



# Knock,

*and the door will open*  
reflections and meditations

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Press

# Knock, and the Door Will Open

## *Reflections and Meditations*

NALIN KUMAR NIRULA and RENOO NIRULA

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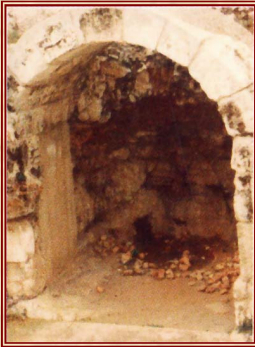
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The authors discovered that the unconditional loving energies of destiny healing and forgiveness of Jesus Christ first manifested at this point on the planet.



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*The beginninglessness and endlessness...*

For All our gurus, pure but never simple  
From all our lifetimes, past, present and future

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## *An Invitation*



As God's light descended, it identified fifty-one centers of illumination in the human form. Revealed here are the twenty-six that we can access today which, when illuminated by the light of unconditional Divine love, begin to reveal one's pure spiritual nature which is most joyful.

By connecting to the considerations present in these twenty-six sets of chakras, and by resolutely working with the affirmations, you invite the healing spiritual life-force of love and light to illuminate your entire being and life.

This empowerment and eligibility has eternally been yours, but you may have forgotten it. You are right now in the presence of all the healing masters of God's descending empowered lineage—the Supreme Spiritual Person Himself manifesting for the true seekers through the channelling of the Masters who serve His cause.

In the presence of this august assembly you are invited to revive your eternal God consciousness and accept His unconditional loving-heart energies, healing your life and the universe for the benefit of all living entities, starting with yourself.

NALIN KUMAR NIRULA and RENOO NIRULA  
*New Delhi* January 19, 2004

## *Healing the Source*



Desires, thoughts, and words are the most powerful self-injected drug and instrument used by mankind in the universe creating our todays with inner and outer sound vibrations.

As your thoughts vibrate and flow through your life, sometimes with fleeting and flickering touch, and then forceful and overpowering, remember: if you plot the destruction of others with your thoughts, deeds and actions you prepare the field to fall yourself.

Hence, be focused on your own survival and create abundance in this, God's wondrous world.

In the sharing of our experiences, we seek to gently and lovingly persuade and guide you to being wise in your inner mind. From this will arise an abundance of peace, tranquility, harmony in your life's journey, preparing you to experience the joyful revelations of your pure spiritual self.

## *Introduction*



To understand people and through it, humankind, is to see society's wholeness. We hope that the readers of this book will find in it some representation of thought from a hitherto little-explored angle of universal collective consciousness.

Experienced knowledge is always superior to book knowledge. The material world is relative experienced knowledge while spiritual knowledge is realized absolute experienced knowledge. We experience realizations in the body by activity of the mind connecting with the impressions of remembrance from the soul.

The purpose and activity of this universe is to give us the result of our desire, thought and activity. The Divine is always resonating throughout the universe, ever willing to relate directly with us, but we seldom pause in blinkered body, mind or soul to notice His presence.

As we travelled the world searching and finding opportunities for healing, on returning we often found them at home. We then



understood that God is a circular force, whose center is everywhere and whose circumference is beyond our realm.

It is only after much meditation and inner realization that we share, ‘God sanctions and wills it and we can only seek to heal it’. Which is not to say that He causes the activities that call for healing. Only that He permits His grace to be available to all without any conditions, for us to heal all our accountabilities.

In this, our sixth and final sojourn here in this cycle of universal creation we connect with the Divine heart energy from the Supreme Spiritual Source, rediscovered through a revelation from two slokas in the Vedas. This—‘spiritual universal life-force’—is the same soul force, *brahma-jyoti*, eternal light, *antahkarana*, concealed light, Odic force, spirit-like substance, *atma*, divine love, Reiki, the Force, the Great Spirit, the KQ Force, divine essence, universal breath and similar other appellations given to the undying, eternal, always fresh, pure loving spiritual consciousness that is the source and essence of all life.

Expanding and distributing this capability in others we regularly conduct healing programs to reconnect the world to the source of the light so

that people everywhere can rebuild their lives with the help of the life force. People call us for help many times and as their lives heal and as they are healed, they stop calling. Others needing help find us in person, and many more through mystical meditation and the dreamtime universe—sometimes aware of our presence and sometimes not. We move on together, a vast, evolving and changing band of spiritual seekers, guides and masters.

As we—the universal life-force and the two of us—continue our personal and individual journeys travelling up the light channel, we always bring down the energy to improve the quality of the world that we live in. We are determined to help the inhabitants of this world, more and more of whom are becoming aware of being entrapped and blinded by their own spheres of karmic resonance. Helping intensively those who are awakening and conveying blessings, love and protection to those who are still helplessly unaware of the nature of their living nightmare, we consider our lives to be immensely worthwhile and we view our acts as good and meaningful.

Celebrating this joyous, ever active and expanding life-force and its origins—the Supreme Spiritual Person who is the Source of

all sources, this book has burst forth as a tool for healing the mind and the collective consciousness of the world we live in. We share unconditionally our realizations and healing affirmations with you.

## *Daily Prayer*



Just for today I will live in the attitude of gratitude and complete protection in faith of the Divine energy. The life force connects me to the beauty within me and through this process I develop trust in human dimensions.

As I live without fear, in softness, I have strength and a silence which helps me feel connected to the spiritual source of love and light. This brings me to the source of my joyful heart center, where I remain connected to the force of light flowing through me.

As I walk with God's energy, just for today I live without anger and I am centered. I feel the peace within myself and I understand the world around me. I walk away from conflicts and I am detached from anger. Hence, I am free from disharmony.

I respect all, my parents, my teachers, my elders and in the process I respect all living things and, of course, I respect myself. In this I am finally setting myself a path of freedom, where there are no obstacles.

As I move forward and do my work honestly, I have the power and the freedom to express myself and be connected permanently with the God force within me. I move on, completing my path and my destiny one day at a time.

I live in the eternity of knowing I am a spiritual being, full of compassion for everything around me, unconditionally accepting the evolution of others and freeing them from my wanting to control them.

I heal myself, one day at a time, and in service to the life force, I give what I have become. I remain eternally, immortally, universally and infinitely connected to my real inner self. I project this to others around me.

I trust the power within me, I respond with it. I accept and receive the trusting force flowing out of me. This keeps me safe and joyful. I respect all the actions that I see around me and I remain softly powerful, as I am permanently connected to the force of God's love.



## *Healing Affirmations*



Life was always meant to be a beautiful pattern of travel. A spiritual progression passing through gateways and doorways—much like reaching home after hectic travel and work. Home, a cheerful place inviting you to be rested and stress-free.

The purpose of these writings is to bring you to the doorway of God’s love. This book should serve as a mirror to reflect the closed doorways that you need to find. It will also give you the keys to open them for you, to take back control and experience for now the joy of life.

A healing affirmation is a thought process activated by words that deeply affect and alter lives. In this process you come to a point in time when you conclusively take advantage of your inner mind which is ever willing to obey your suggestions.

You can inherently connect with this through an act of will and choose a program to develop your own inner self and achieve a goal. Using an affirmation is one of the most powerful ways of doing this through a planned suggestion to your inner self. The starting point is a simply stated affirmation of an intention which links up to what you want, such as – ‘the whole of my body is healthy’.

This may sound like a very contrary and untruthful way of speaking to yourself, as you *know* factually that your body is not completely healthy. There is pain, there is discomfort, there is unhappiness. This you know and experience very power-fully right now. At the same time you *want* to be rid of the *dis*-ease, you want to be healthy, but this is an uncertain ‘might be’ future condition. It is an intention, a thought, but a weak one, with built-in doubt and failure written in. The other existing condition is much more powerful right now, isn’t it? So, your mind makes ‘factual’ affirmations repetitively affirming the negative, strengthening and perpetuating the existing undesirable condition by not permitting your inner self to act for your benefit.

However, unlike your critical-evaluative-assessing mind, your inner self is not

judgmental, nor critical nor unwilling to listen. This is the power of your inner healer who is energized by the divine. That is why when you work with the knowledge and methodology we give you, your inner consciousness will direct your body to obey and cultivate a knowingness within your body to heal the ailments that already exist and to reject, transform and dissolve potential sickness or sadness.

A healing affirmation of a properly understood and developed future intention is a message to the divine and the inner healer soul part of our self saying: 'We are willing to take responsibility for correcting our condition, and are willing to do what is needed to achieve this end.' The next step is extremely simple to execute. The only thing that will stop it from working is not using it. So go ahead and use it right now and experience the power of healing affirmations.

It is good to experience the affirmations working strongly around you, as your inner consciousness will receive the energies from the external universe and the soul will accept this with humility. It is good to make your own affirmation connecting with the changes you want to create in your life. In this process you will get rid of the overwhelming prevalence of



dissatisfaction that has been surrounding you, slowly destroying your happiness center.

With planned healing affirmations, we restore our inner state to the heart sincerity level. Becoming free of irrational, negative and hurtful responses to ourselves, the world and the people around us, our life events automatically progress us in a natural way, freeing us from karmic bindings now and in future. This natural spontaneous state is achieved as a consequence of our guileless inner and outer workings powered by healing affirmations.

The use of affirmations also helps us deal with the four basic emotional ways in which we respond to situations and events: we all want to avoid painful emotions; we all want to deny that something bothers us; we all want to compete with each other; and we all want to learn and use our emotions for a positive result.

Use the affirmations with your inner consciousness fully aware and enjoy the healthy you that is being projected into the future. Remember that your affirmation expresses where you are going to be, not where you are today. It directs you to the activities you will take to reach your destination. Working with this understanding and the methods we give here

transforms a weak and doubtful affirmation into a most powerful healing force that will change the nature of your life and its activities radically.

As final guidance, let us bring to your awareness that you need to cancel out the block of negative suggestions that you are constantly giving yourself, and in their place create an open and positive language to speak to your deeper inner self. Doing this will harness the power of healing emotion where you can cultivate and take pleasure in your mind, body, soul, and the universe around you.

People delight in keeping their bodies and homes clean and beautiful and in the process move towards a healthier inner and outer self. It is easy to see how this happens. You manage and deal with your environment in a manner that represents your thinking, emotions and values. In a very short space of time your environment and its atmosphere become an accurate reflection of your inner state, thinking, and values. Thus the home begins to represent the body, mind and soul of our reflected inner self. Imagine right now that everyone is taking the same satisfaction in making their home, their community, their city and their country beautiful—What a glorious happy responsibility we would be bestowing upon ourselves!

When we all understand that this is the path we need to choose, we will be good enough for ourselves, for those around us and for the planet on which we live. Visualize a world where the pink and green energies of the back heart chakra flow forth with love and compassion. The energies are completely covering the inner and outer hearts of every-one on the planet and in the process spreading the pink and green light to everyone within this realm of consciousness. Imagine a world where there are no dualities; there is no ‘ours’, ‘yours’ and ‘theirs’ that excludes anyone from these cosmic benefits.

Imagine a society where trust, honesty and a natural joy are the colors of life, which makes society thrive, evolve and grow—just as you grow in this garden of the rebirthing progressed self. With the empowerment of this healing affirmation enjoy experience of being fulfilled now, in this life, today. Evolve and tread forth on your journey of eternal time giving and bringing joy into the dimension of your and our universes.

Love, light and joy!

## *Reflections*



*We invite you to meditate on and absorb the trans-forming energies of these ten reflections to empower yourself. Spend time to absorb the energies being communicated to you through these.*

## *Reflection on Your Purpose of life*



***This reflection will help you to activate your root chakra to discover and heal your purpose of life.***

First, be kind to yourself. In order to be kind you must open your heart to the gentle qualities of caring and compassion.

Have reasonable expectations and give yourself praise and appreciation. Nurture yourself and extend the same energy to others.

Reach out to the lonely, draw out the shy, include those who feel isolated and comfort the sad. Your reward will be a sense of inner peace, warmth and love for yourself, your life and all around you.

## *Reflection for Confidence*



***This reflection will help you to heal your self- confidence and have more control over the wonder of life and at the same time be able to ground all the energies of fear and hopelessness.***

I see life through the eyes of my inner self. I discover a never-ending source of happiness and excitement if I look without my critical self.

Curiosity keeps me alive, interested and alert in all things happening around me. I am interested in people and I discover an eternal source of happiness centered around the Divine presence.

The radiance of this energy from the spiritual zone of creation delights me in whatever I do.

I work to propagate and perpetuate this.

## *Reflection for Strength, Growth, Progress*



***This reflection will help you activate your 108 spinal chakras giving strength and growth in your purpose of life.***

It is time to look at life as an adventure. Be ready for the unexpected and make the most of all opportunities.

Inner wisdom helps you to get out of any habits in which you are stuck. Do things that are different and face life with a sense of wonder.

If the path ahead seems dark, do things as you would in a dark place. Ask your healing self to light up the way, then watch for the signs and signals that tell you where and how to go.

Explore the new with excitement and courage. Your wisdom and growth will inspire you to move forward. Your moving will grant you expectancy, hope and freedom.

Freedom from bondage—mental, emotional, spiritual and finally, the physical.

## *Reflection for Freedom from Fear*



***This reflection will help you activate your knee chakras and become completely free of all fear in all your todays and tomorrows.***

It is time to explore your creative potential and activate the energy for change.

This will bring new ideas, artistic visions and the ability to see life as a purpose for your highest best interest. You will learn to channel the force with restfulness and immense spirit of enthusiasm and commitment.

Ask your inner self to allow the creative energies to generate something worthwhile. Remind yourself that you are a co-creator with the ever-flowing Divine blessings. Your being open to accepting permits freedom of movement and this helps you to unleash the power within.

Be open to receiving messages from the universe in everyday events. Be communicative. Stay with the light to free yourself from fear.



## *Reflection for Health*



***This reflection will help you activate your navel chakra and bring health and healing to your purpose of life and at the same time bring rhythm and serenity and harmonize the five elements—space, earth, air, water, and fire—in your body.***

I learn to trust the higher forces of the universe and my life, and I learn what is best for me.

I prepare to wait with confident expectation for higher spiritual realization. I change my attitude from one of helplessness, to one of such acceptance.

I relax and take stock of life as it unfolds. I listen attentively to the voice of the Divine and the messages coming to me from the universe.

When the time is right I will be waiting, ready and refreshed, with the door open to invite the change that benefits me.

And I shall so move.

## *Reflection for Love*



***This reflection will help you activate your heart chakra and heal your center of love, at the same time making you powerful and confident and welcoming the effulgence of life, as myriads of colors manifest in your aura body.***

Life is a series of cycles of completing with the existing. All the pangs of my rebirths are times of development of the different and new.

Each rebirth brings in its wake the germination of fresh ideas or the development of qualities like love, laughter, light and hope. Only fear prevents connecting with this.

I will not be afraid to let go of the familiar, as I cannot enter a new phase until the old and worn out has departed.

Birth of this new me will bring the huge life force of Divine protection and nurture me with safety and maturity.

I will feel the rejuvenating power of self-worth and confidence.

*It will be a part and parcel of my future existence from every point of rebirth.*

## *Reflection on the Divine Light*



***This reflection will help you activate your crown chakra and heal your inner wisdom bringing with it happiness and perfect timing in whatever you do.***

There is no such thing as chance in our incredible universe. Our gurus, our guides and healing angels carefully orchestrate all coincidences.

Coincidences are the hinges on which our destiny patterns and life's directions turn.

Recognize these as the hand of the Divine. Rejoice when you notice them, as these are messages from the higher realms of Divine presence.

Start to expect them and look for them. From these messages learn the lesson, for they are a reminder to you that everything happens in Divine timing.

You recognize this absolute reality only when you are eligible by being open to receiving and acknowledging.

