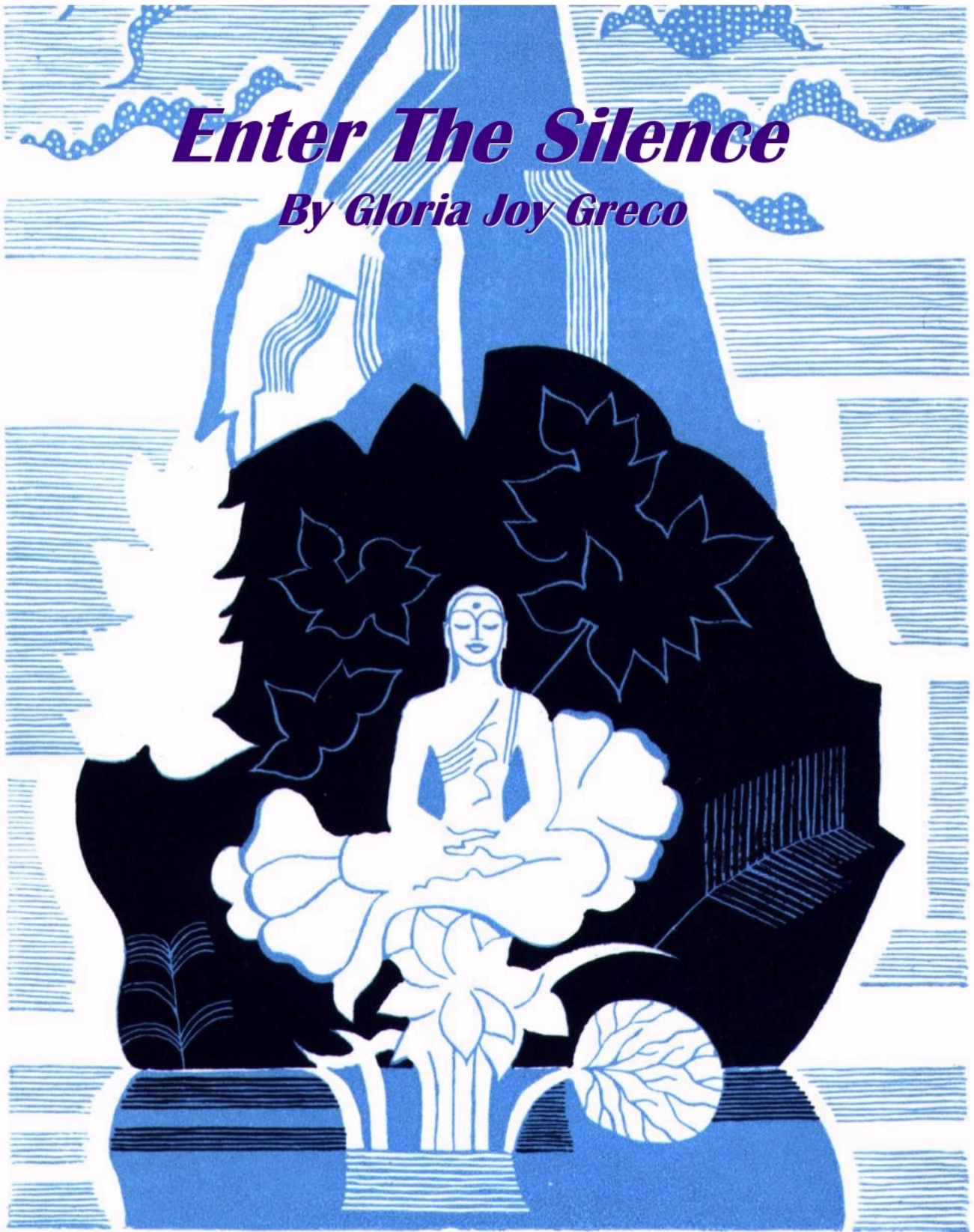


Enter The Silence

By Gloria Joy Greco



Chapter 1 - Good and Evil In Review

By Gloria Joy

"Good and Evil In Our Times", Gift of Love, Volume 1, focused on the distinct difference in vibration between the 'will to good' and the 'will to evil'. The purpose of Volume 1 was to provide examples of the mindset used to create both positive and negative situations in life.

Our sophisticated society is lost in a fog when it comes to understanding how things happen. Right and wrong are complex issues that are constantly changing as man's response to human laws and God's law changes. Cause and effect are forces active throughout the creative process regardless of whether the fruit is for good or for evil.

My goal in "Good and Evil In Our Times" was to pull the reader into the experience. Once inside the action-packed ride of both high and low currents, the vibrations of evil and good take on a new meaning. One comes out of this experience with increased capacity for discernment. Each of us can change his life provided he is willing to work through detachment to release the powerful energies of transformation.

The reader becomes at-one with the rhythm of the words and phrases. Through this, a profound insight into the ups and downs on the frequency scale reveals information about love and its reflection, good, and chaos, with its mirror image, evil.

Each impression has meaning, which remains to produce valuable facts to be used for soul growth. Those able to participate in this mind journey in book form become aware of spirit from a new perspective, initiating a new phase of spiritual discovery.

Now we pick up where the first book ended. The mission at this time is to use the detachment acquired from book one to explore the inner dimensions and perspective of the soul's awakening process.

In 1994 I was told in a dream that it was time to put my awakening experience in writing. I saw a series of books entitled 'The Gift of Love.' When I picked up the first book and looked inside, I realized it wasn't an ordinary book at all. The words and pictures were moving and there was a feeling of being inside the world of the Holy Spirit. I quickly recognized that the purpose of the first book was to empower observation and detachment so the reader could acquire the foundation for personal change and its goal, which is direct spiritual experience.

"Good and Evil In Our Times" is not just about good and evil; it is about the Holy Spirit and the process of transformation.

This book, the second of the series, looks deeper into the Holy Spirit as it is now manifesting in our time. In addition to the experience of the Holy Spirit, I share my experience with Kundalini. Kundalini and the Holy Spirit work together to form the interior workings of spirit.

By sharing my personal awakening experience, a door is opened into spiritual truths that are relevant to our day, and to each individual's spiritual journey. Through observation, the reader attains the ability to confront judgments and opinions about right and wrong, while learning the power and purpose of

detachment. It is in this valuable process that one learns to reverse negative thoughts by removing the emotional glue, which holds the pattern together.

We seldom have the opportunity to look objectively at acts of aggression or violence while stable in the frequency of the heart center. It is through grace in this hour of change that the Holy Spirit is releasing information to the public to assist with decisions that are to be made within these next years.

Good and evil, positive and negative, are both powerful forces that are here to teach us detachment. Once connected into this impersonal place of spiritual knowing, we receive the power to ride the wave of both currents. As this experience is witnessed consistently, inspiration and intuition are developed to receive interior knowledge about the process, which makes change come about.

As we learn to observe the potential and the power of evil, we manifest the ability to stay centered. Likewise, as we learn to observe the potential and power of good, with its desires and illusions of glamour, we also manifest the ability to stay centered. Both extremes are illusions, however. While one produces pleasant thoughts and feelings, and the other suffering, they are, nevertheless, both illusions on the spiritual journey home.

The ability to remain centered in the heart center within the Christ frequency comes as grace from God and is a mystical secret that must be experienced to be understood. Spirit then transfers the teaching about frequencies from the heart to the mind.

Positive and negative forces, while invisible, control the world in which we live. Good doesn't just happen. It is created through love, directed and channeled through human beings. It occurs through a disciplined state of mind focused on a specific frequency of unconditional love. This state of inner quiet is empowered by God through Christ and by Divine Will to lift and teach humanity. This love, transformational love, is the mystical light sent from God to carry us back to the divine source of creation.

Evil (negative thoughts and actions) is prevalent in our society because lower energies manipulate people through their emotions into an atmosphere of chaos and confusion. Violence is directed and channeled into manifestation through the apathetic attitude of the multitudes. Supreme evil comes through individuals caught in harsh and conflicting energy currents where anger and frustration are in control. Over periods of time negative situations continue to clog the creative stream, new thought-forms stimulate and manipulate to create the proper circumstances for the next disaster.

In this way, each harmful act connects to the next. It is when many people contribute to this lower chaotic creation, that destructive acts manifest frequently. The only way to neutralize the escalation of this chaos called evil is to balance the projection through higher frequencies brought in through God himself, directly through the Holy Spirit.

Selfless acts centered on Divine Will are the only answer to the problem. Those souls experiencing awakening can neutralize negative thought projections through observation and allow the Holy Spirit to work directly within the human condition. This brings transformation directly into our life circumstances.

How do we create?

Without knowing it, the individual projects through any number of emotions (either negative or positive thought-forms) which become the pattern for the creative process. Harsh opinions, judgments, hate, fear, anger, revenge, jealousy, suspicion, envy and distrust are just a few of the manipulated emotions controlled by lower forces. Evil is nurtured through sarcastic jokes or looking down on another person, regardless of his circumstances. When an act is committed with negative intent or simply through the spirit of confusion, energies of demonic spirits, much like shells of darkness, are released and empowered to create negative acts through human beings, which represent the dark side of the creative cycle.

By directly entering the frequency of evil as an observer, one learns to obtain a detached viewpoint while realizing how easy it is to be sucked into negative energy patterns which are at work all around us. Any imbalanced thought-form empowered with emotion will produce destruction when it connects up with the similar energies of others empowered with similar intentions.

To find the place of inner quiet is the goal, where one isn't controlled by desire and self will, no matter how good the intentions. This means learning to live within the structure of detachment. This inner quiet is the only place where the Holy Spirit will manifest.

We live in an hour of grace. It is through God's love for His creation that we can choose to align ourselves with Divine Will. And it is through His protection and power that we can observe ourselves in action while opening our conscious mind to direct experience of Divine Will. God exposes the supernatural forces behind each incident until the cause of evil becomes evident. When one can see what evil looks like on an etheric level, it is clearly realized that certain artists, while under the influence of drugs, have had visions on this level of creative work. The work coming through this frequency depicts elemental forces in action.

Undoing is the reverse process of this type of creative work; many images from horror movies, both in thought and action, leave the world of thought-forms through purposeful quiet undoing.

One of the first realizations we encounter is that our energy center is manipulated by elementals, nature spirits, thought-forms and demons which are used to produce evil in the world of matter. Many dreams contain elemental forces. Once the mind is prepared to detect their vibrations through detachment, the soul is ready to confront the force within one's self, which participates in lower works head-on. Although most individuals block the thought or direct awareness of lower force manipulation, it is a fact of life that must be addressed.

The lower frequency lives within us, as does the spark of the Christ light. When we choose to let go of self-will, we open the door to spiritual knowledge and begin the journey back to God through Divine Will. It is by opening this door that the realization of Christ within the heart comes into the soul as direct experience.

If we could see angels of light at work, we would see them where people are in harm's way. Their mission is to help people in need, such as in Oklahoma City where the federal building was bombed, and so many people were killed and injured, or in so many of the other locations of disasters we've witnessed in recent years. Angels minister to us in our hour of need through the frequency of love. They work to sustain

Divine Will, while demonic forces work through confusion and violence to create destruction and chaos, in Oklahoma City or any other place where acts of destruction take place.

Low frequency activators such as hate, pride, anger, jealousy, gossip, competition, lust, impatience, egoism and greed are connected in some way to every negative action. Demonic or elemental spirits of many disgusting varieties manipulate individuals, as well as the collective thought process, to produce negative actions, using their individualized low-grade light substance as the formula for creation.

It is not surprising that people hear voices before committing terrible acts and then plead insanity. There is truth to this, although it is no excuse for their behavior. Just recently I heard on the news that a young girl threw her four-year old son into the ocean, off the side of a boat, to his death, because she was told to do so by voices in her head. This is an extreme case, but it is a good example of what does occur.

Most people receive these impressions in a more subtle way, since the mind normally blocks any 'messages' from coming through. When one is bombarded with negative projections in sleep as well as in the waking state, and these suggestions are backed up with great desire or temptation, it is easy to see how acts of violence occur.

Negative projections such as speaking ill of others, backbiting, talking too much or spreading lies, manifest evil within our homes, churches, schools, and the governments of the world. These forces collaborate to use jealousy, resentment and hate to create catastrophic webs of negative energies. When souls are caught in this web of destruction, it is almost impossible to eliminate the effects of this negative creation without spiritual assistance, grace from God.

Emotion packed, self-centered energies feed on negative thoughts that culminate in violence, abortion, sexual abuse, pornography and destructive behavior of every kind. Sex magic is so prevalent in our time that it has all but become respectable throughout the world.

The bible testifies to both low and high forces within the creative process. History records indicate there have been times when spirit forces were recognized and times when they were denied. During times when fear and panic are in control of the astral planes, bizarre acts of violence occur projected through confusion and ignorance.

Acts of torture such as witch burning; even when initiated from sincere motives within the church were also controlled by lower forces. Fear, confusion, and suspicion are very low frequency activators that can create devastating results, all in the name of good. It is through all acts of imbalance that we learn detachment, and it is because of the gift of discernment that we can humbly turn to God with the correct attitude for awakening.

Prayer, fasting, love of God and Divine Truth provide protection from lower demonic forces. The western world has looked to the Holy Mother Church to maintain the foundation for spiritual disciplines. The church, in existence for nearly 2000 years, has been under direct attack from the forces of evil, and the attacks have been successful. Many religious succumb to temptation, desire and greed.

It is solely due to grace from God that spiritual truths have been maintained on our planet, and this truth is found in religions all over the world. It is time to acknowledge this and put an end to competition.

During times of darkness confusion reigns supreme, and the dark messengers from the lower world appear to be successful in their efforts to create destruction. These times of great tribulation cause pain and suffering for all of God's creatures, yet God has used the popes and religious men and women spread throughout the world to hold the line and maintain spiritual law for the masses.

Where would humanity be today if spiritual truth had not been there to fight the forces of evil?

Men, women, and children of our era do not recognize the spiritual battles fought to save the human soul from destruction. Popes, for nearly 2000 years, have had knowledge of the spiritual world and the task of preserving the light of truth for this time of spiritual renewal and awakening. Prophecy has spoken of our times as the end times. Prophecy speaks of our present Pope and possibly one more after him; then there is nothing.

We are living in a great time in human history, are we not? Even though we are tested as we've never been tested before, we have been given the way, the truth and the light to follow God through Divine Will. And now, as never before, we are given instructions on many levels. Those who are open to the light of revelation have the opportunity to reach into their highest good and become warriors in Christ's army. To do this, all one needs is the will to return to God, and the willingness to be taught and carried by the Holy Spirit back to the spiritual truths that only spirit can provide. This, then, is the purpose of this book. It is to open the way back to God through clear, clean, and precise words that will carry the soul back to its creator.

Some people had trouble comprehending the first book, "Good and Evil in Our Times," and understandably so, since the subject of good and evil are hard to deal with head-on. To assist with this, I suggest one read the words in a state of detachment, as though listening to music, which is the way I write. In this way, the words flow through the mind while the reader is centered within, as the observer.

The Holy Spirit creates movement, a rhythm, that carries a message deep inside when one is open and able to flow with its energy. The mind does not have to understand everything it reads to experience the joy of inner peace and quiet, or to experience the bliss of detachment.

Life, as we know it, is in the process of change. Are we prepared and willing to do what is required to save ourselves from the confusion and fear that comes with change?

These are important questions that each one of us must answer. Am I prepared to know God? Am I willing to release the concept I have of myself as god and master, and realize, instead, that this is only an illusion of the mind?

Vibrations of good and evil occur at opposite ends of the frequency scale. Detachment allows one to monitor the frequencies of the two extremes while presenting the observer with the ability to clearly understand how evil claims its victims. Love is only pure when it flows from the sanctuary in the heart. Here the soul/spirit recognizes truth and witnesses much higher frequencies of love. This love is empowered by the Holy Spirit releasing into the ether a pure high frequency called transformational love.

This is the love that Christ brought into the world. It is time to activate these teachings through direct personal experience, which is the only way to release transformational love.

Human love does not have the power to neutralize lower frequencies. Therefore, spiritual training involves learning what it means to live through the Christ center in the inner sanctuary of the heart center.

Awakening to this knowledge is to awaken to the knowledge of the Tree of good and evil.

Observation results in detachment, which ultimately prepares the mind for spiritual awakening. This is a major breakthrough; educating and opening the mind draws light down into the conscious mind.

It is fair to say that every person on planet earth is being tested to determine the frequency of his or her position on the spiritual ladder. Each of us manifests life according to a unique vibrational formula through a particular mindset, participating consciously or unconsciously in the mass movement toward good or evil. Our place on the spiritual ladder is determined by the frequency of our spiritual (subtle) body, which envelops the physical, mental and emotional bodies.

Each body corresponds to a specific ray of energy, which is reflected into the cosmic record as our spiritual frequency. Most people are not aware of this. In ignorance they continue to create. Not aware of the power of their thoughts or emotions, they continue to indiscriminately spray negative thought projections, or opposite thoughts fed by desire and ambition. The mind and emotions work to charge the atmosphere and negative things continue to manifest in direct relationship to this activity.

We live during an important time of renewal, as countless millions worldwide become aware of spiritual frequencies. Techniques for consciousness change are clearly and directly presented to assist in the expansion of soul and spirit awareness. Every individual makes the decision within him to either open up to these frequencies, through discipline and calming of the mind, or to avoid the inner journey of self-discovery by pretending nothing out of the ordinary is happening. It is very easy to live in spiritual denial; however, God is now releasing into humanity the will to return home to Him.

As Mother Earth continues to reveal to us what is to come, such as earthquakes, floods, draughts, hurricanes, hail storms and fires, man is reminded that all things can be changed within 'a blink of the eye.' Must we wait to see more destruction before we believe? While you or I may not be experiencing the direct effects of a disaster, that could change at any given moment in time.

To pretend the world order is safe and secure while under man's control is sheer madness. There is an invisible world beyond the human frequency of sight. To awaken to this reality is to change forever.

I have been trained to see these forces at work and witness the impact of their attacks on souls. Because this is real to me, I am sharing my experience and offering these words from the Holy Spirit. Many are ready to enter the fire of spiritual training in preparation for awakening, and are consciously seeking truth.

Inner knowledge produces change because the lie is exposed. Once spiritual realities are impressed into the soul consciousness, change occurs.

I have been told by some that my choice of words is a problem since beliefs in different churches conflict with words such as vibration, meditation or frequency. I am sorry, these are words that are brought into my mind as I write, and they are the words the Holy Spirit brings through me to manifest the message. If you stay in the flow with the thoughts, the meaning is made clear during the process.

I shared a small part of my experience in the first book. Now I will take you deeper into the frequency of spirit as it has manifested in my journey.

Humility Comes First

Humility, manifesting through self-examination, tends to cause soul realization as it brings one to his or her knees. It is not pleasant to see the condition of the soul actively involved in producing and maintaining elemental thought-forms over an extended period of time. Soul in this state reflects a dark energy field, clogged by lower frequencies, controlled by demonic forces.

God calls us. But the awakening response is entirely up to each soul. Many reject the call and choose the life centered on gross vibrations where activity and confusion create passion, excitement, risk and danger. Attachment to the material world is a huge problem in this hour.

Those who have set up their fortunes must deal with the burden of their creation. How can God be first in life when money and worldly concerns take up most of our energy? How does one depend on God in all aspects of life, if one has already created one's own security?

This book continues the journey inward, exploring higher frequencies, which will directly produce change, here and now.

Let's quickly remind ourselves that observation and detachment are the foundation and attitude necessary to explore spiritual realities. This attitude was brought to the surface in the first book and will be brought into experience in this book.

Observation first opens the mind to the realization of the existence of the invisible side of spirit. What, and where, is the other side? The other side is where spirit works through currents of either high or low intensity to produce matter for the human family to experience growth on earth.

We live on a dual-power planet; therefore, to understand the field of creation we must experience and know both the high and low forces of creation.

As though looking through a window, the observer witnesses the many fluctuating streams of energies active in the world vibration. When I say streams, I mean exactly that. There are streams of creative energy within the etheric grid. The opportunity to observe this activity while in a passive state in the body is provided to the soul as an act of grace from the creator. Once this awareness has been brought into the conscious mind, the soul/spirit stirs from sleep.

As one becomes comfortable in the role of observer, the first step in the letting go process is integrated into the mind to ground one into the rhythm of spirit for regeneration. Additional spiritual truths will be added to the discipline of detachment before the next insight will occur.

Observation, which pulls the soul one step back from experience, creates the perfect vibration for all men, women and children to recognize that life is not what it appears to be. To break free of third dimension mentality, one must experience these forces directly, in full consciousness.

As the conscious mind acknowledges each insight, light enters specific brain cells to illuminate the understanding. With each shock to the conscious mind, circuits are reprogrammed, reconstructed, and empowered to participate on another level of cosmic awareness.

Once assimilated, and with practice, the soul possesses inner knowledge as insight with the ability to stay centered on detachment. The mind automatically moves into higher frequencies as this newfound awareness is absorbed into the emotional and mental planes.

What was invisible to the soul is now presented first through the mind, and then, when appropriate, to the soul, during sleep. Self-remembering occurs while one is out of the body, through sensations, feelings, and memory flashes. This action totally turns one's life around. Fear must be neutralized before one is exposed to this new consciousness.

Specific questions will continue to stimulate brain cells while the spiritual structure is programmed to observe the metamorphosis known as death. Letting go sets the stage for transformation and renewal. There is the ongoing death of self that will occur through elimination of ego or shadow, and then there is physical death, which also must be understood, in a new light.

The spiritual quest is born as recognition of soul purpose enters the mind to stimulate self-remembering. "Man, know thy self" is the soul command held in the stream of consciousness; this subtle inner command reminds man to seek and find his or her soul purpose. While in this awakening process, we are responsible to ourselves for every thought projected into action. Each of us climbs the spiritual ladder carrying the realization that every step is directly connected to every decision made here and now.

As each of us develops the ability to observe life beyond the self, the quest for spirit realities becomes magnified. Soon the commitment to know God's Will becomes first priority. Focused 'will to know' has the power to transfer the soul into the consciousness love stream. It is in this stream of pure love that we experience the Holy Spirit and the transformational power of this love born from the absorption of our will into that of Divine Will.

This act is one of transcendence, which means it is beyond the mind. Again, when I speak of a stream of divine life force, I speak of spirit that can only be experienced through pure soul aspirations. Once this is experienced, it can never be forgotten.

It is in this causal process that mystical truths become realized. The place of spiritual discovery is found within the heart. Soul energies are on alert to convince and prove to the human personality that soul exists. The soul has been trained for this hour; remove fear, become the observer, step out on faith, here and now.

Higher purpose is recorded to adjust the mindset. Change comes in full consciousness as the spirit/soul connection commands center stage. The first transformation in awareness that results from disciplined observation is this: Nothing is as it appears. This insight will be repeated on many levels before soul fully understands its meaning.

While one might fear this simple realization would cause confusion, the contrary is the case. This first soul awareness opens the window of insight into mankind's greatest mystical adventure. A brand new

awakening is underway when the soul recognizes it has the spiritual purpose of finding and knowing God from within.

Life on Planet Earth is a Spiritual Quest

The spiritual quest stimulates soul fires giving life real meaning as spirit centers on Divine Will with one-pointed purpose, and is absorbed into the Divine Will stream. Enthusiasm and joy fuel and motivate the soul, now centered on redefining purpose for the adventure ahead.

Pure spiritual fire is absorbed. The need to know multiplies in direct proportion to the frequency of spirit, quickening the response within the soul/body, mind/spirit state.

A kiss from the Holy Spirit generates great enthusiasm and one-pointed concentration; soul's hunger for truth will thrust the seeker forever forward in search of destiny.

What, really, has happened here? Soul has found access to the inner sanctuary. To grow, soul will expand in faith, always anxious to learn by staying centered in this special place within. Soul has learned a great secret: The spirit of God lives within the heart in the subtle body.

Instructions for continued growth pulsate directly through this frequency, in the sanctuary of the heart. Here the inner teacher is known as a pure frequency of light. When soul energies need to draw attention to a particular subject matter, a spotlight (of sorts), lights up brain cells within the conscious mind to manifest the ability to observe, discriminate, and detach. Every time soul frequencies illuminate the mind, new attitudes grow as knowing is now centered on Divine Will.

This is the mystical structure. The spiritual path is laid one stone at a time, each paving the way for the next surge of spirit fire. This stage of consciousness is natural. It is spontaneous in movement, one with spirit in the moment of now. One by one, brain cells become stimulated to recreate the body's consciousness for spiritual awakening. In the midst of this dance of spirit, the first conscious awareness and direct experience of meditation will unfold.

What is meditation?

Meditation

There is a long-standing tradition in eastern philosophy that prepares those born in the East for mind expansion through meditation. At an early age, girls and boys are exposed to the frequency of self-discovery. Their teachers are holy men. As children they are taught respect and to help provide for the needs of these special souls of light. The sage is held in high esteem. Children learn about the fulfillment of spiritual destiny, which is to provide service to God for himself and for mankind. Consequently, a respect for spiritual matters evolves along with the inner recognition that each soul has a spiritual destiny.

People of the western culture are not born into this same frequency of knowing. Direct knowledge of meditation and its purpose is not a part of the western mentality. Detachment is not a word with significant spiritual meaning here in the United States.

Attachment, in fact, is taught by example. Attachment to possessions and people is a learned response provided directly from the American lifestyle. The purpose of life, one might assume, is success. Success can mean many things, but, in the West, generally, it involves career, family, position, and accumulating money and possessions. While each of these items stimulate the self, they do not open the doors for spiritual awakening.

Detachment is in direct opposition to the mindset of the Western world. Soul energies are awakened from within through the natural realization process centered on observation, discernment and detachment. As active tools for growth, these neutralizing frequencies offer hope to the soul lost in the illusion of matter.

Those controlled by world frequencies live through the hope that they have been saved by Jesus Christ, as taught in Christian religions. Personal salvation for most, however, remains hidden within the faith. In spite of contrived negative actions and thought patterns, many Christians assume that Christ has done all on their behalf, without initiating any changes in behavior or attitudes. It is thought by many that the teachings of Christ, as a lifestyle, were necessary for those who lived in Christ's time but that now faith alone buy entry into Christ's kingdom.

I am not suggesting Christians deny their faith in Jesus Christ, rather, I am suggesting that they enter it with one hundred percent commitment to walk the walk and talk the talk.

Meditation is the tool to awaken soul consciousness and self- remembering. Through inner quiet, the lower frequencies of our personal behavior become exposed, which is the first step toward self-realization. Observation and detachment provide the protective shield in vibration to acquire spiritual truth and the attitude of impersonality.

The meditative experience will redirect the energies away from mind-chatter, to objective, steady monitoring of thoughts flowing through the mind, day and night. How are thoughts monitored at night?

That's easy: You awaken to the memory of the sleep experience. In this way, you can actually see what you think in thought form. And the dreams you create will reveal the power of those thoughts. You can begin to neutralize your creation by watching what is revealed in your dreams. Meditation increases the frequency of the body so that one can make real progress in self- remembering.

Education centered on spiritual/soul matters is focused on contact with the inner teacher waiting in the prayer station in the heart. Impersonality will calm the sea of thought production, while meditation and sleep create a spiritual line of communication between various aspects of the soul/personality experience.

Detachment is a soul virtue. It is the shield of protection throughout the soul's call to awakening. When one lives connected to the inner teacher in the inner sanctuary, awakening is truly a journey sanctioned on holy ground. Time does not exist on the spiritual journey once the flame in the heart is ignited, sustaining one's commitment to God's Will. From this moment on, one works to understand what it means to live in the present, anchored in the heart to Divine Will.

The past has been 'forever' present in the mind; now it is released. The future exists only through the creation of this moment; changing the flow of creation automatically changes the future. This new future will be reflected through the mirror of Divine Will.

The word meditation has been badly abused in the past twenty years. People often associate meditation with weird cults, mysterious forces, New Age jargon, or money. Whenever money becomes connected to spiritual disciplines, it is an immediate sign that lower frequencies are at work.

It takes money to live; however, it is up to God, through Divine Will, to open the doors to satisfy our financial needs. Those who make a business from spiritual communication and relationships have not yet learned how to be sustained by God through Divine Will.

In our time we have seen, and will see, more and more spiritual counselors go into spirit-related businesses. Like a new field of technology, a gigantic source of financial opportunity awaits those willing to compete in this new industry. Millions will become conscious of God's call in the next few years, and there is a tremendous temptation to misuse life force to accumulate power, fame and fortune by these souls in training.

We must be prepared to witness a higher spiritual connection to matter and money; what that will be and how it will manifest is yet unknown. Material matters create a block to direct experience and transformation. As souls in preparation for direct experience we give freely to receive. Spiritual energies are sacred; each soul is tested and re-tested in this area.

I have shared countless hours with friends and their families without accepting any compensation. My time and theirs just happened to come together in Divine Will. When communication is exchanged on this level, without the contamination from money, great things occur.

When money and power are connected to spiritual gifts, step back. This is a red flag. Money is a powerful force regulated by the lower forces. Greed can gain momentum even from the slightest weakness. Even those with the best intentions become lost in the greed and avarice associated with money and power. It is a deadly trap for most.

As long as we live on planet earth we can expect to be tempted and tested by our desires to possess objects and accumulations. These conflicts with self will arise when elemental forces attack us, using our human needs and weaknesses against us. This is as it should be. Each of us must learn to recognize and acknowledge both strengths and weaknesses reflected in the character. To understand this, we must learn to regard tests and temptations on our path as opportunities to learn about ourselves.

We can each spontaneously tune into Divine Will for answers to all of our problems. When we learn to accomplish this, the tests will run off us like water. In this way, spiritual tests will not be dreaded or feared, but appreciated for the opportunity they provide us to grow closer to God.

Every human being has the opportunity to observe him or herself in action through detachment. Only then can we understand the spiritual price connected to each specific action. Awareness of interior weakness grows as we fall only to try again. Because of this, it is best to refrain from opinions and judgments connected to other people. Judgments always come back on us.

Judgments are strong opinions. They are self-assuming thoughts projected to support concepts of right and wrong. To avoid these frequencies is to advance into the knowledge of detachment. Since each of

us will answer directly to God for all acts of commission and omission, it is strictly our responsibility to become aware of the immense trap around personal judgment.

