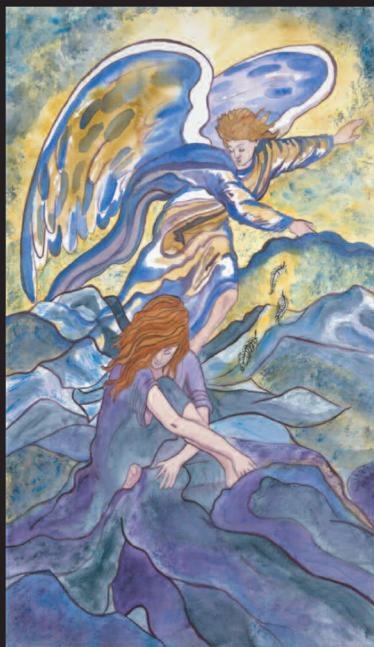




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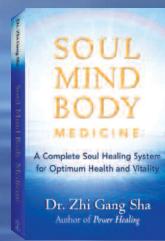
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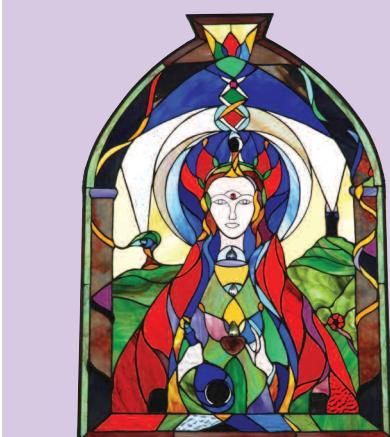
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## SPIRIT OF MAGDALENE



By Zenon Michalak  
(article on page 45)

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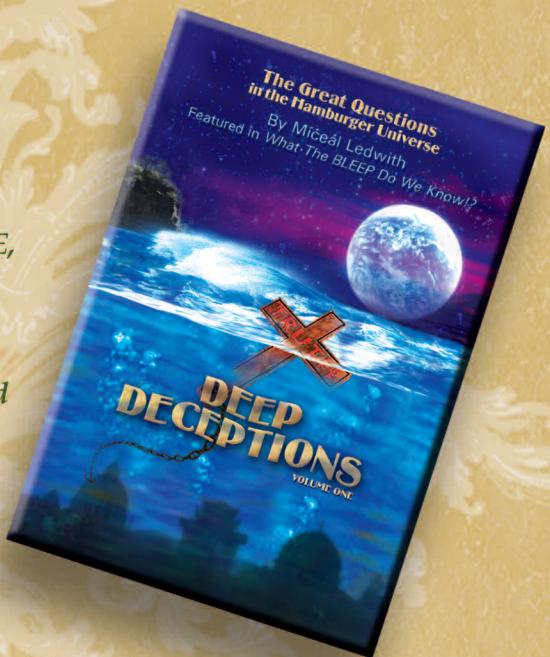
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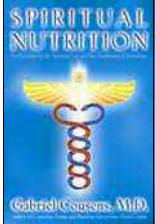
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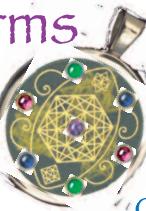
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Excerpt from DVD:

**Ramtha: Create Your Day - An Invitation To Open Your Mind**

from Mark Vicente, director of **What The Bleep Do We Know!?**

Indeed, I have been asked to teach to you what it means to create your day. It seems that that one little teaching has become the rage. Well, it should be. It should have always been the rage. Waking up every single morning is a gift, don't you know? Life is a gift. Create your day, what does that mean? And who is creating it? Did it ever occur to you that oftentimes you give permission for life to do to you what you complain about or are overjoyed with at the end of the day? Creating, well, creating is a privilege. It goes along with being a divine person. Divinity gets to create and that is why you want to know how to do it, because you are a divine entity.

So how would the day be without you? What do you think? How would the day be if you had the knowledge that you knew that what you said mattered, that indeed it literally was the framework of how reality would compose itself? Now what would you do if you knew how to do that? Well, so does it work? Well, when was the last time you tried it? How about tomorrow morn-

## Create Your Day<sup>SM</sup>: An Invitation to Open Your Mind

ing? How about instead of just getting up, you got up and you paused and you said, "What do I want this day to be like," and indeed you voiced something. The first thing you say, you know, you never believe. You are just testing it. It is the third thing you say that will be important and it will be the third thing that will bring about its manifestation in the day. And, lo and Behold, in the evening if you are aware of it, you will go, "Oh, my goodness, I had a fabulous day. I was really aware. I was really aware that this day was happening because of me." Well, it was.

So do our thoughts matter? Indeed they do. They are the constructs of reality. What is a thought? Well, a thought is a frozen moment of a stream of consciousness that the brain processes and puts into a package called a neuron and then is added to by associative memory. So then you have a thought and you say, "Does this thought have meaning and power?" It does, because a thought is actually a structure in which reality is patterned by. It is the architecture of reality actually. So when you create your day you are composing it in thought, and as you observe the thought it becomes the form in which reality itself molds. So the adventures of the day are really based upon your thinking.

Now there is a lot of evidence in science that gives some credence to this, and you don't have to be a scientist in order to say simple words that are just definitions for procedures in science. But there is a tree of science called quantum physics — brilliant name — and why should it be important to you? Because it is the one level of mathematical study of the subatomic world that actually includes your opinion. That is why it should matter to you. Well, what does that mean? It means indeed that

there is an Observer, and that Observer — which happens to be you — that whatever you observe, that reality becomes accordingly. And in quantum physics it simply is that whoever is observing the quantum field with whatever expectation that indeed that field performs that expectation.

Fabulous, isn't it? Frustrating to scientists because this field belongs to everybody. Everyone affects the field. So what is the field? It is small matter, you know, small matter, below atomic-level matter, but that is where we have a cause occurring that creates an effect and the effect is matter being built upon itself, that finally we have a whole picture that within our reality we can actually recognize. So what did we do? We were an Observer. We observed how we wanted a day to happen. In the small world we are the Observer that focused the day into being, into its becoming.

Quantum physics is important to you because it is the one science that is on your side about your abilities. And so is everything we think made manifest? Absolutely. Well, then why don't I know that my thinking is being made absolute? It has, every single day. It never occurred to you to create your day, so your day was always whatever you perceived it was going to do to you. Now you are about to do to it. So what then should you do with this science? Well, you should study more about it. You should learn how important you are within the realm of all matter and that whatever you think indeed does matter and that it matters in the way that it affects your life every day.

So why was that catchy little phrase used in **What the Bleep?** Because students in this school are taught that they are

divine people and that to let life happen to you would be irresponsible, but to create the way life happens to you is indeed a divine right that every student here learns to have. The greatest position we never want to find ourselves in is being a victim of anything. It is all right to be surprised and charmed by the measure of which we can create but it is quite a different story that the end of the day that we have regret and hurt feelings and that somehow we are injured by the day. The last thing we want to become in life is a victim.

And in this school the way that we get on and make life much more beautiful is that we learn that if we take responsibility of how the day is going to happen, that at the end of the day we are enjoying the results of that experience instead of wailing that we didn't know any better. So it is the act of responsibility and it is being the Observer in quantum mechanics that no matter what you think, it is going to manifest. So why not construct thoughts that would create a day that would bring splendor and beauty and ingenuity and wellness and joy or whatever other adventure you would like to have? So the idea in *What the Bleep* is that we would never allow ourselves to become a victim ever again, because once we are in the knowledge then we want to make life happen rather than allowing it to happen to us.

So, you know, in learning this about this message, it is quite unique to this school and quite unique to these students. And are there students who don't create their day? Absolutely. There are Christians who don't pray every day, only use what they believe in until they get into trouble. And why would you want to not create your day? Do you not have enough knowledge? Indeed do you not have enough wonder? Do you not have enough desire to see a day, or are you afraid that if you start it, it won't happen and then you won't believe in yourself yet again? I say to you, give it a try. Now that is where they learned it, right here. So

do you have to belong to this school to create your day? No, you only have to want to, and it is as simple as that. And what do you want to create? Is there anything too large? Well, create only those things that are in the realm of your acceptance. Don't create things you can't accept, because then you are not going to be willing to live them when they appear in your life. Got it?

It is really, really, really wonderful to think about ourselves as an eternal being because no one has ever figured out yet how to destroy the quantum field. In fact they have never had a thought big enough to turn in on itself to destroy itself. That is quite impossible. So we can rest assured that we are an eternal being and that the quantum field or the kingdom of heaven or states of being will continue in spite of our ignorance. And when we know that, then we will say, "Well, so what should I believe in?" Yourself. And do you have enough to believe in yourself? Every day. And how do we know every day that what you believe in is going to work? You have just got to live it to find it out.

So I rather like the idea that if we can't destroy the quantum field, then there is something in that that says that we are indestructible as well. The quantum field will always have an Observer. And I think we should think of ourselves in those terms and be relative to it.

But if you want to be free and you want to love yourself and you want to look forward to every day and then every year and then indeed every decade, and then you could perceive yourself beyond death — it is actually possible you don't even have to die — then you would start to create your day and then you would be unburdened by worship. The greatest worship we can have for God is to live like one, and indeed the greatest gift we have is not what can God give us but to celebrate that we are alive every day — it is the greatest gift you have — and that you are afforded imagination, a brain to process it, and a life in which to

explore it in. We have no boundaries to our greatness or indeed our goodness. Our worst is behind us. Our greatest discovery is in front of us.

So let me tell you something about all of those wannabes. Be yourself. Say, "All this ritual I did this morning, it was only necessary to get me to believe something." Well, why don't you dispense with it and just create the day you want and then according to quantum physics, if you are that Observer you are going to get that day. And if it was the third thing, well, what are you going to do about tomorrow? You are going to be all jazzed about tomorrow and then when it becomes magical, you will start seeing your life and your future specific in realms that are truly wonderful, inspiring.

You know, you are supposed to be here. You are supposed to be a part of life. We would clearly miss you if you weren't here. You are a part of this concept. Indeed you make up this time. When you change, you send a shock wave through this time that brings hope to everybody. And won't it be nice when people start giving up that mean old God and they start trading in their crystals, they start forgetting about the way things ought to be and start designing them to the best of your ability. Experience is relative to you. It is your life. It is your dream to experience. And won't it be wonderful when you in your day and someone says to you, because you have created this shock wave, "What is it about you that seems to always be magical and wonderful?" and you can look at them and say, "Did you ever think about creating your day?"

Thank you. So be that.

— Ramtha

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# The Oneness Movement – an overview

by Cate Montana

In his *Ballad of East and West*, Rudyard Kipling wrote “Oh, East is East, and West is West, and never the twain shall meet.” Few people know the second line to that verse, which actually provides for ultimate reunion: “Till Earth and Sky stand presently at God’s great Judgment Seat.”

Facing the turn of the 21st century has been much like facing Judgment. Humanity as a collective has dragged ancient ills – war, corruption, greed, competition and fear – into yet another millennium. At the same time, balancing the scales, there has been a tremendous shift in consciousness; an awakening to a greater sense of self-responsibility, an eagerness to engage a healing of mind and body and a restless urge to evoke the spirit from its hiding place within; a great yearning for union with each other and with the Divine.

Into this world fractured by divided religious and socio-political camps comes the Oneness Movement. Started in India in 1991 by twin avatars Sri Bhagavan and Sri Amma, the stated purpose of the Oneness Movement is to uplift humanity’s consciousness from a state of chronic separation and suffering into a state of enlightenment - the awareness of wholeness and oneness – mainly through an energy transmission process called deeksha. Acknowledged as teachers and bringers of enlightenment and god-realization by more than 20 million adherents around the world, Sri Bhagavan and Sri Amma’s goal is to bring enlightenment to a minimum of 64,000 people worldwide by the year 2012.

The primary methodology to accomplish this is deeksha, a transmission of the energy or frequency state of enlightened oneness. Deeksha has been made available to people outside the confines of the

Oneness Movement’s India headquarters since 2003, and often takes the form of a laying on of hands. The transmission, which is accomplished by a trained initiate, is designed to re-pattern neural functioning in the brain, and thus create a shift in thought processes and the dissolution of personal perceptual filters that foster the illusion of separateness.

Although new on the world stage, the process of deeksha has already drawn the interest of German Ph.D. biochemist Christian Opitz, who has performed extensive tests in India, scanning individual’s brains before and after deeksha. Utilizing an advanced electromagnetic frequency diagnostic device called KARNAK, which was developed at the University of Milan, Opitz established individual’s baseline brain functions, then retested after deeksha had been given. His tests showed significant, replicable shifts in subjects’ brain activity and striking changes in certain areas of the brain.

“I checked what Bhagavan was saying against what I could measure about the deactivation of the parietal lobes and the activation of the frontal lobes,” says Opitz. “And I found that this was really true; that in people who had received a substantial amount of deeksha, the parietal lobes were so much more quiet than the frontal lobes, which were so much more activated - and always with a slight dominance of the left frontal lobe. Which is exactly what you want to see, because happiness and integrated spiritual experience go hand-in-hand with a slight dominance of the left frontal lobe. Whereas when people have spiritual experiences that may actually make them more pathological, or people are even hallucinating, then the right frontal lobe dominates. This is just frontal lobes, not whole brain hemispheres.”

As Opitz determined a consistent pat-

tern, he expanded his investigations to include studying the wave forms that followers’ DNA emanated. Apparently, the wave forms increase in strength as a person continues to receive the enlightened transmissions, which are described as a golden ball of energy descending into the head. He found that the reptilian brain, or brain stem, which holds much of our primitive fight or flight responses, was quieted through deeksha. He also measured growth in certain brain centers.