Visualize yourself surrounded by the golden light. Remember that the golden clock of wisdom is worn by the ‘Searching Soul’ self who knows that the Divine is always there and is seeking to convey this illumination.

*Reflection for Optimism,  
Acknowledgement and  
Universal Communication*



***This reflection will help you activate your forehead chakra healing your optimistic nature helping you acknowledge who you truly are; also helping you connect with the planetary influences of Jupiter, Sun, Moon, Venus, Mars, Mercury, Saturn, Rahu and Ketu.***

Look after yourself by acknowledging your desires and needs and taking steps to fulfil and complete them.

As you focus on your talents and achievements, you will recognize your true abilities. This will help you stop pursuing a chimera that drains your energies leaving you exhausted and frustrated. Instead, you will conserve your power and channel it productively.

When you connect genuinely and acknowledge your center of confidence, you will recognize who you truly are—an

evolved spirit in a human body. Your spiritual dimensions will align you with your true spirit self.

You will soar into the arena of your life, where there is only happiness and success.

Laughter will bring the healing power into your accepting presence. You will make light of problems and see the humorous side of difficult situations as you run through life.

## *Reflection for Spiritual Strength and Intuition*



***This reflection will help you activate your self confidence and your spiritual strengths. Your intuitive self will manifest which will lead you to understanding your life's journey.***

I reflect on my inner self and see the genuine and honest spiritual spark within me. I speak from the heart of my that true inner self.

My confident self and I communicate in a two-way process. I improve all my relationships constantly using prayer, healing and meditation.

I listen to the wisdom of the Divine flame that is burning within you. I use the confirmation and reassurance of your flame to ignite the spark of spiritual trust in myself and others.

I receive Divine guidance through you, and you, and you and you.



I prepare myself to walk the path of the light with thankfulness in my heart ever walking the gratitude path of God's energy.

## *Reflection for Living in the Divine Heart*



***This reflection will help you activate your higher crown chakra. The golden light of the universal, spiritual source will manifest in your aura body. You will cooperate with everyone around you and be permanently in the heart energies of the Divine.***

Use your skills and talents for the common good. Channel the healing energies of the universal loving life-force to everyone on the planet. Eliminate power struggles, conflict and competition which come from an ego desire to win.

Cooperation brings and promotes harmony and togetherness drawing the best from everyone. Your attitude of sharing ensures that you mutually assist each other.

Examine constantly the underlying reasons for challenges, situations and attitudes that come within your awareness pattern.

Understanding your personality is a strength and a basis for understanding your spiritual self and your mission on earth. Remember that you will feel safer, happier, stronger, and clearer when you serve the universe with respect and commitment.

Always keep channels of communication open and be a bridge to others hearts and minds. Ask yourself to step into your aura and communicate with yourself in a higher way through the illuminated presence of love, joy and knowledge.

Walk your path in life as a Wise one—a humble being; a child connected to God’s love—a channel for distributing His love.

## *The Eight-fold Physical Body*

The physical body is only one layer of one's being. Other physical layers of the body exist and cover the radiant light of the inner self. Awareness of this will help immensely in connecting to the realities of material existence working in harmony with the spiritual.

*This is a true practical spiritual understanding of oneself which will permit one to move on in life as an integrated being in perfect cooperation with both the material and spiritual.*

## *The Gross and Subtle Bodies*



We see eight major bodily sheaths covering the spiritual consciousness self. The gross physical body is the one we are most immediately in touch with, through the medium of other layers of awareness such as thinking, desiring, feeling, hearing, seeing, touching and smelling. The seven major layers are collectively referred to as the ‘human energy field’, ‘human bio-energy field’, or simply as ‘the aura’.

This same energy field is responsible for your higher ‘intuitive’, (coming from the *ajna* or third-eye chakra), or the ‘gut-feelings’ (coming from the *manipur* or solar plexus chakra). The true intuition is higher wisdom, while the gut feeling is wisdom protective of the physical body and the false ego, and its drive to dominate and accumulate.

The aura is vibrant, in constant movement and flow with energies of the process of life, thought and emotion. In health the aura of beautiful luminous colors swirls with many sparkling points of special brilliance—spinning wheels or ‘chakras’ of light.

Chakras are life-sustaining energy pumps that expel waste energies and draw in the environmentally available energies. This sustains the process of life at the energy level and then further directs the function of the endocrine, organ and maintenance systems of the physical body. Where the environment is clean, harmonious, healthy, the energies taken in are similarly health-giving and luminous. Where the environment is physically unclean, or polluted in the energy levels of thought, emotion and spirit, the chakras will pull in those elements to sustain life in the eight-fold body, even the darkling energies.

The energies taken in affect all the layers of the auras and consequently affect thinking, feeling, acting and reacting in the individual and then the collective social structure of individuals in a similar environment.

There are thousands of chakras over the body, each essential for health. If a body part is missing or undeveloped or damaged, the chakras relating to that part are affected but always present. In life, the subtle functioning of the chakras continues regardless of the absence of a physical part or organ and, therefore, the purpose of that part or organ is still healable because seven layers of the body are still existing.

## Where am 'I' ?

Herein lies the secret of inner healing which then expands into the external world. Ultimately the loss of the physical body does not mean annihilation, only the visible corporeal destruction, while the soul spirit and the seven layers continue. You have experience of this in everyday life when you travel in this physical body as it appears to age. A biochemist would say that periodically, in about every seven years all the cells of your body have changed completely, having been replaced by newly formed cells.<sup>1</sup>

In effect every seven years you have a completely new body, with no trace of the old cells left. Inescapably you have a new body.<sup>2</sup> And yet your consciousness of yourself, the 'I'-consciousness remains the same—your identification of your self—who you are, has not changed.

Clearly, your consciousness which is unchanging derives this quality from its source having the same quality of unchangingness—which we see is the eternal spiritual soul-self.

This constancy of self-identity is the everyday experience of all. Further, it is an everyday

automatic awareness that I am not ‘I hand’ or ‘I mouth’ or ‘I brain’ or ‘I mind’ or ‘I heart’, but that it is *my* hand, *my* mouth, *my* brain, *my* mind, *my* heart—it is *my* part, it belongs to *me*, it is *not* me and ‘I’ am not ‘it’. I am different to my belongings or parts, just as I am different from my car or my shirt or my house.

## Who am ‘I’?

Your eternal ‘I’-consciousness is part of the spirit soul-self, and the colors of your beautiful self illuminate your aura. Unknown to you, it directs the functioning of your body and records the experiential impressions of your desires, attitudes, and actions and responses.

The body has thousands of chakras in the body; indeed every cell works because there is a chakra energizing and sustaining it. As our sensing and knowledge-gathering organs and systems respond to our inner emotions and thoughts, they modify their activity. Thus each body part, organ and system tells a story of how we have responded to a challenge coming from our self-created destinies.

Each one of us has come into the universe deciding what we wanted to experience in life—



even though often we were not aware of the price we might have to pay for that experience. The laws of the universe are infallible and balance our receiving and giving. Desiring to engineer our destinies the way we wanted, independent of the Divine, the Divine allows us this freedom of will—this being a tiny replica of God’s free will. As an infinitesimal spark of the Supreme Spirit the spiritual self must reflect the *qualities* of the source.

Compassionately fulfilling our desires, God allows us the freedom not to see Him or hear Him although He is everywhere—even in our innermost selves. Our essential pure divine *spiritual* quality is overcome by his permitting our voluntary disconnection from Him.

He does this by permitting eight elements to disconnect from Himself, which then appear as the building blocks for the material universe: the mind, intelligence, false ego, and the elements—space, air, fire, water and earth. The false ego is our false identification as independent controllers and doers and comes into existence the instant we desire to be independent, equal or ‘like’ (identical to) the Divine. Additionally, factual experience is that everyone is serving someone or something or some need related to the body and is in fact, not an all-powerful

directing controller, contrary to the false-ego perception of oneself as such a controller or *ishvara*.

Lack of this connection with the nourishing spiritual energy creates all disharmony, misery, and pain in mind, body, and one's life. Even though we keep desiring and repeating this experience life after life, in His most gracious kindness, God is ever willing in an instant to actively connect and interact with us at many levels whenever we so desire it.

## Nourishment for the 'I'

The *Rig Veda* says that pain is where there is no free-flow of joy, it is an obstruction by us to receiving God's love from His heart to our hearts and lives.

The universal life-force energy empowerment and light *is* that free flow of heart's joy and love that restores one to eternal experience of happiness, satisfaction, and peace.

Where there is no free-flow of the Divine Soul energy, the darkness of ignorance must follow our lives and activities like a blight. Where there is the Divine, illumination is always there even

in the Stygian depths of darkness we have created for ourselves.

Through Divine Grace and through personal courage, each one of us can experience the light. We are then propelled into the zone of eternal consciousness where we are completely free to exercise our divine right to be our most natural selves—serving the ever-loving light eternal and its Source, joyfully and thankfully.

Reclaim this right, now.



*Notes:*

<sup>1</sup> Additionally, as stated by scientists at their current scientific understanding: when some cells, such as those in the brain become ‘dead’ or non-functional, it is observed that their work is taken up by other brain cells. In effect it is the same as having ‘new’ cells performing the required function, and when in turn these are used

up, the working is transferred to other cells. This is also seen in conditions where, for example, the ovaries are removed, and their function is taken up by the adrenal gland complex.

<sup>2</sup> As we age physically, the new cells start coming in an 'aged' look giving the illusion that the 'same' body is growing or ageing/deteriorating. This is much like newly made furniture made in the 'antique' style, or newly made 'antique-finish' jewellery processed or aged and tarnished to look old. It is an illusion only!

# *The Twenty-six Chakra Healing Considerations & Affirmations*



*These twenty six areas in the body store all your emotions and attitudes affecting your actions and life. Become aware of these and empower yourself in the direction you want.*

## *Eyes*



These are windows of perception, viewing the internal and external world. These are one of the two primary input channels and when they are healed, they bring a center of love and harmony to every activity that we do.

Stay connected to viewing your inner self without criticism. When you can view your activities without criticism and corrosive judgment, you will cease to view others similarly and stop judging them as well.

This will make you free of helpless anger, irritation, allowing love and light to illuminate your gaze.

## *Temples*



These are the seat of the self-soul which remembers all injustice and all pleasure within. All memory is sealed, stored and seated here, so any karmic records from previous lifetimes unfurl from here reaching our knowing third-eye center.

Remember that all liking and disliking is the result of the impressions here, and rather than reacting to those emotionally, listen to the message behind the liking and disliking. It can guide you to take action with wisdom.

*Third Eye*  
*Between the eyebrows,*  
*just above the root of the nose*



This center of being is completely untouched by contamination. By remaining centered in our healing work, remembering to connect with and worship the Divine and His universal creation, we are able to understand our true purpose in His universe. This leads us to proper action in harmony with our purpose.

The universe is greater than us, thus we can automatically respect it—give it a position of superiority over us, for what it can do for us we can never do for it. It sustains us, we do not sustain it. But we can create disharmony or harmony in it, both for ourselves and for others.

When we can respect the universe and all the creations of the Divine in it starting with ourselves, our family members, dependants, those who serve us and others who interact with us—then we move forward towards understanding our true purpose of life. We become more and more centered in



receiving, acknowledging and accepting guidance from God who eagerly receives us into the light of His heart.

This spiritual consciousness then illuminates our life and path and all that we do, freeing us from the burdens of inner and outer pains.

## *Ears*



The ears are the second of the two points of primary input of information, messages and sounds that impact on our lives immediately. The sounds of the universe are always multicolored and we need to have the ability to distinguish the un-sound negative from the spiritual source sound and allow our heightened consciousness to only receive the beneficial sound.

‘Sound’ is a complex vibration consisting of a carrier wave and an information or message packet. Often we ignore the information because the false ego ‘I’ does not like the content of the emotional carrier-wave—‘the way’ the sound or message comes. So we lose many opportunities and potential possibilities because we forget that the universe can send us messages in any manner convenient for it, and not necessarily as we may consider befitting.

The message comes in the best way for teaching us wisdom, helping us to develop the right self-image and move away from

the false, disconnected-from-the-Divine ego. The meaning always gets through and it is up to us to receive or reject it.

Right action will automatically happen if we heal ourselves one day at a time allowing con-templation and compassion to fill the ears and our thoughts that are themselves subtle chatter, speech, and conversation.

## *Back of the Head*



The entry point of Divine energy, ‘the mouth of God’, that gives us knowledge and understanding and answers all our questions.

We meditate to find, to recover, to come back to something of ourselves we once dimly and unknowingly had, and have now lost without knowing what it was... or where or when we lost it.

We meditate on this area, hearing the message and information from the Divine healing and losing our deep inner sadness of aloneness.

## *Throat*



This is one of the most important chakra points in our human body center. We recall and access information from this center and communicate it to our human potential bringing ourselves closer to reality. This is where we acknowledge, or fail to acknowledge what we feel intuitively, because it is censored by our false-ego, judgmental-critical thinking.

Acknowledging the truth even though it may be uncomfortable to the image we have of ourselves—this is a major healing for our thinking and life's activities. We learn from this center about our definite and indefinite needs.

Here we define our capacity for universal love in action, giving out generously with zest and enthusiasm when we acknowledge the Divine presence. This allows our creative forces to grow and appear strongly in our activities.

## *Thymus*

*Astral heart, just above the heart*



We understand that we are a part of the universe but we feel alienated and separated. This brings us to a suffocating stop sometimes. At this—our astral heart chakra—we are able to factually see our ability to function.

Sometimes we are effective and sometimes ineffective in our work. This work and the acknowledgement of it from the universe around us bring us to a point of loss or benefit, failure or success.

When we look within memory and come to the discovery of knowing the Divine is lost to us in both situations—our successes as well as the failures. Then we feel anger, we feel betrayed and doubly dissatisfied.

We search the Divine from this center and sometimes we do not look hard enough.

## *Heart*



We are always working from this center to know the Divine. As we look, we are constantly behaving like a person who is trying to remember something that he has forgotten.

We are moving through an orphaned state and our task is to find our parents. From this center we often find the presence of the highest Divine illumination.

## *Solar Plexus*

*At the end of the sternum, breastbone*



We use this chakra to the fullest to understand what it means to be human. This is how we become tough-minded, self-disciplined and goal-oriented.

Here we can develop commitment, enthusiasm and the ability to absorb and digest all that we take in, and also the ability to reject and expel that which is not health-promoting.

This allows all the creative forces to grow and develop in our life. Thus, we continue on the path of healing so that we can reach for and move towards our goal.



*Liver and Gall-bladder*  
*To the right front and side of the last ribs,*  
*upper abdomen*



We are repeatedly reminded in this chakra complex of our greatest potential for being, for living, for feeling, for having, for taking, for participation, for expression, for ability, for method.

This chakra complex has the capability for transforming emotions, for giving, and for giving up, and moving on.

We experience the touch of faith in the Divine constantly drawing us towards the road to seek and to search and revolutionize our lives.

## *Lung Tips*

*Top of the lungs, left and right side of chest*



There is no easy or royal road to the goal we seek. Breathlessly, we always end up at a wall in our path to our constant search for love. We never come to a point where we are at ease with ourselves.

If we stay here and we heal effectively, we get less hostile and less anxious.

*Spleen and Pancreas*  
*To the left front and side of the last ribs,*  
*upper abdomen*



We are constantly in lamentation for not having effectively sorted out matters of love, appreciation, beauty, efficiency, growth, and the potential of human evolution. We are limited by stored anger in this zone of hurt and pain.

From here we work at a process of seeking love. At the same time somewhere deep down we harness a thought that we are seeking a goal that is unattainable. This makes us sad, frustrated, angry and unforgiving of ourselves and others.

Eaten by the acid of negating the essential qualities of life itself, the entrapped soul continues to scorch itself life after life.