Soul consciousness creates the openness, which allows one to assist those stuck in self-creation. To love another, one must want the best for each person. Love is a high frequency, which manifests from the knowledge of spiritual principles, which produces fruit through the Holy Spirit.

Matter is the lowest point of spirit; therefore, it is very easily contaminated with thoughts and judgments. Money is not evil of itself, but lust for it manipulates the flow and causes individuals to lose their center of balance. We live in a world of material goods where desires and temptations are placed before us every hour; the only way to rise above the frequencies of lust, greed, and desire is through detachment. The need to accumulate, possess, own for the pride of self and ego is difficult to overcome, but it can be done.

While meditation is indeed an important aspect of knowledge of all truth-based philosophies, it is not limited by or to any one form. Since man has developed on many different levels through many cultures on the way to expanded experience and knowledge, it takes a refined system within each soul to assimilate the experience in the supreme light of truth.

Eastern spiritual philosophy is now an important aspect of knowledge within the consciousness of much of the world population. Eastern teachings can be assimilated into the western mentality, after they are transformed to absorb the mental and emotional mindset of a highly educated and intellectually advanced civilization.

Meditation is a method of spiritual centering used to obtain inner quiet. Inner quiet is the enemy of left brain activity. The left brain has been trained to create, control, to think things through, to make and count money. All of this requires mental activity.

Right-brain energies work to silent the chatter of the left brain. In order to awaken soul energies, the personality must become convinced that there is more to life than what can be experienced with the senses. This is a difficult task for the left brain personality which thinks to believe, creates to succeed, and manipulates to accumulate.

In spite of this handicap, the mind can be put to rest through the process of observation/detachment and meditation. This is the way to the 'other side' for all souls in the developed world.

Inner quiet changes life on every level. Soul frequencies for those individuals caught up in personal goals and ambitions are energized from power in the solar plexus center, using the first and second centers of sex consciousness to stimulate the process. This solar plexus center provides the mental and emotional drive for personal accomplishment on every level; however, it is not of a high frequency. Its place on the ladder of spiritual energies is reflected through the force field of earth. It is the center of the collective unconscious of the mass mind.

Meditation, with the sole purpose of entering a spiritual quest, reprograms the objectives and goals of "I" to reach beyond the self into higher states of consciousness. Inner quiet allows one to experience this journey. When one has a sincere desire to go beyond the state of illusion, there is a shift in consciousness, and personal desires, thoughts and ambitions no longer rule the soul.

Of course a transition period is necessary to 'change channels' from wanting, taking, and controlling, to letting go. There is a famous expression, "Let go and let God."

"Man, know thy self" inspires going within for spiritual training. Direct experience becomes the doorway to knowing. Inner study provides a window of knowledge beyond human consciousness. To know oneself is to know the soul/spirit connection; it is to learn of the higher purposes associated with the consciousness of God.

Meditation is an instrument for soul realization. The ultimate expansion of awareness has to do with divine purpose on every level, from birth through life, into death.

Meditation provides one the ability to break down the illusion of death while in the body. To be successful in learning detachment, one must see death in a new light, with a fresh, inspired attitude. One learns about death through observation. It is a universal experience each of us must confront, and can become something to look forward to with joy and anticipation, instead of something to fear.

As meditation experience teaches us to leave or transcend the confines of the body, and to experience the direct consciousness of the soul/spirit connection, death loses its sting. When soul consciously observes the 'other side' as a place visible to spirit through spirit, truth sets the soul free to explore these dimensions of experience. Christ, the teacher within exposes every new aspect of awareness, including the mystery of life and death.

Before one has obtained the frequency to experience Christ directly, Mary, Our Blessed Mother is there as mediatrix to intercede in our behalf. Open yourself to her in great humility and all of your thoughts and fears about life will be lifted. I state this from experience and direct knowing.

Life-changing experiences manifest one after another. Each is a stone in the bridge of consciousness. Peak experiences take one from truth to truth, layer by layer, as each stone of consciousness fits in its perfect place. Every new stone fills in a gap, connecting the forces in movement to the next phase of the bridge.

The value of self-realization is not confined to the workings of this day; it is cumulative in nature. Everything I learn now will stay with me and set my frequency for going beyond this state of consciousness. Every new mystery explored sets the stage for the next mystery into the unknown, which must fit perfectly in the mental stream of the mystical journey.

Life is an adventure into the consciousness of light. With every shock, or light explosion absorbed into the body and mind, the soul channels this light into its newly forming spirit body of light. Progression on the spiritual ladder is earned; nothing is taken for granted.

When living becomes the art of dying daily, the illusion and fear around death is eliminated. The awareness of the body and the invisible world beyond the senses is ever growing. Good and evil are understood as frequencies of experience and nothing more.

The concepts and thoughts around good and bad and right and wrong, are word triggers, which, for most, cause reaction. Reaction is the enemy here. It is an enemy when related to good just as much as it is for evil.

Experience is felt through movement projected into every thought, word and deed. When evil vibrations manifest, soul is shown how the mind and emotions are used to create and maintain this frequency. When one has advanced in meditation techniques, he will learn which spiritual centers within his body are used to create every frequency of experience, good and evil.

Each revelation prepares soul for the next. In the cycle of change there is always some aspect of life in the finishing stage called death, while another is moving into the birthing stage called life. This is truly the grand journey into eternal life.

Leonardo DaVinci said, "Just as a day well spent brings happy sleep, so a life well spent brings happy death."

Why is it important to understand death? Death is a mental and emotional barrier to most human beings. People spend their lives in denial of death, always pretending or pushing it away, as though it were a dark monster on the horizon. This creates a harmful thought-form of fear, which lives in the astral body. It must be neutralized and transformed before death can be the blessing it was intended to be. Liberation is nothing more than passing on to the next level of experience. Ignorance produces fear, whereas illumination creates knowing and joy. Again, detachment is the soul quality necessary to experience a happy death.

When soul recognizes he or she is personally responsible for every manifested element of life, soul is freed to create an environment filled with love, directed by the majestic purpose of Divine Will. This dimension of self-discovery opens doors to participate in life on levels never before dreamed possible.

Poetry is the soul's communication with mankind. Words are lost to left brain mentality. The right brain becomes stimulated and illuminated through the frequency of the poet's vision. Insight and intuition are important new tools available to soul, which enhances spiritual communication and soul memories.

Poems that once were meaningless now stir the energies of the soul, as new meanings with insight flash into the mind. It is a grand quest, this journey. The challenge is to let go of what one thinks is known, so that each new flash of light brings divine inspiration, which will create a brand new spirit/light body.

The following poem by Wadsworth can be read in many different ways by changing its rhythm and flow. Open yourself to these words:

Our birth is but a sleep and a forgetting.
The soul that rises with us, our life's star
hath had elsewhere its setting,
and cometh from afar.

Not in entire forgetfulness...
and not in utter nakedness,
but trailing clouds of glory do we come
from God who is our home.

Heaven lies about us in our infancy;
shades of the prison house begin to close
upon the growing boy;
But he beholds the light, and whence it flows
he sees it in his joy.

The youth who daily farther from the east
must travel, still is nature's priest...
and my the vision splendid is on his way attended.
At length the man perceives it die away and fade
into the light of the common day

Chapter 2 - More Than A Body

By Gloria Joy

The paragraph below from the "Teachings of Buddha", by Bukkyo Dendo Kyokai, offers important insight into the nature of the mind in regards to right conduct.

"Oh my mind! If you could only learn that everything is non-substantial and transitory; if you could only learn not to grasp after things, not to covet things, not to give way to greed, anger and foolishness; then we might journey in quietness. Then, by severing the bond of desires by the sword of wisdom, being undisturbed by changing circumstances, advantage or disadvantage, good or bad, loss or gain, praise or abuse, we might dwell in peace."

Buddha's Eightfold Noble Path teaches right view, right thought, right speech, right behavior, right livelihood, right effort, right mindfulness, and right concentration.

This advice, in regards to conduct, provides the foundation for spiritual discipline as an aid to character building. Those with strong moral fiber will find awakening flows in a natural rhythm, once the soul has mastered the ability to maintain a consistently high frequency.

Self-discipline is the key to holding the mind's attention on God's Will. It is simple; wherever the attention goes, there also goes one's energy supply and life-force.

Eight-fold Noble Path

Right view in Buddha's definition is this: To thoroughly understand the Fourfold Noble Truth, to believe in the law of cause and effect, and not to be deceived by appearances or desires.

Right thought is a resolution not to cherish desires, not to be greedy, or angry, and not to do any harmful deed.

Right speech calls for the avoidance of lying, idle, or abusive words, and double-tongue.

Right behavior admonishes one not to destroy any life, or steal, or commit adultery.

Right livelihood calls the soul to avoid any behavior or lifestyle that would bring shame to a man.

Right effort involves doing one's best diligently while focused on right direction.

Right mindfulness directs one to maintain a pure and thoughtful mind.

Right concentration involves keeping the mind tranquil while seeking to realize the mind's pure essence.

Four Viewpoints

The four viewpoints to put into action are:

Consider the body impure, seek to remove all attachments to it.

Consider the senses as a source of suffering, whatever the feelings of pain or pleasure may be.

Consider the mind to be in a constant state of flux.

Consider everything in the world to be a consequence of causes and conditions, and that nothing remains unchanged forever.

Four Right Procedures

Prevent evil from starting.

Remove evil as soon as it starts.

Empower and act on good deeds.

Encourage the growth and continuance of good deeds that have already started.

Five Faculties Of Power

Faith to believe.

Will to make the endeavor.

Faculty of Reliable memory.

Ability to concentrate one's mind.

Ability to maintain clear wisdom.

These teachings of Buddha clearly dictate instructions for soul development while on the spiritual journey.

Mortality and Morality

It is easy to be lost in the world when our belief system and identification is centered on false impressions. When one identifies with mortality and death, then confusion, worry and fear become the baggage. Faced with an uncertain future, man seeks security and desires self-gratification above all else.

As years go by, the mortal tries desperately to hold on to what he sees and believes, such as possessions, family, reputation, sex, money, health and youth. They are all-powerful objects of attachment for self-gratification.

How does one learn detachment while so involved in life and personal experience?

Every individual facing spiritual training is destined for disappointment until the mind is no longer centered on illusion. Remember, we can't take 'possessions' with us to the other side. Instead, we take 'impressions' in the form of memory.

The challenge to the ego is to recognize this fact. Adjustments in priorities must be made in order to serve soul purpose while in the body. Because of this, when we draw close to God, it is natural to also begin a body/mind purification. One by one, behavior patterns are exposed and released as soul consciousness is purified to reflect each victory.

Sex is an important block for most men and women. Every casual sex relationship steals some element of purity, innocence and child-likeness. Every immoral attitude leaves residue in the mind, body and soul.

To pretend one has God first in life, while continuing to feed desire and passion, is not only an illusion, but something that will cause much suffering while on the spiritual journey home. Denial causes many situations to develop which must become exposed.

Attending church is a wonderful discipline, but one must go far beyond this action if one is to know God in a personal way. We live in a great time of regeneration. We have an incredible opportunity to change at a rapid pace. In order to take advantage of this, one is challenged to be unconditionally honest about blocks fixed and held in the subconscious and conscious mind. This self-examination is often difficult and painful, but it will produce results that far outweigh the sacrifice and agony. Remember: Detachment is observation without judgment.

Since moral issues have been contaminated through the hard heart linked with societal permissiveness, it must be dealt with. Whatever our past may be, it can be changed by being honest, meek, and sincere, here and now.

The purpose isn't to get caught up in judgment of the self, but instead, to expose each and every impure behavior pattern. Observation is the key. Negative energy is released by neutralizing thought-forms. Transformation starts the very second this realization is locked into place.

The test here is not to get caught up in a self-defeatist attitude. To sink into depression and disappear is not the answer. In fact, negative thoughts only create more negative thoughts. Rather, one must rise to the occasion. It is God's grace which removes the demons controlling the destiny of the soul.

Mary Magdelene became one of Christ's most beloved disciples. She is an excellent example for our time. His instruction to her was simple: Go and sin no more. All was forgiven and released when she realized that her past did not condemn her. Instead, she assumed an attitude of humility and was reconciled with God. Each of us is in some way a Mary Magdelene. Mary became a great saint. Every one of us can follow her lead and do the same thing.

Buddha's teaching reflects spiritual truth. Notice the similarities to the Christian teaching. Buddha's message was designed to reach seekers in the East, using their language and belief system. But truth is universal, and these truths easily blend with the teachings of Christ. When appreciated as an additional source of wisdom, it provides a balanced perspective taking in a larger scope of the world religions. This gives us the perfect opportunity to understand others by opening up to their belief system.

When we become interested and open from the heart and mind, we obtain compassion and tolerance, which builds the bridge between religions. Moslems, Jews, Catholics, and Christians, along with members of all other world religions, have a responsibility to practice brotherly love and heal the world.

Moral teachings are important to the soul because the character must become flawless in order to enter and work through Divine Will. When an individual learns to correct negative habits in thought and

behavior, higher frequencies manifest to create balance and reprogram the soul vibration. Transformation will occur in direct relationship to this process.

As long as the mind and body consciousness is controlled by thought, one thinks to believe. When the individual thinks to affirm his identity in creation, thought is the master.

When a person relates to life as a body, the body manipulates thoughts and emotions. People who are attached and obsessed with the physical body experience sensations that often manifest as lust after people and things. Addictions appear in many forms. Pleasure and pain are experiences carried out through a variety of impressions working through the subconscious mind.

Thought or 'kriya' is the power that deals with things. If my mind is on material things such as problems, family and career, then these attachments will absorb my energy. Without knowing it, my soul focus will be centered on gross level sensations and feelings which constantly fluctuate from low to high currents. Temptation is a way of life at this level of the game.

Even if I wish or desire to know God, it will be a slow and difficult path. A belief system based on things I feel, want, think, or know, reflect an important stage in development, but it is a step that must be transcended in order for the soul to grow. When the mind is busy chattering about such things as wants, worry, fear and desire, ego sucks up the energy, leaving nothing for God.

Remember this affirmation: It is God's Will to work through me to transform my life. Because God loves me and will assist in every possible way, He empowers me to claim His love and mercy. I must supply the humility and free will to start and keep the engine rolling. When I accomplish this act faithfully, it will become an automatic response, and I will naturally turn to God.

Wisdom results from a sincere, honest commitment to know God's Will for me. Wisdom is God's Will and purpose made manifest in me as the fruit of transformation.

Transformation comes through inner quiet. When I accomplish one-pointed concentration on Divine Will, God teaches me through experience to know Him. The result of this knowing will leave me forever connected to the energy of the one true source. Insight and intuition are gifts of spirit which will increase my soul's ability to experience God's love for me.

Divine Will is the essence of love. It is the carrier of the Holy Spirit. Detachment gives me the power to observe all actions and reactions. Every negative action that is neutralized through letting go is spontaneously transformed.

This, then, is the work of my soul. Every completion of this cycle creates light. Each cycle is also experienced as a death of self. The Holy Spirit becomes real because it is directly experienced as a powerful energy coming into the body. I soon understand that knowing God through the Holy Spirit is my soul purpose. Is this not an important moment in the soul's journey?

Think of how God works through one centered on Divine Will. This writing itself is a powerful example of how the Holy Spirit creates specific thought-forms to work through. What is the process underway right now?

First, I experience a flash of insight. I don't necessarily have any mental impression at all, I just have a feeling that I need to sit down at my computer.

I touch a key on the keyboard. I am stimulated by a thought, impression, or impulse, which causes the body to respond with movement.

A series of keys are pressed in rapid succession as words flow into my mind and onto the screen. I don't think each letter, word or thought separately; impressions travel quickly through the mind/body connection. Letters flow into words, words into sentences, sentences into paragraphs, paragraphs into chapters, and before I know it, an entire book has appeared. The result will reflect the original impression, insight, intuition and realization that passed into my mind.

As the mind opens to know the high frequency of God, all movement is spontaneous. When I sit to write, my fingers immediately start to move. This is totally without effort. It is the direct result of becoming absorbed in the love stream, in union with the Holy Spirit.

My friends tease me about how I write. They say, "She turns her computer on, puts her hands on the keys, and says, 'Ready!'" Since the message has already been relayed and stored inside, I only regulate my frequency to open the storage center and release the information. I am not gifted or special in any way. This is just how the Holy Spirit works once it is empowered to transform a life.

I have experienced the movement of this writing flow with my grandchildren running all over my house, and sometimes with one on my lap. Inner quiet is what is necessary, not outer quiet. One must master the ability to detach in order to maintain this state of calm, but it can be done.

Detachment allows me to flow with the spirit regardless of what is occurring around me. This is important, because God teaches us to recognize illusion, and to pour light as the Holy Spirit into every situation. Magic moments materialize because transformation is a mystical mystery directly connected to union with Divine Will.

Since my attention is focused on God, and has been for many years, my energy moves in union with Divine Will into whatever situation through which I am to move. Thoughts are much more powerful than people realize. So much so, that thoughts reach others even at a distance, leaving impressions on physical matter.

Mental telepathy or thought transference is a method of communication used every day. Kreskin, the magician, proves this to his audience at every performance. He picks a person out of the audience before the show starts, and speaks to this individual's subconscious mind from a distance. He then invites the person to pick out a card. Almost without exception, it is the card he suggested. How could this work every night if it isn't something we are used to using every day?

What we think and project to each other has a lasting impact on our lives, as well as the lives of others. Because it goes on in the invisible realm of spirit and the subconscious, it remains hidden.

Thought transference is a gift of the spirit that is used by God to teach us of his omnipresence. To know God is to experience Him in movement on many levels.

I often hear other people's conversations. I won't know what it is I'm hearing until the situation unfolds in my life. At the correct moment the Holy Spirit exposes the overview in a flash of insight, and the appropriate action or response comes forth from me, just as it does when I write.

Unfortunately, this level of communication without being grounded in Divine Will opens one to psychic energy, which is a trap. It is easy to develop lower gifts when the solar plexus center and the third eye function together. Psychic ability is not the blessing many believe it is. Instead, it is a major trap for the ego.

Those who have mastered the art of thought projection and transference as aspects of persuasion and manipulation, draw life-force to themselves for selfish reasons. They invite others to conform, align and collaborate while suggestions are fed directly into their weak but receptive minds.

A strong focused mind can drive thoughts forward into fulfillment. Those who use this ability to communicate as a means of control, have not developed the character suitable for higher spiritual pursuits. They often end up following the path leading to self-involvement and service to the underworld.

Even though it is rarely acknowledged, each of us is responsible for whatever happens in our lives, either for good or evil. Relationships, health, personal well-being, our inner state of happiness or despair, are all related to activities of the mind. Our degree of consciousness is reflected by the frequency maintained throughout the seasons of our life, which is also the fruit of our knowing.

Every thought released into creation moves through the imagination. Thoughts focus, project, and empower images into movement until they take form. Man proudly takes credit for the ability to create. He has deceived himself through false pride and ego. The shadow works through ego to make the self believe it is in full control of its destiny.

But life is not that simple. We are powerful beings with the ability to create on many levels. Human knowledge has expanded to include an understanding of many mysteries of the mind and body. Enough knowledge has been realized to create a false belief system about human power.

Those lost in fantasy around personal ego chase after world knowledge. The power of man's will and intelligence, they believe, will solve all the world's problems. When man identifies at this level, he is destined to experience disillusionment.

The human ego works through pride and the desire to control. Conflict occurs due to a false awareness of what is happening. In order to advance spiritually the ego, as the lower self, must die.

Humility is born from spiritual understanding. Accepting that God has a plan which is absolutely perfect for the soul/spirit is the foundation for knowing God. The plan brought to each person, along with training concerning cause and effect, is the stage for human experience.

Humility is born from the ongoing death of pride. Humility is a very pure frequency based on the realization of God's love for us. We cannot realize the pure essence of love until we awaken to the Christ Self within.

Knowledge gained from books, or any structured educational system, can enlighten us only on a very limited scale. World knowledge is centered in the visible physical world; it is based on the human

being's ability to empower his personal views into action. When man empowers himself through self-will, a dim reflection of God's intention occurs, at best. This imitation is based on psychic energy, instead of the spiritual frequency of the Holy Spirit manifesting through Divine Will.

Soul training is held in a spiritual classroom while the body is asleep. Here the soul is tested according to the high standards of spirit. Self-discipline and inner quiet must be acquired to qualify us for the school of higher learning.

Spiritual wisdom is gained through soul memories; the soul dutifully carries the cross of personal suffering until the death of the ego is fulfilled. This is our form of crucifixion.

This undoing must be experienced while the soul has a body. The further one is initiated into the secret mysteries of spirit, the more the world is observed and witnessed through the detached point of view.

The world is a mirror image of the psychic plane. When the psychic/astral plane is cluttered, distorted, and clogged with negative thought-forms, the world is cluttered, distorted and clogged with negative thought-forms, as well.

To change our material/physical universe requires a cleansing of the lower mental plane. This dimension is clogged with psychic energies and lower elemental forces; it is difficult to drain away the negative energy, but it can be done.

Man is responsible for every expression of happiness or sadness in the world. Those caught in this negative force field are lost in ignorance, fear, and suspicion. The planes of illusion are under the control and influence of lower elemental forces working through human thought-forms. This condition is man-made, but it is backed by the dedicated help of nature spirits and lower elemental forces. Man must pass through this illusion to gain the ability to see and know God.

To produce change, one must activate his free will to know God. God is light. When light enters the astral and lower mental plane, darkness is removed by neutralizing the energy. Letting go and drawing close to God in thought and intention causes stabilization. When the energy field is neutral, the static energy is absorbed through the pure frequency of the Holy Spirit. This is the one and only way transformation can take place.

Everything that happens to man during an incarnation is designed to produce the perfect set of causes to change the focus or viewpoint of an individual from that of self-absorption to soul-absorption.

False awareness about the self flows from misplaced notions about one's spiritual identity. When man thinks and says, "I have a soul," the foundation for spiritual discovery evaporates into thin air. The truth is this, and must be totally understood: "I am a soul, and I use a body to learn about transformation."

This subtle, but invaluable difference in perception determines the spiritual progress a soul accomplishes during an incarnation. When the realization of soul is felt on the level of soul/spirit, instructions from the inner teacher reprograms the dreamscape. The invisible language of the dream life is exposed to the now open, observing soul.

Dream training involves learning to understand and interpret our very own dream language. Each soul creates a specific vibration to send information to the conscious mind. The symbols and patterns used to

communicate become important dream secrets, which can be learned, very much like breaking a code.

Meditation is a natural outcome of this soul driven search for meaning. Soul will now make the place, space and time to answer the command from spirit to open the heart and mind to inner knowing. "Man know thyself" is the repeated message sent through code into human consciousness.

The message is simple: Seek solitude, slow down, listen, remember dreams, sensations and feelings. Move attention to God; make space for spirit in your life, quit controlling time (this is a big one), and meditate. In other words, BE HERE NOW!

Chapter 3 - Meditation

By Gloria Joy

At a certain point in evolution, even those with no formal instruction on meditation will naturally seek inner quiet. Inner quiet is often associated with nature and silence. A walk in the forest, sitting on the beach listening to the waves hitting the surf, the wonder of viewing a moonlit sky, the sunrise, or even working in the garden, all relax the mind, which helps one recognize the creative vibration of spirit.

Meditation, from the Catholic point of view, is the third step in prayer. In the first two stages of prayer, one asks or petitions God. Here man builds faith through a sincere effort to communicate. In prayer we experience the presence of God, while aligning ourselves to the realization that God loves and cares for us.

At this point, we need to speak to God to hear the thought and vibration that is sent out through us. Speaking to the father/mother God, we ask for help and protection. Meanwhile, a stronger belief grows, creating a deep longing to know God. As words are spoken, one feels the vibration of the soul, and the state of humility, or lack of humility, is recognized.

Words are spoken with meaning and sincerity, or they can be rambled off with disrespect, out of pride and arrogance. Humility is the trait that is required to carry a prayer to God. Humility prepares the soul to enter deeper into the presence of God. One hungers for peace, quiet and the frequency of the Holy Spirit as it relates to Divine Will.

It is in the process of prayer that one first identifies with the inner knowledge that God is spirit, and therefore is everywhere at once. By speaking out loud in harmony with voices of others in the church or group setting, spiritual power as energy is realized.

A new awareness of community is found as family, friends, and neighbors become connected through the feeling of brotherhood. Each individual brings something to the group consciousness. The vibration of relationship and family is extended according to the soul's ability to experience unconditional love.

When one speaks from the heart, and moves with interior prayer, the capacity to grow is stimulated. Soon the individual has acquired the faith to recognize there is something beyond the human body and mind.

This knowing causes questions. Like a circle within a circle, the ripple effect continues to grow, taking the soul ever deeper into the frequency of Divine Will.

The quest is solid now. Each of us comes to the appointed hour when self-examination will re-direct the soul energy inside. This act changes the life of the evolving soul forever.

Silence and listening are words, which calm the soul. Focus has finally shifted from the outside world to the inner world of the soul/spirit. Man needs quiet, solitude, and inner peace and will desperately work toward this goal. Tranquility and harmony are beautiful words with profound inner meaning. Even though this state of being is beyond the reach of the undisciplined soul, it represents the light at the end of the tunnel.

The experience of inner peace is but a dream, but it is one that motivates the soul/spirit to sincerely seek to know God. It is a big step.

Simply affirming God, once satisfying and stimulating, has lost power. Although it will remain an important tool throughout one's spiritual education, man needs to know God personally. To accomplish this, one learns to listen to the small voice within, and through this connection, becomes absorbed into the frequency of the Holy Spirit.

An emptiness inside surfaces whenever the mind is centered on the world and material pursuits. The capacity for inner quiet comes as the soul looks to God for his or her soul purpose. "Seek and you will find," comes to mind many times, as soul continues to explore the world of spirit. What is underway within this stage of the growth cycle?

The soul needs and desires to know truth. Religion satisfied the urge to know for many years, but questions continue to rise to the surface causing a great disturbance in the mind. The church setting brings comfort and some answers; however, in many situations, numerous questions are left unanswered.

Confusion, conflict, and struggle are elements used to create growth as the wheel of learning revolves. The soul seeks God openly now, and is capable of expressing inner feelings. It is an important time for introspection, listening, and letting go, as the will to know God becomes stronger.

Be Still And Know I Am God

Like a dream come true, the appointed hour for spiritual truth arrives. It is a special time. It is the first stage of letting go as man opens himself to know about the invisible world of spirit.

The soul is prepared to listen and be still. Now, humility and willingness to listen to God are evident. The person has realized he knows practically nothing about God.

What does it mean to listen? How can one really be still? What does 'know I am God,' imply? Does it mean what it says, I am God? If so, how can it be? These important questions continue to bombard the mind as the soul confronts the world of illusion in search for answers.

While the ego will jump at the opportunity to play God, deep down, it knows better. Yet, the mind struggles to uncover the hidden truth, 'Is God realization an utter fantasy?'

Is the concept of God only to be found by some accident, a quirk of fate? Can we really experience God's will and understand it? Does God live inside? If so, where?

The bible says go into the heart to pray. Does God live in the heart?

Meditation is the tool used to bring these questions to the surface. It is also used to quiet the chattering mind as the soul grows into its capacity to align free will to God's will. As the soul learns to observe the self in the act of making decisions, free will knowledge of motivation and desire are witnessed in the act of creating.

Sincere consistent commitment always comes first. One must ask to know God with great faith and soul intent. To graduate from this special soul/spirit training, there is much to do. Since this school is like no other on earth, what was successful in the world will not work here.

Instead of learning to create and fulfill desires, the training at this level centers on the opposite, letting go. Undoing what was created by the self is the goal to be realized now.

The center of focus is the 'now,' which means releasing the past, and observing how the future is created through the dynamic movement of spirit here and now. Meditation is once more the vehicle to access this knowledge. Deep profound questions are released each time the soul/spirit reaches an altered state. Inner quiet allows man the capacity to observe. Magic moments are experienced as the soul commitment to God increases.

Soul teachings will center on the primary law of God, "God first in all things." As flashes of insight continue to rise in the conscious mind, two forces are now reflected in the newly formed mirror of soul consciousness.

One aspect of soul consciousness reflects the high vibration held together by the soul's deep love for God. The other energy is the opposite. It reflects the illusion created and maintained by the thoughts and desire body of the ego, which represent the lower self.

The higher self comes from the seed of God, which will one day allow the soul to enter union with Divine Will. The other self is the ego, which is a lower energy built around thought, emotion, and desire.

Each stage has a flow, with important moments of realization. The dual state of both high and low frequencies provides important training for the soul. Detachment through observation allows the letting go consciousness to be applied to each specific situation as it comes up.

Meditation is necessary to balance the energies within the body. The soul training goes on while out of the body during sleep. Memories of the experience are carried back to the conscious mind. Meditation is necessary to bring the teaching down while learning to apply the light in transforming obstacles.

Meditation is a serious and essential self-discipline for the soul. Inner quiet can only come into the mind and body through a solid commitment to applying spiritual energies into relationships on every level of the human condition. A time and place for meditation each day will become available as the serious seeker puts God first. The job for the soul is to discipline the mind and body to allow this space and place of quiet to manifest.

In the past, during periods of higher spiritual intensity, cathedrals were built to establish the frequency of the Holy Spirit in matter. Ancient mystical truths are written in stone and stained glass in cathedrals located in many places in the world. Each location was chosen because of a high-energy vortex in the physical landscape. When we go into these buildings to meditate or pray, it is easy to move into a place of inner quiet. This is due to the high frequency established in vibration by the location, architecture, paintings, and symbols. Many souls have answered God's call to the spiritual life in these special houses of God, which is witnessed in the energies held within the structure.

Meditation and self-realization have one purpose, which is to expand consciousness. Enlightenment comes in small doses. Every time one transcends a personal limitation, the light of spirit drops into the soul plane of consciousness.

An aspect of enlightenment is accomplished with each eruption of light because an element of darkness is erased. Remember this, before light enters into the soul, letting go becomes the tool of the spirit to be used and maintained daily.

Wisdom is held within the human soul, not as mere knowledge of things, but as the direct result of realizations accumulated from past memories. The difference between a spiritually enlightened soul and one with human intelligence and knowledge is infinite; the two cannot be compared.

Direct experience is training brought forward through cooperation with Divine Will, transferring power to the soul. The distinction is one of frequency. When the Holy Spirit manifests, there is fruit, here and now.