“In some of the dhasas (direct disciples of Bhagavan and Amma) in India, I measured their septum pellucidum, which is also called the brain’s joy center, and it was huge. I mean, I’ve never seen anything like that. It’s a brain center that’s under-active in most people, and it’s severely shrunk in people who are depressed. It grows when real joy becomes a basic experience of the person’s life. If it’s shrunk, if it’s de-active, then people know only the fake joy of stimulated pleasure.”

Opitz’s tests also seemed to indicate that unlike results of similar investigations monitoring long-term meditators and people who do other kinds of energy work, the effects of deeksha appear to be permanent.

In three short years, millions of individuals around the world have received deeksha. Many have had ‘direct experiences’ of oneness, and their lives have changed significantly in terms of internal happiness and their capacity for love and peaceful coexistence in the world. According to Sri Raniji, the appointed Spiritual Leader and Founder of the Oneness Movement in North America, some have attained permanent ‘enlightenment,’ a non-mystical state of mind that is the constant recognition of the reality of oneness: the recognition of life as a field of unified consciousness in which individual existence and

expression is purely perceptual.

Those attracted to participate in Oneness Movement workshops and experience deeksha are advised that "enlightenment" rarely happens instantly and that it doesn't automatically occur in everyone - which is in alignment with many current views of the dynamics of advanced spiritual states. As David R. Hawkins, M.D., Ph.D. points out in his book Power vs. Force, enlightened states calibrate between 700-1000. Before those states are achieved, individuals must move up through the stages of unconditional love (500), joy (540), and peace (600). Considering that using Hawkins' scale 80% of the world's population still calibrates below 200, it is understandable that enlightenment is a journey.

To accomplish the goal of uplifting humanity, Sri Bhagavan and Sri Amma have established the Oneness University at Battalavallam, 70 km outside the city of Chennai (formerly Madras) in southeast India. The Oneness University which is

close to the movement's headquarters in what is now known as the Golden City, is a center for learning that is designed to teach people who they really are; to move them through meditations and inner processes that awaken them to the falsehood of the separate self. Most importantly they also receive deeksha, which enables that limited condition to be transcended.

Courses are experiential and designed to set men and women free of their limited mind-self to walk the path of discovering Oneness with God. The dhasas who teach at the Oneness University are understood to have achieved a permanent state of enlightenment.

"Oneness University can be considered as the university for universities. It exists to make one into a true human being," Sri Bhagavan has stated. "The function of the University is not only to give an understanding of the human mind, human consciousness and life itself but also to bestow the state of enlightenment or Oneness. Seekers are not only given the state, but are

also empowered to transfer this state to others. One is fully empowered to help others become enlightened. The effort is to create a new humanity which would have discovered Oneness."

The largest structure at the Golden City is the Oneness Temple, a mammoth three floor marble structure twenty times the size of the Taj Mahal, which is scheduled for completion in 2006. Designed for many functions, the temple includes a great hall where 8,000 people

can meditate together, purposefully influencing the morphogenetic fields across the earth and helping to elevate humankind into enlightenment.

For those familiar with the work of quantum physicist John Hagelin, Ph.D. Director of the Institute of Science, Technology and Public Policy at the Peace University in Fairfield, Iowa, the number 8,000 should ring a bell. It is, roughly, the square root of one percent of the world's current population of 6.5 billion, which is the number calculated by his staff during years of research on the field effects of meditation, as the minimum number of people necessary to affect the morphogenetic fields of human consciousness worldwide and trigger a paradigm shift. Because of wave amplification dynamics, having one large group meditating together, as is planned for the Oneness Temple, is ideal.

#### NON-SECTARIAN FOLLOWERS

What is unique about this movement is that it is not a religion, nor is it a particular spiritual path or set of religious beliefs. Sri Bhagavan and Sri Amma, who are husband and wife (which is certainly a break from eastern tradition) are understood as being the outer manifestations of oneness in the twin form of the masculine and feminine expressions. They maintain they are not interested in forming a new religion, nor being worshiped as gurus. Rather they are simply here to perform their divine mission of uplifting humanity.

Pauline Baumann, a naturopathic physician from Portland who has been a spiritual seeker since age 15, went to India last year to learn how to perform deeksha. She says the meditations and the highly psychological depth processing work the movement uses, combined with the transmission of higher consciousness via deeksha makes the Oneness Movement unique in her experience. The non-religious orientation appealed to her western sensibilities.

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"This is not all exotic and mystical and that sort of thing," says Baumann. "It's about becoming functionally awakened. This is not about going into dysfunctional, mystical states, because that's not really going to help the world a whole heck of a lot. Bhagavan is very interested in people being functional, being able to be enlightened in pursuit of their own vocation; not that you become enlightened and you become a spiritual teacher. Because there's not necessarily that specific need. There is the need for there to be enlightened doctors, enlightened politicians, enlightened plumbers, enlightened landscape designers, architects, parents. There's just a need for everybody to be enlightened and bring it to their own vocation and be very functional in the world."

Baumann admits that the promise of enlightenment was absolutely a strong pull to go to India. When she came back she was, "in a very good space."

"I don't know how to describe it," she muses. "Relatively enlightened? And that state was very, very peaceful, very relaxed. My heart was very open. My mind was just very optimistic and positive. I tend to have, historically, a critical turn of mind. I'm the kind of person that sees the imperfections in things ... I'm comparing things all the time. ... That was just sort of gone. When I came back here, we came back to a really kind of catastrophic thing with our house. Instead of freaking out, you just deal with it. It's fine, not to worry. That was kind of an interesting little test."

For Baumann, enlightenment has not come like a bolt from the blue, but rather as a steadily increasing capacity to be present and to love. As she has continued to give deeksha to Oneness Movement participants in the Portland area, (which is also a way to receive the higher energies as they pour through her) she is experiencing a gradual deepening and strengthening of her heightened original state. She mentions that, in the west especially, there is

tremendous confusion and overawe about what enlightenment really is.

#### **NEW YORK TELEVISION SHOW HOST OF A BETTER WORLD, MITCHELL RABIN, AGREES.**

"The experiences that I had in India, I feel, opened up channels in me and reminded me of a level of a cosmic reality that I had been losing sight of," says Rabin who is also a transpersonal psychologist and acupuncturist. "It was an amazing experience, magnificent in its simplicity.

"What's going on now, is, I have to say, it's much more transitory. I personally do not feel that the full awakening, permanent state of awakening, has occurred to me, that's for sure. I have disabused myself of all considerations of enlightenment. Quite honestly I think that's actually a very healthy thing, and it's part of a very important disillusioning process that I think is inherent in spiritual practice: To become utterly, completely sober and present in the moment, instead of [chasing after] what I think enlightenment is and even what I'd wanted it to be."

Oneness Movement leaders, like Raniji, and practitioners like Baumann agree that "enlightenment" is a unique, individual process. It is also a state of mind that cannot be pursued or attained through personal effort. Rather it is attained by Divine Grace.

#### **EAST MEETS WEST**

On February 14, 2005, American Christian spiritual leader Ron Roth was awakened in his Illinois home by a voice chanting "Sri Bhagavan, Sri

Bhagavan" over and over. As founder of the Celebrating Life Ministries, the Spirit of Peace Monastic Community and a former Roman Catholic priest, Roth was bemused by the experience. However, after inquiring amongst his staff, he learned about the Oneness Movement and contacted Sri Raniji at US headquarters in Monte Sereno, California . Despite the obvious congruencies between his healing ministry and that of the Oneness Movement, Roth was uninterested in heading to India ... until several months of contemplation brought him to an inevitable feeling that he had to go. At the Golden City he was welcomed with open arms – and recognition by Sri Bhagavan that he was an avatar in his own right and deeply aligned with the Oneness Movement and the task of bringing enlightenment to the planet.

Roth says his experiences in India, talking at length with Sri Bhagavan and Sri Amma, receiving Deeksha and undergoing spiritual "surgery" by the dhasas, were extraordinary.

"What I like about Bhagavan, is 1) he



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*- Brie S., Publisher, Washington, DC*

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Based in Mount Shasta, California, Ana Holub is a teacher, healer and peace educator. She holds a BA in Peace Studies and an MA of Dispute Resolution. Her mission and great joy is to explore whatever it takes to directly experience and teach peace, both inside and out. She specializes in simple, practical tools for enhancing the clarity of your life path. She is a certified Radical Forgiveness coach, and has been a Breath of Life practitioner for over 20 years.

really is into Oneness. You don't even have to believe what he teaches," says Roth. "He has no doctrines. If you want to eat meat, eat meat. If you want to be a vegetarian, be a vegetarian. It's your personal life. But to recognize the beingness of God in you is very important.

2) I know of no other avatar who's ever been married. I think he broke the mold with that one. "But the interesting thing about Bhagavan is this whole idea of being devoid of doctrine. So many [religious organizations] do have their strict rules. You must be a vegetarian. You must be this. You must be that. Kind of like what people have done with Christianity, instead of focusing on the experience. But when you go to the Golden City, you get an experience of the Divine."

Roth, whom Bhagavan named Satchitananda, which refers to the three aspects of God, consciousness, existence and bliss, is now heading up the American branch of the Oneness Movement. In addition to running Celebrating Life Ministries events, Roth also works with Sri Raniji developing workshops with the Oneness Movement. Like so many who have experienced enlightenment or even gradations thereof, for Roth everything has changed and nothing has changed.

"I told Bhagavan before I left India, 'I've never felt so complete in my life. I really feel perfectly that I'm on the path now where I belong.' He said, 'When you go back to America, do it the way you've been doing it.' People here ask me, 'Is your healing life or your prayer life changed?' I would honestly have to say, 'No.' But it has certainly deepened and expanded. I don't see it as a change. I still follow the principles I've always followed. It's just that now my consciousness is far more expanded than it was."

Patricia Resch and friends will be demonstrating the techniques taught by Bhagavan and Sri Amma at this year Wesak Celebration, May 12-14, 2006. [wesak.us](http://wesak.us)

For information about the Oneness Movement contact [www.trueawakening.org](http://www.trueawakening.org) For information about Celebrating Life Ministries contact [www.ron-roth.com](http://www.ron-roth.com) Reprinted with permission from WhattheBleep.com

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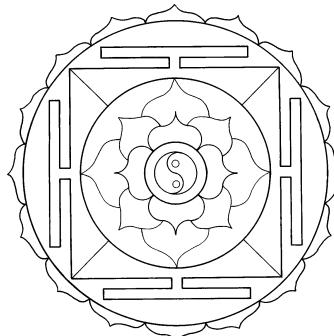
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# LOVE AND SPIRIT

## a conversation with Deepak Chopra

### By Michael Toms

*Deepak Chopra is a pioneer in helping individuals achieve success and fulfillment through mind-body techniques. A best-selling author and motivational speaker, Chopra expands the concept of good health and self-knowledge through a blending of Western medicine and Ayurvedic techniques. His books include *The Way of the Wizard*; *The Seven Spiritual Laws of Success*, *Ageless Body, Timeless Mind*; and his first novel, *The Return of Merlin*. He is also the author of *The Path to Love: Renewing the Power of Spirit in Your Life*.*

Love makes the world go around, or so the saying goes. No other living creature's offspring needs as much love and caring from its mother as a human infant. None of us would grow up without love at the beginning. We've all received it, and we're all looking for it. What is this magic elixir of love all about? And why is so important to our lives? Dr. Deepak Chopra explores these questions.

**Michael Toms:** Your books have been largely oriented to healing and the body, body-mind connection and so forth, and with 1997's *The Path to Love: Renewing the Power of Spirit in Your Life* you've went on to the path of love. What motivated that?

**Deepak Chopra:** In many ways it is not a departure; it's a continuing evolution of the same exploration into the realm of consciousness and how it influences our lives, and particularly how it influences the healing process. I've become aware of a number of scientific studies that show very clearly the power of love to heal, to renew, to rejuvenate, and actually change your biological age. There is no doubt in my mind now that love heals, love renews, love makes you feel safe, love inspires you, love empowers you,

love can bring you closer to God.

I've been looking at some of the medical evidence, which is absolutely astonishing. If you happen to have had a heart attack and a nurse or social worker calls you once a week on the phone for about a minute and says, "Mr. Smith, how are you doing? We care about you; we love you," your mortality rate post-infarction drops by 60%. That's with one phone call lasting less than a minute! If a drug did that and you didn't use it, you would be sued for malpractice. But such is our bias that this is not considered remarkably effective therapy.

There are other studies that show when nurses bond with cancer patients, particularly women with breast cancer, if they give loving support to each other, the survival rate of the patients doubles.

It's about time that we examined the phenomenon of love much more seriously than we've ever done before, because in a sense we're in a crisis. With racism and ethnocentrism and prejudice and bigotry and hatred and war and violence and terrorism, we are certainly suffering from a world deficiency of love.

*What's intriguing to me is that in the West, particularly in a highly materialistic culture like America, our concept of love doesn't include the spiritual.*

**DC:** Actually, what I'm saying is that love and spirit are the same force. That at the core of every being there is only love, because the core of every being is only spirit. The two are the same force--an abstract, unifying force in nature, not just in the human experience, but in nature. It's all pervasive. And we experience it in our lives in the flavors of human relationship--with attraction, infatuation, communion and courtship, intimacy and

sexuality, surrender and non-attachment, and passion and ecstasy. These are the different flavors of love in human relationships that I've examined in the book. But my intent was to show that each of these is actually a window into the experience of the spirit as a real force.

*I want to take love into its aspect in relationship, because that's where I think most of us experience love. You wrote that partners are mirrors of ourselves, and so in falling in love we're falling in love with some aspect of ourselves.*

**DC:** Yes, when we find delight in another person, we've actually found something joyful inside ourselves that involves a shift in our awareness, a shift in our perception, because the same person is not necessarily attractive to other people.