## *Hara*

*Below the navel*



The hard work that is constantly repetitive forms the work of this chakra complex. We are very effective in our critical, evaluative potential permit-ting us to change and adapt as we go along, restruc-turing our self-images and self-worth.

This brings a clearer understanding that there is no one right way and we should allow for the differing needs of those around us without imposing our images and constructs on them.

When we clearly understand that the develop-ment of the breathing and circulating energy of this chakra depends on how we develop and evolve individually, intellectually, emotionally andmentally, then a percentage of us reach out to help even if it is by a curious coincidence.

*Spermatic Cords (vessels), Ovaries*  
*Left and right sides of the lower abdomen*



This center activates the seeds of action and situations that are waiting to germinate. These chakras are tuning and training the person that we are within, in the process helping us to reach our goals knowingly and unknowingly.

Certainly, the increased competence and know-ledge of this chakra and the increased ability to act wholeheartedly and whole-mindedly brings a wider perception of reality to our individual selves.

Unlocking creative energies, we come together in this chakra with our soul-self and soul-mate who appears in our life to further expand our creative potential.

## *Thighs*



Our confidence center brings with it no limits between the physical and the meditative program of our self. A person who has healed himself brings to his life journey a trained body of humbleness with which he is confident and feels far less vulnerable.

Self-assured, he behaves differently in many situations but at the same time is well coordinated with those around him.

He has the ability to be in harmony with others without giving up his unique identity, and without letting the ambient, changeable, fashionable moods of the day be impressed upon him lightly.

## *Knees*



There is no limit to the activity of this chakra center. You can practice affirmations negating fear, and benefit from declaring that you are ‘free of fear’ while understanding that your own growth becomes a serious matter when you connect with your fearless self.

It is worth working on your fear center with sustained effort so that you are primarily developing your individual growth. Generally, everyone connects unknowingly with their mystic self at the third-eye chakra where knowledge is channelled from a divine source.

As you progress with this knowledge center and the purple light, which also has a fear chakra, you are able to dispel ignorance and connect with the truth.

You will come together without fear of losing that which is yours—*your ultimate connection with the Divine and the golden-purple light of knowledge—where you are increasingly free of the fear energy.*





## *Calves*



People who live in this chakra center are individuals who believe in things no one else can understand. Those who cannot control certain activities in their lives live in the unreal world of their inner belief doing activities that often get out of control to their detriment.

The ultimate downside is that they withdraw and have little to do with the world around them. Their ordinary activities communicate nothing to themselves or to others around them. It is wise to understand that one needs to be in balance with all types of control and out-of-control issues.

## *Ankles*



This is a position of great strength. The collective balance of many lifetimes allows you to keep a steady viewpoint and forces you to take a position that attracts good harmonizing energy.

The experience of balance and discrimination, the ability to adjust have followed you lifetime after lifetime. These chakras allow such valuable benevolences to prevail over your thoughts, vision and actions.

## *Feet Soles*



The nature of man, the serenity, the good benevolent and humane characteristics, the zest, the peace, the joy, simplicity—all of these fill up from this most humble part of our self.

With these we connect with the destination points of the universe. They permit ethical standards of life to grow and speak the language of the knowing heart that everyone understands.

## *Shoulders*



These most highly developed branches of the human body have one common peculiar characteristic: they tend to produce activity that immediately binds them in their karmic patterns. The results, responsibilities and accountabilities have to be shouldered.

Whether as dragging burdens or loads lightly carried, how one shoulders karma depends on how one approaches the results of one's karmic patterns—whether as punishment or as duty and responsibility to be discharged honestly—and a lesson learnt.

## *Back Thymus*

*At the back, behind the front thymus,  
just below the cervical neck*



All mystic patterns of existence begin their journey of awakening from this point and their relationship with the rising of the kundalini creates immense rhythm in the aura body.<sup>3</sup>

With the experience of its rising, the person will finally bring illumination to his personal self. The persona will have a total understanding of the universal expansion. The music and background of this experience will bring an individual closer to his destination karmically as he strives and works consistently to attain knowledge of his inner higher self.

<sup>3</sup> We see the kundalini force as a two and a one-half coiled serpent-like bodily energy wrapped around a Shiva-linga shaped bodily life-sustaining energy that has its location between the root chakra and *hara*. Ideally, the kundalini Shakti rises upward through the *sushumna nadi* in the central spinal column of the aura.

The rising of the kundalini through purified channels leads to enlightenment experience of the Divine through direct perception—self-realization. This is achieved at the first-level attunement with genuine Karmic healing empowerments.

Improper, forceful, and artificially induced methods, obstructed or wrong-channel rising (or through unpurified channels) of the

kundalini leads to severe undiagnosable disease, behavioural problems and dysfunctions, insanity, and abnormal deaths.

## *Back Heart*



People who live in this chakra are those individuals who have worked long and hard at understanding the Divine. They have their own perception and the ability to participate in the reality of their existence and the changes that are constantly surrounding them.

There are two alternative paths from this chakra that bring people to a point of illumination and meditation, or take them to a point of hate, anger, and uselessness. However, once at this point, the second path is very rarely experienced.

## *Back Solar Plexus*



If you are on the right road you will always stay in this chakra for growth. We have often seen that people who remain here have greater efficiency in their everyday life and comprehension of a different view of reality than the one that we ordinarily see.

Such persons become successful in their human dimensions. Their needs are always tempered with the practical understanding that life means constant striving with respect, gratitude and acknowledgment to the universe for its unending bounty freely given to one so inspired.



## *Kidneys*

*At the back right and left sides of the last ribs*



It is a strange concept, but anyone who trains and heals in this center is regular and disciplined and is considered to belong to a group who is popular and wanted.

Much of the work of this chakra is to learn to do one thing at a time always keeping yourself in the doing mode and producing efficiency in loving those around you.

Focused attention at the work at hand draws to it all the harmonizing energies of the universe to create a wealth of abundance.

## *Back Hara*



The ego-self, the lower mind is tuned and trained in this center and this is one of the basic reasons that many people constantly live in this center.

It is often a pattern of troublesome discontent that activates depression in this center. The inner image-building personality reorganizes the structure of your life, your worldview to promote the ego-view that one is an unlimited controller where the universe must bend to satisfy you.

Such a position is necessary for the survival of this illusory false-ego. And where this exists, the spiritual joy-consciousness cannot be.

These false colors tint your desires giving them a biased hue which affects your planning and visualization. In turn, these cast your actions in a manner that unreasonably complicates simple things, creating a series of advancing complications and a web of karmic entanglements.

To live here and work from this center means to activate negative karmic responses in our life. By understanding and observing ourselves in action, we learn to prefer working from the higher wisdom of the solar plexus and the third-eye chakras.

## *Root*

*Below and at the tailbone, end of spine*



This is the most important chakra for all activity and all training, all comprehension, all intellect, all understanding, and all purpose in a very basic way.

The pure, raw, driving force for the engines of our life comes from here. The seeds for all the activity that appears in our lives are at this chakra—both the desirable and the not-so-desirable. We are totally connected to the nature of reality we know, we validate, we operate in.

When we serenely and objectively work in a behavior pattern that is vibrating in purposeful union and concord with the universe, it has a great effect on our lives. We come into a harmonization with the universe that serves the Divine, and it constantly reminds us of our true position, our eternal home and legacy.

And as we so work in the garden of our life, we are to be ever vigilant to remove the

brightly colored weeds that look healthy to our false-ego *hara*.

We are to be everwilling to work harder at developing the little plants and shy creepers of our attitudes, emotions, and actions that seek to be in the quality of joy, eternal love and light.

# *Motivating Thoughts and Affirmations Of and For*

*Endings and Beginnings*

*Responsibility*

*Forgiveness*

*Honesty*

*Introspection*

*Self-worth*

*Commitment*

*Choices*

*Purification*

*Purpose*

*Beauty*

*Freedom*

*Aspirations*

*Wisdom*

*Surrender*

*Celebration*

*Adventure*

*Connecting you to a heightened awareness of your aura energy field, giving you moments of inner peace, creating a space of tranquility to stay balanced in your life.*

*The underlying basis for all healing affirmations and reflections is trust. We need to trust the friendly universe of the Divine friend, who is always speaking to us internally and externally with love and consideration for our benefit. These affirmations and reflections will help us hear this and act upon this guidance.*

## *Endings and Beginnings*



One day in our meditation class, there appeared a purple light of a geometric shape. It moved around flitting from one crown chakra of a meditating person to another crown chakra, almost like a digitally generated ball bouncing up and down. The light turned into a beautiful square doorway at each crown chakra. This door was mystic-shaped, and we recognized that the doorway actually meant that everybody in the room was preparing to go to a new place through the meditation process. The symbol represented change, an ending of the past patterns of thinking, attitudes, and action, bringing a new purpose to everything that we were doing in the meditation.

Many times after the meditative process people recall that they travelled through a tube of light or a tunnel. You may also recall similar experiences. We remember once when Renooji had a very deep meditative trance-like connection with this tube. In this she met many people on the way up, who were confused and appeared to be terrified by her presence. Their condition was so pitiful that she wanted to help

them but did not know how and this troubled her deeply.

In the midst of her strong desire to reach out, guidance came. She instantly connected with God's energy and sent them the light of love affirming that she stop resonating with the others' pain, and that instead, the others resonate with the light of love.

As she finished channelling the light to them, Renooji saw that she was on the threshold of an exquisitely beautiful world lit by the light of God with an intensity and power such as never before experienced. She wanted to enter this zone and yet her energy could not sustain it.

The moment she asked for help, a beautiful purplish golden ball of light appeared behind her left shoulder, hovered there for a moment, and then shot forward into that world, taking her with it. She understood this to mean that she could enter whenever she wanted. All she had to do was ask for help.

What we learnt from the experience was that we often forget to ask for help and then we feel helpless, alone and abandoned. When we meditate, the Divine directs the force of light towards us. This is the moment when we are connected to our higher self, which is just above



the mind. As we wrap ourselves in our lives and thoughts, our mind creates constant chatter.

It is through this chatter that we communicate with the other mysterious world. We face the light, meditating on our life situations and the events unfolding for us. In this process we develop the habit of making statements, judgments, affirmations. In effect, we make dedications to ourselves of the energy that we have created through these meditations.

We constantly interact with our real inner self within our thinking-evaluating selves, creating the atmosphere and energies for events to unfold in our lives—external events which are developed by our inner interactive states of being.

Thus, it becomes very important to release any feelings that you may have after a meditation—whether good or bad. After the meditation, dedicate the effulgent light to your life or to any bad feeling that you may have about yourself, your life, people in your life. Affirm and negate howsoever they may have powerfully exacted some pain from you or caused disharmony in your life.

Most of us do not realize that we can progress in this way even during our sleeping hours.

Knowing how to maximize the apparent time of unawareness can speed our journey towards the fulfilment of our goals.

When you are ready to sleep every night, remember to dedicate a powerful thought for your self-evolution.

State and affirm that through this process of sleep you will evolve your higher self to the highest wisdom center and you will wake up only in a state of celestial ecstasy, calmly understanding the meanings of things that you have to do through the day ahead.

Before sleeping, suggest to yourself that dream-time brings with it illuminating information through the dead of night.

Nalinji and I have gone up this tube of light thousands of times, and we must share that the doorways are never the same. They constantly change, disappear and reappear revealing new dimensions at every sphere of existence in the cosmic world.

There are many worlds out there that are not human at all. Some of them need healing through your channelling the light, and some heal you as you travel through the night.

Remain without fear through this. Remember that the night is an opportunity to regenerate and redirect your life. When you so readdress your life through such affirmations channelling the light at night, your human desires will not only revolve around the gains that you can accumulate, but will always bring you back to your spiritual self-essence with the protective hand of the angels, guides and the light force.

This state of oneness will flow through your mind permeating to all the atoms and molecules of your body. The universal life-force within you will grow with strength, emanating the blue light of knowledge-communication from every pore and cell of your being; activating the flow of joy into all your life's activities at every moment—permitting you to experience this joy endlessly.



These affirmations create the awareness that you should not be afraid to let go of the familiar, for the new cannot enter until the old and outworn have exited. You are accepting the new force of the light in your life and this brings with it the multi-dimensional force of universal plan.

It thrusts down upon your crown chakra, giving birth to a vulnerable, fragile little you, that needs nurturing and guidance to bring the new beginnings to a place of safety and maturity.

Remain with the Divine and the guidance of the light.



*Stay with each thought a while, reflecting, reviewing, affirming and expanding this into your life.*

- § Curiosity of the inner twilight zone is illuminated by the twinkling stars of wisdom.
- § The universe we live in brings with it delight as we open up to illumination and explore the wonder of light.
- § As you grow with the universe like a giant tree, be alert, be aware, and use the opportunity to your greatest advantage, unconditionally giving your fruits to the fallen and hungry souls.
- § Repair the inner soul, repair the crust of earth, radiate the light, and help to illuminate the

life of others, as you move with kindness for yourself and others.

- § Be curious about the wonderful universe that you live in and delight in the life that exists around you.
- § Happiness comes from harnessing your self, feeling responsible for others, and choosing your path with wisdom and strengthening your goals.
- § Your rewards will be a sense of inner peace, warmth and love when you comfort those who feel isolated and lonely.



## *Responsibility*



There are three questions we invariably ask ourselves when faced with difficult decisions and issues of responsibilities:

- Who is in charge of my life?
- Why aren't things working out the way I want?
- Why is this happening to me—Is some external force acting on my life for which I am not responsible?

We all have known people who have recovered or been 'saved' from very serious, threatening and difficult conditions. In such cases they have accepted and credited their recovery to the Divine having taken over and in this realization surrendered to His will.

Often the surrendering process has sparked off the unexplainable miraculous intervention.

Rakesh, a public relations officer in a large corporation, invested a substantial portion of his life's savings in a business venture with his cousin, Pradeep. Rakesh's wife Ritu was hesitant about putting their savings with no guarantee of

financial return, but Rakesh convinced her that it would be fine.

Four months later the business failed and predictably, Pradeep disappeared. Rakesh was a very sensitive and emotional person who had worked hard to accumulate his wealth. He had a great sense of responsibility towards his wife and loved her dearly.

Many nights were spent in anguish and despair as he pondered on his business acumen and his failure to recognize the trials and pitfalls. As time progressed, Rakesh developed high blood pressure.

His trauma and the financial heartache soon developed into a full-blown heart attack. It was a weak and forlorn Rakesh and Ritu who showed up at one of our seminars.

They were desperately looking for solutions and guidance to pull themselves free of their helplessness and rage. As we watched them enter the seminar hall, we recognized a torn aura, a crushed soul, and a wounded body.

During the healing process Ritu was transformed sufficiently to tell Rakesh, ‘I don’t want the anger you feel towards Pradeep to ruin the rest of *our* lives.’ Soon after that, Rakesh moved on to a new job.

Laughter came back in their lives as Rakesh gradually became free of debt, free of heart disease and high blood pressure. Rakesh and Ritu continued to channel healing to Rakesh's cousin and ex-business partner and reported that Pradeep was thinking about the financial mess much more than they were, and was now trying to resolve the issue.

Whenever we plan to take decisions that would affect our lives—the way we live, we should ask three questions from the universe about our activities and purpose of life:

- ✓What do you want of me?
- ✓What am I meant to do?
- ✓What is my purpose?

Usually the answers that make us uncomfortable are in the right direction, because the discomfort comes from knowing we have to leave something of the old behind in order to move on to a new zone and gain the beneficial energy of progress.

The seven affirmations here indicate a healing cycle of our energy field and with these comes the energy of responsibility and also 'response ability'. This energy increases our ability to respond to the universe and others making us feel accountable for our actions.



We are happy when we affirm joyfully that we are responsible for our lives—that we have chosen and acted to do this. Reflection on these affirmations also increases our capacity to respond in completeness. These also take away the burden of negative responsibility when we joyfully flow with the spiritual energies that are waiting to help us within this universe.