Energy from the Holy Spirit creates inner knowing that eventually appears as the fruit of wisdom. Wisdom extends from a pure frequency of light, which is provided through a pure vibration carried to life in the love stream. These rays of love/light directly connect us up to the fire of the Holy Spirit.

Man's best version of love is reflected through the need to love and be loved. Human love is often shared and experienced through objects of desire. This is consistent with development of the human character. When an individual learns to think of others before the self, he has advanced in soul learning, and is becoming aware of the need to recognize the spiritual journey inward.

To move into unconditional love requires changes on many levels. The light of inner knowing must reflect the soul's capacity for humility. This vibration will completely reset the stage for awakening. Man is ready to experience the love stream and the energies of Divine Will.

This re-programming opens the mind to a drastic change in one's belief system. To become self-realized, one must understand the delicate balance between the outer and inner forces working to sustain creation. If the individual has the ability to detach from previous thoughts and opinions, and will maintain a consistent effort in this regard, life can change drastically, even in the blink of an eye.

Gradually one realizes how little is known about the world of spirit, and how spirit is the true purpose behind the mysteries of the universe. As this realization sustains consciousness, a new awareness of the body is realized and the energies shift.

Soul recognizes the need to eliminate old thoughts and beliefs in order to assimilate and experience the frequency of the Holy Spirit. In addition to the physical body, there is a subtle body, which consists of a very sophisticated energy network. Seven major, and five minor centers are in place from the base of the spine to the top of the head (there are actually more, but these are the primary sites used for awakening).

Each light explosion is distributed to the correct center within the body. Energy moves spontaneously through the physical and subtle body, which affects the nervous system, all organs of the body, and the brain.

Reflected in the overall frequency throughout the cycle of manifestation, spiritual forces enter the world of matter. This whole spiritual dynamic creates the dance of spirit. In truth, it is how spirit causes change in the human condition.

The frequency of love is introduced to most souls at the time of birth. An infant born to the wealthiest person in town, handed over to a nanny for care, will not have the same knowledge of love as the infant born to a poor mother, who loves and adores her child as a miracle of birth.

People associate power with money, and knowledge with power. World illusion casts a type of perfume into the air that numbs the senses causing a perverse love of things. Desire for clothes, cars, jewels, even junk from garage sales, can produce attachment.

A spark of insight is earned by soul every time self-creation is exchanged for the detached view of the spiritual seeker. As God's will is invoked, sincerity of the heart increases. The hardened crust around the heart is slowly chipped away.

There is a distinct difference between one that is competing for position and power, manipulating people at every turn to advance up the ladder of success, and one sensitive to the needs of others. One who has identified his soul purpose with God will listen to conscience before making any hasty decision.

Meditation allows one to observe self in action while monitoring the thought process. Individuals, who react to changing circumstances with anger or revenge, have the opportunity to see themselves in action. Those who lose control, speaking harshly to others or about others, cannot assimilate the energy necessary for spiritual work.

Once soul has pulled back the curtain to observe what is going on within the mind, a rare acknowledgment of personal behavior is experienced. One will likely see things about the lower self, which he will recognize as a very low frequency. One should rejoice with this insight as the light is increasing to expose the lower vibration. Soul centers attention on mind activities, and the first thought monitoring is accomplished.

In rare cases, a powerful discharge of energy from spirit is released to shock the mind into quiet. In some cases, a teacher that will appear either in the body, or during sleep, to administer the frequency needed to produce awakening.

When this communication happens on spiritual planes, a window of perception is created to free the mind from previously held thought-forms, to produce a sense of freedom for a short time. This bliss of knowing is short lived; it is for awakening purposes only. One must earn consciousness to build the bodies of light for celestial functions in higher dimensions.

Enlightenment comes from living the spiritual quest. It comes through the realization that spirit is unlimited, and our soul/spirit is a direct manifestation of God.

Soul progresses in stages. The natural, unawakened soul is called Naphesh. The second level of soul is Ruach. It is during the second stage of soul consciousness that reason enters the picture. Through the divine spark of 'reason', God administers truth to the soul. The soul moves through a long training period while a sovereign soul of light is created to beget the fruits of divinity. It is during this stage of soul awakening that one comes to realize the presence of the Holy Spirit and the true purpose of life, union with Divine Will.

The formation of the soul-spirit unity is required before one can graduate into higher service and knowledge of God's many mansions. A spiritual soul power called Neshamah is present now, guiding soul training. The Neshamah is an advanced stage of soul consciousness; it is a primary earth lesson to be realized for the evolving soul.

The universe is alive; it is meant to be experienced through life force and the enlightened mind. Soul frequencies manifest through consciousness in response to its place on earth, complete with its heavenly assignment. In this regard soul is a cosmic traveler in time and space. Universal energies connect light beings into earth frequencies, and manifest these realities into body consciousness.

It is the personality, as ego, that identifies with the flesh. The body is a composition of five elements; earth, water, fire, air, and ether. Since it is a composition of elements, it will decompose when the five elements are no longer bound together. This decomposition is called death. It is a reality for the body, but it is not a reality of the soul.

By having a solid understanding of that, which is in me, I understand soul is the only aspect of consciousness in God's plan, which can create the body for use.

A meditative state is acquired when soul is set free to leave the body during sleep and meditation. One learns to explore invisible realms of spirit while maintaining consciousness as though wide-awake.

To become conscious of the invisible reality on the other side is life changing. To remember a dream, and to know you are dreaming while dreaming, illuminates cells in the brain. This ability to connect up aspects of consciousness has a far-reaching effect on how one views life.

Self-remembering releases interior truth. The day soul leaves the body to turn and witness the body still on the bed is an important soul/ body realization.

This experience is one that will stay forever leaving a lasting impression on the mind. It changes perception since soul understands from experience that it exists separate from the body. This experience produces immediate and direct consciousness change. Every time the realization, 'I am more than a body' is reinforced, more light floods the conscious mind.

When one can leave the body by simply coming out of it, flying is as natural as that of a bird. The soul/spirit projects through the ceiling, flying over the earth's terrain to one's destination in full consciousness. This experience is life-changing and joy-producing. 'I am soul with a body' has manifested to never be forgotten again. Illusion, however, hangs on through a mindset connected to time and space, and the full realization will have to wait until later.

More Than A Body

Meditation is built on the realization that life force is stored in the body where soul and spirit energies come together to generate changes in consciousness. The body is created for growth, communication and experience. It is while in a body that enlightenment occurs. This cannot happen until the soul has developed in spirit to the point of mastering the human mind and body.

The physical body is more complex than what it appears. Each of us has an inner teacher that develops to define and explain how higher spirit bodies are created and used. This teaching will begin with awakening to the physical, mental, emotional, and spiritual body consciousness. It will progress to explain other dimensions of experience.

On a rung of the ladder of consciousness, we can only manifest the knowing of that rung. While knowledge of this may remain hidden, it will surface at the appointed hour.

Following is my understanding of the evolution of consciousness. It is somewhat awkward to choose words to describe these inner experiences. I have chosen words from the ancient Hebrew teaching that, in my estimation, best express the energies used to create the frequency of light manifested.

There are five bodily vehicles that surround the physical body. The outermost is called the electromagnetic body, which creates the codes to harmonize and communicate with the lower bodies and to provide the physical body with energy as light for consciousness. This magnetic body creates the frequency for soul energies to explore other consciousness regions or dimensions in full memory.

The electromagnetic body aligns itself with Divine Will. As the will of God is accepted, centered within the body, a light body is created to supply life force to the next outer body, the epikentic body.

The epikentic body is used for teleportation and projection within the physical universe. When in balance, it maintains the frequency of Divine Will while reaching down to energize the next vehicle called the eka body.

The eka body is used for time travel retaining contact with the physical body. It is a higher consciousness vehicle, which also forms an important link in the bridge of consciousness.

As soul frequencies expand, spirit creates a higher capacity to explore cosmic energy fields. The eka body allows us to live in time and space yet transcend the limitations imposed on the physical body so that a portion of higher consciousness can still explore outer dimensions of consciousness. As the consciousness of light expands, we begin to understand that we are bodies of light. The physical body is the house created to bring together many aspects of consciousness. I am capable of dividing myself and moving with life on many levels.

The next alignment is the geometric light body' which frees creative life from the flesh. This light body is the eternal connection to the Oversoul. It is programmed for use through a process of geometric formulas that manifest immediate liberation from the conditioning of the flesh. It releases us to gain experience in cosmic dimensions. It forms the bridge from the visible state of consciousness to the invisible.

Finally these four perfectly aligned inner bodies become raised to merge into a fifth body, the body of many colors, or zohor body. This is the transcendental body designed to carry a person beyond all boundaries of immediate relativity into the higher dimensions of the Heavenly Jerusalem. (I have chosen these words because they best communicate the experience of the spirit bodies, at least to my understanding.)

Many teachings refer to these bodies with different names but essentially they represent the same functions. While this information may sound far-reaching at this moment, it is shared to expose how the physical body creates bodies of light to be used to explore other dimensions.

These spiritual journeys happen out of the physical body, and each frequency needs a specific body of light for cosmic travel. To know God's will for us takes us far beyond the prison state of the human mind, and its perception of consciousness. There is much to see, learn, and experience that transcends the confined prison of the mind. Enlightenment means extending ones light and body consciousness beyond the human self.

People talk about other planes of consciousness as though it is purely a subjective mental concept used for communication.

This is not my experience at all. We are light beings. How far we extend into the light depends on our ability to master the lower planes of experience.

Limitations are always self-imposed. To become open to higher planes of consciousness requires letting go of all baggage held as impressions from the mental or emotional planes. Liberation means exactly what it says: Liberation is release from all self-imposed limitations.

The mind is our tool to reach beyond the flesh to obtain consciousness of higher realities on a cosmic level. As the inner journey is maintained in record, soul will attend school nightly during sleep.

Meditation and sleep are joint teaching methods to be used simultaneously to draw energies down to the conscious mind. Appropriate actions will manifest while in the body to eventually materialize our newly formed consciousness as spiritual fruit.

As silence enters the soul frequency, teachers from higher dimensions expose soul consciousness to the potential within the creative process. The spiritual light bodies will be created to fine tune electrical systems and carry high intensities of light into higher frequencies for soul development and experience. What we are essentially talking about now is soul/spirit realization, no longer mind or human development.

This involves death of self as the ego/personality is dropped, so rebirth into higher spiritual bodies can proceed. When the ego self is released, the emphasis moves away from the human body. The physical body is a vehicle that houses consciousness of these higher spiritual realities. But, it will never be exposed until one has mastered the one-pointed ability to overcome impressions from the flesh. To transcend thoughts, fear, and impressions of the body, one must become impersonal and absorbed in the true nature of spirit. To do this one must consciously overcome fear of death.

A few years ago my mother passed on. I have been blessed with the ability to communicate with friends and family members alive or deceased due to my ability to use my spiritual bodies. Because of this, I have a deep appreciation for the experience held as consciousness on the other side in the invisible world of spirit.

I have developed this capacity through intense spiritual training. A special body of light is required to go beyond the barriers of time and space in full consciousness. The ability to move through the screen to the other side with full consciousness and memory is acquired for further education into God's cosmic purpose for the soul and spirit.

I often meet with friends or family who have recently passed to the other side. We undertake serious conversation about the passing experience. When the soul is in denial of death, the conversation centers on

what must happen next. This isn't all that different from what one must master in the body because it involves letting go.

What we learn and practice in the body is what is required on the other side. A confused soul, for instance, may need proof of being dead before he/she can let go. You might think one who has passed to the other side would know when the soul no longer had a connection to a physical body.

If the mind is extremely active and focused, it can create a duplicate of one's former surroundings, using etheric materials. To the active mind absorbed in self-creation, this creation isn't that different from what occurs anyway. Some become wandering souls when caught up in this powerful thought creation. The quickest way through this illusion is to simply erase the thought-form.

The limbo state can't exist without these powerful thought-forms. When we pray for the dead we directly give them our energy. Light enters their darkness to assist with breaking free of the illusion. Souls in this state of self-absorption need assistance; they feel prayers directly when sent in their name. Light and love are provided to the soul much like a spiritual transfusion. There is nothing like participating at this level to become convinced of how important it is to prepare for death while in a body.

A dream experience can feel much like the sensation of a wandering soul that is detached from the body. God is merciful; it is an act of grace when this mental condition is released. I have learned from my conversations with those who have passed over, that not accepting the disconnection from the body is a serious problem for many. One will come to accept his new position in the life/death cycle when the soul frequency stabilizes and the realization sets in that it is time to move on to the next stage of development of the soul.

I have a powerful soul experience that has contributed to my knowledge in this area. My mother experienced a long illness of about fourteen years before she passed over. During this time we found that our abilities to communicate through telepathy both in the waking and sleeping states advanced tremendously. Our connection was solidified in 1982 when she had a serious bypass surgery on her pancreas.

We were told there was a chance she wouldn't pull through this operation. My father, three sisters, and I were with her. I lived in Nevada. Her surgery was to be at a medical center some four hours away in Woodland, California.

When a loved one is suffering it is sometimes difficult to see past the physical trauma to the soul's need. My prayer for mom was that she would find comfort in God's will, and our family would accept and be prepared for whatever action that was to occur.

If it wasn't mom's time to go, however, I asked God to use my energy to assist in whatever way possible. Since each of us has a time to live and a time to die, God-centered prayers such as this provide one with the ability to assist loved ones, without manipulating the decisions they are making within their own time tunnel.

The only appropriate prayer for me in any situation is to ask that God's will be done. Spiritual wisdom stimulated by soul acceptance and knowing provides the faith and vision to live by this basic soul instruction.

The next day my sister and I drove to Woodland. That evening I began to experience pains in my stomach. I was bent over by the next morning; I couldn't stand up straight. Since we were at a hospital anyway, I went into emergency to be checked. After x-rays the nurse came in to explain my condition. She said, "You came to the right place." And with a smile, she introduced me to my mother's doctor.

He quickly assessed my situation and told me how he would handle this somewhat unusual emergency. "Since you came to be with your mom for her surgery, we will prepare both of you at the same time, and as soon as we are through with Lydia, I will remove your appendix."

They wheeled me into the operating room next to mom. The nurse whispered in my mother's ear, "Lydia your daughter, Gloria, is here with you. She is having surgery also." I heard her say "What? What do you mean? My daughter is not here!"

They answered with, "Oh, yes she is! Gloria decided to join you!" We all laughed. I knew then that she would be back. I was literally there to give her energy. We were both anesthetized and met outside of our bodies. It was an incredible moment for both of us. Everyone in the operating room was in great humor due to this unexpected experience of synchronicity. It was obvious that this particular set of circumstances had never happened before, at least to this surgical team. We all had a good laugh when I was able to get into ICU to see mom. It was the talk on that floor of the hospital for days.

From that day until her death in 1994 we were connected as one. In my dreams I often carried her around with me, sometimes on my back. We would laugh knowing that something unique and wonderful had occurred. When she would come close to going over, I would see her lying in a coffin in my dreams. She had a great sense of humor. She would lay real still, and then jump up and say, "Only kidding!"

Mom surprised the doctors time after time. No matter what new disease popped up after her pancreas, which included diabetes, heart and lung disease, and cancer, it was just one more thing. She wouldn't leave until she had accomplished her assignment.

In spite of the hardship she experienced, she knew she was a soul with a body. Each obstacle was confronted with faith and courage. It was finally her smoking that pushed her out of the body.

When I see her now, I still take her on spirit trips with me. Things have changed but not all that drastically. She knows she no longer has a body, but this isn't a problem. Since she is very much alive in spirit there is a great enthusiasm for spiritual discovery.

Illness and the preparation period before death provide an excellent opportunity to grow in consciousness as one readjusts to the inner reality of the soul, spirit, and body connection.

When one learns to detach from pain as my mother did, spirit forces go to work to assist soul in the work of transformation. It is not a good idea to wait until one is in the final leg of the journey to confront this issue.

Fear and discomfort around death can be totally eliminated by simply understanding life as a soul adventure. Many cultures in the world have a more enlightened outlook on the cycle of birth, life and death than our western society.

We can teach children about death when we relate to it as birth into the invisible world. When a soul is born into this life, the soul dies to what is known on the other side, so it is equally a life/death experience either way.

It can be a wonderful and joyful passing into the next life by erasing the thought-form around the words 'passing', or 'death'. When you become a sleep/soul traveler, it is not difficult to change the perception to that of the other side.

Hospice workers are creating a new attitude about death. Positive work is happening but more needs to be done. If fear is going to be erased, life and death will both be celebrated. Spirit beings are not dead, believe me. Communication can be every bit as powerful to a loved one who is no longer in the body, once the illusion around death is totally removed.

To become comfortable with the act of death we need only assist those in the final stage of their journey. If those entering the death tunnel were asked to teach and share their experience, they would balance their life force by creating the bridge of awareness from one state to the next.

While sharing their experience, they would be creating light for this important relocation adventure by helping another soul to prepare for his or her time.

Dying is not that bad. How difficult is it to fall asleep? That is what it can be when we are trained and connected to spiritual forces. To live in an attitude of detachment as the observer, instead of locked in as the experiencer creates a total regeneration and balancing of one's life force.

I am comfortable with death because my soul has moved through the illusion. I know the comfort of union with the Holy Spirit, which puts me directly in touch with my purpose and destiny. This can be an important realization even before enlightenment.

Recently I ran into the pastor from the hospital where mom died. He asked me how the family and I were doing with mourning. I said, "I dream and see mom often. I am not in mourning. She is not dead. I go to a different place to see her." That surprised him, I'm sure, but I had to share what is true to me. This consciousness frees one from fear, worry, and the fight to survive.

An important part of my earth assignment is to assist those going to the other side. Since this is accomplished through Divine Will, it is not as mysterious as it might appear.

Meditation contributes to one's soul ability to remain conscious in the invisible world. The body must assimilate a certain frequency of light before enough energy is available in the body to generate self-remembering.

I have been present when eight babies came into the world not counting my own two. Everyone rejoices when the baby's head is in view; it is a great feeling. Birth is a beautiful miracle and a blessing for everyone, including the doctor and nurses.

Death is the same; why not rejoice in the knowledge that something truly miraculous is happening? When we can say, "Isn't it beautiful?" when mom, dad, sister, brother, daughter or son, has accomplished the transition to the other side, and be happy for them, we will have learned about a great mystery of life.

Fear associated with death destroys the spiritual opportunity at the moment of death. It is the most valuable moment of our life experience. To allow it to be wasted out of ignorance is a real disaster.

Consider this: If the information I'm sharing were true, wouldn't it change how you viewed your life and prepared for death? Don't take my word for it, you can research within yourself. Ask to know. Explore the corridors of the mind as the observer. Learn and practice meditation. Ask the right questions and the answers will follow.

Life is experienced through a cloud of illusion. Open your mind to spiritual movement from form to form. Eternal life is a space odyssey of the soul. There is nothing on earth or from your past that can compare with what is ahead for the soul living in the eternal present.... absorbed in Divine Will. This divine point of acceptance says in no uncertain terms...Be Still and Know I Am God.

Chapter 4 - Incident/Accidents and Awakening

By Gloria Joy

Detachment through observation is the foundation for a serious study of meditation.

As detachment moves into action, one simply lives with more awareness as the observer. Life manifests in a natural cause and effect rhythm with the soul/spirit inside the pattern staying with the flow.

Meditation is the art of directing one's attention inward. If you have practiced the technique of observing, one step removed from the experience, you have already started to meditate. No longer in the ordinary state of experience, you are now in a self-imposed, altered state witnessing life as though you were a passenger on the journey.

Why this new experience? Something mystical is taking place. New consciousness is being realized within. Knowledge about life has expanded to include many new points of view. Potent forces have modified brain waves, the nervous system and the subtle body, creating drastic physical, mental, emotional, and spiritual shifts in your life force.

One day the observer will witness many levels of activities taking place simultaneously. As the personality and ego are observed and transformed, many faces of the self will become known.

Spirit/soul will now build a vocabulary to explore the inner dimensions of the interior world of man. There is a lower self, or ego. This self manipulates for power and control. This part of the personality is immature and stubborn, but necessary, as the consciousness of self must exist before letting go can be experienced and the spirit phase of self-surrender can begin.

The ego has a very limited concept of God, namely, that God is separate. God is usually perceived in the mind as a being to whom one prays for objects of desire or need, or for protection. In this capacity God is a security blanket, often thought to be somewhere in heaven watching over the world. This God is not practical to the everyday experience. He is used for emergencies, desires, and self-confidence and is a basic thought form at best.

Beyond that of the lower self, one becomes aware of a strong consciousness of self-connected to the body. This aspect of body consciousness is the personality, which deals with feelings and emotions. When it is sick, it complains. When it is hungry or thirsty, it nags and whines. As an aspect of the ego, it demands continual attention.

The lower self knows fear as an inner rush of energy, a pounding heart accompanied by distorted images from the mind. A reaction, as well as an imagined or physical act to the body can stimulate terror.

This self also has a limited experience of happiness. When desires are satisfied, the lower self responds with great excitement. When things don't go as planned, there is anger, discouragement and depression. Highs and lows are the norm for the personality and the ego. There is no neutral ground. It is black or white with nothing in-between. Because of this, there is a high level of frustration and anxiety in the body of the ego-driven lower self.

This state of being sounds familiar doesn't it. But it is only a small part of the picture. Why do human beings possess bodies? Is it just to experience emotions, thoughts, and sensations?

Every attitude change impacts the awareness as sounds are magnified within the body to be brought to focus. Sensitivity to what is going on within the body extends to the outside world. Soul is acutely aware of surroundings; such as noise, anger, resentment, hate, love, compassion, kindness, and caring, which register as pain or pleasure.

Hearing the breath circulating with perfect rhythm or the steady beat of the heart extends the perception of smell, sound, and taste. Light impressions are felt inside the brain. Rhythm and waves of energies are visually seen and physically felt. Piercing high pitched sound is received in the right ear moving to the left causing an energy surge. Dramatic vibration changes such as these cause visual and audible impressions to be registered in the mind.

Every angle of experience creates a deeper impression on the soul's inner and outer world. This is reflected in the day-to-day experience. While one sense is suspended or impaired, another takes over to witness an action or emotion from a different place inside. While all of this happens within the body, it has its counterpart outside of the body during sleep.

It is during sleep that one explores higher dimensions of spirit/soul consciousness. While awake in consciousness but out of the body, one walks the path of transformation. It is in this altered state the spirit/soul becomes aware of sights, sounds, and smells never before recognized. The conscious mind is aware of two worlds now, an inner and outer world. Earlier, on a subconscious level, soul felt and heard the heartbeat, pops, cracks, creaks, rushing sounds of water, bells and the continual ommmmmmm while waking to sub-conscious sounds. This brings about new levels of awareness. Now all of these same impressions will slowly seep into the conscious mind.

A telephone rings but there isn't a phone in sight. One hears the sound of the ocean as though sitting on the shore, church bells ring, and birds sing without any bells or birds in sight. Sounds come into the mind as thought images and words.

Receiving and transmitting, the mind records conversations heard from a distance. One with the energy flow, attuned to a particular frequency, soul hears and sees through the eyes of others. This all manifests because the meditative mind is on alert. The individual is now considered psychic. Barely getting started, the soul spirit is tested, and many will be caught up in this low-level experience.

These beginning soul impressions register a shift in consciousness as observation and detachment are cemented firmly in place. Windows into higher consciousness are available for use provided that we reach for higher truth through God's Will every step of the way.

When involved in the inner activities of the body, one cannot develop the ability to scan the frequency band. This inner discipline will one day expand into concentration as detachment opens the mind to communication and realization on higher frequencies.

Drawn inside like a magnet, meditation without ceasing is mastered over time. This journey is one of intense personal discipline. Soul is tested over and over from every possible perspective until awareness is present as mindfulness for self-remembering.

What is this world if it is so different from what it appears to be? Soul begins to explore the outer reaches of the mind. A strong vibrational presence as intelligence is recognized. This presence is always there empowering a massive system of creation called the universe. Observation and detachment give the soul another aspect of realization, namely the ability to experience and witness the essence of spirit power. One watches the stream of Divine Will before ever knowing what it is.

Going beyond the sights and sounds of the inner world, one's perception of the outer world becomes altered.

From the personal point of view it appears that life is about the individual as a human being. The human being is born, and learns by observing others, until he is able to project his thoughts and create for himself. Soul is instructed by others and is soon expected to follow this training. The renegade rejects this input to develop personal methods of creation.

The individual survives through projecting desires and wants to others. Some receive the command and participate, and others reject the suggestions totally. The person continues to send forth commands; sometimes they are successful, but many times they are ignored. Time passes, the process of give-and-take continues until the individual burns out the body and dies. Detachment says this is the illusion, but if this is the illusion, then what is reality?

Who am I? What am I here for? These magical questions reorganize the brain cells, shifting inner perception, in preparation for that next glimpse of inner truth, reflecting the soul's desire to seek independence. Ready to think for itself and take the consequences, soul increases the male and female electrical force field. Spiritual currents of light flow into the mind to erase thought and to create the flash of light for insight. The soul must now gain its capacity to hold light as energy to itself. This soul quality, absorbing light, is essential to the continued progress.

A Guide to Simple Meditation

Anyone who sincerely dedicates time to finding quiet within, will experience an inner knowing and power that is beyond words. This power or life force in full manifestation is what eastern religions call Kundalini.

I was not brought up in the eastern tradition, yet, this power naturally awakened within me. The subtle physical body has centers or chakras, which correlate with glands along the human spine.

This Kundalini energy started to move up and down my spine while I was still a small child. When I began to read about eastern spiritual teachings in my twenties, I was grateful to see my experience in writing.

Truth is woven through religions and philosophies worldwide. Words are different, methods and techniques vary, but what manifests is the same, with a slightly different perspective.

Throughout the years of spiritual study, I would experience a frequency change in my body, and then a book would turn up to explain what took place. This has happened many times in my life, and continues to this day.

Kundalini energy became a part of my day-to-day experience when I was a child being taught by our Blessed Mother about prayer and learning about God's Will for me. Since I was already plugged into the power stream, so to speak, I was intently alert to the vibrations of the Holy Spirit. Holy Spirit energy awakened what I would later know to be Kundalini life force.

In Chapter Five of "Good and Evil In Our Times", I shared my story of awakening. I will quickly review certain points here.

As a child I had a clear sense of being a soul, and a driving ambition to study myself from the inside out. This inner drive was me responding to my spiritual call to awaken in preparation for Christ Consciousness.

I had self-remembering and second sight from an early age; I could see into the spirit world. It isn't that unusual for babies to have second sight carried over from the memory of the other side, but it is unusual for a soul to maintain this consciousness throughout an incarnation.

Expanding my ability to understand was a divine gift of grace. Balancing Kundalini allowed higher powers and knowledge of other dimensions to be assimilated into my consciousness.

I can still remember lying in my crib as an infant on a hot pink satin comforter that had lime-green dragons embroidered all over. It is somewhat unusual for a baby comforter to have dragons, but it could not have been more appropriate for me. I came into this body on November 12, 1945.

This blanket became my constant companion. I had come into this world to tame the dragon, to ride the wild ride and become a spiritual warrior in the spirit world while in a physical body.

My first memory of experiencing active Kundalini energy was when I was two years old. We had just moved into a house my dad remodeled for the family in Virginia City, Nevada. It was set in a beautiful large yard on five lots. To go into the house you walked down a long driveway, down six or seven stairs to the lower part of the yard where we entered the house. The yard was built in terraces, since the entry to the house was steep.

Jeanne, my oldest sister, was nine years old. She had a beautiful new red wagon. Without my parents knowing, she decided it would be a great racetrack down the hill. Totally enjoying the show, I followed her up the steps and up the hill, still inside the yard. I wanted a ride so she put me in the front of the wagon and she got in the back. Since she couldn't steer by dragging her feet as before, she got scared and jumped off. I went over the five-foot bulkhead in the wagon, landing on my head.

I still have the scar. That was my first experience of testing what this body of mine could do. I discovered it didn't fly well, as it landed with a thud which caused a new sensation called pain. Throbbing in the head came first as blood gushed down my face from between my eyebrows and at the top of my forehead. After everyone calmed down, Dad rushed me off to the doctor's office for stitches.

This carefully timed incident was to have a strong impact on the rest of my life, as the third eye center was now opened. I had experienced the first of many physical incidents called accidents, which would, however, open me up to a wide array of spiritual energies. These forces would change my perception throughout my youth.

The next major wake-up shock to the third eye occurred at age seven when I was hit between the eyebrows with a rock. We had been playing like all kids do when my tomboy girlfriend, Sissy, baptized me. This trauma to the third eye center was again a spiritual manifestation of awakening.

What did these two incidents do? These so-called physical traumas, not unusual for children, opened my eye and administered the first direct realizations of inner sights and sounds.

When I turned ten years old, the third incident occurred. This time I had cysts growing inside the bottom and top of the eyelid in both eyes. The eye doctor told Dad I would have to have them removed. He would do it in his office. It would be bloody, but he said, a courageous little girl like Gloria could handle it.

I remember this experience as though it were yesterday. The 1955 methods seemed quite primitive, but perhaps this is still done the same way today. Needles were used to hold the eyes open. Dad was to be by my side for support. But, Dr. Clark quickly changed his mind after looking at my father's pale face. I received a Badge of Courage for this experience, as well as two weeks with patches on my eyes.

This was a remarkable experience for me. The patches blocked all light, and there was no difference between day and night, asleep or awake. One minute I was talking to my mother and the next to another spirit person with me in the room. I could see into the invisible world very clearly. I had an angel with me to keep watch over me.

My parents would ask whom I was talking to. One night in the middle of the night I put my clothes on and was leaving for school assisted by my guardian. My mother stopped me at the door and took me back to bed.

It was an exceptional time. It was also a time that I consciously felt Kundalini energy rise from the base of my spine up the body and into my heart and head.

What is Kundalini? It is a dormant power source located in the base of the spine (where the rear end meets the earth as you sit straight up on the ground). This energy is asleep and remains so until the proper situations have occurred within soul consciousness to provide a safe awakening. Since it is coiled three and a half times at the base of the spine, it is referred to as the spiritual serpent; it was the dragon I would tame. It remains dormant in this position until the right circumstances waken it from its slumber.