In relationship, whenever we're drawn to someone or repelled by someone, they're both mirrors of the self. We're attracted to people in whom we find traits that we want or desire in our own selves. And we are repelled by people in whom we find traits that we're denying in ourselves. So relationship is a true mirror of where we are in our evolution in consciousness.

In relationship then, you can borrow those traits from your loved one, which would be a loving relationship born out of need--ultimately not a healthy situation. If it's born out of need it would lead to an addictive relationship.

On the other hand, we could decide to become those qualities. I'm drawn to this person because of her inner beauty, because of her naturalness, because of her affectionate nature, because of her tenderness, because of her nurturing qualities, because of her intuition and wisdom. Well then, these

are the qualities I need to culture in my own self. So I don't borrow, I become.

Or I might be repelled by this person because he seems to be racist, he seems to be bigoted, he seems to be prejudiced, he seems to be angry and confrontational. I'm so charged by this, I must examine these qualities in my own self and see that, to some extent, I do have these, because everyone of us is a conglomeration of ambiguities of opposing archetypal energies. So if we have the divine, we also have the diabolical. If we have the sacred, we also have the profane. If we have the saint inside us, we also have the sinner inside us. We usually deny that, but it's true. We have forbidden lust and unconditional love at the same time.

When we embrace our shadow energies, when we confront them, and we're honest about them, and we recognize that that's what is going on inside us, then we spontaneously become less judgmental of others. The best way to achieve that so-called exalted state of non-judgment is to confront your own shadows.

*Isn't it possible that, if we're falling in love with aspects of ourselves we're suppressing, we'll become dependent on the other person? Because we're still suppressing those things, and we're looking for them to be filled by the other person?*

**DC:** Yes, and that's what happens frequently. That's why I said we can either borrow or we can become. And that's part of the whole stage of love that I address as communion--that's the third stage of love, the first two being attraction and infatuation. And in communion, if it is to succeed, there has to be a process of soul connecting to soul, spirit connecting to spirit. And, of course, body connecting to body, too, is part of the intimacy of the relationship. If you really want to connect on the level of soul, then there are three things that you must understand: equality, sensitivity and communication.

Equality means no one, no one in the world, is either superior or inferior to me at the level of spirit. We have different qualities

of spirit, but we are equal. And when we are drawn to somebody, it is to mutually nourish each other. In order to cultivate that, we have to begin to become aware of what I just said--why we are drawn.

Sensitivity is the ability to know what is going on in the other person. Sensitivity implies that you are comfortable with the fact that people can be emotionally quite troubled and still be normal, and that emotions are frequently conflicting, confusing, paradoxical, contradictory. So when we make statements like, "I don't know what the heck is going on inside you," or "I don't see why you're reacting like this," or "I don't see why you're so emotionally charged about this," we're not really being sensitive.

In order to be sensitive, we have to, at least for the time being, abandon the need to be right all the time. We have to abandon the need to be in control all the time. We have to, for the time being at least, ignore our own needs. That's what sensitivity means.

And communication is about exposing your own vulnerabilities, particularly your own fears. So, if you pay attention to these three qualities of communion: equality, sensitivity and communication, then you have a chance of connecting; otherwise, most relationships end up as co-dependent.

*You wrote, "Surrender is the door to find passion." So that's what you're talking about.*

**DC:** Right, and when I speak of passion in love, I also mean passion in life. When you lose passion in love, then you lose passion for everything else, because life is an expression of that passion that you have in love.

One of my favorite poets has been Rumi, whom I quote very frequently. He said the most important thing you can do in your life is to become a passionate lover, and if you are a passionate lover, then you'll be a lover in life, you'll be a lover in death, you'll be a lover in the tomb, you'll be a lover on the day of Resurrection, you'll be a lover in Paradise, and you'll be a lover forever.

And if you've not been a passionate lover, then don't count your life as having been

lived. Passion is crucial for existence. It is the source of our creativity. And passion is the next stage beyond detachment and surrender.

In the Hindu world view, from where I've borrowed a lot of my concepts, passion is the dynamic dance of the male and feminine energies of the universe, often symbolized as Shiva and Shakti.

The five male qualities and the energies of the universe are creation, protection, destruction (of that which is obsolete and effete and unnecessary and toxic), revelation and concealment. You can find these qualities in anything that's alive.

Look at a flower and you see that there's that creative energy inside it; you see there's that energy that protects the integrity of it against the onslaughts of the environment; and you see that destructive energy which is getting rid of all the toxicity as it accumulates through strains and stresses. And at the same time, you see that the spirit is hiding within it, that's concealment. And if you're careful, and you look carefully, then you can see that the spirit is also shining through it.

If you can't see spirit in a flower, or God in a flower, if you can't see God in the rainbow, or you can't find God in the blade of grass, or in the eyes of a being, you won't find God in a book of religion. God is life-centered, present-moment spirit in all that lives. God is passion. So those are the five male qualities.

The five female qualities, or the feminine qualities of the universe--often referred to as Shakti--are pure consciousness, pure bliss, pure knowledge (which means that knowledge which organizes and orchestrates the infinite correlative activity of the universe), pure action (action which is non-binding--doesn't have the bondage of karma). Action which has the bondage of karma comes from the ego. It's based on beliefs and expectations and interpretations and fears and judgments and past memories, whereas non-binding action, which is non-Karmic, is called kriya--action rooted in pure awareness and creativity. So you've gone beyond the being the bundle of conditioned reflexes that's either in a fight or flight mode. You're

in the intuitive, in the creative, in the visionary and the sacred mode. And that's an expression of Shakti). And finally, of course, there is the expression of desire, the fifth female quality. Desire is pure potentiality seeking manifestation.

When you have Shiva and Shakti dancing and in synchronicity with each other--the dynamic interplay of these energies--then you have the experience of passion, which is ultimately still a prelude to the state of ecstasy.

*In the Tibetan Buddhist tradition, there's the Vajrasattva, where you see the man entwined with the woman, and it's the same energy.*

**DC:** Right, it's the same energy. In this book, I think for the first time in my writing, I've addressed the whole issue of sexuality and how it relates to spirituality. In our culture we have considered sex profane and love sacred, when in fact, sex is an aspect of love, and sexual energy is, in fact, the creative energy of the universe--so could it be spirit?

I address that, very strongly, and make a good case for it, I think, because I examine the peak experience, for example, in sexuality, referred to as orgasm. You can see, if you examine the qualities of that experience, there's timelessness, there's loss of ego, there is naturalness, there is surrender, there is communion, there's lack of defensiveness and vigilance. These are sacred qualities, so peak experiences in physical love actually are a temporary window into the state of true liberation or freedom.

This is an insight into ecstasy. And ecstasy is an experience of primordial energy state. Have you seen babies? They spontaneously bubble with bliss sometimes. There's no reason, they just do it. That's a primordial energy state.

Addictive behavior is the number one disease in our civilization--it's not heart disease, not AIDS, and not cancer, but addiction. It is my belief, and the belief of a number of people who looked at the problem of addiction, that addictive behavior-- whether it's to drugs, food, alcohol, work, sex, or

whatever-- is actually a search for ecstasy. I used to work in a VA Hospital and treated a lot of hard-core addicts. And they were the most spiritual people I've known in my life. Addicts are searching for what we're all searching for.

*That experience of Oneness.*

**DC:** That experience of oneness, of the ecstatic state. The word ecstasy comes from the Greek word ectosis, which means, to step outside of the world of space, time, form and phenomenon into the experience of unboundedness, into a world that is causeless, timeless and eternal. That's what ecstasy truly means. And ultimately ecstasy is a combination of physical, mythological and sacred needs. When physical sensuality or sensory experience is carried to its ultimate, you have ecstasy, whether it's in the physical contact or sensory delight.

But then there's another kind of ecstasy, which comes from our mythical motivations. Beneath the turmoil of our daily activity, our unconscious motivations dwell within the mythical world, in other words, inside us there are primal gods and goddesses. And we know this without knowing it, in that we act out our mythical drives without necessarily bringing them into our conscious awareness.

So striving to succeed in the corporate takeover bid partakes of the hero's quest as much as the Argonaut seeking the golden fleece. Climbing Mt. Everest is driven by the same ambition--to reach the abode of the gods--as Icarus flying toward the sun. In mythical terms, ecstasy is a sacred journey into the underworld, or the unconscious. It's been portrayed in countless versions, from Persephone's abduction by Pluto to Orpheus seeking his bride in the shades of Hades.

Why don't we know this? Because we are actually acting out our mythical needs. The reason is, we're so caught up by the trivial and the mundane in our daily activity. Ulysses didn't have to commute through tangled traffic every day. And Athena's mind wasn't full of worries about meeting the

mortgage this month. And yet there is such a primal need for this kind of ecstasy.

We are an emotionally and spiritually bankrupt civilization right now, because we've lost mythology. Joseph Campbell once said. "Mythology is much more important than history. If you want to know a people, understand their mythology."

So, there's physical ecstasy, then there's mythical ecstasy, and finally there's sacred ecstasy. Sacred ecstasy comes from stepping out of our ordinary states of waking, dreaming and sleeping consciousness into what has been called glimpsing the soul, or cosmic consciousness, divine consciousness, unity consciousness. When Walt Whitman says "I must not be awake now, for everything looks to me as it never did before. Or else I'm awake for the first time, and all that was before was just a dream," he's talking about the transcendent, and, of course, the great writers and philosophers like Thoreau and Emerson (from this tradition) and, of course, all the great sages of the East, have spoken of the same thing. When you have the combination of all three--physical, mythical, and sacred--then you have true bliss consciousness.

Read the *Song of Solomon* and the *Torah* when Solomon says, "You split me open, you tore my heart and poured your love into me. You poured your spirit and filled me with it. I knew you as I know myself. My eyes are radiant with your light; my nostrils filled with your fragrance. My ears delight with your music and my face is covered with your dew. You have made all things new. You have made me see all things shinny. You have granted me perfect ease. I have become like Paradise." Here in the *Torah*, in the *Book of Genesis* itself, we find the best description of ecstasy. And that is the final culmination of the experience of love.

*If you'd like to be in touch with the work and schedule of Dr. Deepak Chopra, you can write to: The Chopra Center for Well-Being, 7630 Fay Avenue, La Jolla, CA 92037. Phone: 1-888-424-6772 (toll-free).*

*This article has been excerpted from New Dimensions Program #2606.*

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Iris Jackson has studied with many Masters - some in human form , and also those of the Ascended Masters Octave. Since a tiny child she has passionately desired for all to have peace, joy, prosperity, fun and freedom, and True Love that lasts forever. She has passionately pursued knowledge from the Illumined Realms of Truth for herself and others. Her dreams have come true, including being joyously married to her True Love and Twin Flame for 38 years, having a beautiful family, and giving her best gifts on her own radio and television shows, and facilitating seminars on Total Opulence, Rejuvenation, and Living the Love Story of Your Heart. She knows Peace on Earth is possible. She knows the Golden Age is at hand, that it is written on our hearts, that each of us desires a world that is joyous for all of us, in which everyone, and all life is happy, healthy, loving and free, in which all in our environment is pristine purity, and in which all life is honored and treated with love and respect. Each of us has a golden piece of the puzzle to contribute by being our own authentic Self and by giving our own best gifts. Miracles Happen! Dreams Do Come True is for the purpose of empowering, encouraging, affirming, acknowledging and reminding us of who we Are, and giving tools and processes to fulfill our destiny victoriously and joyously.



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# Sacred Relationships

By Maureen Moss

*Maureen Moss is the author of "The Nature of Bliss: Balance, Love, Integrity, Sexuality, Soul," and "Commitment To Love: Transforming Human Nature Into Divine Nature." She is also the producer and co-host of "The World Puja Network" broadcasting live weekly in over 80 countries.*

We are living in a sacred time, together. We are at the threshold of a New World. This is not spiritual malarkey or New Age prophecy. This is the Truth. We are not watching our old lives fall away for no reason. We are not watching our jobs, our interests, and our friends changing for no good reason. We are not watching the demise of ill-kept and mean-spirited relationships in order that no relationship be had and we are not witnessing the expansion of our hearts and our compassion for no good reason. No, we are being made ready to bathe only in the waters of that which brings us joy and comfort. We are being beckoned to sacred relationships of all kinds in the world internal and the world external.

Truly we are in the midst of God's Holy Laboratory and we are being prepared to live in a way that we have been told exists for us and that we have dreamt and read about. When Jesus said, "these things and more shall you do" he was not kidding. We are in the midst of being groomed to greatness through our obvious discomfort. And that's ok and we can do it, because of who lives and breathes and sets up Her mansions through us.

Kahlil Gibran said, "it is only the ones who lose their way a thousand times that shall ever experience a homecoming."

We agreed that we would take on the momentum of discomfort so that we could

bring forth a New World laden with love. And we knew that we would never be forsaken through any single experience or circumstance of our precious lives. Never. And we agreed that we would take on the task of proving ourselves worthy — not just proclaiming ourselves to be worthy—and by that we would literally be lifted into a New World, where peace and love and grace and community and sacred relationship would reign Supreme.

We are in the process of being transported to a New Mansion of God's Creation to live in and to love in. This New World, Gods New Mansion, will not allow us to enter without sacred relationship created with ourselves, each other, God and all of the Hosts of Heaven. We will not be allowed to enter The New World with any vestiges of anger, shame, blame, judgment or criticism of ourselves or another hanging on to any part of ourselves.

It is not our task to tear down another. It is not our job to relentlessly tear ourselves apart.