Whenever we reach out to people and these energies with a request, they respond to us in the realm of our daily responsible actions, thereby leaving us with the sense of well-being and joy.



*Stay with each thought a while, reviewing, affirming and expanding this into your life.*

§ I am the soul, giving of myself to others unconditionally, leaving myself open to honesty and truthfulness and sensitivity to others. The joy I encounter prepares me for the days ahead.

§ Love is the highest purpose in the universe, let me surrender it to others, creating space in myself to receive more from the Divine. The

center of all loving beings is activated and I continue to enjoy this all-encompassing energy of Divine love.

- § As I sometimes live in the dark phase of life, I need to connect with the light of love in my heart center and radiate it to all the people around me, and gather together and employ my own energies of strength.
- § Truthfulness and gratefulness are two of the most life-generating energies in my human aura. Let me connect with these everyday to empower myself and see and feel my aura grow.
- § Joy brings with it no place for sorrow or helplessness. It creates a huge energy field, which gives me power to help others and wipe away the tears and sadness of others.
- § I invest in the love in my heart and reap the rewards of Divine consciousness. I remember that I am equally empowered to guide myself through the brambles and thickets of life and come out a winner.
- § I never regret anything in life while taking responsibility for what I do. I always remember that each opportunity that did not come my way was the test of time—of my patience and response. My walking on is

winning, and finding time to help others on this path always increases the pace of my step, inviting Godspeed to my journey.



## *Forgiveness*



When people come to our healing workshops and seminars, sometimes they are drawn there seeking out the spiritual or ‘mystical’ out of curiosity. Often they go back wonderstruck after experiencing the magical healing and want to share what they have actualized. But people at home can feel threatened by these new ideas and transformations as they witness them, and so forbid continuation of the healing work.

Yona was a lonely, inoffensive fifty-year-old woman starved of affection when she healed herself. She began to clearly see that David, her husband, controlled her with anger and insult.

He was continuously angry and abusive. He always doubted her activities, took all her income and added insult to injury as he physically abused her after intoxication. He was sometimes repentant in the morning and begged forgiveness, but this did not stop his repetitive behavior.

During the seminar Yona confessed her helplessness in dealing with the situation. Nalinji encouraged her to use the healing energies to

heal herself and simultaneously channel the Divine energy to David's mind and karmic soul patterns.

With the healing grace she received and experienced, Yona also got the courage to walk away from the abuse and separate from David. No one in their circle understood the reason for Yona's decision – she only sent out a healing affirmation in the universe for a miracle of forgiveness.

Yona moved to her sister's home fully understanding her need to be physically separate from David so that she could harness her inner strength and take long-term decisions. She constantly connected with the healing force within her and asked for guidance. Her inner self still loved David dearly, but her intellectual self needed to evaluate her true purpose of life.

Three days after she left home, Yona got a message from her husband saying that he had to meet her immediately. She thought David was going to ask for a divorce. But, instead he told her he had been diagnosed with a brain tumor.

Yona saw for the first time a scared and lonely man who was entrapped in his own jail cell of recrimination and withdrawal and misery. Begging for another chance and requesting for

healing he approached her in great humility. Then came the miracle! Yona's desperate need to help the lonely inner child trapped within this adult David body saw results. Yona saw the karmic patterns of his hardened karma dissolving, as she channelled the healing. The healing energies once again shone forth to light the way for his salvation.

It was a process of healing for Yona as she met David everyday for a healing session and slowly through the process of this opportunity healed her own inner disquiet with patience and fortitude. Over time, she learnt to trust the awakened spark of intelligence within David and constantly connected with his higher intelligence. David's higher self moved to a spiritual connection of continuity with himself and the Divine. Slowly their bond of togetherness brought them together again.

Today David has fully recovered from his tumor and they are happily living in Jerusalem. Today they have healing sessions in their home and join us in our healing work.

David often says to Yona, 'I thank God everyday in my prayers that you had the courage to stand up to me and moved forward in your healing work. I really know the value of

forgiveness that the masters have taught us as I can honestly state today that I have forgiven myself. I thank you, as you channel God's healing energy to me unconditionally everyday.'

Remember that challenging people and situations are sent to you as your most important teachers. Without them your soul would not grow. Your guidance is that you should let go off the hurt, resentment and anger from the past, understanding that karma is self-created and brings with it opportunities for growth and moving beyond.

Then the 'o' for 'obstacles' in your life will change to 'O' for 'Opportunities to progress'.

When you forgive yourself first and then others, your pain-giving karma is erased out of your soul records. Forgiveness means that you give up the act of holding others responsible for the events in your life coming from your self-created karma.

You also give up blaming yourself, and instead affirm that you will deal with events in your life guided by your inherent wisdom and the Divine, not by false ego.

Taking responsibility for your actions, forgiving yourself, you are then able to move forward in your life instead of waiting for

someone else to do the work that only you can do to help yourself. As you achieve this, you will enjoy love in your heart and move forward a transformed being. It is only then that you will be able to understand others from deep within yourself bringing forth a golden radiance, which reveals the truth of love that trans-forms and heals.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § Giving healing and holding another's hands in moments of distress are some of the pleasures of life that all healers look forward to, and then they reflect on the healing energies available to them and in this process heal themselves of their own distresses.
- § Never say 'no' to any request; find the time to help others and see yourself fulfil your goals as you move forward in life, reaching out to activate the best for yourself.
- § Never saying 'no' doesn't mean having to say 'yes' to everything. Taking time to make up your mind what to do is a perfectly valid option.



- § When you plant seeds of healing and kindness you are leaving behind a legacy for future generation to follow and receive, and in that process improve their karmic destiny.
- § Be a kind and courteous person. Remember, you may be meeting the Divine around the corner and receiving His love in a moment of silence, deeply nourishing yourself in this life form.
- § Let the pen of your tongue be dipped in the ink of your heart before you communicate anything with others, and of course, with yourself.
- § Remember that people are fallible and disappointments can lead to distress. Always depend on yourself and your relationship with the Divine. Work on it, one day at a time.
- § Life is like a bowl of crystals, generating a myriad of colors to choose from. Each one representing a path of life and creating harmony so that we can continue to sustain our generous status of giving, touching people with our magical colors of kindness.



## *Honesty*



Arti was a self-dependent young woman who was constantly helping her relatives and friends. She had this great need to be useful to others. She had a very fulfilled life and often wrote short stories for children in her free time. She came to one of our workshops to open up her connection to the higher energies and enhance her connection to God's bountiful earth.

Finding her true vocation in the healing work she took it on with passion and gusto. Preparing to heal and to work she would always remember to invoke the assistance of the spirits, guides and healing angels around her. She meditated and healed herself and others on a daily basis.

One day Arti came to one of the review meetings and shared about how affected she was about the Gujrat earthquake and its after-effects on the people of Gujarat. She shared that she would cry as she saw the TV pictures of the people actually living through it. She kept affirming that she could not remain a non-doer. This sharing increased her sense of urgency and determination to reach out and help and in the

process be helped towards spiritual freedom. She was supported and encouraged by the assembly of healers and they all encouraged her to move forward and find a way to help the victims.

One day she was out walking, when she heard a voice say, 'Help me!' She turned to look around, but there was no human in sight. She instantly understood that she was communicating with nature and mother earth, as she was walking on the planet and wanting answers. She felt that she was fully connected to mother earth and mother earth was talking to her. At that moment she prayed asking to be shown a path to help the people whose sorrow she connected with so intensely.

As she meditated and healed, she sent out an affirmation that whoever needed her help should find her or she should have the wisdom to do something productive and give of herself gainfully. Her inner self would be completely satisfied when she worked with the energies of the Divine to deliver relief to the distressed. Within a week a person she knew casually asked her whether she would be interested in a business selling herbs. That began as a small enterprise and slowly grew. The financial rewards from this enterprise went towards helping the earthquake victims.

Today Arti has an enterprise that exports natural aromatherapy products and cosmetics which gives her the means to help the weak and the down-trodden financially. As she moves from strength to strength, even today her connection with the earth's bounty continues as she adopts the healing process of reciprocation.

She takes the creations coming from mother earth, transforming them into beauty products. Receiving energy of wealth through this exchange she shares the money with the weak and needy. Arti has a deep commitment towards her purpose of life, and somewhere deep within, she knows that in the process of dying she will merge once again into the five elements and become a part and parcel of mother earth. Her connection with terra firma is complete and transforming, helping her to continue on her path of taking and giving.

Just as one candle lights another without being diminished in any way, illuminating and transforming darkness, many Arti's will pass through this universe. In this travelling, the wisdom of the inner soul will touch other hearts speeding them on towards the zone of light.

When we are honest, our aura is full of colors and the colors are clear and crystalline in nature.

When we are honest everyone knows how to reciprocate and interact with us and also connect with where they are coming from and where they are going. This sets them on the path of safety and freedom. People learn to respect and trust one and other.

As we radiate openness, people are open and honest with us. It helps our mind to be filled with positive thoughts that nourish and fulfil us. This transformation brings with it right action and clear vision for all around us.

The affirmations here remind us that our every thought, word, emotion and action are reflected in our aura and radiated from it, and we receive back the same from the universe. The myriad colors of the rainbow are constantly active in the aura-body and we can see the pot of gold at our crown chakra constantly helping us to transform.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

§ God always loves us. Through our desires, he helps us create our own destiny and gives us an opportunity to be free to explore all the colors of light and darkness as we wish.

- § Happiness lives in our aura and we can always drink it with the straw of kindness.
- § Our karma, a clear purpose, and the five elements—earth, water, fire, air and space—enable us to get where we want and continue on our chosen path.
- § The Divine energies are very benevolent and always protect us through all our ramblings and difficulties. Surrender unto them fully.
- § We all become wise from our own mistakes, sometimes from other’s mistakes and many times we continue to make blunders and hurt the people we love. Learn to stop doing that.
- § Remember praise and encouragement to others flow through us and leave behind a large bank balance. Criticism and judgmentalism reduces ourselves and others, leaving behind energies that shrink and reduce our abundance—even though the criticism may be based on some truth.
- § Everyone is different and the need to be creative is dormant in some. Find your creative omega center and touch others with your inspiration and flow with maturity.



## *Introspection*



Be devoted to a daily form of prayer with which you feel comfortable. Devotion is an extremely healing and comforting force.

We remember our visit to Bogota, Colombia, in South America, where a mystic healer, Yuvan, and one of our students, Elizabeth, invited us to heal and conduct workshops. In a gathering of almost a thousand, the people reached out to touch us and requested for blessings for many things. Surprisingly, they also asked for blessing for being worthy of Divine grace and salvation.

Nalinji saw that for many, their self-worth was crushed and they were experiencing a great poverty of spirit, having been broken and defeated by their life situations. Seeing this, he spontaneously led a brief meditation for connecting them all with the Universal Divine force within each of them.

They connected, and understood their worthiness because they experienced that the Divine force chooses to reside within them. We taught them to offer their respects to that

universally present Divine love within themselves and others. With folded hands they chanted—*namahstuteh—I bow down in surrender to the loving Divine within*. In this they discovered their very own hidden valuable nature. Nalinji advised them to use this little prayer every morning as soon as they woke up. You can also use the beautiful nurturing orange-pinkish light of the morning sun and the descent of the golden grace to be gathered within your aura-bodies at the beginning of the day and this will prepare you to heal any and all obstacles.

The gathering was moved and overcome by the experience. To further fulfil the requests of the attendees, the organizers announced that the masters would be delighted to pray for the healing of the sick.

As the mass surged towards us, Nalinji laid his hands on the first person's head, and I, out of habit, put my hand on her back heart chakra. Suddenly everyone wanted the blessings—both the sick and the well. Many reported experiencing something like a bolt of lightning and warmth passing through their bodies, while many visibly staggered and had to be helped to maintain their balance—such was the grace, the outpouring and receiving of energies.



Although we spent only a few moments with each one, it took us two hours to embrace everyone. Months later, we heard that many were perfectly healed of their *dis*-eases.

Remember that we are all channels of the Divine force whatever our situation or position in life. We must surrender to such a force which is so magnificently greater than ourselves, receiving and channelling the light. This empowerment comes through the grace of the Masters. It is our need to understand and trust that force which does such work, making whole that which was broken and defeated.

We need to offer that spiritual force to our own bodily vehicle to work through—offering of ourselves and all that we do. Not because the force needs us, but because we need that rejuvenating flow of love.

These affirmations will help you to find a quiet space in your inner self for reflection, contemplation to discover the inner knowing. It is that time in the universe when you should withdraw, looking within, and review your life.

Take time and make space for yourself. This will give you an opportunity to recuperate from life's challenges.

Strengthen yourself and prepare for the next phase of your life. Still your mind and quieten your emotions as it is a time for healing. Finally, cooperation is the true healing for isolation. It is impossible to remain alone when our talents, abilities and purpose are to work together for the common goal of the golden light.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § Needing answers is a human weakness and we have this in large quantities. Allow the Divine heart to speak to you always. He knows all the answers. He turns this weakness into a strength whereby we are able to draw sustenance from him.
- § Two rivers of love flow towards each other. The point where they meet is the connection of man and God and as they cross, man's life illuminates and generates acceptance and growth.

- § Energy, growth, commitment and enthusiasm are the root source of every act of kindness. Spread this energy through the field of your aura.
- § Prepare yourself to live life at its fullest without fear and anger—always remembering that your force will shape the response of others.
- § Do not clutter your home, workplace, or mind with too many things or thinking, as the good parts will have to leave to make room for the clutter.
- § Forgiving and letting go is easy when your heart is full of compassion and you know you are doing it for yourself, first and foremost.
- § Our inherent nature is our best friend. This wise part of our self always helps us to prepare for our path in life, guiding us to connect with our innermost soul.



## *Self-worth*



Seventy-year old Savitri visited Renooji and asked, ‘Please, can you teach me how to live life?’ Behind this surprising question was a history of long-standing sacrificing behaviour and a servile attitude.

Savitri had lived with her husband in Patiala while her three children had grown up and had successful careers in law and business. She took great pains to create a comfortable home environment for her husband, and the more painstaking she was, the more things he found needing correction at home and in Savitri’s management of household affairs.

‘One day, our servant broke half a dozen new glasses while cleaning them,’ Savitri recalled. ‘Accidents happen, I know ... I didn’t say anything to him beyond asking him whether he got hurt (he hadn’t) and I asked him to be more careful. On seeing this, my husband was furious. He accused me of having an affair with the servant and threw me out of the house then and there.

‘For a night and a day I was on the doorstep of our home in my nightdress. My husband refused to let me into the house or even speak to me. Completely shattered, I thought I would go to Delhi and stay with my sons. I had no money—nothing, except two gold bangles that I was wearing. I sold one, and with the money bought some clothes, a pair of chappals and a ticket to Delhi.

‘Fortunately for me, my children are supportive of me. My mother had left me a small flat in which I now live by myself. All these years I did what my parents wanted me to do. After I got married I did what my husband and children wanted. I wore the clothes they thought were appropriate. The food was cooked according to what my husband and the others liked; if someone wanted tea, I would also take some tea—if no one was there for tea I would generally not order some. If the family wanted to see a movie, I would go, otherwise not. Whatever I did, it was when others wanted it, and not if and when I wanted it.

‘So, Renooji, now, living by myself I don’t know when I should have tea, when I may go anywhere, what I should cook and what clothes I should wear because I have not done any of

these for myself my whole life. Can you teach me how to live life for myself?’

Savitri at seventy undertook to rediscover her self-worth and re-evaluate her life. For her, this happened only after her one-sided giving and serving attitude generated the ultimate extreme dominance and control response from her husband. She tolerated all the years of control and abuse, having the false idea that it was her duty to do so, that she needed to submit in this way to be ‘worthy’, a ‘good’ person.