Premature awakening of Kundalini is thought to be very dangerous, and it could appear that way. However, in our time many will experience the awakening. Meditation and Kundalini awakening will transform the perception of the awakening process and erase all fear.

People think the movement of Kundalini starts from the bottom center and goes up to the crown chakra. It is my experience that life-force moves up through the bottom chakra from the earth center, while it also flows down into the body from the crown chakra above.

The body is the receptor for these energies coming from earth and heaven--as above, so below. The fourth chakra, the heart chakra, is the meeting ground. It is the center of the meditative experience. I call it Middle C, or the zero point of silence. When in perfect harmony, the energies move up and down simultaneously and meet in the love center, the fourth chakra, also known as the heart chakra. This is a dynamic balancing center where one meets the Christ and is consequently awakened to the power of the Holy Spirit.

Although I have experienced gradual awakening since childhood, this is the first time I have put my experience about Kundalini in writing. Eastern books communicate to the eastern mentality. My inner teacher, coordinated with out-of-the-body teachers has taught me. Words and sounds are complex and difficult; mine is a western experience and is communicated in western terms, with some usage of eastern terms. We should be eternally grateful that our western culture has opened to spiritual realities manifesting as wisdom from other cultures. Advanced spiritual brothers of the east have supplied the light to transform the western mentality for spiritual realization. Meditation allows one to experience each chakra separately; however, the interior knowledge is built on the system as a whole, as one must experience the body as whole. Therefore, in transformation, all becomes as one.

Each chakra is a vortex of power. When operating in perfect balance, the chakras become receptors of cosmic force flowing into the body from universal sources, heaven and earth. Each chakra is adjusting, fluctuating back and forth between matter and energy, negative/positive, or the yin/yang of the orient.

The body is the instrument used to house life force until a gradual awakening manifests. A bridge of consciousness is built from the awakening powers in the subtle body to cosmic forces entering, as the stream of Divine Will. The universe and world vibrations are set to block the transmission of these energies until the soul/body is prepared.

We live at a time of renewal and spiritual awakening. Blocks are being removed. People are experiencing, and will continue to be affected by forces of low and high frequencies as never before. Those who have prepared the body for this transmission will receive and absorb the light. Those who are in denial, or in any type of addictive behavior, will most likely have a problem.

I have been carried into awakening through the grace of God. Faith and humility create the attitude of hope and openness. If this is new to you, don't panic; simply adjust your attitude and prepare for spiritual discovery.

Using my Catholic spiritual background, Mother Mary taught and carried me through the first twenty-one years of my spiritual and physical life. My master and teacher Jesus Christ took over from the time He initiated my awakening.

Most people are not aware that Holy Spirit fire and Kundalini are the two separate forces used to regenerate spiritual awakening for those who are ready to work with spiritual realities. The Holy Spirit is the force from above, and Kundalini is the force from within. One force is in the body ready to be activated, the other is brought into the subtle body from Divine Will to connect the human will with God's Will. In eastern

terms it is called Maha Kundalini when it manifests as the sum total of energy in the eternal world, and Kula Kundalini when it manifests as the psychic energy in the individual.

The blocks in place hold steady until the nervous system is developed and capable to house the increased intensity of life force. The nervous system is so constructed that another dimension of electrical cables must develop to connect up the frequencies for spiritual teachings to occur. Changes must take place in the brain and the nervous system before the first light explosion can manifest. This book will explore the centers, what each represents, and techniques for slow, steady awakening. I am sharing my experience as spirit directs this communication.

Living on planet earth, the body's electromagnetic field is finely tuned with the vibration of the earth frequency. Gravity connects us into the frequency of earth and we are immersed in this vibration just as fish are in water and birds are in the air.

The first thought seed to explore in meditation is the earth. In order to become aware of this, sit on the dirt, take your shoes off and dig your feet into the earth. Then feel the energies of earth in your hands; now you are bonded to the earth. Native American Indians know the earth as spirit; it is the basis of their spirituality, and we need do the same.

As we sit on the earth, we acknowledge a deep attraction and connection to electrical currents coming out of the dirt, sand, and rock. The earth is alive; it is energy. It has a force field, and as water is power, so the earth is also power.

Children love to sit on the ground digging their little fingers into the dirt. They feel the energy through their sensitive little bodies. As mentioned previously, the first chakra called the earth or root chakra can be experienced where the rear end touches the dirt when sitting straight up. It is a vortex of energy that moves by circulating like a wheel.

First acknowledge the ground under you; communicate with the earth through your consciousness at the base of your spine. Watch and feel your energy currents connect up with Mother Earth.

Don't do anything. Acknowledge the connection. Thank Mother Earth for inviting you to connect up to her. All of life is energy. We build from the element of life that houses our bodies, the earth.

Acupuncture works through physiological nerve pathways called meridians. Oriental medicine approaches health as a healing of these energy pathways, which regenerates the bodily functions by balancing the yin and yang life forces within the body. I highly recommend acupuncture since it changes the energy consciousness in the body.

Earth, The Root Chakra

Sit quietly, acknowledging your place in the earth frequency. Then turn your attention to the sphincter muscle in the anus at the base of the spine.

This sphincter muscle controls the energy coming up the spine. I was taught to regulate the energy flow through this muscle; later on I learned to control the flow to the sciatica nerve. When Kundalini energies are moving and an injury occurs to the spine, it causes energy to go down the leg (which the mind translates

as pain from muscle spasm). I was taught how to use the sphincter muscle to stop the leakage of energies and keep the energy flow going up. In the developed spiritual body the centers all turn up like a flower reaching for the sun.

Acknowledge and pay your respects to the universe, up and around, and down into the earth. Connect them through your consciousness of earth and the heavens. Invite the forces to come together in your body. Trust and relax. Breathe slowly and deeply. When you recognize a thought, simply let it go. Do not judge your experience. It is perfect for you. When you feel you are finished, express your gratitude to your Father/Mother God.

As I continue my story of awakening I will mention other incidents/ accidents in my life. (It is highly unlikely, however, that you will experience this method of awakening.) I was assisted from the spiritual world using accidents at age thirteen, twenty-one, thirty-one, and thirty-nine. I had two car accidents, a motorcycle accident, and a fall in a grocery store, to be exact. These experiences caused three back surgeries, two in the lower spine and one in the neck at the throat chakra.

Each body crisis provided a safety check, which also opened my window to learn, and control the energies awakened in my body.

Throughout the process I knew that this was directly related to my spiritual awakening. I have seen my body, and the earth and cosmic forces working together in Divine Will to create my awakening into the light. Can you understand why detachment is so important to the process of awakening?

I would go to the hospital where nurses and doctors generally see nervous, terror-stricken patients. When I was asked if I understood the surgery, I replied yes. Do you have any questions? No.

For me a spiritual crisis means insight, time to work in my soul/spirit body away from the physical world, which translates into spiritual discovery. It is always an opportunity to lay the body down for a week to six weeks and work full-time in spirit without interruption. I really do check out. After my second back surgery I had absolutely no memory of anything for two weeks. I was completely conscious, happy, talking, but I wasn't there. Each experience has brought me face-to-face with the unknown. It is the light of spirit that erases darkness to make one fearless.

I watched my first surgery from the ceiling in the operating room, and I listened to the doctors and assistant talk about riding their motorcycles. I was tempted to tell my doctor what he said, but my inner voice made me keep quiet.

There are many books written by eastern teachers on the subject of Kundalini. A book I recommend is called "Kundalini Awakening, A Gentle Guide to Spiritual Growth", written by John Selby. His instruction is plain and simple. You may wish to use it, along with my experiences, as a window inside to your Christ self for awakening. Step one is to open to the inner world to observe and listen to spirit. In "Good and Evil In Our Times", I wrote of good and evil and how these opposites exist on earth. On a subjective level neither exists; however, we live in matter, on a planet where the vibrations of both good and evil compete for control. God's Will is that we learn about good and evil within our world and ourselves. As we awake to our participation, we also access the ability to undo our creation by withdrawing our energy from it.

Since no two people have the same awakening, my experience may be irrelevant, but my education and training has been for this time in which we live. I have learned to work spiritual frequencies into my life situations and have created a female vibration within a system of gradual awakening. I have never read a book written by a woman on the subject of Kundalini awakening, and I have read many books.

Individuals that are lacking the ability to detach and discriminate struggle with simple circumstances. Lack of awareness causes them to manipulate and to try to change people and circumstances, instead of dealing with real problems, their own outlooks and attitudes.

Detachment removes mental and emotional confusion. One develops faith and trust in the universe by becoming a part of it. The body, more than it appears to be, is connected to universal forces through a developed subtle body, and through the element earth. Through Mother Earth, God is represented "as below." The God represented "as above" we will know through connecting to the cosmic power of God. This energy we experience as Divine Will, or Ain Sof, limitless light. To know God we must become so absorbed in the cosmic frequency that the self lets go and simply dies in joyful union with its creator.

Chapter 5 - The Second Chakra

By Gloria Joy

The primary purpose of meditation is one of liberation, fusing the individual with the universal. On a more mundane level, meditation has become an accepted good health practice for young and old alike. The benefits from this form of relaxation and quieting of the mind have brought the concept of peace, healing through inner listening to the consciousness of millions. Doctors now teach meditation to their heart patients. Cancer and AIDS victims use quiet time and centering to explore and activate higher dimensions for visual and spiritual healing.

Some see this as a passing phase, but it is much more than that. It is a necessary step in evolution as psycho-physiological changes are occurring in the human nervous system and brain. As a spiritual manifestation, it reflects soul awareness bringing light into man's thought process as he turns his attention inward. Man must seek to know himself in response to the magnetic pull from his soul.

Since the process of going inward starts a new level of education, it changes life in every respect. Those who have integrated meditation techniques into their lifestyles find food and sleep patterns change drastically. It is not unusual for an advanced meditator to sleep four hours a night and be energetic and refreshed, regardless of circumstances. The mind and body radiate on a higher frequency, and because of this, sleep is more natural and productive. Going to sleep can be as easy as making the decision to rest, letting go and leaving the body. As I walk from my bathroom to my bed at night with the lights off, I often say something like; "I am now going into a deep, peaceful sleep."

After this powerful suggestion, seldom do I remember anything until I wake from the dream state. Meditation affects more than the mind. It regenerates and brings harmony to the whole body, spirit and soul. The first thing the individual recognizes, as his perceptions change, is his state of attachment and involvement in the affairs of the world. From this moment on, honesty and self-reflection will fuel the engine of spiritual discovery.

Meditation means taking the focus out of the world and re-centering it on silence within, using observation to step away and reduce mind chatter. At first it may be a challenge to monitor thoughts during daily meditation. When meditation becomes focused as a part of one's lifestyle, change occurs in direct relationship to the level of commitment.

Soul remembering begins as observation initiates active soul participation. Duality is discovered as soul energies connect to Divine Will. Higher and lower selves come into the picture and the individual clearly experiences life from two places inside. One self is human, the other divine. Although this dual state of knowingness is filled with struggle and conflict, it is a very important time as the individual acquires a solid awareness of detachment.

Detachment clears the vision. Now it is a matter of gradually removing the energy from the ego and personality. By aligning personal will with God's Will a new consciousness for transformation is born. Soul

will one day identify with spirit. The realization will be that of spirit/soul, rather than soul/spirit. Becoming conscious of consciousness expands perception and centers the spiritual light in appropriate chakras for transformation.

In the more advanced stages, the role changes from that of an intellectual observer to a soul in union with a deeper reality, spirit. This higher awareness is timeless, as the universal life force draws one further into the mysteries of the visible and invisible world of manifestation. On a transcendental level, the inner world appears as sound, light, color, form, thought, vision, rhythm, and a harmony of inner experiences as reflected through the Buddhist teaching 'The Wisdom of the Great Mirror.'

The mirror-like wisdom shines through the light to stop the struggle for 'thingness,' which creates what Buddha calls 'The Wisdom of Equality.' This equalizing frequency takes soul from the cool, detached attitude of the observer to the warm compassion and understanding of the all-embracing love for all that lives. This new attitude brings soul the consciousness of recognizing and seeing oneself in others.

The third movement in the meditative experience is called 'The Distinguishing Wisdom.' This point of realization transforms the mundane intellect from discriminating/judging to the intuitive consciousness expressing the active soul ability to communicate one's inner vision. Such a vision transcends mere sense awareness, leading the advancing soul into 'The Transcendental Experience.'

Gopi Krishna, an eastern teacher, describes yoga as a trans-human state of mind attained by means of a cumulative effect of all practices combined, carried on for years, supplemented by grace. The window of the soul cannot be forced open; the aspirant learns to patiently await grace to provide the circumstances best suited for opening. Patience is a guardian at the gate of realization, the custodian of these forces. The brain is programmed to know when the time is right. Light will then penetrate the perfect spot in the brain to produce soul consciousness. Remember that both outer and inner frequencies have to be harmonized for awakening to occur.

Many have tried to force spiritual awakening, only to pay the price of poor judgment. Arrogance and impatience are not characteristics of the spiritually tested and disciplined mind or body. What can occur? Alan Watts experienced this partial awareness which culminated in a misguided awakening. Filled with sexual desire, an addiction to nicotine and alcohol, interest in women, and a lack of enthusiasm for exercise, what he describes as a 'wayward spirit', led him on a path of confusion and great anxiety. This is an example of the deadly 'back door entry' into the other side.

Adolf Hitler also chose drugs and sexual perversion for entry. Hitler, as a black master, manipulated his awakening through every means available, especially drugs, sex, and massive bloodletting. Lower forces were used to obtain second sight. History records his fruit. Hitler understood the principles used for awakening on the path of light, but avoided them like the plague. Nine million of his German countrymen were killed, not counting the millions killed in concentration camps.

Hitler's view of those selfless ones that chose to do God's Will was that they were nothing less than a bad joke. His emotional outbursts and mad ravings reflect the behavior of Kundalini energies affecting his brain pattern and the nervous system. Just before the end of the war, Hitler had uncontrollable shaking on the

left side of his body. A person with active passions for life and obsessed with self-gratification, is not prepared for the type of detachment one must master for awakening.

What develops through desire and misguided will is an active Kundalini force pressing on the brain and reproductive system. Fear is then connected to this premature awakening of Kundalini, as reflected in this vibration.

Once the call to look within is received from the soul, letting go and the purification process naturally drop into place. That is, unless ego and self-gratification block the ongoing instructions on self-discipline. Testing is important since the soul must consciously choose God over self.

These two forces don't mix. Problems arise as negative forces manipulate the individual through thoughts and emotions. Heightened awareness will still exist, but there is only a passing realization of bliss. Instead of a solid foundation laid through observation and detachment, self is involved in gaining strength from every available source on the outside. This individual is on a course with spiritual disaster.

Detachment is the guardian force of awakening, it is literally your guardian angel teaching you to see and experience on a higher level. When lacking in consciousness, the individual will look to elemental and demonic forces. Shadow creates confusion, anxiety, fear, depression, and other neurotic or paranoid conditions; the angel of light comes to us through the Holy Spirit to counteract these energies through detachment.

Hospitals house many people who are caught in the illusion and terror after having entered the invisible world unprepared. Not knowing what they did to get to the other side, nor understanding what they feel or see, they experience terror and horror as the mind, emotions and thoughts of lower frequencies come under the control of lower astral forces. This is not the way it was intended to be. These lower vibrations must be transformed through higher spiritual aspirations before the spiritual window is opened.

When these unbalanced energy forces push in, stress and static energy attack the mind and emotions, causing confusion and desperation. Unprepared to handle direct contact with the invisible world of spirit, conflict and fear thrust the unprotected individual into direct contact with evil. Opened to spirit force and lacking the spiritual frequency of grace, the impatient soul faces the shadow head-on. As the darkest part of himself, the shadow collaborates with the forces of the underworld, hoping to claim the soul.

Discrimination and detachment give one the inner ability to look into the mirror of self. Shadow is still there but due to grace from the Holy Spirit, regeneration and transformation can now progress at a rapid pace. Spiritual awakening is self-undoing. There is no easy way through the spiritual mine field. Why am I telling you this?

The Second Chakra is the Sex Chakra

Men, more so than women, have a difficult time when activating the second, the sexual chakra, through meditation. Sperm is considered the essence of spiritual power in the male form. When it is regularly misused through sex, it is lost.

One need not abstain completely, however. The male must be trained to activate the second chakra without losing energy. The Holy Spirit will guide him into the pure frequency of love where he will learn to love without losing energy to lust.

Women, on the other hand, do not experience the problem of ejaculation; therefore it is easier as a female to work with spiritual energies coming from the sexual chakra.

Are Women Called to Awakening?

Existing spiritual writings on awakening from both eastern and western philosophies and religions are almost always concentrated on the male.

Attitudes from the past often project that women would not receive the call initiating spiritual awakening. This attitude comes through the strong belief that the woman is responsible for the upbringing of children and care of the home.

Women are traditionally the caretakers of the day-to-day duties of survival. In the east, a man could receive the call from spirit, choose to be a holy man, become celibate and simply leave his wife and children without any repercussions. It is and was acceptable for a man to wander alone in search of truth. The female aspirant could not do this.

Consider the apostles at the time of Christ. When Christ said, 'Follow me,' the men listened and left spouses and children in fulfillment of his instructions. In this case, women were totally responsible for the family.

This attitude exists even today. When a woman becomes pregnant out of wedlock, she has the responsibility of the child. It is not unusual for a man to deny the experience totally and walk away as if nothing happened.

There are many preconceived thoughts about women even in our day. While it may be less likely a female would choose the road of Mary Magdalene, the invitation to leave the past behind and follow Christ is there. Sacrifice is necessary for everyone that walks the narrow road to Christ Consciousness or what is in eastern terms called enlightenment. Women have the ability to listen and acquire self-remembering, the same as men.

I received the call, have a wonderful husband, raised two beautiful daughters, helped raise many foster children, communicate on the internet with people from all over the world, and continue with life responsibilities while centered on my spiritual journey. Detachment allows one to wear more than one hat at a time.

My spiritual instructions have shown me time and again that God is not prejudiced. He doesn't prefer men to women. A soul that is called home, man or woman, is a reason to rejoice. God doesn't pull one part of his creation to Himself while shoving away the other. We are not male or female to God. When soul calls out to God for awakening, the call is answered.

My assignment has been to bring light into this important aspect of male/female realization, which is in need of regeneration. Women have every right and obligation to answer the call from soul. Women are

now receiving direction from the Holy Spirit since they have an equally important mission to perform on earth. Female energy in the heart chakra draws the lower frequencies up and the higher frequencies down to unite in the pure current of love. Balanced female energy is valuable and essential to the awakening cycle.

In the area of awakening in the second chakra, women have the advantage. The female is already the creative aspect in manifesting form; her life force is held within and nurtured as a natural act of the creative function.

They say the womb and the heart are connected in women, which translates easily into inner knowing and intuition. Since it is already an essential part of her experience, she can easily choose to move beyond the sex drive of self, into a more profound awareness of love.

Women bond to their children and experience life as though one with each child. Consciousness of union is already developed within the female psyche; therefore it is natural for her to find union with others.

Many women are confused and lost in the sex cycle. Yet, self-discipline focused on Divine Will can free one from human passions and desires. The right set of circumstances stimulated from within can quickly transform this lower consciousness.

When a woman misuses her sexuality, she is her own worst enemy. The expression of female sexuality is at an all-time low in our present time. When a woman sells her soul for money, fame, power, or sex, she causes harm to every other female, as mass consciousness attitudes are often formed using the least conscious individuals for the example.

Spiritual awakening cannot come to the unbalanced female because she serves and is an instrument of elemental forces. If she could see the lower forces working through her to stimulate others, she would not be proud of the things she does against her higher knowing.

The root chakra and the second sex chakra work closely together. The base, or earth chakra, is centered on survival, the reproductive nature and continuing of the species. Many women today see sex as the tool to equalize the power in ordinary business and world affairs.

The second, or sex chakra, represents water, which reflects the actual flow of seminal and vaginal fluids. Through the act of making love, the first and second chakras become active sending a rush of energy throughout the nervous system. This wild surge of electric fire is what defines the Kundalini experience in the awareness of the world population at the present time. This orgasmic experience is actually the moving of Kundalini through the first and second chakra, passing throughout the nervous system.

Observation of the self in response to sexual stimulation is part of the meditative training. The exact location of both the first and second chakra will come into awareness when one can be the observer while having sex. Once you have identified its placement, it is a matter of opening oneself to Holy Spirit power for inner teaching to move on to higher centers.

Don't misuse sex. This is essential to awakening! Observation and detachment are the most important ingredients to be mastered in order to initiate this newfound awareness.

Yin and Yang, Male and Female

These are the important aspects of each chakra in regards to Yin and Yang:

The first chakra, earth, is masculine, solid, active, earth and yang.

The second chakra, sex, is feminine, liquid, flowing, and yin.

The third chakra, power, is masculine again, willful and yang.

The fourth chakra, heart, is feminine, loving, integrating, and yin.

The fifth chakra, throat, is masculine, manifesting, logical, yang.

The sixth chakra, third eye at brow, is feminine, intuitive, mysterious, and yin.

The seventh chakra, crown, is masculine, pure bright light, and yang.

The heart center, the fourth chakra, is where imbalance from the four yang centers is finally brought to perfect harmony with the three yin chakras. It explains why the heart chakra is so important during meditation. It is where male and female energies meet to find equilibrium.

The forces are constantly changing from yin to yang and back again. Each chakra is surrounded by a center of the opposite charge, so the dance between yin and yang is constantly occurring.

One cannot be overly fixed in any one chakra. To be alive to the movement of the spiritual dance, we must learn what it means to live with and in the movement of positive and negative energies, from outside to inside and back.

Holy Spirit energies cause transformation, producing a refined ability to create harmony out of disharmony, order out of disorder, and love out of hate.

Any attempt to ignore the human sex dynamic creates a foundation for mass mental illness and dehumanization. Letting go and changing priorities is the path to awakening consciousness. One acquires the simple virtues of cleanliness, honesty to self and others, and equal respect for both men and women, in order to flow with the Holy Spirit.

One learns to feel the body from the inside. We learn to recognize and register all information coming into the body. This requires learning to interpret the body's language and integrate this knowledge into the inner knowing for spirit. In part this plays out in the dream state when the conscious mind remembers its dream vocabulary.

These are mysteries that will be revealed to each soul through the grace and power of God working through the Holy Spirit.

Chapter 6 - Will Power, Self and The Third Chakra

By Gloria Joy

Anyone deeply involved in making things happen is already aware, at least from the inside, what it means to use the third center of willpower. This important power center is located in the solar plexus. When man makes up his mind to accomplish something, he wills it to be. The will to create is seated in the third chakra.

One cannot maneuver in the world setting without utilizing focused will as the combustion to empower creation. This chakra deals with everything personal, i.e.: I want, I think, I know, I need, I desire.

Both organizational skills and the power to bring dreams and creative urges to fulfillment relate to this center of the subtle body. In undeveloped soul consciousness, the solar plexus is vital to the well being and success of self.

Before one can become soul conscious, he or she must obtain a degree of mastery over personal creation. This involves acquiring the ability to use free will and direct one's thought power. It is when an individual becomes attached to ego and self that problems arise.

To develop consciousness and higher purpose, we go beyond the abilities and knowledge of free will as connected to the self. This level of the thought-driven self can easily become overactive. The self naturally strives for more.

The trap is now set for the evolving soul consciousness. To avoid this trap of illusion, one must have grace to disengage the self and surrender to God. It is through grace that higher consciousness is drawn down for the next stage of the awakening process. Many get sidetracked here, but there is no need to worry since grace comes to us more than once.

On the dark side, occult forces wait with the perfect set of circumstances to approach the self-absorbed soul. It is during this time of 'self-love,' when the soul is vulnerable, that danger is in the air. Satan is known as the 'Prince of the Air' because it is in the astral plane that illusions are set to ensnare the evolving soul. Acting as a manipulator and tester, rather than a worker for humanity, the lower aspects of personality and ego connect up with dark forces to sabotage the work of higher consciousness. (Let's not forget, however, that the lower forces are an important part of the teaching system. There would be no real advancement without their service to Divine Will. Satan is very much a worker in the overall plan of creation.)

To master creating in order to obtain, one must take from others, as the soul needs tremendous energy to manifest wants and desires. The soul filled with self-love must constantly feed the passions since the beast of self-indulgence can never, by its very nature, be satisfied.

Through the use of will, intentional or not, man manipulates those with a weaker knowledge of self-creation for his own personal gain. Hidden by shadow force, a short free ride is enjoyed while ego (the true

Satan) sits arrogantly on the throne of ignorance. Soon, however, the responsibility for misuse will be registered and the consequences of each action will be seen and felt.

Adolph Hitler had a hyperactive solar plexus center powered through the second and first chakras using perverted and grotesque sexual fantasies and indulgences to manifest his creation. Hitler avoided the climb into higher awareness by using his will to draw demonic forces to himself. He was certainly not an ignorant victim.

Violence, self-indulgence, and obsessive behavior are signs of self-love. Hitler was a perfect example of what self-indulgence through ego can do when assisted by the forces of evil. It is a mistake to believe forces of good and evil don't exist. This world is made up of high and low forces. It is also true that one chooses (by one's actions and/or non-actions) the side or force through which one may wish to work. That is, in fact, how all of life manifests for good or evil. Sometimes it is hard to believe that just one individual could be directly responsible for removing untold millions of people from the planet. World War II was Hitler's desire and destiny, as was the holocaust. It is clear the fruit of his gift to mankind was one of evil and destruction. Now it is time to learn of the forces that directly assisted him, both in the visible and the invisible world of creation.

Many people lacking self-confidence, who have difficulty mastering personal wants and desires, and are unable to fulfill their dreams, are easily influenced by those in the infancy stage of black magic, who manipulate others.

If these energies are not diverted for higher soul learning, the soul naturally falls into collaboration with elemental and demonic forces.

Since the unseen world of spirit forms work beside man in the creative process, it is important to recognize the divisions of power. Angels, devils, elemental and demonic spirits form the spiritual pool. Each of these belongs to numerous orders and divisions relating to different planes of manifestation.

Since man relates and experiences the world of matter from his senses, generally there are no impressions beyond those of the three dimensions. This is the illusion. One is aware of other dimensions in sleep, perhaps only subconsciously, but the knowledge is there and it is stored inside.

It is safe to say that angels, though divided into many orders and classes, generally possess good characteristics and endeavor to manifest good in the world.

In the material universe angels are the responsible administrators of Divine Will. They are superior in power to men, spirits, elementals and devils.

Elementals are the forces of the elements of nature. They are the administrators of a specific current of energy connected to elements such as water, earth, fire, or air. They are superior to man in intuition but inferior to him in many other ways.

Elementals closely resemble animals in nature; they are not inclined toward either good or evil. When they are around those with good intentions, they assist in the will for good, and when they are around evil intentions, they assist with evil. Nature spirits therefore are easily manipulated in either direction, and greatly affect life on our planet. When they are dealt with respect and understanding, they respond in kind.

Devils are more powerful than elementals. Their actions are directed toward evil to parallel the work that angels do for good. Their malignancy is far worse than an evil elemental since they are not limited to a particular element or current. They operate with full consciousness and intent to influence and manipulate a far greater area. Demons are almost a synonym for devil; they work to enhance themselves through the process of evil.

Devils, demons, and elemental spirits manipulate man through sex. Sex fuels lust and passion. Both are intense vibrations turned inward for self-gratification. Pain and pleasure are both used to enslave souls. It is not surprising that perverted sex involves grotesque forms of sexual fantasy, since pain and pleasure are used to destroy the purity of the soul.

When sex is misused, lower projections enter the mind to manipulate and create vibrations of confusion, jealousy, mistrust, and violence. Misused sex drops men and women into the most vulnerable area of life experience. When sex is experienced often with multiple partners as stimulation, lower forces are directly in control. Sex is the trap into which most fall and consequently are lost.

Once passion or obsession takes control through sex, it isn't long until drugs, alcohol, or other addictive behaviors enter the picture. Living on the level of self-want and desire, one is stuck in the thoughtform around the grotesque images associated with passion and lust, and one indulgence stimulates the next.

A terrible void and emptiness is created deep within the soul as one becomes manipulated and controlled by desire of the self. Emotions and excesses on many levels continually create negative situations. When in this cycle of cause and effect, low-grade vibrations maintain a frequency of excitement, confusion, pleasure, pain, wild hysteria, and a host of lower expressions on this low octave on the frequency scale. Violence is easily triggered in this atmosphere.

On a spiritual level, elementals and demonic spirits suck life force from the soul essence leaving the host depleted of energy. Each of us is an energy source, and when we make choices that are wild and self-indulgent, confusion and the 'anything goes' attitude draws demonic forces to us. They project images and thoughts inside the mind, and the egocentric individual simply acts and reacts, going deeper into the maze of negative thought projections. This is the trap.

Many, if not most people, believe they have a guardian angel. If we understand that there is a specific angel by our side as a protector, it stands to reason that there is a force from which we need to be protected. While most people are not aware in consciousness of lower forces working through them, they do know there is something in their lives that causes emptiness, fatigue, frustration and mental problems. There is something around them that steals their life force and energy. Because of its manifestation, this is an accepted fact.

Seven Chakras Work Together For Awakening

We must look into the subtle body to discover secrets of the ancient mysteries lying within us. Think of the subtle body as a complex energy pathway that is connected to the physical body through glands, organs and the nervous system.

At the base of the spine the root or earth center reflects the earth element, which is the center of survival. Base instincts are in control here. One knows when danger is around through the rush of energy that flows through the body.

The second chakra connects to the element of water as it represents the sexual fluids released through sex for procreation. In its balanced aspect, sex for reproduction is essential to life on earth.

When sexuality is self-serving, however, moral problems enter the picture, which reduce the soul frequency. When moral issues are not held and maintained through higher soul intentions, there is nothing to fight off the attack from the lower forces. This is the state of mind in the world today. What is to protect the soul from the lower forces that are all around the human form?

The third chakra uses forces of earth and water to produce fire, which creates the fuel for personal wants and desires.

These three centers work together to manifest life as it is today. The average person of our day lives a purely routine life held together by desire, projected thought, and habits. Sex provides pleasure and stimulation, and it also offers the closest imitation to the world's idea of spiritual energy.

