unity.

This is not some casual exercise you do once. Beloveds, it must be done every day of your living existence. Every day!

And how will you know when one strand of energy is assimilated? When the uncomfortable situation comes to an end! For when there is no more assimilation required, how can you have a situation to encourage it? As soon as you have been given information of the strand, the unconscious energy field has become conscious awareness. And then each day as you live, put into action this conscious awareness of the strand, and note how it influences the different areas of your daily existence: your living, your relationships, your work. Beloveds, one strand of pure energy is strong enough to take over your entire life.

In moments when you face your darkest hour, and you perceive that your light has dimmed, the God Source will be illuminating you. **No human being is ever allowed to exist, for even a miniscule of a moment, in a place or a space or a field that is absent of light. If your light is dimmed by despair and pain, the Universal Light will illuminate.**

Let all other prayers become silent. The only prayer to be prayed is: **I pray for the illumination of Consciousness.** In that Consciousness lies all content. In that Consciousness lies fame and success and prosperity and health and joy and love. In that Consciousness lies service and sharing and healing. In that Consciousness lies self-love and self-worth and self-belonging and self-sufficiency and self-awareness and self-empowerment and self-enrichment. In that Consciousness lies laughter and tears of the deepest gratitude and smiles that come just because you know: I AM.

How much of this will come to us in 2010?

As much as you seek!

2010 comes with portals of light never experienced by the human realm. Understand, beloved, but gently ignorant Gods, understand that *Light is Conscious Energy.* The portals of light that will now appear, in this Year of Unity, have energy structures and vibratory frequencies never experienced by the human realm for the human realm had not reached a level of readiness and preparedness.

Has humanity reached that level? We must answer *No.* But the portals of light will open nevertheless. They must! They have been scheduled. But what purpose such light if human existence cannot access that light? The portals of light will be constant, like the Sun and the Moon and your planets. It does not change because you cannot go near the Sun. They remain in their glorious radiant, ever-shining forms.

The portals of light and their frequencies will remain constant. And as each, each God that is you, that is this human race, as each God gets into a state of readiness, where the energy of Consciousness takes your vibratory frequencies to align with the vibratory frequencies of the portals of light, you will naturally float into the portal, for frequencies find their own levels.

And, beloveds, do you have to assimilate all the strands that cover and hide your Divine Light? No! You have to assimilate 51%. 51% of strands will create vibratory frequencies that will align you to the portals of light!!!

And what are these portals of light? **These portals of light are energy fields where duality cannot exist.** You will live with your neighbor, who may still live in duality, but you may be in the fullness of oneness.

And as 1+1+1+1+1+1+1+1+1+1 enter the portals of light, 51% of humanity will take in with

them the remaining 49. And without even being aware of when and how and why, oneness, complete assimilation, is attained.

Do you think it could happen by 2012?

2012 is the year when the Divine Plan considered it to be a fitting time. Will it be? The answer lies in human hands. The answer lies with you, for it will be a process of 1+1+1+1+1+1+1+1+1+1+1.

Love and Light from God to God! And one day, we know, it will be from God in Consciousness to God in Consciousness!

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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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SUTRAS - SIMPLE TRUTHS

By Divyaa Kummar



SUTRAS - SIMPLE TRUTHS ON DETACHMENT

Detachment is not indifference, distancing or remaining disconnected from people and events;

It is in embracing all without labels of 'right and wrong,' without judgment of 'good or bad,' without descriptions of 'happy or painful...'

And in this embracing...acceptance...witnessing, detachment happens!!

Detachment 'happens' in all-embracing acceptance! Not in denunciation or rejection of this, that or the other!

Detachment is not in shunning, suppressing, fighting desires;

It arises in fulfillment...or completion of desires!

Your 'desires' are your soul purposes

and as you fulfill desires, or complete the deeper learning behind the desire, various soul purposes are being fulfilled.

... And as that happens, as soul plans are completed, desires which were only the propellers, are transcended, and detachment happens!

Detachment is not in having 'no desires'; detachment is in the awareness that 'your' desires are only vehicles for the universal cosmic play to carry on

Detachment comes of its own accord...effortlessly almost... or it's not detachment!

And indeed it cannot be wholly present when your role in the cosmic game is still required...for then...how...or why...or what...would propel you? ('Your' desires are actually only divine desire, the

cosmic play, being carried out through a 'you'...)
But even as your roles near completion, you are automatically drawn to detachment...just as you were
earlier to manifestation...!
And all that you may have learnt or read about detachment...or strived towards... culminates...and
happens!