In some ways we all experience the lack of self-worth as Savitri did. Many walk the path as Savitri, but few are fortunate enough to revitalize their lives as she did. This lady discovered depths of courage within herself that changed her perceptions about herself radically, once she understood that other alternatives meant sinking into a morass of self-pity and sad lamentation.

Renoji helped her to see that true self-worth means how we respect and value ourselves, and not living a life where one is constantly assessing one’s own self-worth according to others’ selfish and manipulative judgments. During her healing counselling, she understood also that there is a built-in ‘higher self’ or Divine

aspect within the life of each individual, and that the Divine considers each individual worthy of being with, and it is this that gives each one a worth. It is how much we connect with this aspect of our consciousness that develops compassionate self-worth, not arrogant false ego.

These affirmations take you on the road of kindness towards yourself. They bestow upon you a sense of confidence, an expectation of success and ability to love yourself and then—the ability to love others. Decide on clear boundaries and firmly decline to let others step over you or manipulate you. When you value and respect yourself you become open and friendly, slow to take offence and quick to forgive.

Remind yourself that you are likable and lovable and radiate the golden light from your aura, which enfolds others and makes them feel good too. Affirm that your whole being is healthy and filled with the energy of love. Remember that the source of true health is your inner dignity, the loving energy that nourishes, stimulates and transforms with love.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § The healing hand on a broken body or on a broken soul generates compassion and strength. This exchange generates power from the human energy field to create a new purpose for living life once again.
- § United we always win under the umbrella of love and healing and divided we all get blown away in the wind of hate.
- § Broken hearts always mend with a touch of the Divine spirit and they respond with gratitude and respect – so go out and touch them with love. Healing yourself or chanting the name of the Divine gives positive health and spiritual progress.
- § It is not always who you are or what you speak that impresses others, but your gracious generosity of love that strikes the chord of other hearts and connects you to them.
- § The future of mankind is dependent on his karmic resonance and the receptive aspect of human balance: everyone should open up to receive. Giving without receiving and receiving



without giving creates an imbalance and disharmony.

§ To know who or what is the problem is the final knowing that leads to healing; your generosity of act and spirit allows others to realize their faults without your having to point it out to them.



## Commitment



*A hot summer's day in Delhi, Nalinji's secretary told him that Arun wanted to meet him, but was hesitant because he felt he could not afford the fee. He was in dire financial condition and desperate for help. Nalinji instructed the secretary to ask Arun to meet him. There would be no charge for the meeting; but at the meeting, after seeing what additional healing help was needed for him, Arun would be advised of the charges, should he want further healing. He could then decide what to do.*

Arun came in, hot and bothered as much from the July heat as from the burning pain of financial and emotional disaster consuming his life. During the meeting he told us how, after his father had died, his brother and sister took over the family finances and assets making him completely dependant on their whimsical goodwill. Amongst other issues, they did not approve of his girlfriend, whom he wanted to marry. An ugly manipulative-control situation began to develop. During a final confrontation

Arun was virtually thrown out of his house with no assets, no money, and no place to stay.

‘I had heard that you could help me. I wanted to come earlier, but thought I couldn’t afford your charges. But now I am in really bad shape and I do not know where else to turn to’.

‘How committed are you to doing what we tell you?’

‘I can do anything, I am really desperate. But I can’t pay your usual fee, and I don’t really know what else may be needed.’

We studied him for a moment. ‘How much money do you have with you?’

‘I am down to my last one hundred rupees’, replied Arun.

‘Yours is a very serious situation and requires a very big amount of healing. Are you prepared to pay the price for it?’

‘Sir, you know my situation,’ said Arun. ‘But I will do as you say.’

‘Alright, understand that we will do all we can, but finally the result is in the hands of the Divine.’ Arun nodded. ‘You are fine with this—do you have any doubts?’ we asked him.

‘I will do it sir, but you won’t take all my money, will you? This hundred is all I have in the world!’

‘No, we won’t take all your money. But we will take half of what you have in your wallet—fifty rupees.’

Unhesitatingly, but with trembling hands Arun pulled out his wallet and started to take out the precious hundred rupees. He went for his healing session with the healers we called in. Throughout the healing he wept silently.

Arun left the healing center after that session and walked down to the bus stop, emptied of all hope of financial security. With an oddly light feeling, waiting for his bus, Arun gazed unseeingly at the traffic, wondering where his life would go now after the single meeting with us and the one healing. A persistent honking brought him back to the present. There, in a car in front of him, was an old friend he had not seen for years, Jitten, asking whether he needed a ride somewhere.

In the car, Arun learnt that Jitten was in the same business as he had been in with the family—the automotive spare part business. Catching up with each other’s news, Jitten offered Arun a small quantity of auto parts to

sell on three days' credit and a returnable basis. Arun was able to sell these very quickly and was astonished to make a profit of two hundred rupees. He got more auto parts from his friend Jitten and rotated them rapidly, churning more and more money out of this movement.

To his great surprise and gratitude, the business expanded day and night, doubling and redoubling every few weeks—on its own as it were, out of his control, pushing him along with a strange force. Soon, he went to Germany, then America, getting orders for more business; warehouses came up abroad and in India—everything falling into place 'as if on it's own'. Within eighteen months of the solitary meeting and healing he had a business turnover of more than eight crore rupees. And yes, he married his girlfriend and has two lovely children and a wonderfully healed life.

Every few months Arun visits Renooji for clairvoyant readings for his life, committed to working with higher guidance with thankfulness. He is always looking for messages from the universe with the faith that all assistance and guidance is available for him wherever he is and whatever he may be doing at the time.

The affirmations reminds us that when you aim for a vision without doubt or deviation it must succeed. You must persevere towards your goal, letting every thought, every word, and every action be directed towards your desired outcome and it shall be so.

When we surrender joyfully to God's love in our hearts, our inner soul guides us to realize the greater picture of our life. This is the perfection of 'selfishness', where the Supreme Self is as our own self and we see this Divine Self in every being, who is then dear to us as ourselves.

This connection is the only ultimate security under all circumstances which sees us through every situation in life.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § Your guru or guide always wants you to get to the height of spiritual perfection, but finally your soul has to be willing.
- § All your unexpected problems are self-invited. Only those who have experienced this for

themselves can believe or understand. Cease lamenting and stop meditating on the negative.

- § When a ray of light from an enlightened soul touches you, you will receive and begin to have Divine experiences.
- § You must not undermine your spiritual activity by destructive thoughts and opinions and you must continue to stay focused *self*-ishly on your inner heart presence of your God-self.
- § Just as the day begins with the sunrise, the red aura of the root chakra enters your energy field first. At the onset of meditation allow this energy to come to you so that your purpose for that day of your life manifests properly.
- § Sometimes we need to trust that our disappointments are actually opportunities in disguise for healing. Remember that the Divine is constantly blessing us and we can access that energy any time.
- § Where there is no dream or ambition, the people are destroyed. The pattern of our actions has got us to where we are but it will not get us to where we want to go. A new level of thinking is required to experience the present and prepare for the future. We have to leave the old and established comforts and securities behind so as to experience the new.





## *Choices*



One evening, Karan went to visit his cousin Suresh who lived in a secure-gated community where car-parking tokens were issued to visitors. Late at night, as Karan was leaving, he could not find the parking token. The security guard at the gate informed him that there would be a charge of twenty rupees for the lost parking token, and that he would also need Suresh to verify Karan's identity before being allowed to leave with his expensive car.

Mildly inconvenienced, Karan handed the guard a hundred rupee note. The guard could not find the change for the hundred rupee note. Suresh was called, but he also could not find twenty rupees change. The guard went over to a nearby late-night tea stall where he managed to get two fifties for the hundred. Still, there was no exact change and it looked like Karan would have to pay an extra thirty rupees. Feeling his status as a proud house owner and respectable citizen challenged, Suresh berated the security guard and Karan joined in. Nothing would persuade the guard to let Karan and his

expensive car pass until he received the twenty rupees.

Since there was only a fifty-rupee-note available to be paid, by this time both the cousins were seething with anger at what they perceived was a shakedown attempt by the guard to extract thirty rupees. There was a further series of heated exchange, egos were bruised, tempers flared, a brief scuffle took place, and Karan forcefully drove off without paying anything.

The guard reported the matter to the head of the housing society's welfare association. The immediate consequences were that a complaint was lodged with the local police station, ultimately with criminal charges of assault and intimidation being filed against the cousins. Faced with this serious turn of events, Karan and Suresh's self-congratulatory justifications for their apparently righteous actions and power display evaporated in an instant.

Today the cousins are trying to resolve the issue at every level and have spent many, many times the multiple of the small penalty they were originally asked to pay. It seems that in future also they would have to pay more in terms of money and tension-aggravation for the choices

they made. Undoubtedly, there were a number of better alternatives available to them, but working from a false sense of positional ego led them to a very uncomfortable place.

The affirmations here guide us to meditate on the choices that we make. These will help us to see the reality of our critical judgmental evaluating mind which is always biased in favour of maintaining our own perception of ourselves as ‘superior’. The false-ego-driven mind perpetuates this consideration of one being better, greater and more than the other, and tries to direct and control our life.

Being in balance with the ego and the heart is the key to making the right choice. Always remember, that your positional ego<sup>4</sup> will help you consider and evaluate all the options rightly when you choose to work from your inner heart center.

Once the positional ego choice is made, do not act from the foolish superiority impulse, but be moderated in your actions by being connected to the heart energy of the Divine, choosing for the highest good. At the same time, do not give up the essential need to make a choice, or else the choice will be made for you from your position of helplessness.

This ‘giving in’ to the situation is also a false-ego position of false surrender to the current reality, thinking that one is bowing down to Divine will, whereas in reality one is only bowing down to one’s helplessness disguised in the ‘greatness’ of surrendering—of being noble in defeat and therefore, great! The ‘I am great’ factor will always be there. Inescapably, when troublesome reactions are experienced due to this, there will be the blaming of self, others, the Divine.

Meditate well on this exquisitely forged trap of the mind. Remember also that experience of negative karma is invariably activated by our working from the false-ego position. Connect to the understanding that *all* our karma and the experiences of our life are self-generated by the choices we make—whether in ignorance or in knowledge.

Let go of your false feelings of responsibility and false feelings of surrender. Stay in tune with your soul, always making your choices easily and spontaneously from a space of silence and balance. Affirm that your actions are orchestrated by your willingness to delve deeply within your center of wisdom. Act in that way more and more. Practise.

<sup>4</sup> The positional ego is of two types. First, the relative position in a particular situation, such as by birth, say, a parent to a child in a particular land and culture. The same parent is positionally in turn a child to their parents; the same person may have a relationship with others as being friendly, inimical, a subordinate, or a controller.

These positional self-identifications create different attitudes of interactions for an individual based upon the relationship. These are ultimately also false-ego positions because they are not permanent, but changing and changeable, although in the shorter term they may appear to be somewhat fixed.

Next, the true ultimate positional ego or relationship of an individual is that he is an eternal individual spark of the Supreme Divine Soul, and by its essential nature in its full glory and joy only when in harmony with the Supreme and other such sparks of the Divine that are in all other living beings. This is the heart choice.

*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § In life never spend more than one-sixth of your time on the problem. Spend five-sixths of your time on the solution.
- § Meditation generates knowledge and activates your memory center—releasing memory and learnt wisdom from previous lifetimes and life zones. Miss a meal, but do not miss your meditation—it is food for your spirit.
- § Remember that when someone does better than you, it simply means that he has a better way of evaluating what things mean and what he should do about it.
- § We always create magic when we believe that something within us is superior and we allow ourselves to follow the path of achievement creating circumstances of newness.
- § Be more concerned with your inner state of awareness than your reputation. What others think about you is not relevant or important to your life's journey.
- § Rejection, anger, frustration, loneliness, depression, failure, humiliation and guilt are all

values that we must avoid subjecting ourselves and others to.

§ Love, health, security, freedom, success, acceptance, excellence, harmony, respect, integrity, honesty and fun are all happening to us when we are open to sharing these with others.



## *Purification*



When you affirm something within the space of your mind and thoughts, whether a condition or an attitude, you resonate with it in every part of your being, becoming a channel for that vibration and pattern. You also create space to receive more such vibrations in harmony with what is already within—whether the positive or the negative. And this then multiplies in your mind, thought, actions and life.

So, when you affirm an attitude in your life's activities that something 'will not work', or that 'this cannot happen'—it will not. You will find a path to reach this 'not happening' goal, or you will somehow find yourself in such a place. The attitude and words generate an energy that grows as the affirmation is repeated. Soon you will find that you are channelling this energy with greater and greater ease and strength to the centers of your life which are calling for this attention.

Understanding this, it becomes important to start a purifying healing process by mentally recalling and cancelling in your mind the negative thoughts, words, and attitudes that



surface. You can do this simply by stating firmly, ‘I recall and cancel that negative thought/statement/attitude.’

Alpana, a student in a number of our workshops, came with an image of herself as never being able to do anything right. She carried this image and belief so powerfully that even her family started responding to this. Even though Alpana was an intelligent, well-educated, and purposeful young woman, over time she had lived with very little time for herself.

She kept doing chores and work for family members, especially her in-laws but she never received a certificate of appreciation at any point in her life. Her sister-in-law never did anything much for the in-laws and always received appreciation for the fact that she was so busy looking after her own little home.

The constant patterns of hurt and anger were never addressed and Alpana kept pushing them into a part of her inner self, where they disappeared and hid in her inner mind. There came a time in Alpana’s life when she was acknowledging the lack of love from her loved ones, and slowly withdrew from being the slave and servant. At this point she was condemned and accused of being selfish and unworthy. She

went through many moments of guilt and a huge negative thought pattern personified itself in her home.

The family kept responding to Alpana's self-image, constantly sabotaging their capacity to be happy with all that they had. Alpana finally asked the most important question from Nalinji, 'What is more important—self respect or duty?'

Nalinji's response was, 'If a person does not respect himself and has very little self-worth what will he or she understand about duty? Our first and highest spiritual duty is to have a strong connection with our inner *parmatmic* divine superself. The next is to harness this downward flowing love with respect for our self in an attitude of gratitude for being in this human body. Why? Because our body is perfectly balanced and we are perfectly placed in our lives in any situation to perform our spiritual patterns of continuity and progress.'

In the workshop, Alpana went through a purificatory process of eliminating self-blame and helplessness. With the help of the healing process and Nalinji's instructions she put herself and her needs first as the means to understanding what the needs of others were. Once she did this,

she would be able to move towards them with respect.

She came out of this healing cycle extremely well coordinated with a healthy self-worth. Purposefully moving forward, she created for herself and her family an environment for living in the aura of Divine presence, completely purified of all negative thought and blaming.

To everyone's amazement she started catching and acknowledging her weakness without fear. During the review sessions she shared with the group that she was prepared to look at the hidden and dark areas of her consciousness. And when she did look, the light always revealed to her the intimate connection between the attitude in her inner self and the effect this had on her body, her behaviour, and her life.

Every time the old negative patterns appeared in her awareness, responses, and thinking, she would bring it into the healing light and see it rising and transforming into a brilliant star in the cosmos.

With the help of the Masters' guidance she illuminated her consciousness with a purifying ability ridding her life of her past burdensome negativities that had brought her life to a

standstill, not permitting her to achieve success in anything worthwhile.

The affirmations here help you connect with the source of the effulgent light and the heart, mind, and the body allow themselves to be bathed in that light everyday.

When we open our hearts and minds to our inner sun we are fully purified by the radiance of its inner loving center and the beauty of God's happiness. We remain happy with the light as it has the power and the quality to move mountains of obstacles out of our destiny path.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

§ You must always learn from your past, not live in it. Focus on all the things you did wrong and see what you need to do in order not to invite a repetition of the experience. Understand this and act upon it. Be compassionate towards yourself.