Working through the three lower centers, man has a narrow view of the purpose of life. Sex and survival supply the foundation for human experience. When an individual gets past the most basic needs of survival and procreation, he ventures out to explore and taste life in many ways. Temptation exists at every turn.

Those with simple needs generally progress naturally into higher states of consciousness. Those already obsessed with sex, money, food, drink, and other excessive stimulants, find it hard to pass up the desires and temptations.

The individual that empowers the ego with passion is the one most likely to become stuck in the first three chakras, since these are the energies used to maintain the third dimensional world experience.

The fourth center is the way to liberation. The heart chakra is where the mystic is born as the element air is added to the spiritual mix of forces. A powerful element called breath, or air, or in eastern terms Prana, becomes empowered by the interplay of forces from the first three chakras. When the energies of the lower centers begin to rise to the top of each center, a blending or harmony of sorts is experienced. This activates the fourth center where vibrations of the creator begin to register to the soul.

The mystic comes to life as devotional energies are released which brings knowing to the soul in the form of self-remembering. Higher instincts are stimulated, and soul memories flow into the mind. Devotion will eventually lead to the marriage between matter and spirit.

As the chakra where the flame of love is born and released, it is also the center which creates transformation. Here we have the four essential elements: Earth, water, fire, and air. They are now manifested in the human body through the four chakras below the neck.

The fifth chakra, the throat center, awakens one to the fifth element of sound. "In the beginning was the word," which takes us to the next level of the manifesting spirit which will be experienced within the course of studies throughout spiritual awakening.

As man uses his intelligence through personal communication to achieve wants and desires these self-serving energies restrict the frequency of the throat center. Solar plexus fire works in collaboration with the fifth, the communication center. This stage of development contains risk since the soul has not yet been empowered and committed to Divine Will.

The sixth chakra, located between the eyebrows, the third eye center, is where one encounters vision as light. This is where spirit energies are received and projected. It is through this center that we awaken to mystical forces and are able to interact with spirit through the expression of light entering the conscious mind. As we become aware that life is visible and invisible, everything changes for us.

We realize that dreams are the method we use to communicate with ourselves about our soul/spirit and higher frequencies. Connecting the life of sleep with the hours of wakefulness begins self-remembering. A permanent bridge of light is created, one cable at a time, until the bridge of consciousness is established and the soul's consciousness is finally acknowledged.

This interior process naturally evolves along with the opening of the heart center. Higher instincts manifest as the light is ignited in the heart, pulling the soul frequency up and away from the solar plexus. Love is first experienced through human concepts of caring and sharing. But it doesn't stop here, as another love is experienced that is far superior to the human experience.

This love is magical. It lifts, energizes, and transforms all in its path. Transformational love manifests as a mystical power directly related to the Holy Spirit and Divine Will, but detachment comes first. Once the soul becomes the observer, he or she will also begin to recognize the presence of God in his everyday life. This is cause for great rejoicing.

The soul is in the process of evolving out of the world of illusion to one directly connected to spirit and the presence of the Creator. This is the soul's destiny and it's wonderful period of awakening. Tears of happiness flow naturally since this is overwhelming to the soul, and realization of God's love leaves one meek and humble.

Change naturally results as the soul learns of the true and divine capacity of love. Inner knowing and understanding come about through each life-changing experience brought through the soft whisper of Divine Will.

Unconditional love is a very high frequency that fills the spirit/soul as one becomes centered on God's Will. Inner vision is gradually realized, as the head chakras become active. Each center imparts more of the gifts of the spirit, and each center relates to a spiritual frequency.

Spiritual training is maintained on two levels. One level manifests while out of the body during sleep, the other while in the body.

Nothing can be completely understood at this point because there are many parts to the experience, and like a puzzle coming together, parts of the picture are realized, but there is more to the whole. The spirit/soul is recognizing the nature of the inner journey and will continue to pursue truth at all costs.

The seventh chakra, the crown chakra, located just above the top of the head, is where cosmic powers enter the world vibration to directly transform the body and mind consciousness. Since this vibration is not of 'this world' limited communication, at best, is achieved through mental images. We know this center as the crown of Christ Consciousness, and enlightenment. This is the center where God's Will is made manifest in the human experience. Since it connects us to cosmic forces, the inner teacher, or Holy Spirit, will monitor soul consciousness in preparation for the full utilization of the crown chakra.

At this point of communicating the energy exchange, and interconnectedness of the seven centers, it is time to recognize that God uses energies processed through each center to create and transform life.

Since life in manifested form connects God's whole creation, above and below, heaven and hell, we learn of God by going through the three lower centers to find the middle road. The equalizing center is the heart chakra, which is really the root chakra of spirit. The heart is empowered through the Holy Spirit and enters the mind/body as the frequency of love.

The Holy Spirit, as teacher, becomes known when the spiritual frequency is sustained through commitment to Divine Will. One must prepare the body for the spirit, since it requires a pure mind, commitment to God above all things, and a disciplined body.

The journey from darkness to light is simply soul working to earn its place with its brothers and sisters in spirit as an empowered soul in the evolving universe. This spontaneous working of spirit re-directs spirit/soul energies until life force transcends the restrictions and limitations of the physical world frequency.

The objective at this point is to create through Divine Will and channel transformational energies directly into the earth plane to affect matter.

The spiritual aspirant in training will focus soul centering on one objective; that objective is to become heart centered. This is a major accomplishment on the path to self-remembering.

Many people in our day know about the heart center, as they experience it at times by sincerely caring and reaching out to others. They also know from inside that everything about them changes when they are out of self, moving spontaneously with the rhythm of the heart frequencies.

Meditation is used to take individuals into the consciousness of love as experienced through the alive state of breath called Prana. Prana has a mystical quality that is transformational as breath movement circulates and increases the flame of love from the Holy Spirit. Empowered by spirit it removes blocks, breaks down thought patterns, and creates the consciousness of 'now'.

One cannot be alive to the moment until one is absorbed in the fire of love, which transcends time and space. It is through the science of breath, Prana, that the love frequency is released which creates the vibration through which miracles work. This is a gift of spirit; it is mystical, transformational love.

While many are vaguely aware of the concept or thought of true love communicated as unconditional love, (it is a popular phrase of our time), direct soul consciousness of its frequency is lacking.

To live in the heart center one must break free of the restrictions and limitations of the energies of the solar plexus. One is awakened to this unique love formula when the energies from the lower chakras are brought into harmony, and raised up through Kundalini ready to serve the will of God.

Mystical love is experienced when the Holy Spirit releases grace into the mind/body consciousness. This grace will cause letting go and letting God---which must become the technique of study taught by the Holy Spirit. This frequency will continue in perfect rhythm until behavior changes are in place and the patterns from ego habits are eliminated.

Every time one dies to self in ego, another cell in the undoing is accomplished, and a light within the brain will reflect the change. Each undoing takes one that much closer to the frequency of transformation and the union with Christ in mystical love.

This is an important first stage in the process and its importance cannot be overstated. True spiritual insight is brought to soul by the Holy Spirit through grace administered through the heart center.

The Third Center, Solar Plexus Power Center

The center we are talking about today is the solar center, located in the solar plexus. Because it is solar, it is fire by combustion, and like the sun entering the earth vibration, its heat creates life. It is the fire of this center, connected to the two lower centers, which gives man the ability to create.

As human beings, we experience life from a personal viewpoint. We are born into the world in a specific vibration. We then gradually, during the first fourteen years of life, learn the art of survival. At first we learn to stay close to our parents, and as long as they provide for our needs, we remain connected to them through the mind, body, and emotions.

There is a built-in understanding, however, even if unspoken, that their service and guidance is temporary. It will be discontinued at the appropriate time so that the soul can be tested. Self must become productive and somewhat accomplished in solar plexus activity for the soul to reach the first rung on the ladder in preparation for higher spiritual training.

High school energies take the youth through adolescence. To experience the next cycle one must disconnect from what is known or familiar, which includes the parents on many levels. The youngster has many challenges ahead.

The young adult is not sure why, or what is happening, as the flow of consciousness changes. Deep inside soul recognizes that a shift in responsibility occurred, with the outcome that the teenager is to become an adult. Nobody has explained anything to the youngster, so there is much confusion for most.

Many societies prepare their young for this dramatic interior change through an initiation rite that takes one from the dependence of youth to the independence of the adult stage of life. American Indians have provided this teaching in the past when their spiritual customs were communicated, but western consciousness has not yet assisted soul with this important time of passage to adulthood.

This time of adjustment is difficult for the youth of our day. To delay the inevitable, young people manipulate parents to extend their security time. Parents respond by rearranging the growth cycle to maintain control throughout the decision years. The young adult must then suppress energies that would have naturally moved the teen into the next cycle of independence and soul responsibility.

There is much confusion in the mind of the young about what it means to become a responsible adult. If soul is not recognized as the driving factor behind consciousness, the rhythm and timing of awakening is easily interfered with through thought-forms projected from others. Parents, teachers, friends, and family can easily influence this process. This resulting confusion comes directly from the mass mindset.

Is it one's soul purpose to make thousands or millions of dollars in order to create a place of acceptance in the world? If so, soul must sacrifice its spontaneity to the thoughts and restrictions set by parents, teachers, and world opinion with no regard for the soul awakening process underway.

If the solar plexus is the center for fulfilling human creativity, then, by using proven mental methods, he or she must compete in his field of choice. He or she must create success according to the world's standards as controlled by this center of personal thought, desire, and self-identify. To do this, the individual must assert his soul energy for self and must project with determination. To have "success", to become that special "someone" and obtain respect from family and peers, soul consciousness must be delayed.

If this is the soul destiny in this life experience, restrictions will be acquired to hold soul energies to the three lower centers. Unfortunately this is the rule, not the exception, and the awakening process is stopped dead in its tracks. Again, the natural awakening progress can be interfered with; soul decisions for awakening can be pushed back one, two, seven or more year cycles.

Caught in the restrictions of the third dimension, children become less spontaneous as the years go by. They also become more active in the third chakra of self-creating. In India, after the age of fifty, it is acceptable for men to leave the world behind to follow a spiritual discipline. Women carry the responsibility of the family and have more restrictions.

Self-creating becomes all one knows when soul energies are silenced before the age of eighteen. As this decision is made, one can easily be held to limitations throughout a life cycle.

Children learn to manipulate to get what they want by observing parents manipulate to get what they want. This habit pattern feeds the lower three centers, and behavior patterns become ingrained in the consciousness of the youngster.

Instead of listening within for spiritual guidance, choosing a path that will enhance spiritual awakening, soul energies are suppressed. Out of frustration many young people turn to sex and drugs.

A college student I know refers to himself and his peers as the 'lost generation.' When young people delay their release from parental guidance from age eighteen to twenty two or beyond, they become more attached to the world. Security often becomes the dominant factor and soul decisions are left undecided because one must go with strong thoughts in place to acquire a meaningful future.

Less alive, connected even less to living in the present, less adventurous and courageous, they conform to the expectations of others and become lost to themselves.

Depending on one's spiritual understanding, the coming of age can be either positive or exciting, or it can be stress-filled and negative. Soul will venture out with great expectations and the feeling that it can leap over mountains with a single bound, or the opposite can be the case, where the person feels that no matter what he does, it will be wrong.

With freedom and responsibility comes the challenge to experience sex. What is right or wrong as these new feelings and energies emerge? How much of myself should I give to sex? Each young adult must decide that for himself.

We know there are severe problems in a culture when children begin to explore sex at ages six, seven, eight. It is not uncommon in these dark days of testing for children to be sexually molested which warps the mind and contaminates other children around them.

Every decision made in these hours of soul consciousness will affect how life is played out in the next three cycles equaling twenty-one years.

This is the time when the three lower centers will move into full operation, and sex will be an important aspect of the experience for most through age thirty-five. Some will not remove the restrictions until even later.

We experience the awareness of sexual energies in our early teenage years. If the young person pulls away from the sex urge, personal creation from third chakra drive will manifest. Those young people who have not given sexual desires unlimited access to their life force will find that dealing with life matters will be simple. Personal responsibilities such as rent, food, power, phone, heat, car payment, gas and insurance will come naturally to the one centered on creating through the solar plexus. When one's self-confidence is secured, and sex is limited, mating, children and life will evolve naturally without fear or insecurity.

The twenties are learning years. Souls must become comfortable within themselves to explore the inner dynamics of self-creation. Provided one is not lost in sex, drugs, alcohol, money or other addictions, a glimpse into the heart center will occur at the appropriate moment when soul asks that all-important question: What is life all about?

This heart center alert will prove to be a successful communication, provided one has been grounded in the earth vibration and has experienced a true solid vibration of love during early years.

When bonded to the family vibration, released into the spontaneous freedom of moment, with the unspoken acceptance and approval of the parent, life says to soul, "Go, fly. Now is the time. Make choices, right or wrong, it is not important. Learn about frequencies. Accept challenge as a test, and with each realization you will transcend the vibration of earth. Learn about yourself. Don't avoid life, be courageous and meet each experience head-on. Become alive to the inner adventure with the knowledge that self-discovery is your reward. Be willing to fall and get up again and again."

"Create love in your life by learning to understand the highest vibrations of love. Moral issues are tests, so don't avoid them. Observe and listen inside for guidance. Conscience will only operate and be

beneficial if you respect what is recognized with gratitude and appreciation. Conscience is that part of you which will allow you to move through the obstacles with the least pain and suffering."

If appropriate, a soul mate will appear to take the journey with you. To be able to recognize this soul, you must become conscious of yourself as soul. And you must have a deep longing to know truth.

When soul understands that love is the most powerful force on earth, it is respected and expected to become the moving force within the soul experience. It materializes as a natural cause, which will naturally affect flow.

Those creating karma, while confronting karmic conditions from the past, often find themselves unable to experience the vibration of love. Caught in a web of personal creation, they become restricted to the lower centers. This, unfortunately, is the vibration of the world and most of its inhabitants.

Grace is the undetermined ingredient that can change life for any soul. God is merciful to those with a humble, open heart. We can be eternally grateful that God has created a way to reach into our lives to give truth to us. Without this gift, all of us would be in trouble.

To live without a sense of wonder and excitement is a great loss to the soul. Life is a beautiful experience. It can be light and joy-filled when we understand that the finite nature of 'things' is an illusion. It is easy to go on unafraid when soul energies guide us from within.

Every person is a soul. The connection can be made and communicated. To move in union with this vibration of love causes soul energies to stir, as consciousness is preparing for change.

What is the purpose of life? This is the question to ponder. Go into it as the observer. Patiently listen for guidance. Mercy and grace are yours for the asking.

Chapter 7 - Becoming Heart Centered

By Gloria Joy

Despite the great amount of scientific advancements in the past twenty years, meditation for spiritual enlightenment is still misunderstood. Scientists have studied biofeedback, the paranormal, occult, hypnosis, UFO's, near death experiences, TM, even the effects of meditation on the body, yet there is much to be learned about the importance of Kundalini in the evolution process. Regardless of how much the mind has opened to the concept of turning within, it still remains in a fog when it comes to the transcendental experience and the resulting energies awakened within the subtle body. Evolution is always at work, this we know. Human nature is changing as the frequency changes on our planet; these same forces will cause Kundalini to activate in many people. It is already happening and will continue in the future.

The symptoms of Kundalini awakening, if not understood, will be taken to be physical or mental illness, when it is in fact a very important change that is a part of our human destiny.

Is it possible that the same force, which produces a creative genius, can also produce a madman? Kundalini is the evolutionary energy in man and from eastern knowledge it is considered responsible for all functions in life. A particular lifestyle and awareness is necessary for Kundalini to be released and become the positive enlightening experience that it was meant to be. When the system of an individual isn't properly prepared for the awakening, the experience can be anything but pleasant as the heightened consciousness is stained with fear, anxiety, depressions, and other neurotic and paranoid conditions.

There are many good books out now that describes the unhealthy Kundalini experience; more will appear as it is absorbed into the awareness of the world community. We can expect to hear a great deal of talk around the words energy and frequency in the next twenty years since these words will naturally be expressed by individuals as they begin to experience a gentle stirring of Kundalini within the body. These words naturally come to mind as one tries to explain what is going on inside of the body. It is important for medical professionals to take it upon themselves to become educated on Kundalini to help their patients.

While it is my wish that the majority would experience a natural gentle awakening, it is my feeling that it will be the opposite. The majority will not understand what is happening and will be devastated by the not knowing and fear. If education on Kundalini doesn't come into society to counter balance this, we will see a large increase in mental illness and unusual illnesses of the body. These mysterious maladies will become another epidemic to appear in our hospital rooms. Kundalini illness is spiritual illness, make no mistake of this. When the moral foundation is flawed it will show up in the body and mind of the awakening individual. Along side of this awakening will be a huge outburst of psychic phenomena, like the world has never seen, because Kundalini will create lower and higher spiritual gifts in the masses.

The trained observer should not confuse the phenomenon that manifests as a side effect of the Kundalini experience with the real goal of self-realization. Kundalini meditation is not about becoming a passive soul traveler, although detachment and observation are essential elements for transformation, the sole

purpose for Kundalini meditation is to attain enlightenment or what we in the west know as Christ Consciousness.

Clairvoyance and telepathy are just two of the lower gifts one experiences on the path to soul/God consciousness. These gifts and others manifest while climbing the ladder into higher frequencies. These gifts can actually slow down the process and cause one to get away from the true focus which is 'Thy will and not my will be done.'

What does "God's Will be done" mean? The first direct consciousness of surrender of the will to Divine Will brings about awareness of higher purpose. As the individual disciplines himself to detach and let go of control, the surrender to Divine Will soon becomes the interior goal and the primary objective to accomplish. Alignment to Divine Will is the primary teaching at the foundation of metaphysical science. Realizing the significance of Divine Will as the primary mission is essential to the successful awakening.

We live in a very unusual period of history, which is already a side effect of the stirring of Kundalini. Psychics have invaded the airwaves. Every day a new advertisement or infomercial appears promising the viewer the mysteries of the universe by calling the psychic hotline for a mere \$3.99 a minute. For this very small investment, the viewer can fulfill all his desires for wealth, fame and romance. Whatever desire or need you have will be fulfilled instantly with this simple phone call. It is even promised that only master psychics are hired. Does this sound too good to be true? It is, so don't fall for it. But it is a direct symptom of Kundalini activation in mainstream society.

Individuals who possess psychic gifts are using energies still held to world-bound frequencies. These gifts come through lower centers stimulated by Kundalini; they are focused through the third eye center between the eyes working off of the solar plexus center in the body. Psychic energy patterns are not related to the frequency of super-consciousness or enlightenment, so the level of the communication will be limited to the area of mind and desires.

Lower forces that work through the three lower centers and the third eye center control all psychic frequencies. The spiritual seeker who gets caught in the psychic web for the sake of money is in a serious trap. Many psychics or mediums die young due to the fact that they absorb negative energy while providing this service. Excited and enthusiastic to share their gift, they become absorbed in the communication process and are pulled into frequencies of the third dimension experience that involve manipulating energy.

It is very easy to read for a person telling him or her exactly what they want to hear about their past, present or future. Simple telepathy used while becoming one with a person's energy field creates the communication link to carry out the energy exchange. While doing this, the medium, almost in a trance, can easily plant a seed as a thought form in the mind, which, once it is accepted, will be harvested. Karmic conditions are very easily manipulated during this communication process. It is entirely possible that the current UFO epidemic is also related to Kundalini activation in the masses, since it relates to moving from one dimension to the next.

The way to get beyond psychic frequencies is to completely let go of the thought or desire connected to the illusion. Psychic energy is very glamorous, static and illusory. It creates a false sense of awareness and excitement. Those caught up in it are normally on a high, and are very dramatic, since they want to have their desire reinforced by an independent party. It is all a part of the illusion created by lower forces to snare the seeker. It is directly related to the work of the shadow. This is still spiritual energy; it is simply manifesting on a lower key on the register. The gateway to the true spiritual awareness is at the next step; it is the heart center, which is the root chakra for awakening to God's Will.

While a medium may appear to have higher powers of communication, he or she is still in bondage to the ego. One must transcend self-centered desires to master the dance of spirit and to draw light into the head centers to receive cosmic awareness.

Enlightenment

What, exactly, is enlightenment?

Enlightenment manifests when all seven centers in the subtle body are in perfect equilibrium, and when the two higher centers, the eighth and ninth centers above the head, are beginning to be used. A Christ Conscious soul works entirely from the Crown Chakra. The crown can only be activated through a very specific process of awakening administered by the second person of Godhead, the Christ. (When I use the word Christ, I am not speaking of a person but a high frequency of Godhead. In this case it is the second person of the triangle of energies in the relationship to Divine Consciousness. This is a mystery that is hard to understand even for the enlightened.)

This illumination is God entering directly into human consciousness, it is then the Holy Spirit, or third person as spirit dropping down from the Crown Chakra to initiate the seeker into direct experience of becoming light. The explosion of light in the brain and nervous system produces enlightenment over a period of time as Kundalini pierces each center.

All too often there is a false concept of what is involved in finding one's place with God in the universe. It is not something that one experiences in thought and imagination, it is directly experienced as spirit/soul connecting up to light, love and joy of cosmic light entering and transforming every cell in the body.

The human misconception is that individuals who are spiritually enlightened become less worldly and therefore a loss to society and ultimately a loss to the world. These individuals, while great teachers of spiritual truths, appear to those of the world as uncaring, unproductive and fruitless. The human perception of Buddha's teachings, for example, assumes denial of the world vibration, of God, as well as a denial of life, which is far from the truth. Buddha teaches detachment from the world of illusion, and it is through detachment that spirit enters the world of matter to create change. Students are taught to study daily, to serve parents, wife and children, and how to control passion and desires, in service to Buddha. They are taught that nothing in the world can be called 'mine' since whatever comes to an individual is a combination of causes and conditions; therefore items are kept temporarily, and are not to be used for selfish reasons.

On the long journey of human life, faith is the best companion; it is the best refreshment, the greatest property. Faith is the hand that receives the Dharma; it is the pure hand that receives all virtues. It is also the fire that consumes all impurities of worldly desire. It removes greed, fear and pride. It teaches courtesy and wins respect. It directly produces courage to meet all hardship. It is the power that allows one to overcome temptations. Faith gives wisdom to recognize the transience of life, and the ability to pass through life with grace and contentment.

In order to serve parents and family, an individual must practice kindness to all animate life. To serve the spouse and the family, he or she must keep away from lust and selfish thoughts of comfort. To train the mind means to seek enlightenment with the goal that others recognize the light as vibrational change and seek the same enlightenment. The long-term effect of the trained mind is to erase evil and its effects.

Enlightenment is empowerment. It involves direct transformational energies brought into the body while in the frequency of matter. One who is enlightened claims universal consciousness. Inner vision expands at the same rate or degree as changes in the brain occur. Each soul transformation produces an immediate effect on the environment.

Every person to be touched by the frequency of one who is enlightened experiences inner change. This is a natural by-product of the frequency of spirit as light and consciousness reaching into the experience of man, through the soul.

A problem arises when those of advanced human intelligence try to use proven world methods of research to explain or challenge a spiritual reality. Spiritual frequencies do not just appear in a body haphazardly. Rather, it is a progressive state thoroughly tested over many years, until the ego consciousness dies.

Every time an individual successfully reclaims his spiritual heritage as a Christ, tremendous occurrences take place within the consciousness of the soul/spiritual body. This power is far-reaching, and even transforms the place of illumination. One who has achieved this level of spiritual awakening becomes an immediate source of transformational power, which creates spiritual fruit in the world community beyond anything the human, can perceive. This fruit is not limited to the time of enlightenment as experienced in that soul, since enlightenment is beyond time and space, but its mark is permanently set in the frequency of the world.

Jesus Christ affected life in the world to such an extent that it literally stopped time. How dramatic, then, is His teaching and the frequency of light that came through Him that continues to touch us and transform us to this very moment?

Scientists without the eye to see or the ear to hear cannot evaluate a spiritual situation. They cannot understand the explosion of light that occurs with the coming of a Christ to the planet. This release of God Consciousness into the world frequency drastically alters what occurs.

The study of transformation represents the greatest educational challenge facing the world in our time. To be pre-qualified, one must have obtained a high degree of moral integrity. Character traits for higher centered consciousness requires a body of the highest tuned material. This body needs a great reservoir of

insight and memories of spiritual matters, a refined nervous system, advanced intellectual capacity, and total dedication to God's Will and purpose.

Along with this soul consciousness, he or she has to be willing to sacrifice the self if necessary to create the space for spiritual realization within time and space as required to transform humanity. This ultimate commitment to God is the principle of love brought directly into world consciousness.

In the "Zohar", the most influential book in the history of Jewish mysticism, it is written:

"Surely the love which a person feels for God is aroused by the heart, for it is the heart which inspires love for Him. Why then is it written, "with all your heart" and then "with all your soul?" You shall love the Lord your God with all your heart, with all your soul, and with all your might."

This suggests there are two types of love, one with the heart, and one with the soul. If the heart is primary, why reference the soul? It continues:

"Surely heart and soul are distinctive but they merge into one, for heart and soul and possessions (interpreted as might) are all united, but the heart is primary, the basis of them all."

It goes on to say,

"There are two passions which stem from the heart; the passion for the good and the passion for evil. Each of these frequencies come from the heart, one is the heart of good impulse, the other the heart of evil impulse."

In addition there are three levels of soul. The lowest represents the animating vitality, spirit represents a higher level reality, and lastly, there is the soul proper or the divine spark, which is realized only by one who has mastered the hidden mysteries of the Torah, the Jewish teaching for enlightenment. Again we find the same teachings appearing from another place in the human experience.

The natural question here is, how can a person love God with evil passion? Does the evil impulse challenge a person not to come close to God? How can we love Him with this attribute? The answer is simple. The evil impulse must be overcome. Once we break the hold of the lower self or shadow, and the Holy One has won the heart, we come to know what it means to love in total. Following this line of thought, if it were not for the challenger or shadow, the righteous would not inherit those hidden, higher blessings, which we are destined to inherit. Fortunate are those who encounter the challenger. Fortunate are those who encounter the challenger and are rescued from him.

There are two kinds of love. The one called perfect love is the one that holds steadfast whether one is subject to suffering or to good fortune, and whether or not God takes one's life in service to His will and purpose.

What is so important about the heart?

The heart is the mystical door to spiritual truths. We need to understand the heart as the center of truth, but these truths don't come upon us by themselves; it is through the energetic interchange of forces from the three lower chakras that heart frequencies are liberated into perfect love.

Below the heart chakra we see man learning to master his lower tendencies. He fights within himself to achieve character traits that take him beyond his one reality, the self, or ego. Since every human being has a soul, he or she is receiving direct spirit messages into the conscious mind administered to him from conscience during sleep.

Once lower forces are revealed as shadow energies, and observed and understood to be lower forces, the heart center is ready to draw energies into the heart frequency, where matter and spirit meet. Compassion and a new form of love are released into the conscious mind during this meeting. Soul has been empowered to let go of selfish desires, and has accomplished the ability to sacrifice in order to obtain higher spiritual insights about spirit, soul, and the shadow.

Soul will acquire spiritual will to directly encounter its lower evil mind and evil heart. The determination and enthusiasm for this spiritual, mental, and emotional confrontation will be provided from its higher self-connection with Divine Will maintained by the Holy Spirit.

Coming to know the shadow, or challenger, as Jewish teachings call the ego, is a major breakthrough for a soul ready to face its lower self eye to eye. The shadow's job is to remain hidden, which causes the self to arrogantly think of itself as spiritual, while the challenger's work continues.

Once these energies are called up to the conscious mind, the following will occur: observation causes detachment, and detachment creates the space within for drawing attention to God's Will as it manifests through soul experience. All the forces are in place now for spiritual awakening. Now one must humbly invite the Holy Spirit to balance the human mind, and expose the illusion connected to the senses so that the soul can receive soul instructions directly from the Holy Spirit.

What happens during this spiritual training? God is receiving love from his creation with power. This mindfulness is brand new consciousness.

When human love is empowered by spirit, the will power from the third chakra is connected up to the reproductive drive (second chakra) united with survival instincts (first chakra), which suddenly move past the self, ready for service to God.

This love is perfect love. It is the love that will sustain the awakening and create the frequency for heart transformation as Kundalini fire transforms the mystical quality of air into Prana. Prana is a magical substance brought to life from spirit frequencies ready to work in the soul's behalf for his or her spiritual regeneration.

Once Kundalini forces can rise from the earth to water, and then to fire, it is in the fourth chakra that the vital element, air, is added. There can be no fire without air; there can be no combustion without oxygen.

There cannot be spiritual revelation without the air taken in with each breath. This breath, the divine spark, is the magic that determines the quality of life and vitality each soul has earned in frequency, which is

his capacity for experience in this lifetime. This becomes the invisible, subtle, divine energy of transformation that flows throughout the body to produce combustion and transformation on the cellular level.

Meditation, once brought to the soul realization through the Heart Chakra, becomes a living mystical experience. No longer driven by ambition or desire, soul energies are centered on Divine Will and Prana is released in power to be observed in action as it spirals spontaneously as spirit throughout the body. Every time a soul centers its life energy on Divine Will, in truth, through action, light is released into the four lower centers.

Meditation at this point of the journey is to watch the breath. As one becomes adept at moving with the interior breath, he loses self in the movement of observation and becomes one with the breath. Once absorbed in the movement by the Holy Spirit, lower functions are re-patterned, and the body system is totally renewed as regenerative powers create change.

Learning to Live from perfect love

This is the goal. One will now learn to live in the frequency of perfect love as it pulsates in the heart center, and is carried throughout the body. This is the music of the soul movement; it becomes one's home. This space within the body is the power station that will administer the entire realization process from now on. Perfect love is released into the body and one automatically flows with life in the moment of now. This higher frequency flushes out mental trash because what was appropriate on a lower step of the ladder is no longer acceptable. With each step comes more purification, letting go and alignment to Divine Will. While this is a great blessing, death of self is often very painful.

Before the realization of the heart chakra, one acts and reacts from the three lower chakras. Once the soul is permanently stationed in the heart frequency, love and compassion flow in response to all actions from the outside. Love, as perfect love is the transformational force that manifests light for the evolving consciousness of soul.

This spirit/soul is now prepared to enter into a deeper awareness of each of the lower chakras. Raising the Kundalini force into the fifth chakra, the Throat Chakra, which is the center of communication and sound, will stimulate this deeper realization.