Detachment 'happens'! Striving towards detachment is attachment to detachment!

When there is no 'you'...
When you personal consciousness merges with universal Self/consciousness
There is no personal attachment or detachment - all is part of the cosmic play
And this play
This gurgle
This all embracing "Ah so it is!"

Moves you away from 'concepts' of attachment-detachment!

SUTRAS - SIMPLE TRUTHS ON ACCEPTANCE

Acceptance

**One simple word...yet encompasses the deepest of 'spiritual' concepts
One simple step...yet one that takes us through the journey to Self!**

Acceptance implies... non-judgment!
Acceptance takes you beyond...forgiveness/non-forgiveness
Acceptance is at-on-ement...with whatever is

Acceptance arises from...empowerment
Acceptance leads to...surrender
Acceptance brings forth...an inner stillness and silence
Acceptance allows...right action to flow

Acceptance is one with...divine will
Acceptance is living...in the Now!
Acceptance is...non-resistance

Acceptance has no room...for opposites
Acceptance is synonymous with...abundance (not lack) consciousness
Acceptance is all widening...all inclusive...knows no separation...acceptance is oneness

Acceptance is...liberating

Acceptance on a moment to moment basis is...bliss.

Acceptance of self...our blue prints...its myriad life experiences
Acceptance of humanity...its desires...and the creative game it's chosen to play!

Acceptance of Self...Its larger perspective...our Creatorhood.
Acceptance of our Divinity!

Acceptance of 'others'; their ideas...and life scripts;
Acceptance of them just as they need to be...in our blueprint!

Acceptance of...our day
Acceptance of...the many hues and shades
Without...limiting adjectives of good, bad, pleasing, painful;
Without...the labels of negative positive;

Acceptance

One simple word...yet encompasses the deepest of 'spiritual' concepts
One simple step...yet one that takes us through the journey to Self!

SUTRAS - SIMPLE TRUTHS EXPLORING THE SUBTLE DIFFERENCE BETWEEN: CONTEMPLATION & MEDITATION

Meditation is inner and outer stillness
Contemplation is outer stillness but inner activity

Contemplation is the move from manas-lower mind to buddhi-higher mind
Meditation involves going beyond the mind

In contemplation you receive direct understanding
In meditation you become that which contemplation helps you understand

Contemplation is inner communication with higher vaster self
Meditation is the wordless communion with!

Contemplation still implies a separation...from that which you contemplate on
Meditation unifies the perceiver and perceived

Contemplation involves a 'you'...towards the gnosis of deeper truths
Meditation dissolves the 'you'...that stands in between the deepest truth...

Contemplation enables...is the process...towards Self
Meditation is the experience of Self

Contemplation is on...the abstract out there somewhere ...'That'
Meditation is the '...Ah this'

**And in the Ah This... 'sitting' in meditation is also transcended...into a 24/7 moment to moment...all
pervasive sense of Ah**

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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.



I want to grow... please !

By Hemamalini Raghunathan

Yes! I want to grow ... I really want to grow... please. I can understand you people being surprised about my 'growth.' I am physically very much okay. But I want to grow... yes, you guessed it right... in another dimension. God! let me grow... to become one with you.



Am I already with you ? I can't feel it somehow. Make me feel it... let me be with you in thoughts. Let me be conscious of it. I have to grow to reach that stage. Please let me grow.

How will I grow ? Unless I undergo experiences, I don't learn things in the right way. Abstract teaching does not enter my head. I am a normal human, not a 'super' human. I need first-hand experience of everything, to understand it in the

right perspective.

I need to feel intensely, to get the gist of it. When do I emote intensely? Only when I face difficulties. Happy moments do not linger long. They pass superficially, without teaching me anything. When I forget myself in joy, how will I feel your presence?

Give me testing times, to make me mature. I will grow really, after undergoing ordeals. I will understand myself better, my kith and kin better, my surroundings better... I will gain knowledge and I will grow. I am sure that you will look after me, even though you put me through difficult times.

You will definitely simplify the ordeals I have to undergo. You will give me courage to bear them and make me understand life. Once it is done, there is no need to linger any more here... is it not ? I want to grow ... to feel you in me, oh God!