- § Bestow the gift of human kindness on those who matter to you and see them respond with their generosity of spirit. Begin to see that even those who may not matter to you need this consideration. Remember that they also need an opportune moment to respond and interact with you.
- § The shining light within you always bursts forth when the day is dark and lonely for those around you.
- § Prayer is an activity to improve your karmic soul center so that punishment passes you by, or helps you pass through it unhurt.
- § Triumph of the inner spirit is to recognize when the mind stops chattering and allows the spirit to communicate with wisdom.
- § Encourage yourself to live without anger and hate and see your inner self burst forth with peace and tranquility and see yourself sharing this with others.
- § Mistakes are forgiven easily when one learns the power of action and reaction in the human dimension.



## *Purpose*



Jaffa lived near Jerusalem, and at the age of eighty was a sad and unhappy lady. A holocaust victim, she had few relatives and seemed to have nothing to do in life except wait for the inevitable end. Images of war and violence continued to be a part of her daily existence as the terrorist activities continued in Israel.

Searching for spiritual sustenance, Jaffa attended our Reiki empowerment seminar in Ra'nana, not far from Tel Aviv. Back in Jerusalem Jaffa's friend invited her to take a walk in the woods. Walking in the woods, Jaffa saw the burnt and shattered remnants of trees that had been destroyed by bombings and fires over the years.

Looking at the damaged trunks and roots of the trees with newly awakened eyes seeing a reflection of her life in the burnt forest, she picked up one of the pieces of wood. As she slowly turned over the burnt and misshapen wood in her hand, an inner vision began to form. Jaffa took that piece of wood home and looked at it knowing that it had a message for her.

With love and sandpaper she gently cleaned, shaped and polished the wood. Soon, she gazed at what this portion of an innocent bystander tree had revealed to her inner vision in its death: a beautiful image of a mother and child, now revealed fully for all to see. Heart full of inexplicable joy, Jaffa went back to the forest and picked up the shattered remnants of what was once alive and green, and lovingly brought out the hidden images of life and hope sculpted naturally by the living trees in their uncalled for and silently accepted death.

Working with the universal loving life force, healing herself one day at a time, Jaffa continued to work with the broken and discarded wood. Three years later, on the eighth of January, at the age of eighty-three, she held an exhibition of these natural sculptures to critical acclaim. Her spirit fully restored, the scattered and burnt parts of her self fully integrated, Jaffa was finally free from sorrowful self-pity and hopelessness, affirming joy in life and the ending of the old.



Every situation or person is placed on your path with a purpose. This may be to strengthen you or to make you follow the path of opportunity to

resolve or forgive, releasing old patterns of blame or enjoyment.

The purpose of your life eventually focuses and ultimately does that which brings you joy, fulfilment and satisfaction. Once on your path, allow nothing and no one to deflect you from your mission.

Align your willpower and strength, hold to your intention firmly. It will support you and help you to succeed where others have stopped. Remember the clarity of your soul flows with the descent of Divine grace and help guide you to pathways that guide your action to safety and then life becomes clear, simple, and straightforward.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § Friendship with the Divine is like a perfect union of the cosmic energies illuminating the path of life resulting in a beautiful rhapsody, generating newness in all you do.



- § Sometimes the new happens only when we are willing to let go of the unhappy memories of the past.
- § Paint the scenery of your life, mimic God. Paint it like the universe around you, full of color and form. Make your life beautiful.
- § Take positive action, reach out and make a difference in others' lives. Affirm and prove that you have descended on earth to make a difference.
- § When you connect yourself to Divine consciousness the pleasure in life is always doubled increasingly.
- § Continuity and commitment in your chosen path of life always generates an energy force which creates movement to progress you in your life.
- § Smile, because you are happy to receive the rainbow of seven cosmic rays of light from the universe around you. They generate a harmony of colors—starting with red, orange, yellow, green, blue, indigo, and violet—in your life, giving you balance.



## *Beauty*



Once while visiting the Amer Fort near Jaipur with our children, we took a few moments to sit in the square inside the main entrance of the palace grounds. We sat on a small parapet, amidst the hustle and bustle of other visitors, elephants, and little children running about, shrieking with excitement. Nearby was a young family, the father, mother and three children, sitting on the grass with a picnic lunch basket.

The mother was sitting down trying to manage the food and her youngest infant, while an elder toddler was happy to run off a short distance away. Every time he dashed off, the frazzled mother would yell at him to come back, telling his nine-year-old elder sister to bring him back at once.

The little girl would approach her brother and very gently take him by the hand and ask him very politely and respectfully, '*Kya aap mere saath ayenge? Chaliye, hum mummy ke paas chalte hein.*' And she would wait for him to decide what to do. The little boy would look at his sister, and then pulling away dash off, and

she would run after him, gently catch his hand drawing him back towards the parents, and repeat with great love and respect, ‘Would you like to come with me? Shall we go and have some sandwiches?’

Again, the little boy would look at his sister and then pull away dashing off in another direction, the mother would yell a little louder at the girl to bring him back. And again the little girl would run after her brother, gently take his hand, and repeat so respectfully and lovingly persuading him to go back with her.

We watched entranced and deeply moved at the rare beauty of this soul in a nine-year-old body who was already so wise and loving and gentle, as she slowly led her little brother back to the mother. We saw that she certainly did not get her attitude from her mother, and we prayed that this beautiful soul never lose this rare quality, sending love and light to them all so that the little boy be with his parents.

As the two little people walked back to the parents, we looked at this scene with wonder, grateful for just being in the presence of this being who radiated her inner beauty and respect for herself and others—even for her two-year-old brother—and was unaffected by the chaos

around her. Reflecting over those moments are always enriching.



The affirmations here bring the beauty of your whole universe within your grasp. The outer world is a reflection of your inner self-being. So focus on the beauty within yourself, your quality, your kindness, your gifts, and your talents. That which you focus on increases and grows. Everyone has soul beauty within higher self. So seek it out, make it grow. Show them the soul's qualities and illuminate them, in the process illuminating yourself.

Surround yourself with attitude, people, and things having a beautiful vibration. These manifest as colors in our lives and we can choose what colors to accept—those of darkness or illumination.

We are all influenced by all that is around us, and as you tune into the positive colors and vibrations of the people and their attitudes, the things and planets around you, receive their light and accept the radiance, resonance and beauty within your aura.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § Remember to absorb the red energies from your root chakra, which create stability and activate your karmic record, freeing you from obstacles.
- § Remember to absorb the energies of blue to open up your throat chakra and communication center and allow yourself to develop faith in the miracles of the Divine spirit from inside out.
- § Remember to absorb the white light and activate your knee chakras and your feet chakras, helping you to move forward in all your activities without fear and despair.
- § Remember to absorb the energies of indigo at your third-eye center, where the *Shiv-Shakti* energies reside to activate knowledge and educate and teach. See and feel the power of the majestic maintainer of this world.
- § Remember to absorb the orange energies in your *hara* chakra giving you freedom from mental blocks and obsessions and evaporating your false- ego energies into the orange dimension.
- § Remember to absorb the energies of the green from the universe to open up your love center and your heart chakra releasing your uncondi-

tional energies of love to everyone around you and you will find peace and happiness bursting forth from the innermost self.

- § Remember to absorb the violet gold energies of the universe into your crown center, the place of enlightenment. See and allow the spiritual wisdom to descend – giving you guidance, seeing God in your midst, creating perfect peace that comes from knowing that He is in control and He loves you.



## *Freedom*



Freedom is to be in a state of inner pleasure.

We have come to know through the many seminars we hold that people always need to become aware of the power that pain and pleasure exert over our everyday life and our every action. As we move through life, we become aware of the ideas, births, images, sounds and sensations of pain and pleasure. We are constantly looking for these and sometimes we are driven by our fear that something will cause us pain, just as a little child taken to the doctor yells and screams as the doctor prepares to inject him with some medicine.

As the child is crying, the doctor has already given him the injection, but the child is still protesting, waiting for the pain. All the crying has happened in anticipation while the actual pain was very small. So finally, it is not actual pain that drives us, but our fear that something will lead to pain. Thus we continue to focus on how to avoid pain and gain pleasure. In our minds we term this as ‘freedom’ of choice, while

the only choice we activate here is how to avoid pain or gain pleasure in the short term.

Let us connect with Shonam, who wanted to loose a few extra kilograms of weight. On the one hand she had a host of excellent reasons for loosing weight: that she would become healthier and more energized; that her clothes would fit her better; that she would definitely feel more confident around members of the opposite sex; and that she would definitely be able to harness her inner self in many more ways.

On the other hand, she had just as many reasons to avoid loosing weight. Shonam thought that she would have to go on a diet, and would continuously feel hungry. She would have to deny herself the lovely dishes that her mother kept cooking and to which she had become addicted. Besides, she could always wait for the holidays or the marriage-in-the-family-or-friends events to be over, or the event of her sister's graduation to be over and then start. She constantly postponed activating her weight-loss programme.

The potential pleasure of a slimmer figure far outweighed the short-term pain or dietary deprivation but somehow she could not bring herself to let go of feeling the anticipated



twinges of hunger. When she came to the healing seminar she understood that the immediate pleasure of indulging in a few additional morsels of curry and rice would only continue to shape her body into what she did not want it to be. She would continue to feel worse as she moved forward in this direction. She already had a family history of high blood pressure, heart disease and diabetes.

Shonam had to acknowledge that in order to have a great body, she would have to work at short-term exercise regime that could end up giving her some pain and feelings of deprivation. She would have to diet; she would find things to eat that may not give her the pleasure she was looking for.

As the light flowed through her, her inner mind connected to the valuable gift of long-term pleasure experienced from losing weight. But this required short-term pain to be activated, as she would have to deny herself the food that she constantly looked for. As she meditated on the reasons, fears, and denials she suddenly had a clear vision of her relationships with all the short-term pain centers that she had lived with. She understood in a moment of illumination that if she trusted her own confidence and embarked on a regimen of walking, exercising, eating well,

doing her healing, meditating, and finding satisfaction with her work, she would be able to change the gift of overweight into a brilliant new body, where her soul could live freely without the entrapments of criticism.

Very soon Shonam created a space of accomplishment for her aims which she had started by taking the decision to overcome a fear of the short-term pain of deprivation. Happily and steadily, she lost weight and began to love her body. She made one of the most important decisions of her life—to be free of anticipation of pain and to be free of escaping into existing patterns of misery in perpetuity. She experienced that there is nothing that can not be accomplished when one freely accepts the willing and guiding hand of the Divine.

During this period, whenever Shonam would become aware of all the times that people criticize her, she would again revert back to avoiding all the positive goals that she had set herself. Very soon she started looking at the limitations of her family members and how they were becoming an impediment to her feel-good energies. She turned herself around and started loving them unconditionally and appreciating everything that they said and did for her. As she sent out these positive acts into the universe, the

universe, working through the dictat of 'like attracts like', immediately brought into her life and territory positive responses, which further strengthened her resolve to keep going.

As she continued to exercise the freedom of change, her family members subtly and slowly also transformed into better people, who shared with us later that initially when they used to look at her, they would feel anger and frustration and hate but slowly they started seeing her as a very important member of their family and life. This brings up a very important lesson, that the human race always uses its eyes to see and the input that we receive first and foremost is the visual. Hence, we must present that part of ourselves to the universe that brings forth appreciation and kindness.

Nalinji and I observed Shonam's astonishment at noticing that the dream she had was slowly becoming a reality. With the help of the Divine light we recognize the presence of this healing light in our life; we set up a meeting with the inner self and outer self setting the stage for a major transformation. We experience an inexplicable feeling of fullness and happiness, which deeply enriches our life. It takes us to the highest point of a centered emotion of well-being. Being in the presence of the incredible

self, we let go of the proud self, and become free not to be lost anymore.



These affirmations bring you to a point of acknowledging your desires and needs and taking steps to meet them. Examine your gifts, talents, and achievements and keep them in your treasure box and witness your failures, sorrows, and heartaches and let them all go.

Acknowledge to yourself that you are centered, confident, aware, wise, and completely free. 'My heart and mind are open to the light and love of the Divine. My soul and this life's experiences help in dispelling all doubts and fears. In this freedom from fear, I willingly accept the ever-shining radiance of the gold and pink light and I move forward knowing that I have become a better person.'



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

§ Somewhere in the journey of life, we must sift the chaff from the grain. We must replant the

grain from which will grow nutrition for all the living souls on the planet, energizing ourselves in the process.

§ Remember that your own shortcomings and failures are always a very good yardstick to measure the performance of others, keeping yourself humble in the process.

§ Remember to absorb the yellow energies of the fire in your solar plexus chakra, understanding that the sun energies encourage growth. Balance your physical health by freeing yourself or allowing the fire energies to burn up hate, greed, anger, and envy.

§ The heat of life transforms even the completely trapped and hardened souls, so celebrate when life is tough because the Divine is giving you an opportunity to transform.

§ We keep giving away a power of attorney to others to control our inner condition. We allow our inner state to be dictated to by others by depending on them for feeling worthy of value.

Without fail, this creates disharmony in our inner heart, and we experience misery and sadness. Remember that you have the right and the power to revoke this power of attorney at any moment by connecting to the Divine heart who

is always with you and this is a measure of your eternal worth.

§ Finding solutions to problems is always a task that activates your wisdom centers giving you a high connection with the Divine presence.

§ Human beings understand that whatever they link to pain, they keep away from and do not receive; whatever they link to pleasure they stay with and receive. And this shapes human destiny.



## *Aspirations*



The only son of wealthy Edward and Stella, thirteen- year-old Jonathan's dotting parents and compliant sisters could not do enough for him. The family received their Karmic healing connections experien-cing much joy and happiness in their lives. Already very loved, young Jonathan could not handle so much parental love being showered on him and began to aspire to be more and more influential, loved, and liked by all he came in contact with.

In pursuit of his aspirations Jon continued to buy over likeabilty and friendship by increasing his lavish spending on friends at restaurants, parties, rock concerts. From being 'the man', he became 'The Man'! His blissfully unaware parents were confident that the Divine would guard and watch over them, especially the son. Previously, Stella and Edward would be somewhat affected by guilt feelings at being unable to discipline their son. But now, with their empowering spiritual connection, in their mind and actions, they happily gave over their disciplining and guiding responsibilities of their

son to the Divine, while continuing to love Jon ‘uncon-ditionally’ even more.

No amount of gentle hints, then guidance, and finally warnings from us could shake their misguided faith in the rightness of their attitudes and their faith that the Divine would serve them well. So, events continued unstoppably towards the climax.

As Jon was busy enjoying a full social life, he had little time for studies, and so private tutors were called in. Spending minimal time with the tutors, he got them to do his homework for him which he submitted as his own, getting good grades.

Running short of money he took money from his father’s well-stocked cupboard and well-filled wallet. In time, his increasing expenses for parties, bribing seniors in school, and hotel nights with his girlfriends, led him to seek other sources of spending money. His mother’s jewellery business was the obvious choice, and small portions of the jewellery came into Jonathan’s hands, in collusion with the servants who also took away a share. ‘After all, it’s all eventually going to be mine someday’, he would reason, seeing nothing wrong in this. And the parents did keep saying that all they were



working for and accumulating was for the children.

When fifty thousand dollars worth of jewellery was unaccounted for, Stella sought a formal appointment with us to identify the culprit. As the clairvoyantly seen details were narrated with specifics, the family went into shock and denial. ‘How is it possible—how could this be? Why didn’t the Divine do something?’ were the pained expressions.

‘The Divine is not our servant, nor watchdog,’ we said to them. ‘You have to take responsibility for your own actions or lack of them.’