This fifth center of communication will open soul to the interior vision of his or her place in God's kingdom. It is a powerful center of transcendence. To get into the consciousness of communication through light and sound requires one to master the heart and its high, pure frequency. It is the foundation for all future spiritual growth. One must be ready to serve God through direct knowledge of His will and purpose by becoming totally absorbed into this new vibration of perfect love.

Inner sounds manifest providing soul/spirit dimensions of sound and light for direct experience. Each center has and is a sound. When soul reaches deep into the interior of each chakra, it is ready to receive and move with the sound emanating from that chakra. Again, it is the dance of spirit that releases awareness of each dimension connected to each center.

Meditate on the Heart Chakra

Meditate on the heart chakra by drawing the energy of love up and through the heart, thus giving your will to God. The seed sound Yam, (eeeeaaaammmm) is the sound to move with to go deeper into the heart center. When one sincerely asks to know Divine Will, transformational energies manifest from inner knowing experienced in the heart. Say the word out loud, then let it move inside, and observe as spirit carries the sound, light and consciousness to its fulfillment.

Perfect love is the flame born in the heart center, directly linked to Christ, which is energized by the Holy Spirit. One is not alone in the work of transformation. To be filled with the Holy Spirit means that a powerful part of God is alive within the consciousness of man. It is the Holy Spirit that is the teacher and comforter. Everything from this moment on is specifically centered on the eventual meeting with Christ, face to face. Becoming in tune to the dance, light, sound, and frequency of the Holy Spirit is the process underway. Make the heart center your home base. From here you learn to travel outward and inward. There is much to experience before one acquires his or her wings or badge, but it starts here, 'Be Still And Know I Am God.'

Kundalini may or may not be active at this time. If it is not, don't focus attention on it. If it is, totally see it as God manifesting the female aspect in you as energy with form. Many see the Holy Spirit and Kundalini as the exact same life force. I experience it as the same frequency coming from different locations. One is in the body ready to become active, (in my case, active since childhood), and the other is cosmic which directly enters the evolving consciousness from the third person of Godhead at an appointed moment in time.

It is a blessing beyond anything that words can communicate, accept it and with humility bow to your lord, you are about to enter a new phase of life, transformation into your True Self.

Chapter 8 - Love As Direct Experience

By Gloria Joy

Living in the moment becomes reality when man's consciousness is absorbed into the supreme consciousness of God as direct experience.

What is life, and what is the supreme consciousness of God? These questions cause the mind to scan information as it looks for one specific identification, one soul impression and one heartfelt reality in answer to the all-inclusive thought, 'What is life?'

From the human experience, life is suffering. We come into the world frightened and in pain, only to face challenges daily as an infant, then toddler. The challenge is great once the soul journey is underway, as one becomes attached to the things of the world, such as parents, family, friends, and possessions.

The will to survive is the basis of the intense struggle. As long as worldly passions are controlled by desire, suffering will continue. The only way to escape suffering is to seek a way of life that is free from all worldly passion.

There is an eternal law that says everything in life is created by a series of causes and conditions; therefore, each condition should disappear by following the same rule in the reverse.

Change is the ingredient in the human experience that keeps consciousness in movement. As Divine Will, it is the primary factor of transformation and healing which produces the light for spiritual awakening.

The intense misery human beings encounter comes from thinking wrong thoughts, losing the right view, and clinging to the passion of the ego. To counteract this delusion, it is important to realize how the complex personality and mind create it.

Three conflicting and confusing viewpoints set man off on the wrong foot. First, all human experience is based on destiny; second, the world and all in it is created by God and controlled by his will; and third, everything happens by chance without cause or condition.

If everything were already decided by destiny, good deeds and evil would be the same. Human plans and effort toward progress would be in vain, and mankind would exist without hope.

These precepts are wrong, though not totally. What is wrong with them? To understand the human condition, we have to look into the activities of the mind.

The mind has no limits. An impure mind surrounds itself with impure things, just as a pure mind will do likewise, creating only pure thoughts through which to experience life.

Just as an artist draws a picture, life around us is created through the activities of our mind. A single picture is capable of an infinite variety of details, which are constantly changed and recreated. The human mind creates a groove, and stays in a pattern of creation that determines what details will be manifested at any given moment.

Both life and death proceed from the mind and exist in the mind. This same mind that creates and controls countless situations has memory, and because of this, it also has a shadow. The mind thinks, stores,

remembers, worries, and fears. The fears are connected to memories, and worries are connected to previous actions.

Not only is there a past constantly leaking into awareness, there is also the present, as well as the future that is racing through the mind which does not stop. As long as the mind continues to project and create, the never-ending cycle continues.

It is out of ignorance that we create with this mad frenzy. Ignorance and self-will manifest vast systems of coordinating causes and conditions within the mind that go on indefinitely.

Suffering follows the mind that is surrounded with impure thoughts and worldly passion. Those individuals, who think and believe good things, remember good things. They experience peace and happiness because they think, "I have done good." They escape the suffering caused by impure thoughts and worldly passions.

Those who act with evil intent store impressions in the memory which reflect each act in its entirety. As the impressions surface, inevitable retribution follows since the mind recreates from the pattern set in motion through memory, and thus the cycle continues.

The mind creates through thought. The body and the situations it must endure manifest as the outer action. So to recognize what is happening within, one must become alive to the ongoing operations of the mind. To undo stored impressions, one must begin the burdensome task of letting go of that, which is held inside the memory vault of the creation bank. To neutralize the creation process, letting go is essential. Just as the creative act moves to satisfy passion and thought, now it is time to let go and undo.

To become alive to the motion of inner and outer action requires the willingness to flow, with life centered on the understanding that direct experience is the greatest teacher. So often in this hectic life, the individual becomes absorbed in an intellectual existence with a pacified, superficial knowledge of life.

Since all knowledge also comes from the mind, observation and detachment allow one to patiently witness what the mind assumes to be true and stores as knowledge, and how it uses this information to continue to create. The mind changes scenery by changing the pattern.

As human beings look into the question of what life is, the answer that cries out from the depth of the soul is simple. Life is mind and creation, acquiring, learning, gathering information, all in order to create more effectively. This is the level of active self-creation that we are traditionally taught through education. Everything fed to the mind is to teach us how to create more successfully.

Understanding comes to us from reading books, watching television or movies, and listening to experts, as well as through trial and error. The pursuit of learning and acquiring information provides entertainment, stimulation, activity, and self-creation.

True wisdom doesn't enter the picture until man realizes that all pain and suffering, all perceptions of good and bad, come from within his mind. Once accountable for self-creation, the undoing begins.

It is time to empty out the storage tank held within the mind. To accomplish this goal requires one to release thoughts in the making as the observer witnesses them. To manifest inner change, negative thoughts

have to be neutralized, emptied of emotion and thought-form attachment. Then another ingredient must be added, or the entire process will begin again at another time.

This important ingredient is higher purpose. One doesn't stop creating and exist in nothingness or the limbo of no-creation. In order to change frequency for higher purpose, we surrender free will to Divine Will and the universal energy returns to its creator. No longer striving to satisfy personal passions and desire, higher frequencies flow into the cleansed vehicle during this exchange and transformation commences, continuing until enlightenment occurs.

This is what life is. It is involution as self creates to satisfy ego and evolution when it surrenders to release itself back into the universal consciousness of God.

One's consciousness changes in relationship to inner knowing as acquired through personal realization from direct experience. If we could understand what ice cream tasted like by listening to the chemist, nobody would ever know the joy of the experience.

Spiritual realization produces a state of bliss. One cannot know the joy and ecstasy of bliss from a conversation, reading, or watching another. Spiritual consciousness has to be internalized, worked through commitment and dedication to higher goals, and allowed to manifest in the rhythm and flow of Divine Will. One must become filled with the Holy Spirit to understand union with God. One must flow and master the power released in the body once Kundalini is released to align and attune with each chakra.

On the path of self-discovery, purity, one-pointedness, humility, and control of the mind are essential ingredients to awakening. Meditation is the tool or method to master this inner experience. If one is not carrying the vibration that will allow the direct motion of the spiritual adventure to materialize, ego will continue to create obstructions to awakening.

The impure mind cannot hear the inner voice of silence. Instead, memories will be released from the unconscious mind, with hallucinations manifesting out of the state of the disorganized impressions stored in the consciousness.

Observe your reaction to these thoughts:

1. What inside of me is consciousness?
2. If I were to find what consciousness is, where would I go?
3. If all I am is consciousness, as that within me, why is there another reality of consciousness encountered from the outside?
4. What have I taken from the outside world today that is so important that I will bring it back to be held in my consciousness during sleep, and will return tomorrow to continue using it to experience my creation of life in the outside world?
5. Why is the outside world real and important to me?
6. Since everything that I am is consciousness, is it important where the consciousness is, inside of me?

7. Is there a place within my body where consciousness is stored; if so where is it?
8. Is consciousness moving, and if it is moving, is it changing?
9. Is it changing locations within my body as it changes me?
10. If it is changing, what is it to become?
11. Is it changing because of what I think, experience, or know about the outside world?
12. If it is changing, does it change more when I deal with people than when I deal with things?
13. How important are people to this consciousness?
14. When I experience caring about others, and allow myself to love unconditionally, I experience a deeper connection to life that seems to change who I am. Is this power I feel inside love? Is this registered anywhere specific in the body? Is it in the brain? What is the brain in relationship to enlightenment?

These questions stimulate the search within. There are many such questions that soul produces to point one in the direction of the quest, for one must come to know the illusion of this inner/outside manifestation very well.

To develop the capacity to look into the outside world as though looking through a window removed, and yet still a participant, is the goal.

Meditation helps one go within to observe through the window, while neither asleep nor involved in outside actions. Meditation allows undoing to proceed.

The soul quest will unfold countless experiences for the soul to explore while in the process of learning detachment. The soul plugged into the inner source of divinity will gain courage, enthusiasm, and one-pointedness, for the quest must take on the mystical search for truth, humility, and purity of mind and heart.

When the moment of soul destiny comes, because one is in observation, separate from self-illusion, consciousness is transformed by God. This dynamic of life in movement is within this wheel of creation. To learn from this, one must become the wheel. There will be countless cycles in the process of undoing unless God is brought into the picture to nourish and nurture soul through grace.

Ananda, bliss or wholeness, is our omnipresent essence expanding into its true self. It is the universal essence of 'being' that creates all that is. To know this union with the divine, we must go beyond the restrictions of the lower movement in frequency and find the divine element of God consciousness within the synchronicity of the highest movement as the frequency of love.

The divine is experienced as sacrifice. When consciousness and matter minister to each other, one or the other always yields. This movement is the dance of spirit, which in its essence is holy. This direct encounter with God within, in spirit movement, is how God brings love into us. The divine transcendental frequency of love finds us, sacrifices in our behalf until we are born into love permanently as a divine child.

Another way this can be observed is through space, time and motion. Space is connected to the material side of things, time with consciousness, and motion with the divine. Space is limitation in matter; it is only a part of the whole. If matter were all that existed, nothing would or could move; it would be meaningless.

There is no consciousness in matter. Likewise, there is nothing to experience within matter without consciousness.

The principle of motion is beyond and above time, which is also a limitation of consciousness. The only thing that is always present, that transcends both space and time, is God. This God in us, one in all, is the never-changing perfection of being, the true I AM.

When man comes to know himself as the all-knowing divine consciousness, he has come into oneness with inner love. The by-product of love is a total willingness to sacrifice and surrender to Divine Will.

While soul may not have the capacity to see clearly, soul stays in motion, flowing with the spirit dance, and at times experiencing the glow of wholeness. Joy and happiness are felt as the love and giving flows through the heart from our soul to others. This is the intricate aspect of inner knowing which can only be integrated into consciousness through direct experience. One is transformed through love as pure frequencies of spirit ignite the flame of spiritual love within the mind and body.

When we see life objectively, we can understand why man is powerful and powerless, ignorant and wise. When we view man in nature as he and it began in this time zone, we see that his work was cut out for him, since he didn't have the best equipment for survival. He had to learn it all.

Clothing, shelter and food were the first necessities or obstacles of challenge to human survival. Each aspect of world had to be learned through direct experience using trial and error. Man had to create himself constantly using work and sacrifice, using his mind to manipulate and work within the movement of time.

Since the human being develops while in space/matter, using intelligence/will, higher perception of the laws of nature evolved to integrate his being. This inner journey is what life is all about, yet this is not what we're taught; there is no library or expert to point the way and make this inner growth process easy.

Since man belongs to the divine side of life, it is through the movement of time in divine interchange with matter that he must evolve to this present spiritual awareness. Ever so slight, yet a flicker of divine presence is now being felt by the mass consciousness. We live in the miracle hour; creation is alive with potential.

Spiritual signs are all around us. Television shows highlight spiritual topics such as angels, healing, prophecies, and the supernatural, all on prime time. These are signs pointing to the present state of man, as recorded in prophecy throughout the ages. This indicates that spiritual forces are in movement, and the time to change is now.

The wise man that is filled with love for people is already being drawn into the spiritual quest. Even if he doesn't know it, he is using energies from within his heart. When he reaches out to others to assist them, he feels their needs from within his heart. As soul moves into evolution he or she becomes sensitive, kind, spontaneous, alert, and is drawn slowly into the inner adventure. Since love produces compassion, he finds that at times he cares more about helping others than he does about himself.

This person is feeling the pulse of his divinity. He sees his divinity within the eyes of others, and he feels his divinity well up inside as of him as compassion and charity of heart, which he gives regardless of the sacrifice.

Because the frequency of love is spirit force, his capacity to give increases every time the love within him is acknowledged. As man listens and feels this love from the heart, he automatically acts according to the knowing within him. As a love-centered individual, spirit will sacrifice life to assist another without as much as a thought. He will sacrifice possessions and desires in order to continue the revelation flowing through him from spirit. Soul, centered in love, will one day soon meet the Christ within, and realize the purpose of this quest.

Consciousness is always twofold: It is receptive and aware, it is active and influential, and, as divinity, it possesses faculties and powers.

As consciousness of self, we have the power of will. Through consciousness of others, we experience the power of love. In the consciousness of things, we find the power of thought. In all three cases, consciousness cannot be seen, but it is experienced.

You are experiencing my consciousness as you read this. This writing comes through the power of love as consciousness of others, using power brought through matter, as thought, projected from being absorbed in the consciousness of Divine Will.

I move with the motion of spirit because of direct experience that has taken me beyond the illusion; Christ directly carries this consciousness within me.

This somewhat long and complex communication is consciousness aware of itself as consciousness. Follow the motion of this energy. Go ahead and sleep with it, then bring it back with you to energize and stabilize soul's direct inner experience in your awakening.

Through detachment, observe the exchange from the outer to inside motion and back again. Most importantly, witness the harmonious forces work the energies back and forth while the flowing stream of spirit is centered to lift up the next soul encounter.

Meditate with these soul intentions:

- The ultimate reality is that which pervades the universe, of which I am a part.
- While in observation and detachment, one comes to know duality, but it is important to realize the ultimate goal is union with God.
- Avoid attachment to the pleasures of the world. Treat each experience as an opportunity for spiritual advancement.
- Avoid jealousy, envy, covetousness for women or men, and wealth.
- See your journey as an opportunity to experience humility, compassion, and spiritual truth. Know that these qualities manifest as spiritual fruit when purification of mind and body has become solid in soul conscious.

Chapter 9 - The Throat Chakra and Telepathy

By Gloria Joy

"The mind that is fast is sick.
The mind that is slow is sound
The mind that is still is divine."

Meher Baba

Meditation thus far dealt with aligning soul energy with divine energy for the purpose of knowing God's Will. In the process, one becomes balanced, quiet, calm, understanding, and non-judgmental. The list goes on and on. In order to acquire these benefits from meditation, one learns to monitor himself without judgment during the waking hours between meditations. Then, when the hour put aside for mediation arrives, it is only natural to stay in the flow while one-pointedness increases the concentration and the seeker enters deeper into the state of being.

This scenario is wonderful and would be fantastic if it were really this easy. The truth is that there is a lot of struggle and opportunities for surrender encountered throughout the undoing, the letting go process. Remember that the soul is confronting the self head-on. The shadow, ego or lower self doesn't just fall over and die; it fights with everything it has.

Yet every time the soul is able to observe without judgment and is able to detach, it is an automatic victory for the higher self. It will take many such victories to break down a major block, but each victory brings the soul that much closer to spiritual liberation.

There are a few things one can do that make this shift in consciousness easier to achieve. Whenever caught up in negative energy, practice saying a mantra to increase your frequency. If you are a Christian, repeat the word Jesus or Mary out loud or silently to yourself. If you are more comfortable with eastern deities, then focus on the sound of Krishna or Rama. The word peace, shalom, love or Om will have the same effect. Just focus and allow it to flow through your mind over and over. Then observe and listen and you will notice that you quickly become peaceful. This is an excellent tool. Be sure to make it a part of your discipline.

Remember that you are not your body or your mind. Observe and listen to what you say and the manner in which you say it. When you say: "I am sick," for example. How can you be sick if you are not your body? It would be more appropriate to say; "My body isn't feeling well thank God I am not my body." This latter expression reflects the truth.

The same goes for your mind. Since you are not your mind, how can you describe yourself with, "I am angry"? This is another false statement. Since you are not a mind, what would be the correct way to say this? Think about it. How about, "The mind is on a tantrum. I guess I'll just stand by and watch until it's

over." This way you dissociate from the action, and you recognize that you don't have to buy into its behavior.

This is how undoing is accomplished. Observe, detach and let go. This process will slow you down because you are suddenly alert to how you think, what you say, and how feelings manipulate your energy field. You also begin to understand that you don't have to be a victim to negative behavior. Once you learn to detach, the process is underway.

Let's use an example so that it is easier to understand. Pioneers heading West left in wagons filled to capacity with cherished possessions and necessities. Not knowing what to expect on this exciting but dangerous adventure, each family believed every item it carried was a necessity.

Once confronted by mountains, rivers, canyons, and valleys with endless miles stretching off on the horizon, everything changed.

When the wagon master ordered each wagon to lighten the load in order to make it over the snow-capped mountains, it was painful to let go, but necessary.

Had the wagon master insisted they leave every prized possession behind from the start, it would have been impossible for most of them to leave in the first place. But once the struggle and reality of the hardships involved were direct experience, complete detachment was clearly the only option possible. Knowledge applied in direct experience becomes wisdom.

This same experience is encountered within the soul journey, as one becomes a spiritual pioneer courageously exploring the unknown of the spirit world. The soul enters the spirit world carrying impressions and thoughts from his or her limited field of experience or vision.

As long as man is satisfied to remain earthbound, he naturally lives through desire, accumulating and gathering things for the self. Material things are useful while in the world when the focus is on success or the need to achieve specific goals. Securities of mind, position, respectability, fame and fortune are personal goals appropriate for the self-oriented individual. Each personal objective has meaning only as long as the ego is strong and able to maintain control.

These same desires are a detriment to the spiritually directed seeking consciousness on higher planes of evolution. Like the pioneer heading West over a hundred years ago, the spiritual traveler faces the realization of what will become necessary on the return trip home to spirit.

The letting go process will require mindfulness, one-pointed dedication to aligning with Divine Will, and the enthusiasm, patience and fearlessness of a true seeker.

What is one-pointedness? When a husband is concentrating on a football game and there is something important to tell him, would it be wise to tell him while a touchdown is being made? No. Why? Because he is one-pointed and focussed at that moment. He won't hear a word you say.

When we are focused to that degree on listening within and becoming aware of what we say and think not much of negative conditioning will get by.

Spiritual development occurs in stages and on different levels or plateaus following an intense training formula. In the world of matter one learns how to create; then he learns how to stop by neutralizing and letting go.

This isn't and wasn't an accident by any means. Soul training during sleep is focused on this very drama, to be enacted each day when one is awake. The soul knows the test and also knows what is required to get through the obstacles if he or she chooses to go inside to obtain instructions. Since each act comes into being through spontaneous action, spirit will manifest the communication. A specific frequency as fruit of this knowing will be created for transformation purposes.

This cycle of knowing is repeated over and over in dreams throughout the undoing process. What is required for the soul/spirit to master this process? It takes nothing less than total commitment to going within for each and every answer.

This training is the foundation of the awakening process. How long it takes the soul to awaken to this reality depends on the intensity of focus and one-pointedness of the seeker.

The worldly man/woman has a goal to become established in the world, gain self-confidence, accumulate possessions, and in the process obtain maturity. We all know this takes attention and effort; it doesn't just happen. Each soul first establishes an identity of self and this same application of one-pointed effort will apply in letting go.

It is not unusual for individuals to become sidetracked from spiritual seeking by convincing themselves that there is only the present with nothing in the past or future. Not remembering dreams, they assume the physical world is all there is.

These same individuals live with frustration and confusion in regards to many aspects of life. Not knowing what spirit is communicating to them either day or night, they soon shut off the ability to hear or respond to higher spiritual frequencies.

In order to take the next step on the spiritual ladder, self must take all that was earned and learned, and through an act of free will release it back to spirit. A refined frequency is created through letting go as transformational forces move one along the path of reconciliation. This is a hard phase to enter for most since it involves leaving behind all that is familiar while stepping out in faith into the complete unknown.

Earthbound man is regulated by desire, which creates the cause and effect movement with which we are all familiar. A spiritually centered individual will experience desire and thought impressions as restrictions and limitations. Attachment and desire hold one firmly to the earth. In order to be free, one learns the process of release and undoing. He must hand each object or objects of attachment over to God so that each release is sanctified in the stream of Divine Will. Centering on 'not my will, but your will be done' completely changes the frequency one lives in as God's presence manifests in everyday life.

Meditation is the technique used to commence the process of clearing, cleansing, and purifying. Purification and moderation enable the seeker to enter soul consciousness to receive dynamic instructions for behavior. In finding one's way along the path, choices are made. The concept of right and wrong is replaced

in the observation process as one strives for inner balance. Inner balance involves avoiding extremes. This constant awareness and seeking for balance soon creates a middle of the road consciousness.

Liberation or Moska in the eastern vocabulary is a permanent realization of peace and joy. This is the goal for every soul even if he or she is not aware of it. The peace and bliss that comes through enlightenment is only possible through direct experience. Imitating spirit, trying to do the right thing, or 'being spiritual', is nothing more than another creation of the ego/self.

Impressions are released during meditation as a flash or vision, sound or thought. When this occurs, the impression rises up into the conscious mind to burst like a bubble when released. The purpose of meditation is for soul to experience ceaseless observation, which is soul detachment, the end result of that is a natural letting go.

Communication, Dreams and The Fifth Chakra

We have explored the four centers up through the heart center. Now we focus on the fifth center known as the throat chakra. The element of the throat chakra is sound which correlates with the vibration of ether. Its vibrational rate is blue and it is known as the communication center. Its seed sound is ham.

Communication on the human physical level manifests as speech and sound, which, in turn, create the interaction of energies we most often experience. Thoughts are carried through the longitudinal waves of sound projected from person to person, and mind to mind.

Most individuals are not aware of the mind to mind conversations going on beyond the sounds projected or received as words. Limited by the chatter within the clogged communication tunnel, only partial awareness is registered. Much is going on beyond the visible. Telepathic communication is sent and received constantly, going unnoticed and undetected by the average person.

This fifth center is connected to the human, as well as the spiritual level of communication. When centered and empowered, communication will flow into experience to reflect spiritual dimensions as soul training both in and out of the body. One must advance in spiritual gifts to earn privileges in the spiritual realms.

Just as one releases excess baggage to move about freely in the world of matter, one also releases excess baggage to experience soul freedom while asleep. To be free to explore spiritual dimensions, soul must disassociate from mind chatter and readjust the whole mind discipline to a commitment to the creator, which means access to spiritual freedom. The communication center awakens great potential as each soul opens to the gifts of spirit now available for his or her development.

The fifth chakra releases one to explore spiritual destinations, awakening one inside to the process of self-remembering. On a spiritual level it is soul communicating with the body as knowing or consciousness. By allowing one to experience and remember the mind/body frequency during spirit flight, a more accurate realization of fourth/fifth dimension consciousness is revealed.

Spirit teaches human consciousness, using a coded communication signature made up of geometric waves held together by dream patterns. Those acquiring the soul intensity for awakening, receive their unique formula to unlock the code and return to soul center for self-remembering.

Grace, the teacher of truth, will open windows of spirit to an inner knowing of God and Divine Will, which must be assimilated into consciousness.

'When the student is ready, the teacher appears' is a well-known metaphysical truth. The teacher does, in rare cases, come to the student while in spiritual dimensions. The instruction acquired at this level requires a developed capacity for self-remembering. This capacity is a gift provided soul at the proper point of spiritual development.

Everyone dreams. Most have not empowered or recognized the purpose of dreams as communication to the conscious mind. The awakening consciousness will find that dream time is every bit as important as the waking hours, where that which appears real is the body and its pursuit of pleasure and happiness. Those who have an assignment spiritually will manifest it first in the spirit world before it drops down into the physical world, as vision to be empowered. Meditate on this last sentence, it is important.

Dreams for those in training for awakening are the soul communicating with spirit directly. Until self-remembering is well underway, it is man's only link to spirit through the conscious mind.

Meditation, working in selfless service, and sleep, all come together for soul awakening. Man learns to witness other levels of communication in the spirit world to be free to explore the channels and levels open to him for experience. Awareness of the inner life is essential for soul frequencies to be set in motion by spirit for awakening.

There are many levels of communication going on beyond the mind/body awareness. We speak to and perceive spirit forms around us, and we subconsciously recognize their influence on our lives. We communicate through the ether with people close to us as a natural function of the mind/body/soul connection. When a loved one is in danger, we instinctively reach out to assist; this is not a paranormal gift by any means, but simply a part of the interconnectedness of spirit.

Within the human body on etheric frequencies, each person must know the exact location of each chakra or spiritual center by its sound, frequency and color. The fifth center is so important because it establishes the first direct knowledge of inner awareness as direct spiritual experience. One carefully arranges spirit communication lines so remembering can take place in a natural setting. The perfect place and time is during sleep when records are opened allowing the developing soul direct consciousness through the dream experience. I have trained myself to wake up when it is something very important. This act of 'being alert' puts emphasis on a specific communication, which is important to the drama coming together the next day. It is not unusual for me to recognize a person that I met the night before in a dream. This is because night and day hours are illusion, as it all happens at the same time.

When the soul advances in ability to read spiritual frequencies, he or she will naturally witness and understand the interior secrets of the mind/body, soul/spirit connections. One doesn't master the mind and body without first understanding and knowing its spiritual subtle body.

Each center responds to a level of consciousness. There are distinct dividing lines between the consciousness of man and his material-plane existence, and the higher man and his spiritual-plane existence. One must realize this through direct experience, and then be willing to work diligently until a dynamic soul/body consciousness materializes.

I have worked for many years with a group of people on the spiritual path. Without exception clarity and understanding appear after a soul conscious dream. Until one is capable of holding a frequency in the time tunnel, he will not produce the high moral character necessary to activate the two head centers.

Change takes place when the intense spiritual frequency enters the human body via dream communication. Life changing experiences are necessary and occur often when the human mind is shocked into submission, moving away from self-gratification to selfless service.

Just as the western pioneer had to be brought to the place in space and time to survive, the spiritual trainee works within his set of obstacles until the perfect cause will administer the wake-up call. For this reason it is vitally important that the spiritual seeker progress in soul remembering during sleep.

Those who are successful, empower the human mind to create coded messages. Dreams, visions, out-of-body experiences, all manifest on different levels. Consciousness dreams enter and stay in the conscious mind acting as a trigger for direct knowledge of spirit. These dream messages stay with the seeker and become a lifeline to truth and understanding.

Obstacles to awakening appear at every turn, and it is the job of the shadow and the master of the underworld to make each soul work. Struggle and sacrifice with one-pointed commitment to spirit creates the frequency for awakening. Human consciousness is not soul conscious until it has become soul infused by the Holy Spirit, which is centered on knowing God.

God is an abstract concept for mankind. God's place in man's life exists on a very limited scale. Some choose to acknowledge God for a few hours on Sunday, or during a genuine moment of need.

During these moments God is invoked as an active member of the team. As long as specific unknown aspects of life take control, man turns to the creator. Many dislike or avoid the word God. They see those professing to serve God as weak fanatics.

Those who have been touched by spirit, however, will not be satisfied with anything in life until they have found the way to gain soul consciousness.

When a dream is realized as a message from spirit talking to the conscious mind, the energy released creates light and a profound joy for self-discovery.

When soul consciousness manifests, light and energy fill the mind and the way is prepared for realization. There is now energy for contemplation of God, Divine Will, and self-examination. It is through self-examination that one discovers areas of personal attachment. Money, sex, food, and other addictions leave a weakened capacity to become soul conscious.

One begins to contemplate purpose. Soul remembers significant moments of experience while in the spirit world. A face, a guardian angel, a message from the higher self, or a concept or image of God, breaks through the mind barrier to cause specific memories of spiritual beings.

The spirit world creates the world in which we live. Forces of light and darkness cause things to happen in our world. To become soul conscious one awakens to the knowledge of both good and evil.

To acquire knowledge of good and evil, soul must remember its mission and begin to naturally communicate and acknowledge the connection to his or her guardian angel. This guardian administers the training of 'let go and let God.'

Dreams are understood as an important link in the communication process. Soul is limited by the frequency of dream material available to create mind recognition. As long as one is caught in the material plane of illusion, one will create dreams using the same symbols and limitations experienced while in the body.

Since the mind still thinks of itself as a body, the body is projected into recreated spiritual situations that mirror the life experience. Soul will go through the learning process much as it does in the body. It will be going to school, taking tests, and trying to achieve. He or she even assumes he is in the same body, which is imagined into existence in its present form.

The dream sequence will mirror the conscious mind, which is centered on world pursuits. The same obstacles that are active in the day will control the dream at night.

When a soul is weighed down by material, sexual, emotional, or intellectual pursuits, those same interests will control the dream life as well. Since it is often 'business as usual', it is easy to see why the soul will choose to ignore the communication since it is just a mirror image of life.

Dreams communicate important soul information to the conscious mind. When one is spiritually awake, he/she will create spiritual visualization, which is very different from what we see and experience in the material world.