There is nothing sacred about either. Certainly, we are accountable for our actions and God knows exactly how to balance our own respective scales, which is why so many are in pain right now. The scales are being balanced and it's ok and we will all be ok as long as we take it upon ourselves to be responsible in course correcting ourselves when we are dancing with our minds and egos instead of our hearts and souls.

We must remember that everyone and everything, both animate and inanimate that we are in communion with is a relationship and once in relationship we are called upon to make it sacred (devotional). This is a golden key that will open the gates to the Emerging New World. Once we

tune out the pleadings of the mind and egos need to be right or to be comfortable we will begin to merge with our Divine Natures.

Like Jesus we arrived on Earth to play the roles of both the sons and daughters of human and the sons and daughter of God. Now we are asked to choose only one. No longer can we play both sides against the middle. It will not gain us passage into the New

World. We are the modern day disciples of the Holiest of Holies and we are being asked to turn our fascinations away from the contents of our minds and from the momentary self-gratifying, half-hearted attempts at relationships that we are prone to.

To enter into this New World, with sacred relationship in tact, we must be being willing to face the fears of our lower natures. Let us enjoy a more Divine perspective on the unique constellation of skills and attributes that we each have, along with the strange character twists and quirks we've developed as we have unfolded our human natures. It is our moral responsibility to transform the subtleties of our own deceptions into the Truth of Who We Really Are. In doing so we make a commitment to love and sacred relationship. The time is now to put fear on notice that its days are numbered and sacred relationship is taking it's rightful place.

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# Focus on Forgiveness

By Ana Holub

*Fear binds the world.  
Forgiveness sets it free.*  
— A Course in Miracles

## What is Forgiveness?

What do you mean when you say the word "forgiveness"? For me, it means surrender, letting go, allowing, and acceptance. Acceptance of what is, of what has been, and acceptance of ourselves just the way we are.

Forgiveness means that we choose to love Love more than we choose to hate the world.

## Traditional Forgiveness

There are many ways to define "forgiveness". Traditional Forgiveness implies that even though something really terrible happened, we stop obsessing over it. We "let bygones be bygones" and we allow the passage of time to help soothe our aching hearts. We may even move toward a kind of partial compassion with the thought, "he or she didn't know any better" or "they were doing the best they could."

With Traditional Forgiveness, there are distinct roles that we and our adversaries play, which usually take the form of victim and perpetrator. Sometimes we are the victims, and the other person is the perpetrator. In these cases, we often feel anger, fear, betrayal, jealousy, disillusionment and hatred when we contemplate what happened. In other situations, we are the perpetrators, and we feel fear, guilt, shame and despair when we think about what we did to our victim(s).

## Reactions and responses to pain

Distressing situations often happen during childhood. Developmentally, we must respond from a child's innocent point of view, and most people retain both the pain and the beliefs that were triggered from painful family and social interactions. We also feel the deep impact of societal conditioning, and we take on ideas about who we are vis a vis our gender, color, appearance, intellect, economic status, sexual

desires, etc.

Each traumatic event stands out in our minds, illustrated by many colorful details. We remember what happened (or, to be more accurate, we conjure up a current version of our story about what happened) and we begin to feel the familiar corresponding painful emotions of fear, loss, abandonment, helplessness and hopelessness. When the thoughts that we attach to our memories stir up uncomfortable emotions, we often suppress them deep into our subconscious minds. Our minds think, "If I feel that much pain again, I'll die. I can't handle it. If I go in there to explore it, I'll never get out."

In reaction to the painful events of our lives, we form conclusions about the nature of reality. We attach our life essence to certain unconscious beliefs about what is real, about the way life works, about who, what and how we are. Some of our favorite beliefs are: I'm not good enough, I'm unlovable, I must have done something horribly wrong, I can't do it right, I'll never be good enough, Everyone will leave me, The world is a dangerous place, I can't trust, God hates me. Sound familiar?

Sometimes we are not aware that we are actually harboring these beliefs about ourselves and about life. Well, unless we are living in absolute unity with the Oneness at every moment of our existence, some of these stow-away beliefs may still be crouching in the recesses of our minds. We can tell if they are around by listening to our thoughts as we go about our day. If we hear any complaining, self-righteous, irritated, judging, blaming, self-hating or denial thoughts, and if we feel their corresponding emotions, we can be sure that we are not alone. Our "hit-man" is with us!

Perhaps these thoughts are more familiar: It'll never turn out right, Those people are idiots, Watch your back – you never know what's coming, They don't like me, Those people always get the breaks (and I don't), Money is filthy and unspiritual, I hate my body, Old age is a drag, I can never decide, The weather sucks, I can't do it because...

We carry on with life, not realizing that the

suppressed emotions, which stem from the beliefs we carry, are actually at work behind the scenes.

Our physical bodies are also excellent barometers. The quality of our thoughts directly affects our brains, hearts, blood and overall health. Aches, syndromes, diseases and physical weaknesses of all sorts are indications of what is going on in our minds. Even the way we breathe and the way we relax (or don't relax) give us hints about the inner workings of our thoughts and emotions.

The more we invest our life energy into consciously or unconsciously thinking about the upsetting events that have occurred in our lives, the more we actually create experiences of fear, defensiveness, attack and withdrawal that tend to reoccur as patterns throughout our lives. These themes are usually easier to see in the lives of everyone else, but as we sharpen our desire to live in the truth of what is, rather than the illusion of how we wish life would be, we begin to honestly look at our own discordant patterns. It is at this point in our development that forgiveness begins to shine like a warm beacon of hope and new possibilities.

When we forgive, we don't need to condone the actions that were done by ourselves or others. We can still empower ourselves and we may choose to use the legal system for support in seeking justice. These are all activities within the World of Humanity, where we exist as individual human beings. On this level, we can – if we choose – take responsibility for ourselves, our actions and the impact we've had on other people and the world at large. This is the arena in which apologies, reconciliation, compensation, mediation and other conflict resolution techniques are helpful and appropriate.

## Radical Forgiveness

With Radical Forgiveness, we explore the deep pain that we feel when we perceive that we are being attacked or betrayed, or when we attack or betray someone else. We also honest-

Cont. on pg.31

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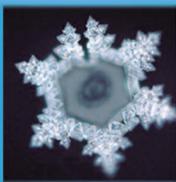
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# ENTERING THE SOUL LIGHT ERA

## A WORD FROM MASTER SHA

### featured speaker at Wesak 2006

Master and Dr. Zhi Gang Sha is an extraordinary healer and advanced spiritual master. His teachings emanate from a lineage of Buddhist and Taoist spiritual wisdom thousands of years old. His own powerful contribution is to make these teachings simple, practical and accessible to anyone who wants to understand and access modern spiritual abilities and embark on a journey of healing and self-realization. In 2003, he was selected as a direct divine channel. At that time, he was given many extraordinary healing powers and an infinite source of teachings from and about the Soul World.

Through Soul Mind Body Medicine®, Master Sha teaches, "Heal the soul first; then healing of the mind and body will follow." By combining the power of the soul as expressed through love and forgiveness with the 5,000-year-old secrets of Chinese energy and spiritual healing wisdom that Master Sha teaches in its purest essence, you will experience life-transforming healing of your soul, mind and body.

Master Sha teaches Four Power Techniques®: Body Power, Sound Power, Mind Power and Soul Power. Body Power consists of special hand and body positions for healing the soul, mind and body. Sound Power adds healing mantras and the powerful vibration of sound to promote healing. Mind Power is creative visualization that engages mental processes in both the left and right brain. Soul Power, a totally new dimension, teaches how to access and develop one's unique Soul

Language to communicate and request the inner soul's assistance in healing and also to call upon the buddhas, saints and great healing angels and masters from beyond.

The practices that Master Sha will teach on Friday night at the Wesak festival have been credited with treating a wide array of common ailments including joint pain, migraines and inflammation. Mental and emotional benefits include diminished symptoms of depression and anxiety, increased concentration and improved memory.

#### THE POWER OF SOUL

In his newest book, Soul Mind Body Medicine, Master Sha leads us to recognize that everything has a soul, not just humans. Learning which souls to engage and how to engage them in your healing is the topic of Master Sha's Friday workshop entitled The Power of Soul – Soul Healing and Blessing. Love melts any blockage. Forgiveness brings peace.

All souls want to be of service, but few know how. Opening your spiritual channels will enable you to communicate directly with your Heaven's Team and receive guidance. You will be able to learn directly from your spiritual teachers and mentors and use that knowledge to bring focus and purpose to your life. In turn, this will enable you to serve with clarity, steadfastness and compassion during the transition time on Mother Earth.

As the Soul Light Era dawns, more and more scientists are looking to the

right brain and the domain of inspiration to fathom the mysteries of time, space and the universes large and small. Medical intuitive abilities, astral travel, remote viewing and other Third Eye capabilities are beginning to reclaim a higher status as tools for the direct "knowing" of universal truths.

Master Sha, in his advanced study on accessing the powers of the soul, steps into unique new territory and breaks ground by teaching people how to bring out and translate their Soul Language, which is each soul's unique and distinct tongue. Soul Language, inherently accessible and understood by all, is a universal communication tool for the new era. It will be presented in the Saturday workshop, Open Spiritual Channels – Align Yourself with Divine and Universal Consciousness

#### SOUL DOWNLOADS / DIVINE TRANSMISSIONS

As a direct channel, vehicle and messenger of the Divine since 2003, Master Sha has been given the authority and the honor to offer the divine healing service of Soul Downloads. These divine transmissions are advanced spiritual healing blessings – frequencies of divine light, love, compassion, forgiveness and presence – that Master Sha transmits to the soul of the recipient directly from the Divine. They carry divine love and light that can remove or transform energy and spiritual blockages on the soul, mind and body levels of the individual and even radiate far



In practicing daily, you work with your Soul Download to purify, heal, bless, transform, enlighten and boost energy in your organs, systems and energy centers. Sunday's workshop, Divine Transmissions – Permanent Divine Healing and Blessing Treasures to Heal, Bless and Transform Your Life, covers this topic in detail. To find out about the variety of Soul Downloads available, visit the Divine Healings and Blessings section of Master Sha's website, [www.drsha.com](http://www.drsha.com).

In the Soul Light Era, says Master Sha, the power is given by Heaven. Many great beings are now coming to Mother Earth to help in her dramatic transition. Many blockages will be cleared in many ways by many hands. One of the most challenging is the karmic blockages that limit and taint not only individuals but nations and evolution in general. Some people, though rare for the moment, will have the power to cleanse karmic debt and enlighten. Though it is most often reserved for his advanced Soul Retreats, Master Sha will demonstrate karma cleansing at the last Mount Shasta workshop to honor the spirit of Wesak.

Suggested Works by Master Sha  
*Soul Study: A Guide to Accessing Your Highest Powers* (Zhi Neng Press, 1997)  
*Power Healing: The Four Keys to Energizing Your Body, Mind and Spirit* (HarperCollins, 2002)

*Soul Mind Body Medicine: A Complete Soul Healing System for Optimum Health and Vitality* (New World Library, May 2006)

You are invited to visit [www.drsha.com](http://www.drsha.com) to find out about a wealth of healing knowledge. Be sure to register for Master Sha's powerful free remote healing sessions weekly via teleconference. For secrets of rejuvenation, tune into to Master Sha's free Friday program on Internet radio at [www.health.voiceamerica.com](http://www.health.voiceamerica.com).

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beyond that person. Soul Downloads enable you to accomplish more in less time – to build the foundational power of your Lower Dan Tian, open your Message Center, transform your soul, and boost your spiritual standing.

Soul Downloads have different frequencies depending on the healing intention and location where they are sent. Most often, they are transmitted to organs, bodily systems such as the digestive system, body parts like the upper back, or energy centers such as the Message Center or Third Eye.

When a Soul Download is transmitted from the Divine through Master Sha, it is possible for energy blockages or deficiencies to be transformed because the root cause of disease, suffering and pain in the recipient may be transmuted into pure light. In some cases, a Soul Download can instantly transform and heal an energy blockage on all levels. Sometimes, these self-healing treasures take time to generate perceptible benefits. Individual results vary.

Once a Zhi Gang Sha Soul Download is transmitted to you, it is a permanent spiritual tool that is available to you 24 hours a day, 7 days a week for the rest of your life.

A spiritual encounter with Master Sha can transform your life. Join him in three profound and dynamic workshops at Wesak:

### Friday

The Power of Soul – Soul Healing and Blessing in the Soul Light Era

Heal the soul first; then healing of the mind and body will follow.<sup>TM</sup>

### Saturday

Open Spiritual Channels – Align Yourself with Divine and Universal Consciousness

In this workshop, you will learn and experience sacred and secret wisdom, knowledge and techniques to:

Speak and translate your own distinct Soul Language and more

### Sunday

Divine Transmissions – Permanent Divine Healing and Blessing Treasures to Heal, Bless and Transform your Life

True power is given by Heaven. In this unprecedented workshop, you will:

Learn what divine transmissions are  
Experience the power of divine transmissions to heal, bless and transform your soul, mind and body

Master Sha will demonstrate the removal of spiritual blockages (karma cleansing) and the power of unconditional love and forgiveness to melt any blockage.