Many counselling and healing sessions later, Jon was able to see the rocky road and abysmal end his chosen aspirations would take him in future. With encouragement from us and his family without rejection or condemnation, he gradually overcame his addiction for his uncontrolled extravagance. He began to aspire for achievements in what was appropriate at his stage of life in his formal education without distractions and badly chosen alternatives. By the grace of the Divine, Jon restarted his life at the age of fourteen having lived a complete lifetime over the past two years.

Connecting with the flow of universal wisdom and Divine grace allows us to set our sights higher, aim for the superb, and set ourselves to achieving and fulfilling all our potential. Find the wisdom within, which strengthens you to aspire to the great and glorious. Expand your comfort zones so that you can explore the zone of our dreams and desires.

Never settle for less than your incredible human spirit and achieve more than you deserve, and always remember that. Ask for help from your inner space and flow with the circumstances. Inspire yourself to savour everything, knowing that nothing is permanent, that the good and the bad moments of life do not last but are always a part of our spiritual growth.



***Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.***

§ Always know that it is your own decisions that determine your destiny and not any conditions

imposed by others. So be free in making mature decisions.

- § Live your life spiritually, connecting with the white light. Allow this light to enter every pore and cell of your being so that you increase pleasure and reduce pain.
- § Clairvoyantly it is seen that during the state of meditation we create energy. Then we can dedicate it to wherever or whatever we want.
- § Human behavior and responses cause problems. Therefore, the solution to every one of these problems is to change our responses.
- § Living life is a variable. Hence, let us begin by using these variables to stabilize ourselves and reduce the burdens of our life.
- § Whenever we complain or use a situation to illustrate our unhappiness we only increase this gloomy vibration and become more unhappy.
- § Surrendering our aspirations to the Divine means surrendering our false ideas as enjoyers and controllers. Surrender means we are willing to discharge our work and responsibilities honestly, working with whatever the universe sends to us to fulfil our dreams.



## *Wisdom*



It is not always to our advantage to allow the intensity of our negative emotions to be conveyed. When we use a word, we convey certain awareness or an experience and we also get a result in the aura body of our communication center. We have to become sensitive to what we say as words impact every situation in our life. We are not saying that you live a life where you do not have any negative sensations or emotions, but it is very important to realize that everything is affected by our speech, especially as universal energies flow, following desire and expressed thought.

We must try to go through life feeling less pain and creating more pleasure for ourselves and those around us. We once worked with a boy who was labelled 'learning disabled', and after he went through our seminar he started harnessing the energies and the praise of our words. The new learning patterns that his parents went through with their son also enabled them to communicate with him in a powerful and positive way, transforming his perception of himself and how he could attract his own dormant abilities into his life. We have to be

very careful with how we label people and also need to be cautious of accepting other people's labels for us.

When we are working with disease, it is absolutely important to understand that words reinforce the idea and certain powerful biochemical effects are delivered and manufactured in our body by our thoughts, desires, and words. The emotional connotation releases biochemical equivalents in our body, and these self-injectable negatives or positives impact radically on our awareness and well-being.

Wherever we attach a label to a person as a diagnosis, he becomes worse. If we are in an authoritative position, the response is much more serious. Supposing a person has tuberculosis or cancer or AIDS, these words and labels tend to produce panic, helplessness, depression or a visitation by death's energies.

This instant response impairs the effectiveness of the body's immune system and the healer within, not allowing the body to succeed in creating a very important healing process. We work with many doctors and therapists helping them to build their emotional sensitivity

enabling them to contribute more effectively to their patients' well-being and health.

As we work more and more with people, we understand that we have to use the power of words very carefully. Whenever people are very angry, they create a blackish blue blanket of reducing and smothering energy in their aura. If you ask them to re-evaluate their emotional state and the situation that has been created by someone else's action, they will immediately convert that anger to either hurt or resentment or helplessness of fear and it becomes a lot easier for them to deal with this than it is to deal with anger.

We use words like 'I am going to kill him!' We also say, 'I don't want to associate with him anymore because he misused the facilities I made available to him'. The energies of these two statements are very separate. We have witnessed great examples of the power of using words to change someone's inner state instantly.

One of the best illustration of using words and imagery is the story of a young man, Chander, a cocaine addict. Desperate, he begged and argued with one his suppliers, Satti, for a fix.

The arguments became heated, Chander got his fix, and when it turned out that Chander

could not pay, the angry supplier punched him out.

When Chander regained consciousness, he vowed to get revenge and kill Satti. He went home, took a butcher's knife and set out to find the drug supplier. As he haunted the supplier's hangouts, in a matter of time he became aware of the enormity of action he was planning to take. Feeling the knife in his jacket pocket, he thought of how his destiny was balanced on that very sharp knife edge.

'What will happen to me if I stab Satti?', he thought. Immediately an image came to his mind, a picture as painful as any that he could imagine. In a split second, he became aware of the fact that if he took the boy's life he would end up in jail, where he would be repeatedly raped or tortured by other prisoners and would definitely not get the cocaine boost that he was constantly looking for. The imagery possessed him as a reality and it was in this moment of great despair that he flung the knife away.

The very next day he came to one of our seminars. Chander described how he was in so much physical and mental agony that he constantly banged his head against the wall of his bedroom. He understood that the pain

associated with the jail term and being trapped in a small cell would be much more powerful than any compensatory pleasure he might get by killing someone out of the false-ego considerations of hurt, insult, and inability to control Satti's actions.

With his new-found receptivity we were able to help him to turn the wheel of his life immediately, and sure enough, Chander understood that he needed additional help and immediately went into therapy and counselling.

Further encouraged by his new-found empowerment, he got back the focus on his life's direction, transforming himself into a centered being instead of the screaming, obnoxious, angry young man that he had become. Using this force, Chander became a much happier person. He began to trust in life again and grew to see that his mind became controlled when he learnt to send himself messages of the consequences he would face.

This wisdom made him feel balanced and act with precision. His mind recorded everything that the experience had taught him. Constantly replaying the experience through his mind as a positive guidance helped his mind to become alive to practical reality. Connecting with the



universal energy of unconditional love turned his sadness, frustration, anger into a changed energy of strength which helped him see the situation ahead and make major moves towards self-empowerment and progress.

Desires, thoughts, and words are the most powerful self-injected drug and instrument used by mankind in the universe creating our todays with inner and outer sound vibrations.

As your thoughts vibrate and flow through your life, sometimes with fleeting and flickering touch, and then forceful and overpowering, remember: if you plot the destruction of others with your thoughts, deeds, and actions you prepare the field to fall yourself.

Hence, be focused on your own survival and create abundance in this, God's wondrous world.

As the soul takes the guidance of the healing union, it connects with the life force around us. Stop to consider and evaluate. All the options generate around us and eventually the sounds for wisdom connecting us to the healing realm of this universe are the ones which give joy, strength, and progress.

Connect to the Divine love center and become still. Be attuned to your soul. Ask for guidance and help. From this point of deep inner stillness

bring the wisdom of the universal sky into the realm of spontaneity and sincerity. Remember that your mind is centered within the control of your higher self.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § I choose for my highest good, as my soul's loving energies flow through my being, setting me free.
- § I explore the wonder of life, as I allow the energies of the soul to direct my life.
- § I surrender to the flow of life, and I endeavor to be connected to the Divine at all times.
- § All things happen in perfect rhythm and time and this makes me peaceful and still.
- § I welcome and nurture the new in my life and I become serene, powerful, and confident.
- § All things happen in perfect timing as I connect with my inner wisdom



## *Surrender*



Ramni was a visitor in one of our Thursday healers' assemblies. She sat in the first row, and wanted to know how the universe sent guidance and how may one receive it. On our asking her to be more specific she narrated her concerns. She was working in an export house as a designer and an American buyer had worked closely and intensely with her before leaving for America.

Now Ramni's dilemma was this: she wanted to leave her job, go to the USA, and move in with the American buyer—a woman. 'My boss, my parents, and my friends are all telling me I am crazy and should not go, but I have to go because she asked me to come and live with her. What do you say?'

'Are you going to follow what we say or do you want validation of your decision?' we asked. Renooji said: 'These are all messages from the universe telling you something. Why don't you follow it?'

Ramni looked upset. ‘But she told me to come and live with her. I am sure she loves me as much as I love her.’

We asked whether the American buyer had expressed her love for her. ‘Not exactly,’ replied Ramni, ‘but she did ask me to stay with her.’

On further questioning, it was clear that the invitation she received was merely a friendly response from the American woman to come and ‘visit with her’ and ‘stay’ as in ‘visitor passing through’, with no other underlying connotations or motives. We pointed this out to Ramni, quoting her own narrative, but she stubbornly refused to accept this.

‘I know she loves me. Please send healing that I can be happy with her. I have decided I have to go there, and I know Reiki will help me. So I would like to do Reiki with you before going.’

Some days later Ramni did her first level of Reiki with us, and steadfastly maintaining her strong confidence in her American love, left for California, USA. Weeks later we learnt from her friends that when Ramni reached the US, the American woman clearly told her that she was not interested in a lesbian relationship with her, and had only invited her to stay as a friendly

politeness, nothing more. And now that she had stayed a few days, she could kindly leave.

Broken-hearted, Ramni made her way back home, and by the grace of the universal energies got her old job back. Thankful for the lessons learnt, Ramni began to move on in her life, having learnt first-hand that messages from the universe are intelligent guidance. She understood that to benefit from the universe requires only a surrender of the false ego, a giving up of being driven by what we think must happen, simply because we will it and desire it to be so.

Such a condition is more than mere fantasy and wishful thinking. It is the diseased condition of acting like a supreme controller where the wishes and assertions must be fulfilled by the universe.

So how did the healing help her? Clearly, without divine grace Ramni could have taken any number of actions having disastrous consequences. Without the healing, she would have become embittered and would not have moved on in her life the way she did. The fact that she could recognize and acknowledge her condition was a gift from the universe.



The universe is always working to make us surrender our false conception of ourselves as being little supreme controllers. Surrendering to this may cause some emotional trauma that is healable. Stubbornly not surrendering is a formula for certain disaster, almost impossible to retrieve by commonly available considerations suitable to the false ego, a perpetual motion cycle, an oscillation feeding back on itself, growing steadily worse.

Reflect here on your patterns of life that resist universal guidance. These are patterns that encourage you to have conflicts arising from your false-ego self. Remember that inner conflict, the rigid mind and habits need lots of healing to enable surrender to the light of higher guidance.

Vitality, inner peace, harmony, spiritual rewards, and karmic progress are all part and parcel of your creative strength. This creativity will bring you to a point of union with the highest pyramidal energies of vigor and surrender, vivaciously according you the highest golden light.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § I am eternally optimistic as I acknowledge who I truly am.
- § I seek an understanding of myself, my life, my journey and I trust my higher intuition to guide me positively.
- § I cooperate with everyone and I seek an understanding of myself and my life.
- § My life is a celebration as I understand the importance of a human birth and harness the energies to create abundance and the joy of spiritual consciousness.
- § I am pure. I am light. I go through the honest trappings of my inner self. In this process I become the guiding light for my onward journey.
- § I am one with everyone in peace and serenity, as I give the joy of creativity to my inner imagination. I bring forth inspiration and an artistic vision to my highest self.

§ I enjoy my creative powers and use them for the highest good and relax and take stock of my life and the road to follow, ending the waiting period.





## *Celebration*



As the winter rains drizzled across south Delhi, our thoughts moved outward with the cool fragrant breezes rustling through the tall Ashoka trees outside our window. Crows called out for the empty water bowl on the window ledge to be filled. Or perhaps they knew the rain would soon fill it.

The drone of conversation in the seminar room seemed far away. Gul was steadily bemoaning his fate of having been saddled with cheating contractors and bad workmanship for his new house. The roof was leaking.

‘How bad is the leak?’ Renooji asked him. It turned out that it was not bad, a small problem really. Being a first-time house builder and owner, Gul had rather high expectations of perfection.

We looked at the tall, rich green Ashoka trees planted by our family over thirty years ago, long before we constructed our portion of the house. Our thoughts went back to that time when the concrete roof was being cast in our house. We recalled the laborers working for the

construction during an overcast monsoon day heavy with the promise of rain.

As the roof of our house was being cast, the laborers sang songs of encouragement for the work and for the good fortune of the owners—us, whom they did not know at all. They sang for abundance and God’s blessings for us. The workers sang on, and when the concrete mixer became silent and the last batch of concrete was poured, we had laddoos distributed to them, as was the tradition. And the workers then dispersed for the day, carefree and happy at a job well done.

Renooji’s words to Gul brought me back into the room: ‘While you are only complaining about this small problem which can be easily rectified, do you even take a moment to think of all the workers who have laboured so selflessly to build your house?’

‘How so selflessly? They were paid for their work of course!’ Gul was indignant.

‘Were you there the day the workers cast your roof?’ Gul nodded. ‘Did you hear them sing?’ Again a nod from Gul. ‘Did you hear what they sang? They were celebrating your good fortune and that you be happy and prosperous in the house that they were building with their hard

physical labour and where they would never return again. Did you realize that?’

There was a stillness in the room. Gul opened his mouth to say something, changed his mind, and kept silent. On cue, a lone crow outside cried out raucously, mockingly. Someone laughed briefly.

Celebration of life and its activities means to celebrate good fortune wherever it occurs, even when it is not our own. Celebrating life and its many colors everywhere you see them connects you with a flow of joy that does not recognize any limitation. Whether it is for you or for another, it is joy only. Why not experience this freely?



We need to look at life’s activities through a window of trust, which makes us peaceful, permitting us to move on purposefully in our life. Meditating repetitively on what we can find to complain about means we have not dealt conclusively with the issue internally, emotionally. This prevents us from moving to the inner zone of peace and comfort.

The affirmations here help us to find the joy of this human life form, where the delight and wonder of a new everyday helps us rejoice with the human fraternity around us. This creates bonds of happiness with others bringing us to the point of life expanding beyond our conscious mind spheres. When we celebrate the passing of events and situations in our lives, we are given rewards that help us prepare for the next step. These rewards bring with them great energy which attracts laughter, lightness and blessings, unlocking joy.



*Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.*

- § I see the humor in everything as I respect and trust everything around me.
- § I am honest in thought, word and deeds, giving positive and strong opportunity to my innermost self to find joy.
- § I picture positive outcomes for the highest good and I listen to the susurrations of the wind and

listen to the whispers that they carry from the light.

- § I recognize the beauty in others and I receive the love, prosperity, and success that I deserve.
- § I am committed to my vision and use my skills and talents for the common good, eliminating power, struggles, conflicts and competition.
- § Peace is an inner agreement with the soul. A pact with it inspires and activates our consciousness in God's universe.
- § When we open our hearts and minds to learn, there is no lesson that is hard or difficult.



## *Adventure*



A pilgrimage can be an adventure, and so it was for Jyotsna, her husband Ravi, and son Aditya. They travelled to Rudraprayag, high in the Himalayan ranges of Garhwal, a power point for the most auspicious Lord Shiva making his blessings available to humankind.

Walking on a precipitous path near the Koteswar temple, Aditya slipped and fell down into the river Alaknanda below. His father unhesitatingly jumped into the water to try and save Aditya, and himself was carried away in the raging flow of waters. Stunned, numbed, bereft of husband and son in one stroke, Jyotsna came to see us seeking understanding, solace, guidance.

Life had come to a complete standstill for her. As we heard her narrative, hidden in the grief and pain we saw that there was a strong spark of understanding of universal nature's movement. Jyotsna connected with the understanding that it was considered most auspicious if one left one's body during the course of a pilgrimage, but could not relate this to her life's events.

As we counselled and worked with the universal healing energies for healing her life, we shared with Jyotsna that we saw that Ravi had fulfilled his greatest duty in life in his brave attempt to save his son. This single act had freed father and son from all karmic duties in this lifetime, leaving them free to evolve in their next experience of birth.