Divine Will regulates dreams that are experienced by the awakened mind. These dreams produce powerful life changing experiences.

My husband Dennis and I were married three months when I had the following dream, which, as you will see, was a life changing experience: I was with a beautiful little blonde girl dressed in white, sitting in a lovely garden. She asked if I had come to get her. She said she had been waiting for me and was ready to be born. Then she said, "Can I come home with you now?" I looked at her and thought, "What a great idea."

I woke up saying, "Yes, what a great idea!" It was around three in the morning. I rolled over and gently woke Dennis. I told him about my dream, and then said, "I think we have to do it now."

He got a twinkle in his eye, and said, "Whatever you say, honey."

Tammy was born nine months later, to the day. That was our family planning method--very effective and natural. Tammy was born two hours after our first anniversary. I was the ripe old age of eighteen.

This whole experience for Dennis, Tammy and me transcended the time zone. Being conscious of the invisible spirit world, having established the bridge of consciousness from my soul/spirit to my conscious mind, I was able to create the link that brought it all together. This alignment produced a powerful life

changing experience for all of us. We named her Tammy Lee. She's now married with three beautiful children.

Consciousness dreams to the awakened are moments of soul infusion. It brings together a soul/spirit impression with a specific moment of creation. This synchronicity produces immediate results with absolute clarity. I can guarantee you that neither Dennis nor I will ever forget that moment or how it came about.

Dennis is not advanced in dream consciousness, but he has witnessed this aspect of my experience many times. When I have a dream manifestation, he never questions it because he knows something incredible is coming together. It always produces immediate results.

When one is conscious of spiritual activities, observation and detachment will enhance the experience. Freed from mind restrictions, movement in dreams is experienced as soul flying without the aid of any vehicle, or, as in my case from many years of such travel, the thought produces the destination without the act of travel.

I will share another experience. In a dream I was shown that I didn't need my wings any more. I was sad, since it seemed something very special was being taken from me. My wings were folded up and pushed inside.

Then I said, "Now what?" The voice said, "When your destination comes to you, you will appear there at the same moment. There is no need to create movement from place to place. It is just the mind creating restrictions. You are a spirit, so be a spirit."

As long as one must produce a vehicle in a dream to move from one point to the next, maya or world illusion still clogs the mind and will reproduce in ether what is thought or believed to be true in the mind.

When you are a spirit/soul, you create as spirit; and when you see yourself as a human being appearing as a body, you manifest thought objects to carry a human body. So, when you think you are matter, even in your soul vehicle in a dream, you will consequently project in matter.

People associate movement in dreams with the same objects used while in the waking hours confined to the body. When the mind participates in a dream journey, it will automatically produce an object for movement. A truck, airplane, car, bus, bicycle, or any variation of these will manifest to fulfill the objective.

As restrictions are lifted through the grace of Divine Will, one will move about in a flying car or helicopter, or even in a magic carpet. By continuing to release impressions and thoughts using meditation and sleep training, a time will come when a vehicle for the mind projection will be totally unnecessary. It is at this time that freedom is experienced and spirit secrets are revealed.

Ever since I was a child I have experienced out-of-the-body travel. The soul would simply leave the body. I would fly out of the body, exit the bedroom through the ceiling or whatever opening I projected through and fly, like Peter Pan, totally free to move as the spirit dictated.

This dream memory is held for some from childhood when the mind is or was less encumbered by attachments. If it is a memory you have, go back into it while you are asleep, and recognize the illusions you

place on yourself which restrict you from moving about freely. Tell yourself that you are a soul using a body for growth. The material world casts a spell of illusion, which makes it appear the things on the form/material side of life are necessary out of the body as well. The human body that was left behind is still with you, which tells you that you see yourself as that body.

When I outgrew my wings, it was a shock. I felt a sense of loss momentarily as I detached from another thought-form. Can you see how subtle these thought-forms are? I was using a mindset from my human belief system. I thought that as long as I had wings, I could identify with flying and moving from location to location.

This new method doesn't utilize any outer object of any kind. One moves in the stream of Divine Will. The moment Divine Will manifests purpose, the spirit/soul manifests within the creation. Restrictions are directly linked to the mind. The mind is a very powerful instrument. Whatever is perceived through the mind in time and space is created instantly.

It is during dreams that one learns about the spirit world. As soul with a spirit, the spirit world is very important. While on earth the human uses the body to create a drama of sorts to live through. This body is created to explore human purpose and will.

The fifth chakra at the throat center opens doors of experience beyond anything you can now imagine. Record your dreams and spiritual journeys. One day, years from now, you will be amazed how clear and powerful these memories are. Each dream sequence will shed new meaning on the experience of that day and it will carry forward to connect up to the experiences of today.

Put a note pad next to your bed, and let the child in you out. To be locked in a body without memories of cosmic dimensions and soul travel is madness. Don't be a prisoner in your body. Open your heart to God's Will; be courageous, and fly.

Chapter 10 - Holy Spirit and God Realization

By Gloria Joy

As one progresses in inner experience, a meeting of forces is witnessed as a definite consciousness shift is underway. A newfound awareness has formed; revealing how little is understood about the creative process in the visible and invisible universe. Along with the realization of not knowing comes a strong connection and attraction to spirit truths, which are profound and mystical.

A clear message has been pounded into the conscious mind. Over and over the waves of higher mind communicate the thought that 'nothing is as it appears.' All that one believes must, through detachment, be allowed to break apart, neutralize and regenerate for transformation. As this powerful process is driven forward, higher thought frequencies drop into the mind. Regeneration continues as transformation causes the chakra system to stabilize and spin in a synchronized rhythm bringing insight and joy.

New dimensions open up to the reconstructed mindscape both in the physical and spiritual plane of existence. A more complex world manifests with color, sound, and light reflecting an expanded awareness of what is and what can be through the return to God's vision of creation. Divine Will is a stream of light that engulfs one in knowing, creating a brand-new awareness of all dimensions of existence.

Reality is fluid, almost transcendental, when Kundalini and the Holy Spirit are invoked to work together. It is my conviction that Kundalini and Holy Spirit energies are of the same pranic life force, but coming from two different locations. I have experienced both and I've never seen my experience mentioned in any book.

What is called the baptism of the Holy Spirit comes down through the crown chakra just as Christ experienced it in the River Jordan. This pure frequency of love enters to awaken one to Christ Consciousness. This is entirely different from Kundalini, which brings one to a higher preparedness for this event.

In addition to this experience of transcendence, I received the awakening during sleep days later, when Christ appeared to me, eye-to-eye and heart-to-heart, wearing the crown of thorns. His eyes were closed. I saw him inside of myself at the third eye window; he was both inside and outside of me. He then opened his eyes as a flaming fire of pure love was released into me. One word was communicated, "Awake!"

My heart was beating so hard and fast that it felt like it was in my ears. To this day I'm amazed that I didn't expire from the power, light and love that was released into my body, mind, soul and spirit.

The entire experience was burned into my third eye. For months I saw it constantly day and night. Now it is subtler but it's still always with me. This is the birth into Christ Consciousness in its fullness. I cannot imagine anything to be more profound and engaging. I was brought face-to-face with God.

It is named properly because it is the Christ presence that one is absorbed into. This isn't about Jesus the man; it is about Christ the spiritual embodiment of God, born in man to return him/her to God.

These are actual spiritual initiations into consciousness. This experience of direct perception continues to this day, nearly thirty years later. What happened in that moment of time is what totally erased

the Gloria I thought I was. After that, there is and has been nothing but movement with Divine Will. The self was erased. The personality was left intact, but the object and subject was gone forever.

The Baptism of the Holy Spirit came first. I was in meditation at a spiritual gathering held in a home. All at once tears began to flow down my face while a lightning bolt of pure light entered the crown chakra going all the way down to the already active root chakra. My head felt like it was connected to God, infinite in size, while the chakras in both hands shot out light as electrical energy high into the sky. This was not Kundalini rising, but Holy Spirit descending, meeting Kundalini and releasing it in the process.

This affected everyone in the room. It was very dramatic and it was a blessing for all.

I have read several books that equate Holy Spirit and Kundalini as the same force. My experience is not in agreement with this. I don't know whether this is the case because of my western spiritual roots and my connection to Mother Mary and Christ Jesus, but this rebirth changed me totally in that one instant.

Kundalini became much more powerful after this. Everything became refined as the spiritual dance manifested the change in my brain and body. I have many other dramatic initiations to share but this is the one that erased the slate clean.

I can state this with one thousand percent certainty, there is no Kundalini release I've ever experienced which even comes close to this in power, intensity, or fruit. The awakening to Christ Consciousness changed me totally. I don't equate Kundalini with this experience at all. This was God awakening me to my true self and purpose.

I was in my early twenties when this happened, I'm now 52. The person I am now has grown and experienced many spiritual initiations since then. But life as I now know it began with one word, "Awake!"

Kundalini had brought me along in awareness, but Christ totally transformed me inside and out. This is what I perceive in eastern teachings as God realization.

The Holy Spirit as the Third Person of Godhead drops down from the crown chakra to guide, teach and direct, while Kundalini as the Divine Mother, Shekinah, awakens the evolving soul consciousness to cosmic will and purpose. It is the son, the Christ, who lives within you and initiates you into cosmic consciousness.

Undoing comes first, but each successful cycle modifies the nervous system and brings to life areas of the brain that have never been used. Rebirth as direct experience causes total openness to God's Will which is not only essential, but it is empowerment. Innocence and humility fill the soul as truth principles flow into the mind of the awakening soul.

To receive the anointing from spirit, the sixth center is pierced and brought into balance. Soul is tested and re-tested to determine readiness. Detachment must be integrated into the overall response mechanism. Higher goals and objectives now motivate as reconditioning continues. When the correct moment approaches, higher and lower frequencies will collaborate in the spirit dance until change simultaneously occurs and total neutrality is finally realized.

Each center is a powerful ray of energy. Each ray of energy responds to a specific plane of consciousness, and one becomes aware of this frequency both in and out of the body. When one masters the

ability to detach from the solar plexus energy, life-changing experiences increase dramatically. The heart center is the home. The heart and third eye center will synchronize to manifest full awareness of the initiation process.

A burning love for God is the fire that causes transformation as the force brings harmony between the heart chakra and third eye center. Like St. Francis of Assisi, in the words of his successor, Bonaventure, "By the Seraphic ardor of his desires, he was born aloft unto God; and by his sweet compassion he was transformed into him who chose to be crucified because of the excess of his love. The transformation into more than an angel happens not through martyrdom of the flesh but through the fire of his love consuming the soul."

The brain is the source of transcendental experience; consequently, to train the mind to enter complete silence is the mission, since the quiet mind opens one to the direct experience of enlightenment.

Increased knowledge means to remember every act and be responsible for it. Every sincere act of love causes an increase in spiritual life force. Like fireworks, light shoots out in geometric patterns in all directions. To be in the presence of an awakening individual is a great blessing. Higher spirit forces enter a soul-empowered individual, which releases soul potential that has been dormant.

Will, once a total mechanism of self has a new face with new purpose. The soul now has one objective, which is to know God and work through the superconscious mind. Now it is time to understand the purpose of creation, and to become a willing worker in the plan for mankind. Selfless service, once a struggle, is now suddenly absolutely natural. New consciousness reflects the existing movement in the subtle physical and gross physical body. Each new release of light and sound creates another set of circumstances. A ripple effect flows throughout the body as higher frequencies work to administer healing.

Newfound freedom is discovered in the sixth chakra. The superior ability to concentrate becomes evident as the soul holds attention at the third eye between the eyebrows. While one gained an increased capacity to understand what is going on around him or her from the frequency of the fifth chakra, spiritual vision and light is needed from the sixth chakra to raise this knowing beyond the psychic plane. To be caught in psychic energy is not a blessing, since in the end it leads to trouble and misuse.

I am not saying that what happened to me is going to happen to others just from moving into and working from the sixth chakra. I haven't the faintest idea why God blessed me with this gift of grace. I don't consider myself to be special in any way.

I do know that all of my initiations have manifested when the window of perception opened in my forehead. These initiations are not like a vision that you observe. Instead, I'm teleported into a celestial environment away from time and space. My life is filled by these experiences, so much so, that visions and Divine Will perception are no more than everyday consciousness to me.

In setting down my experience to writing, for those of you who will be drawn to it, I am sharing moments in my life that are sacred. I do this in the hope that something will come through me to teach the importance of alignment to God's Will. To walk a spiritual path without direct experience of God is insane.

This sixth chakra is the awakening center. It allows you to focus and concentrate your energies on truth. When you make the heart center your home, the place or vibration through which you choose to live while on earth, then you are ready to connect up to spirit and enter the invisible world of light.

Remember that the heart is your home. The third eye will open you up to spirit realities of infinite magnitude. One must master the ability to stay heart-centered in order to transcend the limitations of time and space. I want you to understand that this is what I will be talking about from here on out.

The Ajna Center draws on the emerald flame from the heart center, and carries the soul into blue/violet light frequencies of the Ajna Center between the eyebrows. The seed sound of the all-seeing eye is Aum.

It is said he who masters the third eye consciousness destroys his dark past, while expanding and hastening the light of the future. This is accomplished by maintaining a total commitment and concentration in the present.

The Eternal Now

The third eye is a power center. When opened properly, it accomplishes change in a natural, harmonious way. Lower vibrations are erased from the past as the frequency of soul consciousness increases.

To open this center is to become absorbed in it, so much so, that the individual becomes one with what is seen. Seeing and becoming go together. Vision produces powerful realization. Experience of the Ajna Center marks an important soul accomplishment. It doesn't mean one has realized God, however.

Spiritual enlightenment comes through a very dramatic light explosion that erases darkness forever. This illumination comes through perfect equilibrium of all the centers working as one. When the Christ frequency enters from the crown chakra, it enters the heart center and third eye center simultaneously, which then blasts open all the centers at once. This creates a spiritual explosion, the effects of which are never to be undone.

Kundalini awakening is the union or yoga brought through life energy called Prana. This Prana moves through three channels that are named the Ida, Pingala and the Sushumna. These channels are not located in the gross physical body. They are in the subtle body. There is a difference between the physical and subtle body, and consciousness must develop to become aware of this difference. It comes as light enters the mind, nervous system and physical body. Consciousness of the subtle body develops at the same time as non-verbal communication is obtained from one's spiritual training.

The Ida carries the current of life force on the left side of the body, exiting through the left nostril. Pingala is on the right side, exiting through the right nostril. Sushumna is the current in the middle of the spinal column where each of the centers is formed. Each of us uses the Sushumna channel when breathing properly.

The Ida, Pingala and Sushumna meet together at six different places, which form the wheels, we have talked about as chakras. Each center has been discussed taking us up to the sixth chakra, this important Ajna Center.

It is not necessary to know the Sanskrit names; they are easily found in eastern teachings. However, for reference they are: Muladhara, the root or earth center; the Svadhisthana, at the spleen; Manipura is the solar plexus; Anahata, the heart center; Vishuddha, the throat chakra; the Ajna or third eye center; and Sahasrara, the seventh center consisting of the soma minor center and the crown chakra at the top of the head.

In addition, there are three higher centers above the head that deal with cosmic forces. These higher centers connect up cosmic energies with soul consciousness.

I became aware of the three higher centers after my awakening to Christ Consciousness. These centers connect one to the divine plan and the hierarchy of angels, saints, and ascended masters.

Seven worlds or planes correspond to the seven chakras. Kundalini is the Supreme Mother power. Each center introduces a new aspect of consciousness.

One cannot experience Kundalini awakening without knowing it. It is a powerful electrical current that once activated cannot be ignored since it is always present and moving.

A note of precaution: START FROM THE HEART CENTER FIRST!

Many books speak of the risks involved in Kundalini awakening. One does not experiment with Kundalini unless he or she has made a commitment to know God through direction of self will; in other words, one chooses to know God. To know God's Will is to become firmly grounded in the heart center and to prepare for the death of self, which is necessary.

The heart center is where commitment and divine inspiration become one. Soul must develop the correct attitude for seeking. This attitude comes from a sincere desire to know God's Will.

I have read many books on spiritual awakening. But I have never read anything that puts the focus on God's Will in the way that I've been taught. As long as one is sincere, consistent, and centered on the frequency of Divine Will, there is no risk. When one truly needs God, he comes.

The Bible speaks of loving God with the heart, mind, soul, and might, which clearly identify the appropriate attitude and motivation of the seeker. This vital truth principle divides the wheat from the chaff.

One working from ego and self cannot empower the heart center with the pure essence of spirit. The prospect of living to do God's Will, while committing every effort to service, will not provide necessary ego stimulation.

When an individual has a burning desire to know God, it is appropriate to move forward centered on faith. It is then within his capacity to enter the process of purification necessary for Kundalini awakening and the Baptism of the Holy Spirit.

The individual who is not prepared to sacrifice the self should forget the word Kundalini because a strong character is essential to the safe awakening of Kundalini.

One who desires ego gratification while practicing Kundalini awakening techniques is sure to face misfortune. When an individual is not sincerely anchored to "God's Will be done," he cannot possess the ability to detach and he cannot have the faith to spontaneously move with the forces. It is important to

understand that one doesn't flippantly say or think, "God's Will be done." When it is a sincere command from the heart and soul of man, it starts the engine of love burning.

KNOW THIS: GOD'S WILL ENTERS EVERY ASPECT OF YOUR LIFE. FAMILY, FRIENDS, ECONOMICS, HEALTH, CAREER, EDUCATION, TRAVEL, EVERYTHING CHANGES WHEN GOD BECOMES THE DRIVER AND YOU MOVE TO THE PASSENGER SEAT!

Much is learned from the use of observation as the tool to increase direct experience. Words such as synchronicity, synthesis, and at-one-ment describe frequencies of insight centered on bringing realization through meditation and concentration. Awareness of no thought, living with inner quiet and no self also enters the consciousness. Instead of duality, one begins to experience union with Atman or union with the Oversoul or as Christ the beloved.

I have only one thing going on within me, and it's this inner knowing as consciousness in movement, focused on whatever Divine Will is doing in that moment. This is different from the normal state of consciousness where there are two aspects of self-present. To live with no thought is to simply flow in at-one-ment with whatever is happening. One exists in a state of being that involves expanded consciousness in a climatic stage of alert.

Science, history, language, music, mathematics, health, and theology all become contributing disciplines related to personal experience in a profound and personal way. Each of these disciplines is brought into spiritual schooling when appropriate.

Synchronicity

The word synchronicity describes the soul vision of connectedness. It is as though creation is moving in all directions at once. When frequencies harmonize, they synchronize with deep meaning flowing from the encounter.

Words release power when they are read as though one was listening to music. These words were written by F. David Peat in his book "The Bridge between Matter and Mind".

This is his explanation of synchronicity, and how it fits with time and transformation.

"A synchronicity acts as a mirror, a mirror in which the constant folding and unfolding of the universe out of its ground is reflected. Creativity acts as a pure unconditioned perception in the void, a perception that brings the first dualities into existence.

At first dualities emerge out of the void, they give rise to a context which then acts back on them. In this way the first categories and structures come into existence, which ultimately give rise to the various movements of matter and consciousness. The universe is therefore pictured as emerging out of a series of highly subtle and enfolded levels in which process and active information can be thought of as two sides of a single order. The end result is the emergence of explicit orders of mind and matter out of their underlying enfolded forms. According to this account, mind and matter are not distinct substances but two sides of one reality, orders which emerge out of a common spectrum that contain additional subtle, and as yet unexplored,

orders that may be found to play significant roles in events on the subquantum level, the evolution of life, and the operation of society."

Clearly this whole account should be taken in the spirit of a metaphor, for the complexity and subtlety of the universe lie beyond all attempts to capture it in language and images. However, the essential point of this image is that it involves a central creativity that pervades everything from its continuous origin in an unconditioned act of perception, to the constant, subtle movement of its various orders, levels and structures. The spectrum of orders out of which mind and matter emerge is extremely subtle and fast moving, for its ground is never fixed but is always involved in a constant, creative renewal. Even the relatively fixed, explicate, and mechanical aspects of the universe also emerge in a continuous fashion out of their underlying, implicate order. In this way the elementary particle, for example, is constantly being born, sustained, and dying back into its ground or vacuum state.

The universe is sustained through an act of creative unfoldment in which no order is absolutely fixed but is able to respond to an ever-changing context. Clearly creativity pervades every element of nature. But if this is indeed the case, then why is creativity not more evident in our own lives?"

He poses a good question. Unlimited creativity is rare, and thought to be a special gift. Those that stand out as geniuses emerge in music, arts, and sciences.

Most people feel limited when it comes to allowing creative forces through because movement with no thought or working from the right brain has been restricted so much that it is no longer natural. When people think in the world mindset, they are restricted into acceptable concepts around family, children, career, etc. Creative acts fall into narrow limits. Beliefs, customs, and attitudes are restricted by paradigms of thought held by society.

Time and history are traps to the developing soul. Childhood traumas, the educational system and economic and social standing of the family each cause restrictions. Fear and worry, trying to fit or find one's place in life also blind the soul. Each impression leaves less capacity for spontaneous movement. Creativity depends upon openness, detachment and faith.

Why, then, is creativity not an automatic reflex in our society? Why do regulations, politics and fear bog down nations? Why is it that public speakers create and memorize instead of speaking from the power of the moment allowing the soul free expression?

Life, as we know it, is restricted to frequencies of thoughts, concepts and opinions held from the past. Why is synchronicity considered a mere coincidence, when it is so much more?

From F. David Peat:

"While the source of all reality is an unconditioned creativity, it does appear that human society, and the individuals within it, often operate in a fairly mechanical way so that they respond to new situations from relatively fixed positions and in uncreative ways. In other words, they appear to be trapped in structures and

forms of their own making, such as the beliefs, goals, and values that have become so rigid that they are unable to move in the flexible and subtle ways that characterize the general order of the universe.

The problem, therefore, cannot lie within the general nature of consciousness itself but must be some special feature or 'error' that has crept in during the evolution of the human race.

Some thinkers have argued that the mind is indeed limited, for it became trapped through the very speed of its own evolution. In order to explore these questions and to arrive at a new understanding of synchronicity, it is necessary to investigate the nature of time, which is also a key aspect of synchronicity, and the whole aspect of the evolution of the self.

Consciousness cannot be reduced in any absolute way to the physical operations of the brain; neither can these material processes be described as totally conditioned by mind. Rather, mind and brain arise as two indivisible aspects of one underlying source.

The word 'consciousness' is generally used to denote that light of awareness and attention which illuminates the mind of the particular individual, rather than the whole universe. Just as the elementary particle unfolds out of the quantum field, the solution appears in the nonlinear field and the vortex emerges from the river, so many an individual consciousness emerge of the complex background order of consciousness that extends into the whole universe. The individual mind is therefore a sort of localization or concentration of consciousness that unfolds into the brain and body of the individual. But just as the electron will fold into other elementary particles and back into its ground of the quantum field, and just as the vortex has no absolute independence from the ripples and vortexes of the river, so too an individual mind cannot be separated in any absolute way, from the consciousness of society as a whole. In this way, the individual mind unfolds out of the consciousness of all humanity and then folds back again, in a continuous process.

The individual mind may have grown out of society as a sort of reflection. In a way consciousness unfolds into a person's mind and so becomes associated with a particular person, who then interacts with others and with the world in general."

Synchronicity occurs when an individual becomes open, experiencing a strong sense of purpose and connectedness to the universe, world and people around them. When dreams, thoughts, and actions come together in harmony with the outside world through no-thought, synchronicity manifests. This powerful knowingness happens when soul awakens powers of consciousness on higher dimensions and when soul has been empowered by Divine Will.

We see this synchronicity run throughout the lives of mystics and saints in all religions. We also see it in the animal kingdom when a tiger becomes at-one with the forest in order to survive. The tiger's whole body becomes one with the act of perception; he is no longer just a tiger. A sudden flash of movement detected by the sixth sense automatically starts the spontaneous movement of the chase. In this way, instincts are used to accomplish the timeless communion with nature in fulfillment of purpose. This 'eternal presence' allows perfect synchronicity to occur.

Mankind has evolved along a path of separation. He is lost in a sea of thoughts, emotions, actions and reactions. Unlike the automatic response of the tiger, man relies less and less on soul instinct, and more

and more on the individualized and personal thoughts of his day. The response to life has become mechanical as the mind has become locked into a sequential order of time, where the human being strives for inner freedom.

Education and thoughts of right and wrong all relate directly to the box of illusion in which individuals place themselves and from which they will one day be freed.

Instead of relying on spontaneous knowing and flowing with inspired thoughts manifesting through spontaneous dialogue, one stops the flow in order to think. Restriction in flow creates a false identification with time.

Albert Einstein revealed that time does not flow evenly in all parts of the universe, since matter and energy influence its rate. Therefore, awareness of time as we experience it, produces a dramatic thought barrier.

Again from F. David Peat:

"Time does not consist of a single order of succession but of a whole spectrum of orders of which eternity and the mathematical order of succession, or flowing stream are just two particular aspects. Consciousness itself is not bound into any single order and is therefore extremely sensitive to the movements of time. The self and modern society however, appear to have become attached to a mechanical, sequential order of time that is essentially the same as Newton's and this acts as a significant barrier to the more subtle movements involved in the unfolding of creativity."

To look into the soul's perception of time, we look through detachment at an overview. Rather than consciousness of time, we perceive movement, change and a process of action in motion. This action in movement is experienced by soul as being. Being is total connection to the eternal presence, which is the opening to creativity and spontaneous 'no thought' action.

How did man get caught in the web of time?

F. David Peat believes it happened when humanity became attached to the idea of becoming rather than being. When this occurred society became identified with linear time. Time in succession, past to future.

By adopting and absorbing this concept of linear time, people disconnected from the inside precept of soul meaning, which involved personal morals, faith and beliefs as was experienced in the state of being. Being is a state of now, which is the window for all experience.

This energy was re-focused on external realities and projected out of the now into the concept of future, which draws soul energies away from the eternal now. This order of succession developed into a mentally defined belief system pointing to the future with the idea of progress as the gauge for purpose and behavior.

In order to experience the spiritual manifesting in life, one must detach from outside and inside preconceptions and re-center on God's Will and the eternal presence of now. Synchronicities are clearly manifested through the flowing nature of higher will.

It is as though floodgates of higher energies, with higher levels of consciousness, go to work in a creative instant, to wash over the mind and to heal the division between internal and external forces. Peak experiences are sudden ecstatic moments of great peace and joy, merging through a feeling of union with higher intelligence.

Synchronicities, peak experiences, Epiphanies, and mystical awakenings all happen when spirit, or creativity, breaks through the barrier of the self. Awareness is then released as power, which floods the whole spectrum of human consciousness.

True and lasting experience that transforms life comes through the Holy Spirit and Kundalini working together. When man's attention is re-directed inside to know God's Will, the state of being becomes integrated throughout the human experience. It is through, with and in the Holy Spirit that power is released into the human condition in the form of ongoing acts of synchronicity. This is the eternal now which is the point of being in which Divine Will manifests.

Chapter 11 - Crop Circles

By Gloria Joy

One of the reasons I have put my experience and thoughts into writing is to communicate openly about spiritual situations that occur during awakening. Since we are spirits using a body to remember that we are spirits, it is totally natural that we would begin to relate to life beyond ordinary perceptions. After all, we are in the process of evolution.

Unfortunately, very little assistance is available when it comes to direct experience about spiritual matters. Those receiving spiritual awareness will find their experiences and presence's very often an annoyance or curiosity to others, to be thrown into the basket with the paranormal or the insane. It is unfortunate that our society hasn't yet learned where to place or how to work with frequencies of the unknown. Stereotypes dealing with the occult, mysticism, or religious mania will likely be the images used, as the individual is easily thrown into the boxes created for the mentally disturbed.

Those experiencing a sudden awakening of Kundalini are extremely vulnerable since it is an established medical practice to name and label symptoms without any understanding at all of the spiritual manifestation involved. An individual dealing with Kundalini may appear to be insane for a period of time, but with assistance from a real spiritual teacher, the symptoms can change overnight.

I had the opportunity to work with a young woman in a state institution for the mentally disturbed, following a request by a friend to see her. She had been a normal housewife until the previous year when she became unbalanced. The doctor told the family that when an individual was in her condition, the prognosis wasn't good. I met her in the hospital. I asked if I could sit with her out on the lawn since it was a beautiful day and they said it was a wonderful idea. We sat on the lawn for about two hours at the most. At first she was rambling. Then I took her hand and told her just to look at me eye to eye. She did, and in a couple of minutes she was quiet. The negative energy had drained away.

Then I told her I understood what was happening to her and that I would help her if she listened intently to what I was going to say. I started by telling her she was not insane, and something very real and beautiful was happening to her. I told her that even though it seemed pretty awful at this time, that one day she would look back on it and understand why it had happened.

I told her that what she told me about her experience only appeared to be real (she thought she had drunk a gallon of kerosene, had been on fire and was now having a baby). I told her, "It was like a dream, and dreams are real, aren't they?" She said, "Yes." Then I told her how dreams talk to us in our own language. The material we choose is always symbolic and will become meaningful as time goes on. I asked her if she understood the difference between a dream and the day-to-day experience, and she said that she did.

When I told her the dream meant something important to her soul, but it didn't apply to her life in the body, I could see the light come on and the realization hit home with her. I said, "When you are obsessed

with talking to everyone about this, doctors, nurses, family, strangers, they all think you are crazy." I smiled and said, "You can't blame them, can you?"

She started to laugh, and then we both laughed. Then we talked about her many experiences. I told her about thought-forms and spirits. She saw spirits all the time. When she realized these spirits were manipulating her and it didn't have anything to do with God, she then knew what was happening to her. I taught her to test spirits, and then we talked about her faith in God, how she loved Jesus and Mary, etc. This conversation brought her back into balance, which literally brought her back into her body.

We then agreed that she would be better off talking about spiritual matters to me rather than the doctor or her family members.

She saw the doctor the next day. She was a normal, happy person, smiling, relieved and quiet. The doctor had not seen her like this, and was amazed. Several weeks later she went home and hasn't returned.

Was it a miracle recovery?

No, it was a matter of observing the situation with detachment. We looked at the forces manipulating her, and we spoke of spiritual truths. I told her about Kundalini and we talked about God and the Holy Spirit.