Bhagavad Gita

God Himself responded to Arjuna, who was in utter confusion and moral dilemma. May be I also need such a strong presence, to make me understand the realities of life and make me grow. A competent Guru elaborated to me the different yogic and Vedic philosophies in the Bhagavad Gita, with appropriate examples and analogies. My intellect has understood the practical, self-contained guide to life...but that is not me. I, somewhere in the body-mind complex, yearn to grow...because I strongly feel that I am yet to grow. A battle of multiple thoughts goes on within my heart. Some of the verses in Chapter 10 of the Bhagavad Gita extol different types of devotees and spiritual seekers. I am sure that I also should belong to one of the categories, may be of a lower rank.

I surrender unto You! Oh Lord! With firm faith and loving contemplation...please let me grow!!

Reside in my heart! A lay person invites You! Destroy the darkness born of ignorance!!

I need direct realization of you in my etheric heart.

“Aham Sarvasya prabhavo mattah: sarvain pravartate itimatvaa bhajante maam budhaa bhaava-samanvitaah”

“I am the original, generating cause of all causes, everything emanates from Me; comprehending this, the spiritually intelligent endowed with devotional sentiments become devoted unto Me”

(10, 8)

No doubt, You are in my thoughts incessantly. You remain underneath my mind, heart and action.

The compassionate words of Lord Krishna consoles me.

“Tesham Satata-yuktanaam bhajatam priti-puuvakam dadaami buddhi-yogan tam yena maam upayaanti te”

“To those devotees so dedicated unto Me, I bestow the spiritual intelligence to unite their individual consciousness with the Ultimate Consciousness, by which they can come unto Me”

(10, 10)

He Himself has to bestow the divine spark to let us grow.

Lord Krishna adds,

“teshaam evaanukampaartham aham ajnaana-jam tamah naashayaamy aatma-bhaava-stho jnaana-deepena bhaasvataa”

“Out of compassion for them, I residing within the heart, certainly destroy the darkness born of ignorance with the radiant light of knowledge”

(10, 11)

God Himself makes sure that His devotees eradicate all nescience and 'really' grow.

How to grow? Phases of growth

A strong impact is made, when the death of near and dear happens. Death has taught me a lot, about how to get the most out of my life. It has served to make me understand that a good life has nothing to do with materialistic life, but it is about the quality of the relationships we have had with the people who are closest to us on our journey. But nobody wants to lose a loved one, in order to learn a lesson.

Kids can teach us many practical life-lessons. They handle themselves differently than adults. To know about a healthy, happy and productive life, observe the kids, who possess open minds, and admire, respect and trust their friends unconditionally.

Living with our own children transforms us in many ways. We go through all major life experiences...the world appears in a new light, with its beauty, love, innocence and also pain.

Wordsworth says “The Child is father of the Man.”

In Matthew 18:3, Jesus says that unless we become like a little child, we won't be able to enter the Kingdom of Heaven.

Our flaws and mistakes teach us a lot

Many know about the sage Valmiki and Yogi Milarepa of Tibet, who 'grew' tall, after realizing their flaws and mistakes. The highway robber turned into a realized soul, the sage Valmiki and almost similar is the turnaround of the yogi Milarepa. They 'grew,' after going through hard ordeals.

Intense attachments and nostalgic reminiscences stop the growth

Try to forget the past with all its joy and sorrow. We have to control the upsurging thoughts in the mind and concentrate on 'growing' in life. Nothing lasts and nothing stays the same in life. Find peace, by letting go. I am just reminded of the following:

*“Whatever joy there is in this world
All comes from desiring others to be happy,
And whatever suffering there is in this world
All comes from desiring myself to be happy”*
- Shantideva

What do our Upanishads say?

Evolution is the heart of the Vedic approach. Ishavasya Upanishad stresses on prayer, which is the humble voice of surrender.

“Paramatma, the nourisher of all! The face of truth has been covered by a golden vessel...

The delusive barrier of maaya has covered the true form of my atma...

Please reveal that true form to me”

The spiritual aspirant begs God not to forget him. “Oh God! You know how to overcome maaya. Give us strength to battle against maaya.”

When a person first becomes conscious of his process of evolution, he is partly material and partly

spiritual. Bhagavata Puran (11.2.40) compares the advancement in spiritual process to the satisfaction felt by a hungry man while eating, his gaining of strength and relief from the discomforts of hunger. One can understand that the process is progressive, for as much as one has eaten, that is the proportion to which he will feel these beneficial effects.

