

*“Knock and the door will open”*

## *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.

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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.

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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

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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

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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.

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§ 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.



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§ 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.