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Picture By Dr Emoto

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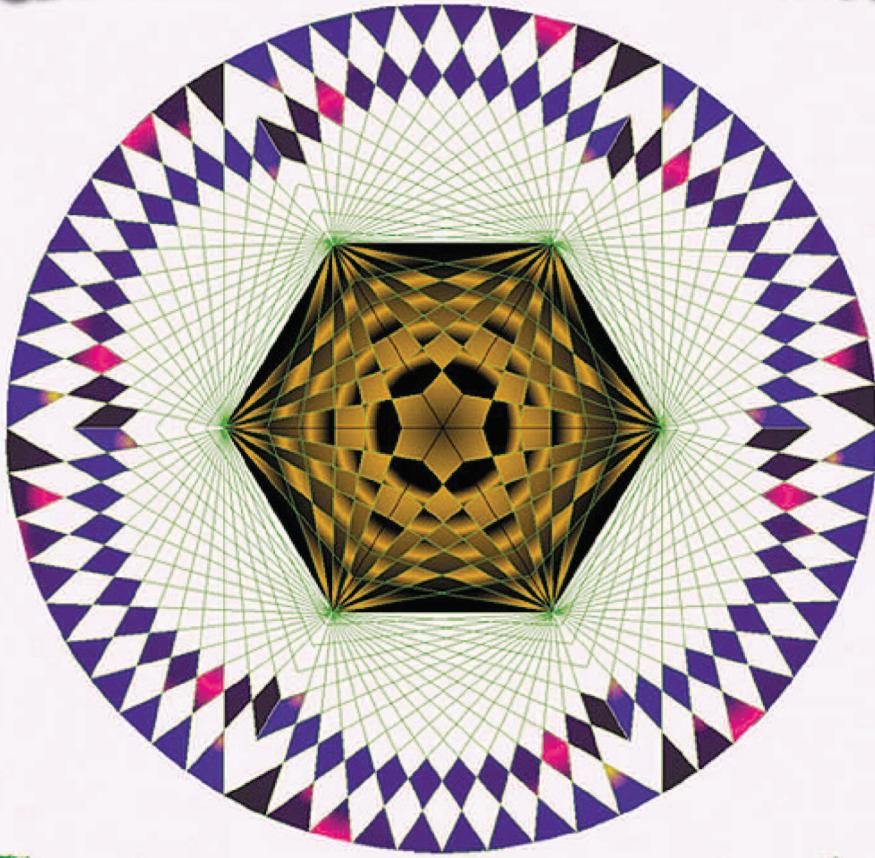
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# Where in God's Name Did We Go Wrong?

by Jean Claude Koven  
Featured speaker at  
Wesak 2006

watching and judging us as we struggle through our imperfect lives.

And consider this: Some religions consider the name of God so holy that it is never pronounced. Instead they create a litany of substitute terms so they can talk about God without having to commit the blasphemy of actually using his name - much as many of the characters in the Harry Potter novels avoid pronouncing the name of Lord Voldemort lest they unleash some fearsome effect. When practitioners of these religions write about their deity, they are instructed to omit the vowel: G-d. Other religions take the opposite tack. They encourage their devotees to chant or meditate on the name of God for hours at a time. To their way of believing, focusing on God leads to a state of bliss that opens the door to transcendence and enlightenment. But if God is truly all that is, what can possibly make one of his names more powerful than any other?

For that matter, what is the purpose of naming him (or her or it) in the first place? Naming anything creates a subject/object relationship between you and the thing named, and that in and of itself means a separation. Every name of God, no matter how holy, drives a wedge between the creator and the created - which includes you

and me. This separation is the primal breeding ground for fear, for we then see ourselves as tiny beings, abandoned (or evicted from Paradise) and living on the fringe of an incomprehensibly huge cosmos. It's no wonder most of humanity takes this whole God business so seriously - it appears to be no less than a matter of life and death.

But what if the phrase "God is all that is" were literally true? This is what R. Buckminster Fuller must have understood when he said, "God, to me, it seems, is a verb not a noun." His words, when I first read them, lodged in my mind. But I didn't get their full import until many years later, during my first visit to Findhorn, the renowned spiritual community in north-east Scotland. It was there, sitting in a circle with my fellow newbies, that the penny dropped. One young man in our group, Peter, suddenly exclaimed, "Oh, wow, I finally see it. It's not that God is in all things; it's that God is all things."

His exclamation triggered two remarkable realizations for me. First, the obvious is obvious only to those who are sufficiently present to see it. The delivery of Peter's life-changing epiphany had virtually no effect on the rest of the group. Our facilitator was so consumed by his orientation

agenda that he missed the moment completely. Thanking Peter for his contribution, he simply asked the group if anyone else had anything to share.

Second, what Peter said is literally true. In an instant, Bucky's words became crystal clear. God is indeed a verb. He is not the creator. He is the ongoing unfoldment of creation itself. There is nothing that is not a part of this unfolding. Thus there can be nothing separate from God. God is infinite and infinity is One.

From that moment, everything in my life began to change. It wasn't immediate; it was rather like a giant oil tanker slowly making a U-turn. As if I were facing in a new direction, I looked at the world in a new way "How," I asked myself, "do we dupe ourselves so completely? How come so few people see what Bucky and Peter see? How could I myself have been so blind?"

When we perceive God as a noun, we envision him as the creator, the architect of, and therefore separate from, his cre-

ation. Identifying ourselves as part of that creation, we see ourselves not only separate from our source but separate from each other and all other manifest things as well. This is the fatally flawed axiom underlying virtually all of the world's faiths. They may collectively call for love and peace, but the rampant divisiveness, greed, and competition that currently pervade human culture are the only inevitable outcomes of their separative philosophies.

Once I viewed God as a verb instead of a noun, my perception of life shifted. Everything around me, manifest or no, became God. There was only God. When someone spoke to me, it was with God's voice; when I listened, it was with God's heart. I invite you to try it. The small shift from noun to verb may well be the antidote to the forbidden fruit that banished us from Eden. As you begin to view God not as the creator but as the constantly changing dance of creation itself, you'll discover him in everything you see - including yourself. The old you - that fish swimming

blindly in search of water - fades away as you dissolve into the simple meaning of it all. Perhaps, when your vision finally clears, you will find yourself living in the Promised Land that so many others are still praying for.

Jean Claude Koven is a featured speaker at this year's Wesak Celebration in Mt. Shasta, May 12-14. wesak.us

*Jean-Claude Koven is a writer and speaker based in Rancho Mirage, CA. He is the author of **Going Deeper: How to Make Sense of Your Life When Your Life Makes No Sense**, the Allbooks Reviews editor's choice for the best metaphysical book of 2004. Recipient of USABookNews.com best metaphysical book award. For more information, please visit [www.goingdeeper.org](http://www.goingdeeper.org) ©2005. Jean-Claude Koven / All Rights Reserved. This article is copyrighted, but you have permission to share it through any medium as long as the proper copyright and credit line is included.*



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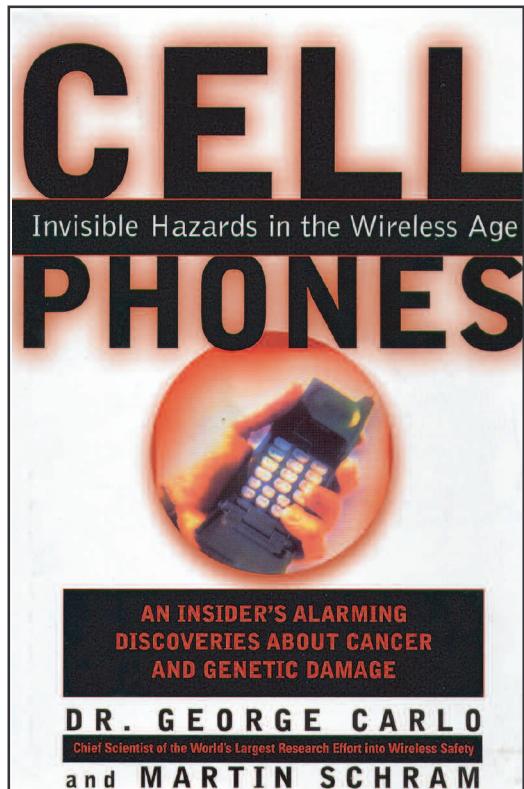
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# Translating Good Intentions into Great Choices

## excerpt from The Ten Commitments

### By David Simon, M.D.

Most of us sense what we need to create a life of joy, love, health, and meaning. The challenge each of us faces is translating our intentions into actions that improve our lives. In the Western world, the Ten Commandments provide the foundation for the moral values of our society. As the underlying rules of life in our Western world, they have guided our ethical choices for thousands of years. They offer a powerful prescription for social health, and if being told how to behave resulted in people doing what was ultimately good for them, the world would be a much better place. However, it is one thing to be commanded; it is another to make choices that serve the greatest good.

We are commanded not to kill, but over sixteen thousand people are murdered each year in the United States and in the name of God or country, tens of thousands are killed in armed conflicts. We are commanded not to steal, but over ten million thefts occur annually. We have a prohibition against adultery, yet studies suggest that at least half of married people engage in extra-marital affairs. Treated as children, people respond as children. It is time to replace commandment with commitment.

People have an innate tendency to resist demands. If we observe children being disciplined by their parents or teachers, it becomes apparent why, even as adults, we often resist making the choices that are more likely to generate health and happiness. Living a life based upon the fear of punishment keeps us in resistance to our higher self. Tapping deep into our core and envisioning who we want to be in the world enables us to take responsibility for our lives and make choices that express our deepest purpose.

The world is in need of peace, which can

only come when each individual has access to an internal state of peace. Although most people in the Western world have grown up with The Ten Commandments, the vast majority would have difficulty articulating them, suggesting that they drive our behaviors unconsciously. Translating a commandment into a commitment empowers us to make conscious choices, reflecting the recognition that we co-create our realities.

The first commandment in the Old Testament is I am the Lord, thy God, who brought you out of the house of slavery. Although this is traditionally interpreted as reminding us that there is one true God, it's possible to see a deeper and perhaps more relevant spiritual message – that of freedom.

Most people live in voluntary confinement, believing that the security they gain outweighs the freedom surrendered. But the desire for freedom is not relinquished so easily. Freedom to speak, to act, to love, and to find meaning in life are universal impulses expressed across time and culture. The first of The Ten Commandments proclaims that God freed his people from slavery. This is the essential message of spirituality – freedom from internally or externally imposed limitations – freedom from bondage.

Most people mistakenly believe that external forces limit their happiness. "I am depressed because I'm stuck in an abusive marriage." "I have this ulcer because my boss is controlling." "My relationships repeatedly fail because my father abandoned me when I was young." We accept these limiting beliefs and engage in perpetual internal negotiations with these restrictive voices, never reaching agreement on the terms for our release. Common excuses I hear include: "As soon as my youngest child graduates high school, I'm leaving this toxic marriage,"

or "Once I'm vested in my pension plan, I am saying goodbye to this stagnant job" or "After I get through the holidays, I am going to start exercising." It's time to use the key residing in your soul to unlock the door that frees you from self-imposed incarceration.

Take a few deep breaths, close your eyes, and become aware of any sensations of discomfort in your body. If you identify a place in your body that feels constricted or congested, ask yourself, "What life issue is this sensation telling me about?" Recognizing that emotional conflicts are often expressed as physical tension, allow any bodily sensations to bring your attention to possible mental debates you are having with yourself. Ask what you can do to create inner peace and free yourself from conflict. Plot your escape.

After liberation from Egypt, the Israelites wandered in the desert for forty years. This reminds us that after taking a step toward freedom, it may take some time for the full expression of the choice to manifest (although hopefully not forty years). Entering into the land of milk and honey is possible only after you make the commitment to freedom.

The Ten Commitments reframes each of The Ten Commandments. For example, rather than accepting that the second commandment to not make unto thee a graven image is about avoiding statue worship, we can recognize that a false idol is anything that keeps us from being fully authentic. Investing too much power in a car, house, job, or relationship turns the object of worship into a graven image. Seen from this perspective, the second commandment can be translated into a commitment to authenticity.

Each commandment can be seen in a new light as a powerful commitment to healing and transformational.

## Commandments

- 1) I am the Lord, thy God, who brought you out of the house of slavery.
- 2) Thou shalt not make unto thee a graven image.
- 3) Thou shalt not take the name of the Lord thy God in vain.
- 4) Remember the Sabbath day to keep it holy.
- 5) Honor thy father and thy mother.
- 6) Thou shalt not kill.
- 7) Thou shalt not commit adultery.
- 8) Thou shalt not steal.
- 9) Thou shalt not bear false witness against thy neighbor.
- 10) Thou shalt not covet thy neighbor's house.

Embracing commitment enables you to make good choices, not out of fear of being caught or punished, but as a reflection the person you are. Through commitment, the quiet voice of your soul that wants you to be happy, know love, feel vital, and have meaning and purpose will find its expression.

*Dr. Simon, MD, is a trained neurologist who has been instrumental in pioneering a new model of health that integrates body, mind, and spirit. As Medical Director and Cofounder of The Chopra Center, he has worked closely with Deepak Chopra to forge a new synthesis between Eastern and Western thought. He is the author of *The Ten Commitments: Translating Good Intentions into Great Choices*.*

## Forgivness, cont. from pg. 19

ly touch upon the places where we have attacked or betrayed our divine Self, our true knowing, our essential nature. This is the pain and sadness of the human condition, of feeling separate, alone and afraid. It must be acknowledged and accepted if we truly want our blocked energy to be released and our vibrational patterns to be realigned in health.

Radical Forgiveness adds another element to the picture: the World of Divine Truth. This is not a religious idea; rather, it is an awareness that who we are is not just physical, emotional and mental — in addition, we are all sacred spiritual beings, having a temporary human experience.

When we incorporate the World of Divine Truth into our existential understanding, we realize that on a spiritual level, no one is ever hurt or healed. We are in a state of perfect wholeness, in unity with our Creator, at all times. From this vantage point, we see that we are eternal. If this is so, then what is the purpose of this human life? Perhaps we are participating in an Earth school for our souls, so that we can expand our awareness of the Oneness that we are. If this is true, what do the patterns of trauma and heartbreak mean? How can we understand the lessons we have come to learn?