Hard-core, basic experiences are very much needed to make a strong impact in the spiritual evolution. The aim of an aspirant is to wash out the impure, strong emotional states like anger, pride, hatred, and jealousy from the soul and then realize its natural, pure qualities of forgiveness, humbleness, and contentment to usher in the God consciousness within him. The aspirant himself will slowly start realizing that impure feelings are the causes of sorrow and bondage, and will resolve to remove them all in due course, which can make him grow!

Let us enrich our Will-power by practising and participating in activities such as the company of the wise, scriptural studies, observance of silence, making conscious efforts to feel divinity within seclusion and pondering over reality. All aspects of our life will witness a total change. Intelligent use of the correct means for achieving the desired goal will bring success. Aspirants need to see the Ideal in the Idol and should perceive it as the 'Truth' it represents. Beautiful flowers, incense and rituals will not usher in the divinity, without real devotion.

Sadhana, the process of spiritual growth, is going on everyday, every minute in everyone's life. It is just behind a veil that prevents our direct vision of it. We need to see behind the veil (maaya). The three steps of Sadhana, i.e. sravana, manana and nidhidhyasana are going on in different ways.

We do hear about the experiences of others, but we never listen to assimilate them studiously in our life.

We need to mentally reflect upon what has been heard and mend our ways.

Through contemplation, the knowledge gained is to be converted into subjective experience. But, for a layperson like me, it is a very distant prospect. When blows fall on me directly, I become wise. I will definitely grow. Worldly knowledge is an essential stepping-stone to the higher one. Stand by me, oh Lord! When I grow...isn't it a difficult process? Spiritual growth, the birthright of everyone, is the key to a life of happiness and peace of mind.

One may struggle, fall and fail. Restlessness will slowly give way to maturity of understanding. Let us utilize every possible means to make us 'grow.'

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Hemamalini Raghunathan, a post-graduate in English Literature, has been working as the Executive Editor of a monthly magazine 'Express Star Teller' published from the reputed house of Express Newspapers Pvt. Ltd., Chennai. For the last 14 years, she has been blessed to get a good

exposure through the magazine, which deals with the Vedic wisdom of India, such as Vedic Jyotish, spiritualism and occult sciences. Hemamalini Raghunathan has authored many articles on the rare temples of India, vedic practices, and Vedic Jyotish. On behalf of the magazine, she has interviewed many renowned personalities in the fields of spiritualism and occult sciences.



Uncovering Hidden Treasure

By Marlene Buffa

My mother-in-law sat on the beach in Aruba and reached for her cold beverage nestled in the sand by her chair. She miscalculated her grasp and instead, her hand dove into the sand and she pulled out a glorious 14K solid gold rope necklace. Teams of salvage hunters spend millions of dollars, countless years and untold hours searching for lost treasure, more often finding it elusive. How is it then, some people find treasure when not seeking it, and others hunt and never



find anything even when using elaborate calculations? The dichotomy of old sayings, “It’ll show up when you least expect it,” versus “Persistence pays,” provides Spirit an opportunity to intrigue us in our journey and increase the value of things we desire but cannot yet manifest.

Hidden vs. missing

When something is missing, it means it once existed in our life and it's no longer there. When something is hidden, that means it's still there, but we can no longer see it. In life, how do we

distinguish between the two qualities of perceived lack? In both instances, we experience a void - we can't touch or feel what we want. From misplaced car keys to hidden clues, we struggle with filling the void with what we already know - that which once existed - instead of moving towards something better.

The qualities of things hidden range from stifled emotions to disguised authenticity and integrity, to secrets about ourselves we don't want the world to see. Missing things usually represent what we need to learn. If life repeats the lesson over and over for us, then we clearly missed the point of the lesson. Missing means a gap, a space, an emptiness for something which once served as a part of us, or for something we need to learn to complete the circle.

Hidden Meanings

Buried deep between the lines of written or spoken words, we get a glimpse of interpretation that our life experiences brought to our present moments. We attach many translations to subtle nuances that stem from our belief about who we are and what we need to discover. Forgetting to surrender to the Infinite and let go of judgment, we ascribe a meaning often all too familiar with our repeated patterns instead of allowing new ideas and opportunities for growth to emerge.

The true meaning of any dusky perceptions lies not within our immediate accumulation of experience to shine the light on the unknown. Instead, our piercing beam of insight and willingness to progress forward emerges as authentic understanding in all of life's foggy depths of confusion. No mystical forces at work, simply accepting situations and circumstances at face value, without prejudice brings about the highest interpretations possible.