That was over twenty-five years ago. She divorced and married a wonderful man who worked at the hospital. When she finds herself getting agitated, she remembers what we agreed upon and calls me. We talk for a few minutes; I ask her questions about what is real and what isn't. She calms down and she detaches from her thoughts and is back in the observation role. She had a crash course in detachment and she knows the consequences of not working with it.

When spirit is not taken seriously, or when dreams or soul memories are treated like freakish sideshow material for party conversation, it is a great disservice to the soul. My friend knew something unusual was happening, but didn't have any way of understanding that Kundalini had become active and that she was indeed having a second spiritual birth.

The seeker knows that something beautiful and remarkable is occurring. But words and concepts have not developed in the brain to explain what is felt or known from inside. Being undisciplined in the art of detachment, precious jewels of spiritual insight enter haphazardly into everyday conversation. This, more than anything else, disrupts the frequency. Instead of silence, which is used to accommodate purification of the mind, the frequency is contaminated by thoughtforms of the psychic/supernatural vibration.

Fear or embarrassment can also enter the picture, which can, once again, cause suppression, postponing direct experience and self-examination. Reconciliation is an essential and necessary aspect of soul realization in preparation for spiritual awakening. What is needed once awareness has surfaced, is the realization that one is changing from the inside out. Not only is the brain evolving, but the nervous system is evolving as well.

This evolution process is natural. What is needed from the seeker is the determination to find balance and a disciplined mind. Balance means really treating the body with respect by feeding it often, in small amounts, for example. I'm not saying for you to be obsessive with food. Anything but that, rather, be

aware of the signals from the body, which say the tank is empty. When you begin to get shaky and agitated, it is time to eat something.

The truth is, people have not yet received or listened to the call from God. Many are receiving a partial call, which makes them aware that something is happening. But the warning alarm has not yet been registered to shock the mind into silence. It is now time to pay serious attention to the needs of the soul. All signs point to the fact that we live in a time for reconciliation and awakening. When prime time news begins to report on angels, UFO's and prophecy, one should recognize these as signs that say the time for soul empowerment is now.

The psychics and gloom and doom prophets have warned for decades that we are in the end times. More importantly, however, is purpose. Each of us has a soul objective with a specific assignment to be played out in this unique moment in history. Most people never realize the opportunity now before them, since the mind blurs the information by occupying itself with the matters of survival.

What is so important about survival, or continuation of life, as we know it? Faith is a key factor in transformation. We must know that God's will and purpose are perfect in every way. In this state of acceptance, we naturally move past the fear of change into the transformational power that is the carrier of divine will.

Think about this for a moment. What is God-realization? Is it personal and direct? If one places God totally in one's heart and mind, and if one consistently disciplined the mind with 'Thy will, not my will be done,' over the period of a year or two, what are the chances that direct experience will manifest?

When a person with any goal in life concentrates attention and intention on a specific objective, no matter what it is, doesn't it eventually manifest? This, then, is the missing awareness in the average seeker today. Put God first, and guess what, He/She becomes first.

Most people assume that Christ's teaching is based on love. Well, let's look at it closely for a moment. Granted, love is the fruit of transformation. But something very important must come into awareness before the experience of pure love can manifest. That something is, "Not my will, but your will be done." It's that simple.

When Christ taught seekers to pray he said, "If you must have something set to say as a prayer, use this":

"Our Father", here He addresses the Godhead, "Who art in heaven," He points out that the Father is located in a higher frequency. "Hallowed be Thy name," He sets the attitude necessary to produce humility. "Thy kingdom come, Thy will be done, on Earth as it is in heaven."

This is the primary teaching He gave us. It is spiritual law. We are told that in order to make God a direct and personal part of our lives, we have to make room for Him/Her. He tells us that we must prepare ourselves to make God a part of our lives by our soul intention, which will manifest through us in our day-to-day life. If I am self-involved, it is impossible to align my will with God's will. But if I am alert, aware, and ready, I will have an attitude of sincere devotion and respect for my creator.

"Give us this day our daily bread, and forgive us our debts as we forgive our debtors." We are reminded that we are not perfect and shouldn't expect to be. "Lead us not into temptation, but deliver us from evil." Here we are told that we will be tested and tempted.

This prayer is the gift He gave us. It is the road map into direct and personal relationship with God, which then takes us into direct experience of the divine, will stream. When the creator manifests on earth, He comes in spirit as cosmic prana, very much like Kundalini in our bodies, but far more powerful. Individual Kundalini is nothing in comparison to universal prana, which comes to us in a ray of pure cosmic energy. This pranic life force is what sustains all of creation. We invoke it and are absorbed into it when we are prepared in body, mind, and soul to live in the pure flame of divine love.

Every aspect of human thought, belief, and understanding needs to be reformed. When attitudes are absorbed into the frequency of divine will, change will blow through life like the wind. Divine will is mysteriously brought down into the earth experience directly from the breath of God.

Each of us has access to the silent voice within; all that is required is that we invoke truth from the deep darkness of silence within the soul. It is in this void that secrets are revealed, and the spiritual dance manifests in the exact frequency necessary for our particular needs.

Each of us has a part to play; this is really the only lead role we will ever have. How important can this one soul objective be to a soul accepting responsibility for itself to re-enter the love stream? The value of this decision cannot be sufficiently explained to mankind at this time. Even if I had insight into it, words have not yet been developed to bring it into this material world. I'm referring to living from the crown chakra; I'm not talking about the heart center anymore. The focus is on Christ Consciousness and living with Kundalini totally active in the brain. The soul who is inside of this awareness as experience is what we call God-realized, Christ Conscious, or enlightened. Life is about living in the world, but not being of it.

I have seen the overview from the other side. When synchronicity patterns begin to connect up, powerful changes manifest throughout the world instantly. This is what we are here for: We either flow within the shifting pattern or we try to stay with what the mind thinks and believes, intent upon survival. Those who are locked into the self will not even know what hit them as frequency changes continue to increase. Many patterns are connecting as I write this.

What is a synchronicity pattern? It is the pattern of soul memories and consciousness meeting with others in the process of realization to produce vortex streams programmed to directly affect the earth plane. One aspect of these meetings is reflected through crop circles suddenly appearing all over the world. These crop circles are not connected to UFO's, but they are a result of synchronicity patterns merging as systems and patterns of spiritual frequencies are layered into the earth plane. This may seem to be a strange suggestion, but I have felt and participated in this work.

It feels much like a time warp since time is bending and holes are appearing inside the continuum. What is revealed is a synchronized display of geometric patterns that have meaning to the awakening soul. It is a message written to the subconscious mind.

I am revealing a small part of the puzzle; others, I'm sure, will reveal more as we come closer to the year 2000. If we are to manifest the overall display of forces, we must meet spiritually to do it, and in full consciousness.

Those working from the heart center and above are already meeting while out of the body. They understand and use the language of the soul. My spiritual purpose is to participate in bringing down divine will for communion and awakening.

We are a part of a much bigger reality, which is universal. This reality depends upon cooperation from souls awake, alive to spiritual frequencies. Changes will manifest quickly when divine forces are brought down to work through us.

This is the central point being missed in all of the glamour and confusion about the end times. Truth principles are available in every bookstore, but they are packaged in the frequency of the marketplace targeting a specific group. Most of what is available is the same information that has been passed around for hundreds of years.

There is the occult, new age, inspirational, religious, spiritual, eastern philosophy, western philosophy, self-help, how to Yoga, how to gain control, power and money. Are these the pure frequencies that will lift our spirits to the light of truth?

Revelation that produces instant fruit is what is needed. The experience I shared about my friend in the mental hospital was one of revelation. She knew truth when she heard it and the truth set her free from a life of misery.

Most of what is written applies to the human mind and human ambitions. Truth is a frequency that lifts the human experience into the rainbow of life where individual wants and desires are released so spirit purpose can be fulfilled in the blink of an eye. What we should hunger for is a frequency that is so true, pure, and tuned that knowing will automatically take place.

Once absorbed into the body of Christ, we find ourselves creating a brand-new form that is fluid, transcendental, and is a universal body of light that will carry us into cosmic levels of consciousness.

Since Christ is manifest throughout the spectrum of the universe, our goal is to become a part of the body of the son. This is to be cosmically in communion with all of life through this body, which is only a small step extended from the creator, Father/Mother God.

These are the frequencies to which the human spirit is being introduced. We live in a time when the choices being made are carrying us into the next millennium. There are such a wide variety of materials to digest; it overwhelms the human mind.

In the first book of this series entitled "Good and Evil In Our Times," bookstores wanted to know where the book would fit, "Who will be interested or needs to know about this book?" Since the book is for anyone with a soul who is asking questions about spiritual truth, I assigned it simply as non-fiction. Yet, the bookstore will say, and appropriately so from their point of view, where does it fit? Where does this writing fit? You decide.

It is confusing to the seeker to wade through the illusionary screen set up around mystical truth. Words are important communication devices, but words set in the mystique of eastern or western philosophy placed in the wild free-for-all of the marketplace, are easily lost unless one is very sensitive to the frequency of the spiritual essence to be released through the words. Those open to spirit and who are meant to read this will be brought to it through spirit. The only true answer, "Not my will, but thy will be done" is what takes one to the truth.

The human mind is being bombarded with spiritual choices, as though all the fragments of truth are competing for market share, as if there were something to win, as though we were numbered in rank and order.

Words from the Holy Spirit carry a specific message held in a pure and powerful frequency. Like a magnet, it will draw the reader into the vortex and then directly into divine will. In this movement the brain and nervous system will respond by shocking the mind into temporary submission. It is during this very valuable time that change will occur as direct experience and transformation is underway. This is really something like a transfusion of blood, except that this is a transfusion of light brought directly into the heart and soul of man prepared to receive soul remembering.

How does one discriminate between the many frequencies of materials available to the seeker? How does one know how to become centered, and what information is helpful, etc? What is truth and what is imagination?

What, really, is discrimination? How does one realize truth while involved in the everyday activity of life? Just as one develops higher instinct and intuition, he must also learn how to disengage life situations so that creativity can flush through circumstances and higher frequencies of synchronicity can occur.

What I just wrote about crop circles and synchronicity sounds a great deal like fiction, doesn't it? Yet, each of you has wondered where they come from and what they mean.

How did they appear?

Now ask within yourself to be shown what synchronicity is. What does synchronicity have to do with detachment? What is God's will for mankind? Ask how He is directing His coming into the earth, or how spirit can communicate to the soul/spiritual body in the symbolic form with which we are all familiar when out of the body?

When I look at the many crop circles appearing on fields throughout the earth, I am immediately impressed with a knowing of higher purpose. Sure, some of them are fakes--lower forces will always try to imitate to create confusion.

This information represents records communicated through patterns in our unconscious and superconscious minds. These messages describe what is taking place in the ether around us as we speak. It is a testimony of the Christ body entering the earth atmosphere.

Written in the universal language of symbols, each symbol is recorded in our bodies and activates soul memories from within. Each of us has knowledge of this. We have the ability to enter the geometric

pattern as is communicated, and by entering the frequency of the pattern we are projected through the veil of darkness that envelops the earth. These dimension patterns are keys from one dimension to the next.

Each symbol produces memories and these memories are the doorway through the time barrier. Once beyond time and space we are free to experience ourselves as soul/spirit beings traveling through eternity.

I still see things in fragments, but the fragments match and connect up with other pieces all around me. It is as though souls are meeting and talking spiritually, moving in the spiritual dance and leaving their conversation in symbols to remind themselves of what occurred. Each symbol acts as a trigger or activator of self-remembering, and records a level of accomplishment within the body of Christ.

When two conscious souls meet, frequencies blend and bend to create a much stronger frequency.

Each of our bodies is associated with these geometric patterns. When I leave my body to explore cosmic dimensions, I make the transition through similar geometric patterns that are in movement and color that project me out of the atmospheric illusion around space and time.

Is there anything to the fact that people who witness unidentified flying objects watch them dance about in a geometric pattern of light, flow and sway about, and then disappear?

This is a small part of the mystery that occurs when spirit meets matter, but it is a part. Can we expect to learn about this frequency of information from books?

No, not exactly. But we can be opened up to it through a very powerful suggestion brought down by the Holy Spirit, or the Shekinah, which allows something real to come down.

Books introduce us to concepts, truth principles, and specific spiritual frequencies. We can digest new thoughts, move along in frequencies that we have not associated with before, and in this way become more integrated into a broader field of truth.

What does all of it mean? Doesn't it sound like another media hype around meditation, yoga, and spirituality?

For those with a strong mind, every aspect of these climactic times are mere disturbances to their psychic. How many times have we witnessed great catastrophes on this earth? Human beings are used to drama and trauma; it makes life interesting and exciting.

Many people seek out living on the edge. Life seems to have more value when one doesn't know whether or not he will experience another tomorrow.

For most, coming into the year 2000 is very exciting, but do they really believe in God? Or do they trust in themselves and believe that time will never change because it is so necessary? For the individual controlled by time, it seems ridiculous to suggest there is hidden truth to be revealed in order to understand the illusion around time.

If every person on the planet were asked whether or not he or she really believed in the bible's description of revelation and the end-times, what would the response be? There would be a long pause, and then the dual forces within would begin to debate the answer. The bottom line of this dialogue is this: Is there really a God in this world that cares about us, that we answer to? Can there really be life after death? Am I a

spirit? Do I have a soul? Is there something life-changing happening here and now? Why must I ask so many questions?

The answers to these questions come to the awakening consciousness.

What is the purpose of divine will? Doesn't it seem appropriate that God has a plan that is gradually unfolding? From my perspective, the plan has been slowed down to a snail's pace so that many will access this opportunity to spiritually re-connect.

Would not a loving mother and father rescue their children in this way? It should not be difficult for any of us to know that we are loved and watched over, but at some point we must make the decision to let go of free will and flow with forces beyond our powers.

To disengage from the envelope of divine will spells certain disaster. We each know that, don't we, honestly? To awaken is to wake up to a much larger reality of life. Even though we may be only a flicker of light in comparison to the whole, each flicker transforms the whole.

The entire mumble jumble about what is right and what is wrong is really immaterial when we must forget everything we know, anyhow.

All systems of truth are destined to come together at some point. God's plan is a beautiful kaleidoscope of colors, patterns, and frequencies that work together to form an ever-changing spiritual manifestation. Just as patterns meet and form in the kaleidoscope, our vibrations represent different rays of color and frequency that work to regenerate matter.

Let's look at synchronicity in another way. Clearly powerful principles of organization are at work all around us. To really look deep within the creative process, absolute perfection has to be guided and directed by higher intelligence.

According to Sheldrake, all matter has an associated field of memory, which plays an active role in guiding the formation of structures and various processes. Clearly, if Sheldrake's idea were taken seriously, it would extend from the nature of matter to that of active information.

Think of the crop circles as a morphic field communicating active information to the subconscious mind.

What is most striking about a morphic field, as they are called, is that they act not only on developing embryos and other biological systems, but on all matter. (A morphic field is a kind of memory of the material processes involved.) The theory has therefore been applied to the crystallization of new synthetic substances and to the formation of molecules out of constituent atoms. In the conventional explanation, molecules form when atoms approach each other in space. A variety of quantum mechanical forces are exerted on these atoms, whose strength and direction depend upon the various orientations and patterns that are being formed.

"The first time a molecule is created, or a crystal grows, it must follow a piece wise, blind path down the valleys and hollows of its energy landscape, determined by the various local forces that operate on

it. This process gives rise to a morphic field, once the memory is formed. The next time the process takes place, it has the advantage of being guided by active information from the morphic field."

It is Sheldrake's theory that the first time a novel substance is synthesized, it is very difficult to crystallize, until morphic fields have built up to assist in the arrangements of atoms in a lattice. Indeed, science has found this to be true. Once morphic fields have built up to assist in creation, creation becomes solid.

He believes morphic fields are a type of memory that acts like a formative pattern with regard to material structures and patterns of behavior. In many ways it is similar to Jung's archetypes which could be argued to be formative fields of the collective unconscious. Sheldrake would suggest that the whole evolutionary and developmental history of an organism is stored and unfolded within its hierarchy of morphic fields, and so is the history of a people, even the whole human race, enfolded within these archetypes.

When this information is allowed to move further into the creative process, every region of space or particle of matter would be information that potentially would apply to the whole universe. Evolution would be driven forward by internal actions on a molecular level, produced by random mutations of DNA, and also by the active information or intelligence enveloping the whole environment from the outside. In this way, any evolving organism affects its environment, and the environment would fold back over the evolving species to help it follow more appropriate pathways of growth.

I have introduced these scientific insights from F. David Peat to enforce the understanding that life is complex. The world systems of creation are so interconnected that very little is actually understood of the underlying intelligence guiding our development on many levels.

When we look at the idea of active information guiding the development of all structures of matter, it is clear that nature and matter may be synchronized and in an order that is far more complex than anything explored to date. It suggests the possibility that the deeper we go into the consciousness of man, the more complex the fields of active information are. Science suggests that consciousness and matter could come from a common order where the processes of development and the active information are not separate, but two sides of the same coin. More specifically, this active information is not some quirk of nature, but swells up from source of intelligence as purpose, will and intent far beyond anything we could possibly speculate.

"Synchronicity," by F. David Peat, is a wonderful book for those of you looking for scientific concepts of a controversial nature. This theory takes us away from the starting point where elementary particles do not have a wave/particle nature, but are much more complex, springing us into an advanced fluctuation called a quantum potential. It is suggested that a quantum potential would have much in common with a morphic field in that it acts on the developing organism. But it acts as a much stronger force--more like a radar signal, which would produce an active source for steering creation. This suggests that matter has orders much closer to those of mind, and a simple organic structure has the ability to respond to information from quantum potential as active intelligence.

When we begin to connect up these principles to spiritual truths, it opens great doors of discovery. The stream of consciousness is not like a simple or casual line of ideas. When looked at from a wider viewpoint, thoughts seem to flow out of each other. Synchronicities of energies come together to form specific patterns uniformly consistent with the radar guidance system of the quantum potential, and morphic fields set in place to assist.

When we look at the experience of communication, we find many streams of thought coming together. Which of these thoughts take precedence?

Perhaps it is those containing more instruction and information from active intelligence. Perhaps the supreme nature of active intelligence is the nature of the Holy Spirit, which suggests a strong determination of purpose within the process of evolution. Perception, intuition and creativity are only higher frequencies of potential released into the consciousness stream as a sort of radar into the consciousness of God.

Can words carry me to an understanding of truth and clarity? Is there really a force in the body that is electrical called Kundalini? What about the Holy Spirit? How does the Holy Spirit fit into eastern teaching? It seems that these two realities are totally separate, or are they? Do those of the Christian mystical tradition and those of the East experience a connection between spiritual truths? If so, how will they and how do they come together?

Since most communication about Kundalini awakening is written to the male, I am sharing my experience and perception as a female, as taught me by the Holy Spirit through my Catholic/Christian consciousness.

In this way, words and feelings reach out to make sense out of the jumble of contradictory thoughts floating in the air. The Holy Spirit, or Shekinah, provides the only window to spiritual insight using intuition and direct soul communication in the quiet of the soul experience.

I would never share my experience in writing, or any other means, had the Holy Spirit/Kundalini not directed it. Each of these experiences shared so far is private, precious moments of deep soul meaning. Each memory and realization has produced change in who I am, so I don't arbitrarily communicate my experience to you.

I have been criticized by some as communicating information, which is way over the head of the average person. This is illusion since each of us is a soul receiving impulses from spirit to awaken. And since these words are written through soul consciousness, what applies to one soul applies to all and what inspires and release truth for one, affects all.

When I sit down to write, I do it because I am inspired and directed to communicate. I have no thoughts about what I will communicate. I watch the words appear on the screen and follow the thoughts as they drop into my consciousness. Inside this is experienced as lights flashing in geometric patterns within my brain. These energies all move simultaneously which ultimately produce a message, with clear spirit intent.

If what you have read so far has taken you deeper into soul reflection, then know this: The Holy Spirit is working with you. One cannot read these words without a soul response. You both quit reading and

walk away, or you continue. To continue is to remember; to continue is to center attention on the spirit and soul within you, in this moment of time.

How powerful and important is this moment to you?

Pause for a moment. Stop. Close your eyes and ask God, "How important is this moment to my self-discovery?" Sit quietly and listen to the still, small voice within. Consider this quote by St. John of the Cross: "The word, the Son of God, together with the Father and the Holy Ghost, is hidden in essence and is presence, in the inmost being of the soul. That soul, therefore, that will find Him, must go out from all things in will and affection, and enter into the profoundest self-recollection, and all things must be to it as if they existed not."

Chapter 12 - No Thought

By Gloria Joy

What is happening with Kundalini and the Holy Spirit today?

We live at a time of immense intensity. Those who are inclined toward spiritual development have a virtual gold mine in their hands, not in terms of material wealth, but spiritual, because at this time, the soul's opportunity to become aware, involved, and committed to spiritual realities is of an unlimited nature. When the soul's heartfelt intention is to realize God, this will manifest.

There are two worlds coming together, and even though there is a large gap between the two, providence has placed spiritual streams of energy at points, vortexes, or centers along the way for reference.

Light or spirit beings have bridged the gap between the higher and lower dimensions by literally creating rays of light, not unlike wormholes, to stimulate the brain and nervous system of the population. This is not only manifesting on the inside through Kundalini, it is happening on the outside as well. You enter into the ring of consciousness by simply surrendering into the black hole.

In the past, individuals dwelled in monasteries or caves for many years in order to practice the art of letting go. Their years of soul intention brought them to this state of being as they learned to live in silence. Those same souls are here with us today, opening the way for the masses to receive the gift of grace as Divine Will orchestrates the symphony on a mass scale. Is this not a true miracle?

Each ray of light is tuned to a specific group of souls that works together, out of the body, with the assignment of bringing a particular frequency or ray of light into the conscious mind. This powerful ray becomes the master frequency for that individual and will create transformation by resonating with the key or sound already manifest as the consciousness of that soul/spirit. This ray of energy is that frequency to which the sum of our parts, as energy, best aligns. It equates to color and sound, and like a magnet, it draws the soul/spirit into cleansing which causes self-remembering. This state of being is necessary to receive spirit - no thought, just silence.

Each of us has a frequency or primary key to which we are tuned. This ray through which we connect through Divine Will, is perfectly aligned with this higher frequency light, which is pure spirit, and not contaminated by human thought.

Since the soul/spirit has been taught out of the body to prepare for this union, what is left to be accomplished is the actual linking of the physical mind/body with this specific ray of Godhead.

The Holy Spirit descends into the body through the crown chakra. Here pure universal Prana (Holy Spirit) links up with Kundalini or individual Prana, to completely lift and re-tune the body and each center to the higher frequency.

It is my experience that Kundalini rises while Holy Spirit descends. They then meet to synchronize our heaven with our earth. As above, so below, is the law to manifest since the dimensional wall is being removed.

This is what religion has termed the baptism of the Holy Spirit, or being reborn into the world of spirit, while eastern teaching calls it Nirvana or God-Realization. The experience many speak of casually as being reborn is indeed a small dose of it; however, the fruit of the experience is evident when union or absorption in God consciousness is complete.

Since the mass mind has created a thought-form or mindset that God consciousness, as a state of being is blasphemy, this thought-form must be erased completely from the mind before this work can commence. Spirit manifests as action, not as thought of the intellect.

In order to enter into the consciousness of spirit, the self enters absolute interior silence, which is the no-thought consciousness necessary to experience God directly. Those with an active mind believe that absolute silence is impossible; this is the illusion. Silence is not only possible, but it is the result of letting go and entering union with God. It is God's gift to us.

This is difficult to achieve since the illusion is all around us. Nevertheless, the quieting of the mind progresses as the one-pointed awareness of 'now' is sustained. One must master his or her static energy, and this self-mastery involves undoing self-creation. Know this, you cannot do it -- grace alone manifests this experience. All you can do is surrender.

The soul/spirit, therefore, becomes still and quiet as it successfully moves freely with the awakening consciousness. The awakened consciousness has the assignment to become totally one-pointed into the now, which is the only place the illusion cannot enter. Through the now, the human being emerges into the awakened truth, which is pure spirit. In this pure spirit, which I call Divine Will, the consciousness is full and alive with pure knowing, since it is directly absorbed in God.

When the soul/spirit, through discipline, lives in this pure flow of spirit, he/she lives through Him, with Him and in Him and is therefore God-Realized. Not of this world, but in it, life continues.

How does one recognize one who is God-Realized?

The only way to receive consciousness of this intricate movement of spirit is to enter the action of revelation yourself. In becoming one-pointed in the eternal dance, there is nothing but movement as you enter the union. To separate into illusion to look for someone who lives the inner life of truth is nothing but self-indulgence which means separation from truth. So, in 'no thought', one forgets self, one forgets others, and lives in the quiet movement of spirit. In other words, don't look for it in others, but manifest it yourself.

It is my experience that Kundalini is the vehicle for increasing the frequency of the human body, brain and nervous system, to obtain the permanent link with the oversoul or Atman. This can be equated with the picture in the Vatican where the Father reaches down to touch the already evolved human being to literally lift him/her into the realm of the celestial beings. That human being reaching up to God is already living with an active Kundalini or he/she could not reach out to God. This is the process I see coming together for those who have done the work out of the body to manifest this consciousness of God.

Since the human mind (self-created thought) is the vehicle of separation from God, it must be emptied or undone before the realization can take place. In other words, one must let go of separation which manifests in thinking and creating in order to be. Life is the teacher; therefore accept it and flow with it.

By increasing the frequency of the individual consciousness, the third dimension experience is immediately affected as the increased light enters the mind of the individual soul/spirit. This light automatically synchronizes patterns of experience so that waves of light stimulation, one after another, are channeled through to create awareness of higher will and purpose.

Higher will and purpose is God's way of gently guiding us into union with Him/Her. The self-involved consciousness of a person can only exist because God allows each soul to tarry or play out the act of self as an individual, separate, and with self-will as power. Like a caring parent, God allows us to play out many roles, so many; in fact, we seem to have forgotten our true identity.

In this separation we live at first totally separated. Then we live in duality as we begin to recognize and remember the creator, and then, at a chosen moment, we once again enter the becoming and living in the being, united with God. This means that once more the unified field of God unites us.

Does this mean there is no longer personality or enjoyment of life?

The answer is a resounding no, not in the least. The experience is an expanded one of knowing and seeing life on a universal level. Instead of relating to everything from a place of me, mine, or I, the experience is that of being all of the parts, and then knowing from remembering what it feels like to be separate.

Living within higher will and purpose is essentially living through the energy field of God. Consider this: God, or universal life force, is omnipresent. This means that God permeates all of life and space. Therefore, all of life manifests in the universal life force. What I call the Holy Spirit is literally us awakening to what we know of ourselves, which is consciousness, being directly connected to, harmonized, and in union with that that is, until in the knowing we become it. As God's creation, merely knowing and receiving the pure energy and pure knowing equates to being.

In the Catholic Church we say: "Through Him, in Him, and with Him, in the unity of the Holy Spirit, all glory and honor are yours, Almighty Father, forever and ever." This is the recognition that we live in God; therefore, if we live in God, God also lives in us. Yet in the church we separate, creating duality, since living in union is thought to be impossible. We maintain the object and subject. The illusion continues to confuse. To realize God is to be "God, I Am."

It is only the mind that has a problem with this. The soul/spirit understands it perfectly. To try to understand it with the left brain is impossible. Let it go into being 'no thought'. Acceptance without thought is the way to work with spirit.

A word of caution, however. It is not wise to be running around professing or projecting the thought that 'I Am God', unless you are ready to be crucified, as was Christ.

As individuals entering into union with the beloved, our call is to know ourselves and accept this union in silence. It is not necessary to tell the world, except through our example. That, more than anything, identifies the pure light and love of God.

It is only in these lower dimensions that spirit truths are confusing. In higher frequencies the experience is lived without thought, where it is perfectly natural to just be.

When through detachment soul/spirit moves naturally into the higher dimension experience, the truth is lived all around and it is indeed home.

Light beings, working in and out of bodies, have brought down spiritual truths by creating a spiritual/soul language that is being taught to humanity during sleep. Many of these workers are incarnate with assignments from God working in and through God in action. Here they administer the awakening during this special historical time on our planet. Why is this time important?

Because many human beings are now capable of knowing and remembering, he/she as individual soul/spirits are indeed living, breathing life forms directly connected to the spiritual body of the creator. Spirit has entered this dimension to energize and stimulate those prepared to enter truth as experience. It isn't that big of a deal since it has all been set in movement and worked out in higher dimensions. It is just dropping down into this frequency to manifest change.

Those connected spiritually to this information while out of the body, come into their normal day-to-day activity with active intuition to guide, direct, and energize the body consciousness. The body/mind/soul receives impressions on all frequencies. As the consciousness registers information, he or she suddenly experiences flashes of memory to guide the actions and decisions manifesting in the moment. With this information comes interior energy releases as Kundalini prepares the brain and nervous system to receive truth. We call this evolution.

Light, as rays of energy, enters the human mind bringing sudden flashes of inspiration and insight. This release of high frequency light streams affects all life on the planet. Every soul receives the gift of light, and those who are open and receptive immediately begin to experience transformation. Individuals not open to the gift of light negate the experience and create a hard shell around the heart.

And even this is perfect. We must accept and move with what is.

How do we know this is true?

Simply observe the process of evolution. We've witnessed it come together in the past 50 years. Physical, mental and even spiritual achievements that were once impossible now occur every day in our time. Progress has been made in every field of endeavor. This is so because the frequency of light has increased and is building up to the moment that we all await.

The area that is yet to be mastered involves dealing with spiritual laws and principles, which are unknown to the thinking mind. This training is not primarily physical or mental. Instead, the reality we are talking about involves utilizing our spiritual inheritance here and now. Humanity is finally entering the phase of training that involves gnosis, which is spiritual awareness as direct experience.

One cannot have the awareness without the experience. The corridor is a long tunnel of energy. Entering into this space of light erases thought and creates knowing.

My suggestion for you at this time is to not sit and think about this chapter. Instead, allow it to sink in. Just read it and re-read it. Let it flow in and through. Allow spirit to work with you at night. Allow the essence of these words of power to work with you in silence. This spiritual movement will increase your frequency and empower you to work with the process. There is nothing left to do but surrender. Can you say

God's Will and my will are one? Can you say it with your heart and mind as one unit? This is surrender.
Enter into the silence.

The End