## Commitments

- 1) I commit to freedom.
- 2) I commit to authenticity.
- 3) I commit to acceptance.
- 4) I commit to relax.
- 5) I commit to wholeness.
- 6) I commit to forgiveness.
- 7) I commit to love.
- 8) I commit to abundance.
- 9) I commit to truth.
- 10) I commit to peace.

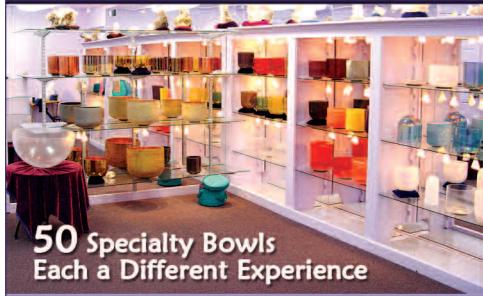
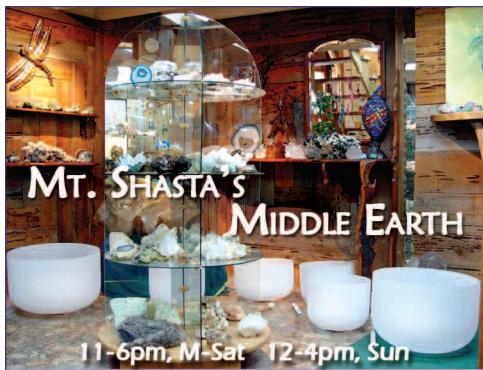
This understanding is the mission of Radical Forgiveness, and it leads us to a compassionate experience of love and acceptance. We begin to understand that everyone who has played a part in our individual dramatic play was there as a purposeful, eternal friend. We start to take responsibility for everything that we have created, knowing that we also — simultaneously — played an essential part for everyone we have ever touched. As souls, we needed to bounce off the other players, and they needed to bounce off of us — in order to learn the lessons planet Earth has to offer (which are often the reverse of what life seems to be teaching!).

With Radical Forgiveness, we realize, “So life wasn’t out to get me after all!” There are tools to help us, including worksheets (available for free at [radicalforgiveness.com](http://radicalforgiveness.com)), books and coaching. The tools give us an opportunity to reach into our past, healing and reweaving the lost and lonely places back into our lives as we are living NOW. We learn to include ALL of what has taken place, no matter what it felt or looked like. Sometimes, a breathwork session supports us to bring this new vitality all the way into the physical cells of our body, washing away the old beliefs with loving, forgiving compassion.

Then, the revolutionary, evolutionary kindness of the universe becomes poignantly alive within us, and we cry tears of joy, feeling the tenderness of it.....

Find your freedom by forgiving your world.

*Ana Holub is a certified Radical Forgiveness coach, teacher and mediator. She holds a B.A. in Peace Studies and an M.A. in Dispute Resolution. She has also been a healer and Breath of Life breath facilitator for over 20 years. Contact her at 530-926-4639 or go to [anaholub.com](http://anaholub.com) for more information.*



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## By Susun Weed

*Vibrant, passionate, and involved, Susun Weed has garnered an international reputation for her groundbreaking lectures, teachings, and writings on health and nutrition. She challenges conventional medical approaches with humor, insight, and her vast encyclopedic knowledge of herbal medicine. Unabashedly pro-woman, her animated and enthusiastic lectures are engaging and often profoundly provocative.*

*Susun is one of America's best-known authorities on herbal medicine and natural approaches to women's health. Her four best-selling books are recommended by expert herbalists and well-known physicians and are used and cherished by millions of women around the world. Learn more at [www.susunweed.com](http://www.susunweed.com)*

*Susun Weed's books include: Wise Woman Herbal for the Childbearing Year; Healing Wise; Menopausal Years the Wise Woman Way; Breast Cancer? Breast Health!*

Herbal medicine is the medicine of the people. It is simple, safe, effective, and free. Our ancestors used - and our neighbors around the world still use - plant medicines for healing and health maintenance. It's easy. You can do it too, and you don't need a degree or any special training.

Ancient memories arise in you when you begin to use herbal medicine. These lessons are designed to nourish and activate those memories and your inner herbalist so you can be your own herbal expert.

# Be Your Own Herbal Expert - Part 7

In our first session, we learned how to "listen" to the messages of plant's tastes. In lesson two, about simples and water-based herbal remedies. In the third, I distinguished safe (nourishing and tonifying) herbs from more dangerous (stimulating and sedating) herbs. Our fourth lesson focused on poisons; we made tinctures and an Herbal Medicine Chest. Our fifth dealt with herbal vinegars, and the sixth with herbal oils.

In this, our seventh session, we will think about how we think about healing.

## THE THREE TRADITIONS OF HEALING

There are many ways to use herbs to improve and maintain health. Modern medicine uses highly refined herbal products known as drugs. Many alternative or holistic practitioners recommend herbs, usually in less-refined (and less dangerous) forms such as tinctures or homeopathic remedies. And then there are the yarb women, the wise women, such as myself, who integrate herbs into their daily diet and claim far-reaching results for simple remedies.

I call these three different approaches the Scientific, Heroic, and Wise Woman traditions.

These three traditions are ways of thinking, not ways of acting. And they are not limited to herbs. Any technique, any substance can be used by a healer in the Scientific, Heroic, and Wise Woman traditions. There are, for instance, naturopaths,

midwives, and MDs in each tradition, as well as herbalists, educators, therapists, even politicians.

Each of these traditions lives within you, too.

As I define the characteristics of each tradition, identify the part of yourself that thinks that way.

### SCIENTIFIC TRADITION

Modern, western medicine is an excellent example of the Scientific tradition, where healing is fixing. The line is its symbol: linear thought, linear time. Truth is fixed and measurable. Truth is that which repeats. Good and bad, health and sickness are put at opposite ends of the line, where they do battle with each other. Food and medicine are quite different.

Newton's universal laws and the mechanization of nature are the foundation of the Scientific tradition. Bodies are understood to be like machines. When machines run well (stay healthy) they don't deviate. Anything that deviates from normal needs to be fixed or repaired. The Scientific tradition is excellent for fixing broken things. Measurements must be taken to determine deviation and insure normalcy. Regular diagnostic tests are critical to maintaining proper functioning and ensuring utmost longevity in the body/machine.

In the Scientific tradition, plants are valued as repositories of poisons/alkaloids. They are seen as potential drugs, and capable of killing you in their unpredictable crude states. They are helpful and

safe only when refined into drugs and used by highly-trained experts.

In the Scientific tradition the whole is the same as its most active part, and machines are more trustworthy than people.

### HEROIC TRADITION

There is not one unified Heroic tradition, but many similar traditions collectively called the Heroic tradition. Alternative health care practitioners generally represent the Heroic thought pattern, symbolized by a circle.

This circle defines the rules, which, we are told, must be followed in order to save ourselves from disease and death. Healing in the Heroic tradition focuses on cleansing. According to this tradition, disease arises when toxins (dirt, filth, anger, negativity) accumulate. When we are bad, when we eat the wrong food, think the wrong thought, commit a sin, we sicken and the healer is the savior, offering purification, punishment, and redemption.

In the Heroic traditions, the whole is the sum of its parts. We are body, mind, and spirit. The spirit is high and worthy; the body is low and gross; the mind is in between. In the Heroic traditions, we are personally responsible for everything that happens to us.

Religious beliefs frequently accompany herb use in the Heroic tradition. The Heroic healer uses rare substances, exotic herbs, and complicated formulae. Drug-like herbs in capsules are the favored in this tradition. Most books on herbal medicine are written by men whose thought patterns are those of the Heroic tradition.

### WISE WOMAN TRADITION

The Wise Woman tradition is the world's oldest healing tradition. It envisions good health as openness to change, flexibility, availability to transformation, and groundedness. Its symbol is the spiral. In the Wise Woman tradition we do not seek to cure, but focus instead on integrat-

ing and nourishing the unique individual's wholeness/holiness. The Wise Woman tradition relies on compassion, simple ritual, and common dooryard herbs and garden weeds as primary nourishers, but appreciates (and uses) any treatment appropriate to the specific self-healing in process.

The Wise Woman tradition sees each life as a spiraling, ever-changing completeness. Disease and injury are seen as doorways of transformation, and each person is recognized as a self-healer, earth healer: inherently whole, resonant to the whole, and vital to the whole. Substance, thought, feeling, and spirit are inseparable in the Wise Woman tradition. The whole is more than the sum of its parts.

Spiralic and amazing, the Wise Woman tradition offers self-healing options as diverse as the human imagination and as complex as the human psyche. The Wise Woman tradition has no rules, no texts, no rites; it is constantly changing, constantly being re-invented. It is mostly invisible, hard to see, but easier and easier to find. It is a give-away dance of nourishment, change, and self-love. An invitation to honor yourself and the earth. An admonishment to trust yourself.

### COMING UP

In our next sessions we will learn how to make herbal honeys and syrups, and how to take charge of our own health care with the six steps of healing.

I also invite you to study with me in the convenience of your home via correspondence course! Choose from one of my four courses: Green Allies, Spirit & Practice of the Wise Woman Tradition, Green Witch, and ABC of Herbalism with Susun Weed.

### EXPERIMENT NUMBER ONE

The next time you start to feel unwell, ask yourself what each one of the three traditions would advise you to do - e.g. You feel a headache coming on. The Scientific tradition says take a pain killer. The Heroic tradition says give yourself an enema. The Wise Woman tradition says take a nap. (For more information on the three traditions, see the chart in my book *Healing Wise*.)

### EXPERIMENT NUMBER TWO

Instead of doing what you usually do for some problem (e.g. headache), do something different. Choose something from the same tradition you usually use, or from a different tradition.

### EXPERIMENT NUMBER THREE

Become more aware of the "nourishment of your senses" as Gurdieff put it. What do you look at? Listen to? Smell? Touch with your skin? Taste?

### EXPERIMENT NUMBER FOUR

Nourish yourself in a new or different way. You might: eat something - or eat somewhere - that you've wanted to try but never dared. Go to a museum, or the opera, or the ballet, or a Broadway show. Visit with a cherished friend. Listen to music that touches your soul. Sit in meditation and burn subtle incense.

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## EXPERIMENT NUMBER FIVE

Make a list of ten things that nourish you that are now in your life. Make a list of ten things that could nourish you if they were in your life.

## FURTHER STUDY

1. Become more familiar with the Scientific tradition: Read one or more issues of Scientific American and/or Science News.

2. Become more familiar with the Heroic tradition: Skim through Back to Eden or any current book on detoxification.

3. Become more familiar with the Wise Woman tradition. Read:

**Healing Wise, the Wise Woman Herbal.**

Susun Weed. 1987, Ash Tree Publishing.

**Herbal Rituals.** Judith Berger. 1998, St. Martin's Press.

**Healing Magic, A Green Witch Guidebook.** Robin Rose Bennett. 2004, Sterling.

**The Secret Teachings of Plants.** Stephen Buhner. 2004, Inner Traditions.

## *The Village Herbalist, Sharing Plant Medicines with Family and Community.*

Nancy and Michael Phillips. 2001, Chelsea Green Publishing.

## ADVANCED WORK

The three traditions of healing are not restricted to healing of course. You might have recognized these three attitudes in your profession. Wonderful articles have been written on the "Three Traditions of Teaching" (the Scientific relies on tests, the Heroic on punishment and reward, the Wise Woman on freedom to experience and express) and the "Three Traditions of Therapy" (the Scientific refers to manuals and prescribes drugs, the Heroic blames the unconscious, the Wise Woman nourishes the spirit and builds wholeness) and even the "Three Traditions of Cooking" (the Scientific uses a thermometer and a recipe, the Heroic blackens and heavily spices everything, and the Wise Woman uses what is in season where she lives).

Σ Apply the three traditions to your profession.

Σ Read about the history of herbal medicine. Suggested books:

**Green Pharmacy, the History and Evolution of Western Herbal Medicine.**

Barbara Griggs. 1997, Healing Arts.

**The Magical Staff, the Vitalist Tradition in Western Medicine.** Matthew Wood. 1992, North Atlantic Books.

**Witches, Midwives, and Nurses, A History of Women Healers.** Barbara Ehrenreich and Deirdre English. 1973, Feminist Press.

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says Dawn Fazende, Editor, Mt. Shasta Magazine.



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**By Roopa Chari, M.D. & Deepak Chari, M.S.**

We are writing this article to inform you of the dangers in artificial sweeteners as we have found out that many health practitioners along with the general public are still unaware of the potential hazards in consuming products containing these artificial ingredients. Complaints against aspartame constitute 75% of all additive related complaints relayed to the FDA Department of Consumer Complaints.

There are many reasons why aspartame marketed as "NutraSweet", "Equal", "Spoonful" and "Equal-Measure" is so dangerous. Dr. Russell L. Blaylock, a professor of Neurosurgery at the Medical University of Mississippi, published a book, "Excitotoxins: The Taste That Kills". In this book he thoroughly discusses the damage caused by the ingestion of excessive aspartic acid from aspartame. He makes approximately 500 scientific references detailing how excess free excitatory amino acids including aspartic acid and glutamic acid in our food and beverage supply are causing very serious chronic neurological disorders.

According to researchers and physicians studying the adverse effects of aspartame ("The Guardian", England, July 20, 1990) the following chronic illnesses can be triggered or worsened by ingesting aspartame including brain tumors, epilepsy, multiple sclerosis, parkinson's disease, chronic fatigue syndrome, alzheimer's fibromyalgia and diabetes.

On the molecular level the chemical Aspartame is made up of three chemicals: aspartic acid, methanol and phenylalanine.

Aspartic acid is an amino acid which in its free form significantly raises the blood levels of aspartate and glutamate.