Hidden Blessings

The saying, "Be careful what you ask for, for you shall surely get it," cautions loudly in our minds when we dare to ask for something others deem as

greedy or ill-guided. While Spirit focuses equally on our declarations of what we do and do not want in our lives, it also understands that a lesson presented is more profound if the prayer goes unanswered.

Many times we look back at our requests of God and wonder why they never materialized. Later, after life unfolds, we realize if our exact petitions appeared, things would turn out much differently than we intended and we rationalize that the unanswered prayer represented a hidden blessing. In situations which on the surface appear negative, we find precious rewards in the little blessings carefully protecting us from what we believed we wanted.

What are you hiding?

Inside each of us, burn the embers of understanding and coals of smoldering wisdom. With humility, many of us deny the truth about these gifts from life and bury our talents beneath our smoky exterior. We mistakenly think that if we disguise our true selves, we hide our strengths and weaknesses from the world thereby protecting ourselves from the harm of exposure. Additionally, we grow to expect the worst from the revelation of who we are, instead of allowing the possibility that more good enter our lives if we simply take the risk. Spirit invites us to reveal the treasure of our authentic selves and uncover greatness! Day by day, we are shown scenarios that portray greater abundance and prosperity if we only took the risk of digging up and displaying the hidden treasures of our glorious self to the world. When we clutch tightly to a gold coin, it never transforms. It's stuck as a gold coin. If we open our hand and use it to bring more good into our lives, then all are enhanced by the transaction.

Today, take a moment to consider the elements hidden or missing in your life. Fill in the gaps with whatever you need to feel complete with Life and search for those parts of yourself that you scurried away out of your present awareness. When you look for hidden meanings, be prepared for

answered and unanswered prayers to equally educate you in that lesson and others. Frequently lessons overlap and the jewels we glean from one learning experience blend perfectly with others. Remember the most precious treasure of all already lives within you. If you willingly identify and acknowledge your self-worth, the treasure chest of life awaits you!

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



Thought Therapy Through Colour

By Michael G. Reccia

Michael's Guide: You can completely let go of thoughts by treating thoughts with colour.



If somebody has black thoughts, dark thoughts, then their thoughts don't have enough 'colour' but they can instantly change the way that they are feeling in their thought-world by applying colour to the darkness that they feel. And, instead of treating depressives and schizophrenics with tablets, it would be far more beneficial and far less intrusive if they would teach them to use simple colour techniques so that, when they were feeling down, if

they put colour into their mind their darkness would begin to dissipate and in fact would dissipate quite quickly.

There are key colours that can be used in treating thought-conditions and one of them is yellow. Many thought conditions that cause harm to people are because of a lack of change or because that person refuses *subconsciously* to look for a different solution to the problem they face and replay the same set of circumstances in their mind. They often are obsessive about a situation that they can't change; they feel they can't change it and are helpless and that causes more depression and more blackness.

If they mentally bathed the condition in the colour yellow, but then withdrew from it and refused to worry any more about it and if each time it came into their mind they again bathed it in yellow, then that situation - through the force of the yellow ray acting upon it - would loosen and change because that is the nature of the yellow ray.

So you could say that I am talking about self-help for people with depression. If they want to change things, then they should immediately see sunshine yellow in their world, in their thoughts, and also wear yellow ...and their feelings would change. It is no coincidence that the sun is golden yellow and that people feel better when it is sunny because the sunshine *changes* their thought-patterns. It is not just the light but the degree of light; it is the yellow light that changes their thought-patterns from their staid upset about being in the dark and the gloom to a brightness. So what I am urging people to do is to bathe their thoughts when they become dark, when they become heavy, with yellow and see for themselves how their mood changes (unless of course they want to cling onto those thoughts - we can do nothing about that).

Also colour is a great way to get rid of thoughts from the past that you no longer need. The problem with trying to get rid of them sometimes is that you retain *parts* of them and they revisit you and they play out in your head again and again and again. But, as you are giving them away in your meditation (as you are seeing them being taken away or you are giving them away to God), if you bathe the residue of the situation *mentally* in blue energy, then the remaining thought pathways regarding that certain situation begin to calm down. The blue acts as a dissipater or discharger of violent energy, of destructive energy, because certain thoughts are destructive - not just to others but also to the individual. So if you bathe those thoughts, as an exercise, in blue light - the ones that you *really* want to get rid of, the ones that you really want to walk away from - then having given them away and given them to God and saying: "I don't need these any

more, Father, there they go," then the residual thoughts (the thoughts that might try to provoke that situation again in your mind) if bathed in blue have no 'teeth' and very quickly and quietly calm down and disappear.