They had also given Jyotsna the gift of being free to move on in her life to progress faster in a direction that would have otherwise remained unexplored in this lifetime. This drew out a confirming resonance from Jyotsna. She had wanted to help others less fortunate than herself and understanding these events with the inspiration of the healing energies, her resolve solidified and strengthened further.

Jyotsna started to work with a voluntary organization helping the human condition of suffering, and soon her efforts and capabilities were recognized by a global organization doing similar work.

Today she works through this organization to help alleviate hunger, poverty, lack of education. She especially helps people wherever there is personal tragedy, transforming lives, helping people to move on in their lives, helping them

fulfil their human potential. While missing her husband and son, Jyotsna is not destroyed by the events.

The thoughts and understandings here bring us to the point of realizing that life indeed is an adventure. Be ready for the unexpected and make the most of all opportunities for you are in the middle of freedom and joy.

Explore the new with courage, excitement, desire and exhilaration so that you can attract new bonds, new relationship, money and careers openings and you can move forward with anticipation, expectancy, hope, fulfilment, strength and stability.



***Stay with each thought a while, reflecting, reviewing, affirming, and expanding this into your life.***

- § If the path ahead seems dark do as you would if you were exploring a dark place. Request the Divine to illuminate and watch the signs and signals that tell you where to go and how.



- § When we are constructive and positive accepting people and situations as ‘here and now’, we are free from side effects of negative reaction.
- § My heart and my mind are open to the light and love of my soul, which illuminate that which is colored and judgmental.
- § The clarity of my soul flows through the river of creation as I connect with and act with the inner soul pattern. I acknowledge my higher self, and let go of the anger that destroys every-thing.
- § Remain free from remembering as it only brings with it false feeling of responsibility and a point of deep inner drowning.
- § When you do something for yourself, keep it simple and short, so that you have time to lend a helping hand.
- § Kindness melts barriers of ice around people so that you can reach there and help them out.
- § A great freedom is felt when we release the tension created by lower emotions.
- § I face the adventure of life eagerly, and use my creative powers for the highest good.
- § Loss of a loved one is only imaginary; nothing and no one ever disappears in our universe; it only changes form. The body blends back in the

five elements of earth, wind, water, fire and space, and the soul simply opens another door and enters another dimension.



## *The Glories of Sri Guru*



We often meditate on a historical narrative which comes up to illustrate deeply a very important aspect of Vedic understanding relating to the importance of the guru, spiritual master.

This is an episode from the recent past when India was under British rule. Twenty-six-year-old Bimal Prasad<sup>5</sup> was the highly evolved son of the aristocratic magistrate of Jagannath Puri, Bhakti-vinode Thakur<sup>6</sup>, himself an advanced spiritualist. Bhaktivinode Thakur is famous as the seventh *Goswami*<sup>7</sup> in the line of the Six *Goswamis* of Vrindavana although he appears near about three hundred and fifty years after the time of the six *Goswamis*<sup>8</sup>.

Bimal Prasad was advised by his father to seek spiritual initiation from Gaurkishore das Babaji, a saintly, yet illiterate mendicant. As usual, hoping to avoid the distraction of an adoring public, the old saint was absorbed in chanting God's names next to the village burning ghats. Although the intellectual young aspirant was sincere in his request for initiation, the ascetic

refused. Rebuked by his father for his repeated failure to win the favor of a great saint, a determined Bimal Prasad approached Gaurkishore das Babaji a final time saying: 'If you don't accept me as your student, my life will be useless and I will jump off the nearby bridge and kill myself.' Seeing the absolute sincerity of the young man Gaurkishore das Babaji accepted him as his only disciple.

Although Bimal's action may have seemed drastic, it was not done in ignorance. According to the *Padma Purana* there are eighty-four lakh species of life through which the soul evolves. Only at the junction of human life though, does the living entity have the ability to achieve perfection by inquiring from a spiritual master. The guru is therefore not a fad or luxury, but a dire necessity. This is confirmed in all Vedic literature: 'Any person who seriously desires to achieve real happiness must seek out a bonafide spiritual master and take shelter under him.'

The necessity of accepting a guru is further perfectly illustrated in the illusion and consequent enlightenment of Arjun as described in *Bhagavad Gita*. Despite all effort to the contrary, Arjun found himself in the unenviable predicament of a fratricidal war. He became overwhelmed with anxiety, because in good

conscience he was unable either to renounce his duty as a Kshatriya or to fight against his relatives.

Fortunately, his frustrations led him to seek a solution by surrendering to Lord Krishna, the Supreme Spiritual Master. ‘Now I am your disciple, and a soul surrendered unto you, please instruct me.’ As a result, Arjun attentively heard Lord Krishna’s instructions, and upon its conclusion experienced a new hope and direction in life, ‘My dear Krishna, my illusion is now gone, I have regained my memory by your mercy, I am now free from doubt.’

Arjun’s dilemma is not unique. Everyone is faced with difficulties that happen without their desiring it. The Vedas therefore compare the world situation to a forest fire that somehow blazes without being set, and thus enjoin: ‘One should not remain in material perplexities, but one should approach a spiritual master who is an ocean of mercy who quenches the forest fire of material existence just like the cooling and life-giving rain cloud.’

The grace and reality of the activities of the Spiritual Master who is a masterly servant of the Supreme Divine are remembered by the student constantly:

*Om ajnana timirandhasya jnananjana  
shalakaya*

*Chakshurunmilitam yena tasmai shri gurave  
namah.<sup>9</sup>*

‘*Om*—My eyes were blinded by the dark cataracts of ignorance, and the spiritual master operated upon my blindness by applying the needle-sharp rays of wisdom—the illuminating salve of unconditional love of the Divine—to heal my vision and my entire life; to such a spiritual master I offer repeated prostrated obeisances.’

As the loving healing energies of Sri Guru operate on the disciple, golden yellow energy of light descends from the Guru’s eyes silently entering the disciple’s eye chakras, removing the brownish blue energies of blurred intelligence. Continuing, this flow of divine grace fills the disciple with a glowing illumination of yellow gold light to see life and his position in the universe clearly.

Sri Guru emanates a beautiful golden red energy from his lotus feet and especially from the first toe of his right foot as the disciple offers prostrated obeisances. This energy instantly enters the disciple’s crown chakra and descends

down to his root chakra nullifying his negative karmic patterns automatically. The disciple gets an opportunity to receive divine grace through Guru's presence on the planet.

Thus, the guru is 'Sri Guru'—'the beautifully opulent dispeller of darkness, heavy with spiritual realization and knowledge, who can convey the disciple in the boat of human life across the insurmountable and turbulent *samsara* ocean of repeated cycles of birth and death—captained under his able guidance, and aided by the favorable winds of the Vedas.' Such a one is of value that is priceless and factually beyond comparison in this universe.

Today, for almost everyone on the planet, following this formal Vedic system is not possible, but the eternal dharma (constitutional essential natural right to serve the Divine) is available to everyone regardless of considerations of land, birth, caste, creed, religion, belief, and material condition.

It is stated authoritatively in the Vedas that where the principles of the soul's eternal constitutional right and duty for serving the Divine are seen to be illuminating any religion, process, or system of spiritual self-development—by whatever name called—it is

considered to be higher than any formal system. This is because formal systems based on material (birth, family, culture, country, religion, etc.) are circumstantial and temporary (*naimittika* dharma) due to the temporary nature of material birth valid only for one lifetime, and not *nitya* or eternal.<sup>10</sup>

Any system invoking and reviving the eternal consciousness or *nitya* dharma of the living entities is the highest natural eternal (*sanatana*) constitutional position. There are many such illumination levels of this on the planet.

Today, this *nitya* dharma activity is available in a highly empowered, lucid, and elegantly simple form, never before seen in any other active system. Its path enables one to actually create abundance in one's existing life rather than convincing oneself to accept frustratedly one's lot, helpless and unable to do anything except rail and rant—smiling outwardly while burning inwardly. It bypasses the 'holier-than-thou' ego that long-suffering 'righteousness' develops.

It permits one to experience and manifestly channel Divine unconditional love energy in any situation one might be in. It permits one to experience directly the result of that love-force



which harmonizes karma and frees one from all karmic reactions. It defies and goes beyond material limitations because love truly knows no bounds.

One may experience this today through a most radiant, glorious and unfettered ‘non-system’ of enlightened healing rediscovered by us. We call this the ‘KQ Force’ system of Karmic Healing that heals the karmic quotient of one’s life. The steps leading to this came through empowerments from the traditional vedic systems, the healing system known as Reiki and through many empowering Masters in our many lifetimes journey—Sri Gurus, All.<sup>11</sup>

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<sup>5</sup> Bimal Prasad (1874-1937) was a *naishtik brahmachari*—a renounced sannyasi from birth, later known as Srila Bhaktisiddhanta Saraswati Thakur Prabhupada, the founder of the Gaudiya Maths in Bengal in the line of the Brahma Gaudiya Vaishnava *sampradaya* (disciplic chain of spiritual succession).

<sup>6</sup> Bhaktivonode Thakur (1838–1914), was the spiritual name of Kedarnath Datta, a descended Master from the highest realms of the spiritual sky. A magistrate for many years, he was also the magistrate of Jagannath Puri (1870-74), the equivalent of a court chief justice at the time.

7 Sisir Kumar Ghosh, author of Sri Amiya Nimai Carita and founder of the Amrita Bazar Patrika in one of his letters to Bhaktivinode Thakur wrote, 'I have not seen the six *Goswamis* of Vrindavana but I consider you to be the seventh *Goswami*'.

8 '*Goswami*' is a formal recognition of a position and a title awarded to a 'master of the senses'—a renounced and elevated spiritual master, so given by his empowering and instructing spiritual master in the formal vedic system of spiritual development. The seven *Goswamis*, masters of devotional service to the Divine, are in direct descent from the Supreme Person who is the Supreme Spiritual Master, with a direct, very close, and special relationship with Him.

9 *Svetasvatra Upanisad* 6.23; and *Gautamiya Tantra*.

10 Authoritatively and extensively presented by Bhaktivinode Thakur in his writings, *Jaiva Dharma*, a crucial work dealing with the topics of the eternal essential constitutional duty of the living entity under all conditions and circumstances, and the degree of such revelation in conditional existence.

11 Keeping in mind the Vedic injunctions that 'Guru is one', the message from the Supreme One coming through many, and that as much there is the illumination of the eternal *Jaiva Dharma* principles in such a Guru's teachings, principles and activities propagated by him, to that much such an activity is superior and beneficial compared to circumstantial activities dictated by cultural background, birth, caste, religious belief, and so on. Arising from these and other such considerations, it is an inescapable understanding that the KQ Force and Karmic

Healing empowerment method with appropriate initiation or attunement at different levels fulfils the criteria for so qualifying as a most advanced way of spiritual progress for the individual at any time, in any place, and under any circumstances whatsoever.

This is primarily for five main reasons: (a) It imposes no circumstantial or materially based condition of eligibility such as that exists in religious and other systems of spiritual development. It is not a religion. (b) It is not an 'exclusive' activity—it can be added to whatever one is doing without the need to renounce one's present position, life situation, activity, belief, and so on. (c) It converts all material karmic activities to the spiritual (*akarma*) in a way so as to leave no unfinished binding karmic business. (d) It simultaneously satisfies the individual need for achieving his desires and goals. (e) It creates a wealth of abundance and desirable qualities in the individual automatically and he finds himself naturally following all the desirable principles of spiritual development related in the Vedas.

Master Usui received inspiration for his Reiki healing system from two key slokas of the Vedas. (*See Appendix I*) These verses have been hitherto considered to be the 'lost' or the 'unknown' slokas in the narratives of Master Usui's life. These key slokas were revealed to us while meditating on the life of Dr. Usui in 1995, and we give the translation and purport of these hereunder, as first reported in the *Joy of Reiki*.

*We, as the 'Soul Searchers' —  
Let us Begin, and Remain...*



As I live in the energy of this universe I receive abundance of whatever is within me. My faith in my own purpose of life connects me to the beauty of my inner self. With this travelling within myself I develop an inner respect for my true being, the self.

The fear that I am born with softly follows me. I recognize it in silence.

Fear helps me to find the strength to reduce it or increase it. Till the day I die, I will be surrounded by fear, but its presence will diminish and increase as I wish, for nothing in my universe happens unless I desire it willingly or unwillingly.

As I walk down the road of God's planet, I remain connected to the multidimensional forces of this universe. As I remain free of negative criticism, I receive benefit and I am with peace and prosperity from all the sources around me. This helps me to walk away from quarrel and strife and detach myself from material

possessions without detaching myself from my ability to respond—my responsibilities.

The respect aspect of my inner self often helps me to recognize the true self force within me. Sometimes, the obstacles that I create outside my knowing self restrict my spiritual development. When I overcome these traits, the trials and tribulations of this soul self reduce. Then comes the moment when I am worthy of respect from others.

As I move through life, I am forever working hard and bestowing the power of the Divine presence within me to others, thus helping myself and them formulate a higher purpose for our existence. In this process, I bring myself to the next stage of my karmic pattern.

Being free from the state of unconditionally accepting trauma and hate from others brings me to a point of spiritual evolution. This helps me remain eternally and universally free from the negative karmic manifestation of my unknown faults.

*It is important to heal myself one day at a time, by wishing myself and others well and spiritualizing every aspect of my activities, thoughts, deeds and speech.*

This activity further empowers me to trust the force flowing through me and gives me freedom from hate, envy, anger, frustration, ugliness and violence. I, the Soul, begin to remain permanently surrendered and devoted to the spiritual essence of the fragrant Supreme Soul (*Paramatma*) above me, and I begin the journey of the soul searcher. I thus spiritualize and energize my life with the patterns of freedom, developing trust in the universal force of the spiritual higher dimensions.



As the free soul entwined with the *paramatmic shaktis* flows through the universal depths of consciousness, it meets and measures up to the effulgent golden light gathering the grace of the Divine. Fully connected to the presence of God's love, the soul regains its eternal constitutional position that was born simultaneously with the soul consciousness that is its inherent eternal right.

This free soul flows in and out of Divine presence, responding with all that is manifest around its presence—acting and accepting,

receiving and giving, in harmony and oneness of purpose with the Divine.

In this devotional service to the Divine, the soul revels in its revelation of having remembered and factually realized its inherent nature and purpose. The soul then remains constantly and permanently connected to the highest beauty of the Divine presence, far away from human dimensions, illusions, and aberrations.

From the ash heap of cold fear and material misery, the soul spark once again burns brightly and eternally in the unlimited ocean of light and joy emanating from the Supreme Heart. Along with countless such others, the soul spark happily and joyously serves the Supreme Person, adorning His incomparable limitlessly expanding beauty—increasingly and in the ever-present infinity, forever.



## Appendix I



अयं मे हस्तो भगवानयं मे भगवत्तरः -  
अयं मे विश्वभेषजो यं शिवाभिमर्शनः ॥ (६) ॥

हस्ताभ्यां दशशाखाभ्यां जिह्वा वाचः पुरोगवी -  
अनामायित्नुभ्यां हस्ताभ्यां ताभ्यां तवभिस म शामसि ॥ (७) ॥  
—*Atharvaveda*, 4.13.6-7

Skilled, dexterous and empowered by the divine for healing is our left hand for it removes blocks in the free flow of joy, and yet more potent is this divinely empowered right hand, for it contains all medicinal capacities of the universe, its all auspicious healing touch bringing peace, harmony, welfare, opulence, joy and liberation from all toxic conditions of matter: birth, death, old age and disease.

Our healing hands with their tenfold branched healing fingers and our tongue preceding the voice which powerfully affirms and empowers healing, with these two healers of disease—the hands and the voice, we touch you and your aura with a gentle, healing loving touch.  
—*Atharvaveda*, 4.13.6-7