Aspartate and glutamate are neurotransmitters in the brain that facilitate the trans-

## Dangers of Artificial Sweeteners

mission of information from neuron to neuron. However too much of either neurotransmitter kills certain neurons by allowing the influx of too much calcium into the cells. They "excite" or overstimulate the neural cells to death.

Methanol makes up approximately 10 percent of aspartame. When the temperature of aspartame exceeds 86 degrees Fahrenheit, the wood alcohol in Aspartame (methanol) converts to formaldehyde (embalming fluid) and then to formic acid (same chemical as fire ant venom), both of which are toxic. Formaldehyde is a neurotoxin and is a known carcinogen, causes retinal damage, interferes with DNA replication and causes birth defects per The Guardian (April/June 1990). It is stored in the fat cells particularly in the hips and thighs. A one-liter aspartame sweetened beverage contains approximately 56 mg. of methanol. The EPA recommends a limit of 7.8 mg./day of methanol due to the low rate of excretion. The methanol toxicity mimics among other conditions multiple sclerosis.

The third component of aspartame is phenylalanine which is another amino acid normally found in the brain. It has been shown that ingesting aspartame can lead to elevated levels of phenylalanine per "Science Times" (in 1985). This can then lead to decreased levels of serotonin in the blood leading to depression. Dr. Blaylock also mentions in his book that excessive build up of phenylalanine in the brain can cause schizophrenia and seizures.

Diketopiperazine (DKP) is a byproduct of aspartame metabolism and has been implicated in brain tumors. The process by which DKP is produced is accelerated by an increase in temperature. DKP is formed from liquid aspartame containing products and levels increase with the prolonged length of time a food spends sitting on a shelf or in storage.

Aspartame is particularly dangerous for diabetics. Dr. Blaylock states that with the buildup of accumulated concentrations of formaldehyde and formic acid in nervous tissue, long term damage and rapid progression of diabetic peripheral neuropathy is a given.

Dr. H.R. Roberts warns that aspartame can cause birth defects (i.e. mental retardation).

Children are especially at risk for neurological disorders and should not be given NutraSweet. The blood brain barrier which normally protects the brain from excess glutamate and aspartate and toxins is not fully developed during childhood, and even for adults allows uptake of excess glutamate and aspartate in the brain even when it is intact.

Dr. Roberts also stated that addiction to aspartame products is as real as abuse of tobacco, alcohol and drugs.

According to Dr. Julian Whitaker and the International Center for Nutritional Research consumption of aspartame has also been proven to increase appetite, especially cravings for sweets and that the damage is cumulative. Dr. Sandra Cabot said that "aspartame makes you fatter....After having been consulted by thousands of overweight people suffering with problems concerning the liver and /or metabolism I can assure you that aspartame will not help you in any way, indeed it will help you to gain unwanted weight", [www.liverdoctor.com](http://www.liverdoctor.com).

It is also best to avoid Splenda (sucralose) because as Janet Hull stated (Health Newsletter Dec. 2003) it is a chlorocarbon. Chlorocarbons have been known for causing organ, genetic, and reproductive damage. Sucralose is a synthetic chemical, not a natural compound. Sucralose is derived when three chlorine molecules are added to a sucrose or sugar molecule. Splenda is actually a chemically created product that uses substances such as chlorine and phosgene, a poisonous gas.

Therefore it is vital that you and your loved ones please avoid "diet" foods, beverages and gum that includes anything with Aspartame along with Splenda (sucralose).

*The Chari Center of Health is in Del Mar, CA. Dr. Roopa Chari is a Board Certified physician in Internal Medicine and is certified in Thought Field Therapy, Guided Imagery and Pranic Healing. Deepak Chari has a Master of Science Degree in Engineering and is a Certified Biofeedback Therapist. Mr. Chari is also certified with the EPFX, SCENAR, Hypnosis and Neurolinguistic Programming (NLP). The Chari's combine their experience and talents in the fields of Science and the Healing Arts with Nutrition, remarkable Mind/Body techniques and the latest healing technologies in Quantum physics. Please visit their website at [www.charicenter.com](http://www.charicenter.com) or call (858) 724-0773.*

# Healthy Indian Vegetarian Cooking

By Mrs. Mani Chari

Potatoes are a very good resource of vitamin C and potassium and have been wrongly accused for many years of being a high-calorie food. One medium baked potato contains only 110 calories and has no fat. Look for plump and firm potatoes. Avoid those that are green or have started to shrivel or sprout. All peas are a good source of vitamin A, vitamin C, thiamine, folate, iron and phosphorus. Green peas are second only to lima beans as a fresh vegetable source of protein. Frozen peas retain their color, flavor and nutrients better than canned peas and are lower in sodium. Spinach is a good source of vitamins A and C, iron and calcium.

## Potato and Spinach Curry (Kora)

Serves 4 people

Ingredients:

Four Medium organic potatoes  
Half pound of spinach bunch  
One half inch piece of ginger (cut into small pieces)  
One half hot green pepper chopped  
One half teaspoon of Mustard seed  
One half teaspoon of Cumin seed  
One tablespoon organic olive oil  
Celtic sea salt to taste  
Pinch of turmeric  
One quarter cup of water to boil and cook the potatoes

Recipe:

1. Wash the potatoes and cut into one half inch size pieces.
2. Wash the spinach well before cutting. Cut the spinach into small pieces along with the stems.
3. In a pan, cook the spinach in a small amount of water for ten minutes and keep aside.
4. In a separate pan, heat the olive oil on medium heat.
5. When the oil is hot, add mustard seeds and cumin seeds.
6. When the mustard seeds start to pop, add ginger and green pepper pieces.
7. Add the potato pieces, salt, turmeric and water. Cook for fifteen minutes and mix well.
8. Add the cooked spinach. Mix well and cook for two minutes. Cover.

\*\* This curry can be eaten with bread or rice

\*\*

## Potato and Onion Curry (Kora)

Serves 4

Ingredients:

Four medium sized potatoes  
Two medium sized onions (cut into lengthwise strips)  
One half inch piece of ginger (Cut into small pieces)  
One half piece of green pepper (chopped)  
1 tablespoon of olive oil  
One half teaspoon of mustard seeds  
Celtic sea salt to taste  
One eighth teaspoon of turmeric  
Cilantro (3-4 stems)

Recipe:

1. Cut each potato into half. Boil the potatoes in three cups of water. Make sure the potatoes are covered with water.
2. Boil for fifteen minutes.
3. Check if the potatoes are cooked.
4. Remove the water. Let it cool. Remove the potato skin. Then cut the potatoes into one half inch size pieces.
5. Heat the olive oil on medium heat in a pan.
6. Add the mustard seed and the onions. Fry the onions until they are golden brown.
7. Add the chopped green pepper and ginger. Fry slightly then add the potatoes, salt and turmeric. Mix em well.
8. Cook for one minute.
9. Add the cilantro, mix well and cover.

\*\* This curry can be eaten with bread or rice

\*\*

## Potatoes Peas and Tomato Curry (Kora)

Serving: 4 people

Ingredients:

Two medium potatoes (wash, remove the skin and cut into one half inch pieces)  
Two medium sized ripe tomatoes (cut into small pieces)  
Half cup of green peas  
One half teaspoon mustard seeds



One half teaspoon cumin seeds

Celtic sea salt to taste

Pinch of turmeric

Cilantro: three-four stems

Optional: one eighth teaspoon of garam masala (can purchase from Indian grocery stores)

Recipe:

1. Heat the oil on medium heat. Add mustard seeds and cumin seeds.
2. When the mustard seeds start to pop, add ginger, green pepper, tomatoes and potatoes.
3. Add turmeric and salt.
4. Cook and mix for fifteen minutes.
5. Optional: Can add garam masala at this time.
6. Add green peas and cook for another five minutes.
7. Add chopped Cilantro.
8. Cook for one minute. Cover.

\*\* This curry can be eaten with bread or rice

\*\*

Mrs. Mani Chari is a professional Indian Classical Dancer and musician. She introduced Indian Vegetarian Cooking at a University in Ohio and has taught cooking classes in Los Angeles and San Diego. She offers cooking classes where she explains the health benefits of the spices and vegetables and teaches cooking techniques through The Chari Center of Health . Please visit their website at [www.charicenter.com](http://www.charicenter.com) or call (858) 724-0773.



## Books

**Title:** *The Presence Process*

**Author:** Michael Brown

ISBN: 0-82533-0537-3

[www.namastepublishing.com](http://www.namastepublishing.com)

This is a brilliantly lucid work and a very important book. The publisher of *The Power of Now*, this year bring us *The Presence Process*. Although, in truth, both works stand alone impeccably, Michael Brown's book seems to pick up where the Eckhardt Tolle work left off. *The Presence Process* elaborates on a similar theoretical foundation by engaging us in a simple and concrete process designed to solidify our abidance in the Now.

Tolle, Brown and others have defined our true identity as Pure Presence and might assert that pain and dysfunction don't really exist, are merely illusions born of time and mind. Acknowledging the convincing (if illusory) tyranny of mind and time, however, Brown's work promotes conscious integration of the unconscious phenomena that distract attention from our true nature.

For readers new to these ideas, certain of Brown's assertions may be radical and challenging. However, those who celebrated the eloquence and irrefutable wisdom of Eckhardt Tolle's classic, or most anyone on the path of integrated consciousness, will find this book an exceptionally incisive reminder and synthesis of realizations poignantly familiar or inevitably forthcoming on this journey. It thus offers valuable and practical support.

In *The Presence Process*, Brown has assembled, from his own experience, a blend of wisdom and tools reminiscent of psycho-spiritual and self-help disciplines we may recognize from elsewhere. Anticipating this, he carefully explains the distinctions in practice

# Reviews by Michou Landon

and intent — of his own.

This workbook, of sorts, guides us through stages of insight and integration using the steady rhythm of a three-fold practice. We are offered a foundational breathing practice, which promotes focus and presence and illuminates hidden emotional material; a weekly activating statement; and accompanying readings.

A particular virtue of this Process would seem to be its simplicity, which makes it a "doable" means of delving deeply and gently into, and reconciling, the modes of human existence that can seem to work at cross purposes. His insight is refreshing; and his understanding of mechanisms that stand in our way gives the author credibility and the reader comfort and courage.

Given the cumulative nature of this journey, I did wonder how much the degree of transformation cultivated in this Process is contingent upon a reader's existing level of self-awareness and previous experience with meditation and self-inquiry. This should discourage no one, however--novice or veteran. The journey is, after all, infinite and inevitable; moreover, the tools and support we need at each step tend to present themselves when we are ripe to employ them.

The length and repetitiveness of the book's exposition may put off some readers. Brown acknowledges this early on. In a way these very challenges serve to measure the focus and motivation of the practitioner. Each one must tap his own wisdom, patience and willingness to persevere. This self-responsibility is a fundamental factor in the success of the endeavor. The planet can only benefit from this book's success in reaching and inspiring each soul ready and willing to humbly and courageously embrace wholeness!

**Title:** *A New Earth: Awakening to your Life's Purpose*

**Author:** Eckhardt Tolle

ISBN: 0 525 94802 3

Publishers: Namaste and Dutton, 2005

*And I saw a new heaven and a new earth.*

*Revelation*

*A New Earth* is Eckhardt Tolle's first full-length book since 1999's landmark, *The Power of Now*. That isn't surprising since *The Power of Now* pretty much said it all; and it has continued to reach and sustain people through repeated readings and through follow-up releases that refine and embellish its themes (e.g. Even the Sun Must Die, Practicing the Power of Now, and Stillness Speaks).

In truth, the same themes are again examined in *A New Earth*, the first two thirds of which serve as a cumulative compendium of the wisdom Tolle has so eloquently offered to date. These lay the foundation for the final third of the book, which deepens the discussion into practical and cosmological relevance for these quickening times and the evolutionary shifts he affirms are inevitably underway.

"You are here to enable the divine purpose of the universe to unfold. That is how important you are," states Tolle in *The Power of Now*. The focus of *A New Earth* is to clarify that purpose and how it plays out in the universal as well as individual realms -- all inextricably intertwined.

"Your life has an inner purpose and an outer purpose. Inner purpose concerns Being and is primary. Outer purpose concerns doing and is secondary," Tolle states in one of the final chapters. "Your inner purpose is to awaken. You share that with every other person on the planet. Your outer purpose can change over time [and] varies greatly from person to person. Finding and living in alignment with the inner purpose is the foundation for fulfilling your outer purpose."

The purpose of *A New Earth* is to support the universal purpose by supporting each individual in realizing his purpose (which thus supports every other individual in his own realization). It is about aligning consciously with the common interest of all.

There are numerous beautiful, eloquent passages and metaphors in the unfolding of *A New Earth*. The expanded discussion of the gifts, traps and manifestations of the Pain Body is particularly astute. Along the way, Tolle reminds us how just recognizing who we are

not is key to realizing who we are.

He illustrates how even tangible, solid things are perceived through thought filters, so that everything is actually thought and how thought itself is of world of form. He explains how who we are arises from, and is, the “nothingness” around this and including it.

He infuses familiar contemplative tools with grounding insight for instance, “This too shall pass” must be applied not only to negative experience but equally to all that can be perceived.

Although much may be a review for some readers, and even though the mind may throw up “I know’s” and push to skip ahead. Drink deep. The sections within the chapters are relatively brief, deliberately designed for digestive pauses in between. This itself demonstrates keen understanding of the human mind and how to compassionately employ it to best advantage in the game of Awakening in which it plays double agent.

Every paragraph holds great gifts and prepares us for the final chapters in which this readers found the greatest rewards.