There are thoughts of fear that people get. Not just the fear when they have a very real situation that they have to face but fear that always links to similar situations - but *mentally*. So they might have to face a physical situation (and fair enough they are frightened) but they will 'die many deaths' in their mind facing the same fear, which is not actually out on the physical plane at all but is in their mind. They might not have to face that actual fear *physically* but their mind keeps replaying it and bringing with that fear all the reactions of the body to that fear.

So people wear out sometimes through reacting to fear mentally and reacting to situations that aren't actually occurring around them any more. It begins to wear out the body because the body is always in a state of fight or flight, the levels of adrenalin are up and the icy cold feeling you get when you are terrified is brought to you by your mind and not by actuality.

But then, of course, the danger is that the mind bringing that reaction of fear also brings in from around it on a physical level the fear that you are unfortunately *unconsciously* seeking. You are 'seeking' it because your fear has a vibration that resonates with similar vibrations and the two attract and you don't want that. You might 'want' it on a subconscious level (i.e. be used to it and have grown into a pattern of it on a subconscious level) but not on a conscious level.

And so, when you find yourself in circumstances of fear, bathe that fear in green. See yourself dressed in green as you face that fear in your mind, see the fear itself - or that feeling of fear that you have - bathed in a green energy and you will shrink it, you will dissipate it.

I don't intend to use the entire colour spectrum

today but there is a final use for colour upon thought, which I would like to pass on and that is to do with the distant past of an individual. Not the distant past of that individual that is pleasant that can be safely stored away and releases into the body and into the mind endorphins but the past that is painful, the past that becomes very negative and the past that affects the present because it hasn't gone away because it has a stranglehold on the present. People reading this will know what situations that I am talking about: those situations they don't seem to be able to let go of, don't seem to be able to push away even though they *consciously* want to walk away from them, the situations that affect them on a daily basis *subconsciously* no matter how happy and how positive they seem to be today.

The thing to do with those thoughts is first of all to *face them* because you have to bring them out of the shadows in order to be bathed in the light. Remember that applies to all thought that you are trying to treat with colour; those thoughts have to be brought out of the shadows (where you fear them and keep them at bay) into the light so that you can deal with them. So at some point with every type of thought I have been talking about and every colour process, in order to treat those thoughts and get rid of those thoughts and transmute those thoughts, you have to face them but only once because, once you have treated them with a colour, then they begin to do what *you* want them to do: either to go away or to change or to be enhanced or to be put into order.

With those thoughts from the distant past that still hurt you, still cause bile when you think of them, still make you upset, still move you to tears - bring them out of the shadows, put them into a spotlight in front of you mentally (all this is an exercise of the imagination of course) and bathe them with silver. If there is a person from your past that in your mental field (not in actuality) still causes you pain, place an image of that person living and breathing within the spotlight that you place in front of you and see them turning to silver. But see them turning to silver as they *were at that time* and not as they are now (as you

do not wish to harm them), see them turn to silver and see the silver fade away. Do that with places, with things that have been said, words that still wound that you will replay in your mind - turn them to silver. See the words as words in front of you (one word at a time if you like) or relive the experience of that row, of that upset, and see the whole scene turn to silver and then see the silver fade away.

Many people today wish to be free of thought patterns that they no longer need or want but only get so far. You need potent God-Energy in order to change things permanently. So I hope that people who read this will try to use colour in a different way.

If it takes a few days for you to feel comfortable with having banished or changed a thought pattern, it is a great idea to surround yourself with the colour *consciously* that you are applying to the thoughts *mentally* for the time that you are applying that colour - in other words wear a yellow jumper or a green jumper or sit in a room that has a colour relevant to the one that you are treating your thoughts with. Also if you feel you cannot meditate successfully with your eyes closed, then put a bowl of fruit of the relevant colour or an object of the relevant colour in front of you and concentrate on that as you also concentrate on the situation that you wish to change.

There are so many things in the locker, in the trunk of a person's mind and so many things that are stored - much as in your houses you might go to a cupboard and open it and discover things that you had put away years ago and had forgotten about and no longer knew that you owned. And it is these things in the mental capacity that cause distress that slow down the ability of the individual to grow and 'colour' the way that you view the world. Your colours, as you view the world, should be fresh and clean and *of today* and full of potential and possibilities but they can't be and are muddled if your thoughts are coloured from the past, from things that you have tried to let go of but haven't been able to.

So please try this colour exercise, applying it to your thoughts in meditation, in quiet times. Learn to live more with colour as colour is important; it changes your mood, it changes your outlook.

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Professional medium, Michael G. Reccia, from Rossendale, UK has channelled spirit communication for over 25 years. Michael regards the Joseph books - 'Revelation: Joseph's Message' and 'Illumination: Joseph's Vision' - as his most important contribution to spiritual awareness. With his life-partner, Jane, he co-authors a free website offering uplifting spiritual teachings from his guides.



The Way of Spiritual Practice

*By Acharya Mahaprajna
(As told to Lalit Garg)*

Truth is infinite. No single word or language can express even a part of it. We often state that the All-knowing can know but cannot express. That is why it has been said that which is capable of being intimated or announced is infinite. Even a part of it cannot be conveyed through speech.

Even one who knows the word equivalents of all the substances of the three worlds (this world, the other world and the nether world) cannot explain just a thousand word equivalents out of endless equivalents of even a single substance.

It is untrue that only that much is right as a man knows, or that only that which he knows is right and the rest is not right.

Similarly, how can it be maintained that only that which was known in the past is right and that all else is not right? Did our ancestors ever say that they had discovered and expressed the whole truth and did they close all doors to future discovery of truth? It should be accepted that new achievements will continue to be made as long as the world lasts or man lives, or the soul is adored, or the truth is sought.

With such a clear understanding, there is no likelihood of the peace of mind being disturbed.

All these deliberations and discussions are one-sided. But life does not have only one aspect. While talking of mental peace, can the mention of food be avoided? Can a hungry man read? Can a thirsty man quench his thirst by enjoying literature? Once a patient set out on a quest of health, he visited physicians practicing different systems like *Ayurveda*, *Homeopathy*, *Allopathy*, *Yunani* and *Naturopathy*. Each one emphasized the importance of his system and decried the rest. I have myself heard the views of many Naturopaths. They feel elated in rejecting Allopathy. I myself emphasized the Naturopathic system. But I do not like insisting on any one system. What will Naturopathy do where surgery is needed? Those practicing Ayurveda reject Allopathy. They say, “Allopathic medicines suppress the disease and a reaction follows leading to the emergence of other diseases.” The Ayurvedic system tries to root out the disease, while Allopathy effects momentary relief. While Ayurveda is capable of long-term treatment, Allopathy is capable of short-term treatment. One can approximate truth by taking into consideration the individual, the place, the time and the existing situation. An absolute view cannot help reach truth.

There are many people who stress the importance of spirituality but do not like Yogic postures, breathe control exercises etc. There are diseases in which Yogic postures and breath control exercises are useful. For attaining a particular state, religion is instrumental and essential, but in the liberated state, religion becomes non-essential. Insistence on absoluteness is not right in any field whatsoever. Continuing to believe in the universality of something leads to difficulties.

In practical life we are advised to speak neither truth likely to hurt others, nor untruth, but partial truth. Let me tell a story in this context. Once upon a time a one-eyed king invited a few painters. He said to them, “The portrait you make of me should be

beautiful and true but not barely true.” He announced a prize of a lac of rupees for the best portrait. All the painters wondered how to fulfill the king's conditions. Three of them agreed to do the king's portrait. One of them having completed it took to the king, who saw it and said, “The portrait is beautiful and life-like but not true because it shows both the eyes normal.” To the other painter he said, “Your portrait is beautiful and live, but it portrays the bare truth by showing me one-eyed.”

The third made the king's portrait after keen and penetrating thinking. He drew an imaginary portrait depicting the king stringing the bow so that one of his eyes got hidden behind the raised hand. The king expressed his joy at the portrait and rewarded him with a lac of rupees. The third portrait was neither untrue nor bare (a depiction of naked truth), but partly true.

Many people pride themselves on calling a spade a spade. Many people resort to untruth to please others. It does them no good. Partial truth is both acceptable and useful.

Our viewpoint should be complete, harmonious and relative. A complete viewpoint is not far removed from truth. A garland is made of diverse ideas having a common thread running through them. This is *Anekant* (indeterminacy or absence of opposition between extremes). If we cannot weave a garland, all the beads will scatter.

I have no right to impose truth on anyone. I am bound to *Syadvada* (the doctrine of qualified or non-absolute assertion). I feel that if the eyes are directed towards truth, life will have no unhappiness. Acharya Shree Tulsi has given me the approach grounded in truth or true sight. For researching *in Agams* (Jain canonical texts), Acharya Shree Tulsi told me: “We are doing an extremely responsible job. Never think in terms of sectarianism about our beliefs. Express only that which strikes true. It may be mentioned what our traditional beliefs are, but truth should not be tinged with our beliefs.”

Is truth preferable or the individual? Are circumstances preferable or is truth preferable? Acharya Bhikshu answered the above question. He said. "What I am saying today is untinged according to me. If a polymath or metaphysician finds it wrong tomorrow, he should abandon it." He never drew an absolute line beyond which truth did not exist. Doing that would have meant presumptuousness.

We should consider all thoughts in the light of the fact that no word, language or substance can explain truth fully. We should accept an idea as a qualified truth. Whatever comes complete is acceptable.

The sun sets and darkness spreads everywhere. In olden times, oil lamps were used to light houses. Today electricity is used for the purpose. There can be many sources of light and they can be quite compatible with one another. But light is light. The sun gives light, so does the oil lamp. Truth is no different. Whether expressed by an All-knowing person or by a petty person, truth is truth. There is no

difference. There can be a difference in quantity.

If you consider the whole process in a holistic context, I am sure you will not be deprived of peace of mind.

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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, mystic, a profound yogi, a saintly ascetic and a distinguished scholar. Preksha Dhyan, 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.

Spiritual Poem

Tantra for your Soul

Mind's magic to heal your body and soul
Are rituals as old as the form and formless
Bridging the gap to become once more whole
Start with an idol of a favorite Goddess

On one side of the fence is the form of you
Yearning for connection to the formless zoo
Deep within the restless, paranoid mind
The form is the body helplessly confined

This is the secret of idol worship at best
The idol represents both form and formless
Visible to the mind where it presently resides
Make the idol disappear into the formless inside

Any sacred idol is the key to transformation
For the mind believes it is capable of purification
Immerse all your troubles at the idol's feet
Then absorb fresh cut flowers and feel complete

Don't be reluctant, let go of the memories
Then immerse the idol in cool water of purity
Dissolve and wash away all your worries
And free yourself from a world of impurities

The idol is just an excuse to free your mind
From the burden of memories so confined
Talk to a real person, a flower, even gold or silver
Or simply immerse yourself in a stream or river

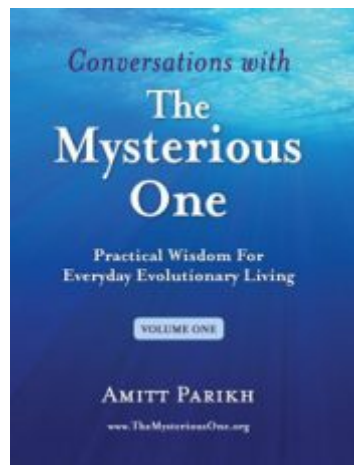
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Conversations with The Mysterious One - Volume One

Practical Wisdom For Everyday Evolutionary Living

By Amitt Parikh



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

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

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

www.TheMysteriousOne.org

Testimonials

As I read *Conversations with The Mysterious One*, I was enthralled and captivated by the poetic and powerfully, symbolic word play. It moves from sensitive, gentle prodding to electrifying and powerful truths – all wrapped in a wonderful energy of deep wisdom. It will make a great tool for those in search of the key to the map – I would recommend to all travelers on the journey-without-end to pack this book into their kitbag!

- Sri Jothimayi Ma, Pranashakty

"Reason or emotion? Body or mind? Ecstasy or asceticism? Duality or singularity? Family life or hermit? In his book *Conversations with The Mysterious One*, Amitt Parikh looks after these and further questions which have to be settled by any modern practitioner of spirituality. From the beginning, the silent wisdom brilliantly lets the variety of cultural, religious and scientific knowledge of past and present, east and west, merge into the simple and meditative realization of 'I AM'. This book is not only a fascinating spiritual edification and a guide, but also a plea for ecological, economic and social responsibility."

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

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

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

"Amitt's *Conversations with The Mysterious One* is in turns, philosophical, personal, humorous and wise! More than finding a good book, it was like finding a good friend walking alongside your personal path of discovery and having everything in his knapsack that you could possibly need!"

- Divyaa Kummur, Spiritual Facilitator and Author

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