The familiarity (for some readers) of the book’s themes and assertions makes it no less valuable. The clarity, assurance, precision and sagacity with which Tolle communicates awakens the same spacious lucidity and knowing within the reader. Listening to this illumined voice, we recognize the flame of this Truth dancing in every cell and space of our being. As we read, these flames merge and feed each other. It’s rather like the inspiring and replenishing effect of passing an evening by the fire in the quiet, safe company of a wise friend. Such is the steady companionship of the true Self.

**Title:** *The Secret Life of Water*

**Author:** Masaru Emoto (translated by David Thayne)

ISBN -10: 0-7432-8992-X

ATRIA Books, Beyond Words Publishing

*The Secret Life of Water* is the latest in Masaru Emoto’s contemplations on the increasingly precious treasure and teachings held for us in water. This friendly little volume follows Emoto’s original and still influential bestseller *The Hidden Messages of Water* and

its sequels *Messages in Water (I-III)* and *The Power of Water*. Its focus is the wisdom accrued by water in its own evolutionary and cyclical travels as a component of life itself, from its origins and journey through space to Earth and its myriad forms and functions on the planet.

The theses of all these books extrapolate from photography of ice crystals infused with various sentiments (love, gratitude, derision), essences (Hinduism, spring water, chamomile) and concepts (war, peace). These beautiful images continue to have poignant and inspiring impact that, effortlessly as ever, transcends the text in which they are nestled.

These pictures reinforce quantum arguments about the subtle inter-connectedness and communicativity among all seemingly separate things in the universe. Demonstrating how water remembers and carries vibratory signatures imparted by nature or focused human intention yields the suggestion: If living beings are composed mostly of water, imagine what power thoughts, prayer and intention have to influence life and perception throughout the cosmos! Water is not only a sacred medium of life but of intelligence.

As in *What the Bleep...*, (which cites Emoto’s work) the evidence and implications presented gently return responsibility, power and hope squarely to our individual laps, exhorting us to take another look, take courage and dive in: To clear our hearts, minds and bodies of the clutter and oppression of negative, limiting thoughts, beliefs and habits, and see the transformation inevitably engendered within reflected in the “outer” world.

*The Secret Life of Water* is not hard science; and one who intuits the truth asserted in Emoto’s writings, which meander like a long, leisurely river, might wish he included more documentation of his claims. Perhaps, though, that is like asking a bird to prove the existence of air or the sea anemone, water.

These books remind me of the sermons of an admired and ingenuous pastor, whose homilies one attends weekly for a dose of reassurance and remembrance of that which one already hopes, believes, or knows to be true. Whether his poetry would convince someone uninitiated to this faith is uncertain. Like so many intimate with the mystery and miracle of

the Tao, he will live in celebration, ever sharing his gratitude and conviction, regardless of whether the sounds of the revelry and witness of his growing “congregation” awakes the “gospel” in the non-observant and late sleepers.

While he does acknowledge the importance of his message and its relevance to humankind’s present ecological and spiritual “predicament,” Emoto’s message carries the simple and irrepressibly appreciative innocence of a child, who cannot help but giggle in the face of a dour face and pessimistic outlook. The child knows a secret; and he knows you know the secret, too; and he wonders when you will remember; and he will meanwhile splash around in Life’s vibrant miracle, sprinkling you with reminders, inviting, maybe hoping, but never insisting, that you join him in play, as he bathes in the nourishing, wise womb of water.

**Title:** *What the Bleep do We Know?!*  
*Discovering the Endless Possibilities for Altering your Everyday Reality*

**Authors:** William Arntz, Betsy Chasse and Mark Vicente (with Jack Forem and Elen Erwin

ISBN: 0-7573-0334 -X

2006, Health Communications, Inc.

What a flirtation Life is. We all seem to know it’s worth it, but “Why?” is the Big Secret. This book dances closer to answers.

Although in their final words they disclaimed it being the final word, at last the creators of the film *What the Bleep?!*, have published the book version. One could spend paragraphs discussing the pros and cons of the written versus filmic medium for this information. Ultimately each has its advantages and limitations.

For those who have yet to see the film, the best advice would be to tuck away this magazine and go do so, and then to revisit this review (or skip directly to the book). Second best would be to read book first. However, compelling as the book can be, both book and film are finally about applying the information presented in your own life; and for that, the kinetic impact of the film, and one’s engagement with it, are invaluable.

Both book and film explore where the frontiers of science and spirit merge in the realm of

quantum phenomena. One advantage of the book is a more leisurely and in-depth examination of background information: the historic factors, forces and concepts on which its arguments are based. For this alone, I would recommend reading it -very highly.

The ideas in *What the Bleep??!* are meant to apply as tools in our evolutionary toolkit, to help us examine, transfigure or transcend the societal paradigms and biochemical phenomena that help binds us in our boxes and stifle our potential as limitlessly creative forces of nature. In this way, it is, in a sense, a workbook, a launch pad.

It is a challenging read, in multiple ways. The concepts themselves are quintessentially mind-bending. When honestly and deeply reflected upon, this material is at once empowering and terrifying: inspiring of great hope and excitement, and demanding great courage, conviction and responsibility.

The authors intentionally employ very familiar metaphors and (informal and interactive) language in presenting these ideas, so as to make them as simple, accessible and playful as possible, and to ease the necessarily unsettling affect of their implications. Alas, they don't always succeed. Even so, *What the Bleep??!* serves as a grand primer and bibliography for exploring the many topics and questions it raises and can only begin to address.

Sometimes it seemed to be more the writing than the concept that required me to reread passages several times to lock into the meaning intended. Some passages seemed to lack a coherency I intuited was possible. I came to recognize that this, along with most of my complaints with the book, were wonderful demonstrations of the very phenomena the material sought to illuminate.

Just as classical physicists found Quantum Physics unsettling to their established laws and assumptions, I met my own irritation and rigidity in what I considered the authors, indulgences and sloppiness with language and idiom (and occasionally "fact"). I chose to recognize and embrace the greater message, for which language is a woefully inadequate medium to begin with!

If the reader will indulge the following metaphor, the overall experience of this book was, for me, like reading a book about what's above the roof while pressed against the ceil-

ing. Reading was challenged in the dim of being above the conventional light source. As my eyes tracked the lines on the page, I derived as much understanding from the intuitive knowledge illuminated within by focusing on the truth and energy behind or beyond the words and concepts.

Leaning into the invincible, compassionate force of these new ideas relentlessly crushed the skull against the ceiling of all previously held understandings, in hope that something would give: the ceiling (societal paradigms, perhaps?) or my skull (read: mind, limited perception).

To better understand this review, you may have to read the book! To best understand the book, you may have to give up an addiction to understanding. To understand how, I suggest you read the book. I can tell you it's worth it. It's your choice to find out why.

## CDS

**Title:** *Angels and Earth Songs*

**Artist:** Carolyn Nayana Hedger

[www.musicalpathways.com](http://www.musicalpathways.com)

Mount Shasta's Carolyn Hedger has at last released her new CD, another collection of songs exploring life's kaleidoscope of moods and wonders. These selections celebrate the innocent in us all, most often with the recurring imagery of angels and the Mother.

Joining Hedger on this disc are a number of accomplished musical friends, including Paul Armitage, whose piano perfectly and sensitively supports the bittersweet tenderness of the human experience evoked in the words.

The general beauty and simplicity of the melodies and lyrics, and the accessible structure of the songs, make them easy to learn and sing, infectious (in the best possible way) and inspiring. To sing them invokes the company of angels. The gentle smile in Hedger's voice seems to carry assurance and gratitude of a child and a survivor, and it speaks to the same in the listener. This mutual inspiration is indeed something to embrace and sing about. It's especially uplifting to sing these songs with

others, so catch Carolyn live if you can!

**Title:** *When Angels Dream 2*

**Artist:** Anton Mizerak and Friends

[www.shastasong.com](http://www.shastasong.com)

It is always a pleasure to listen to these musicians and friends performing and collaborating, because the sense of natural fluidity and familiarity they seem to have with their instruments and one another brings a gift of ease and welcome to the listener.

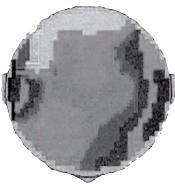
Ease is indeed what was intended for the listener of this CD, a sequel to the first *When Angels Dream* CD, designed to accompany and promote healing in both professional and personal settings.

Anton and friends create a nourishing, evocative soundscape in which esraj (a soulful, Mid-eastern, stringed instrument), bamboo flute, operatic voice and even harmonica feature as what feel like the rich, comforting voices of mentoring angels, reassuring us as we rest cradled upon clouds that glide and churn gently through the realms and elements created by the backdrop of keyboard and guitar.

The friends with whom Anton gratefully collaborates on this project include: Manose, whose sublime flute play seems to carry the sensuous smile of Krisna himself; Benjy Wertheimer, whose skill and sensibility on the esraj transmit pure and otherworldly longing; and Virenia Lind, whose soprano manages to blend here and appease this listener who rarely associates operatic vocals with relaxation!

The musical themes on this collection are based on classical Indian ragas for healing, but one hardly need know this to enjoy the effect! Most of them come from the raga Sindhi Bhairavi. Bhairavi is the name of a most wrathful expression of Kali, consort of Shiva – the aspect of the Hindu trinity who governs healing and transformation. The music here, though, is anything but wrathful, reminding us that while true healing and evolution may not be comfortable, resistance is futile, and the compassionate and ever-present breath of Grace carries us through it all. These sounds offered by Anton and friends encourage us to surrender into the eye of the storm. Enjoy the ride.

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Russ Mason, M.S.

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and required less pharmacological support. The reason is that the unique hemispherical stimulation from Hemi-Sync® recordings induces the creation of new neural pathways in the cortex. Professor Bullard also observed that, in many cases, these neural connections appear to become permanent within six weeks of daily use with Hemi-Sync® recordings (used with headphones for 30 minutes per day).

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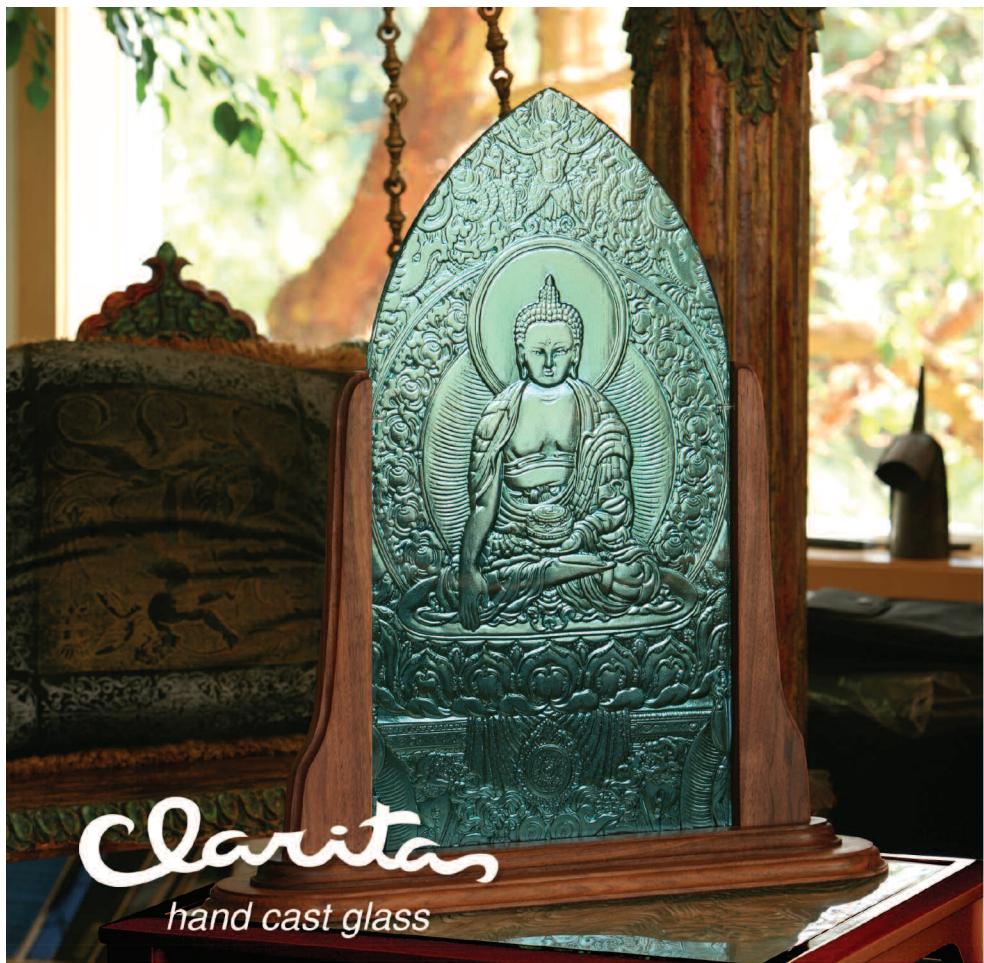
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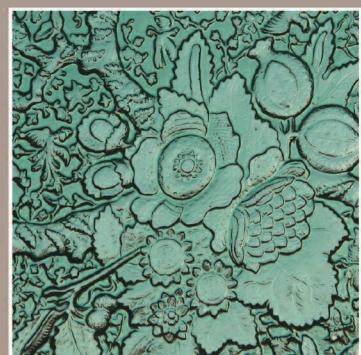
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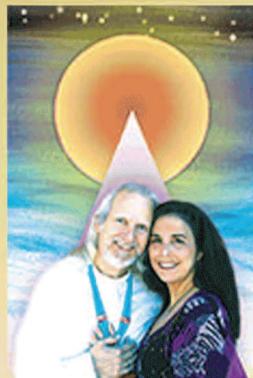
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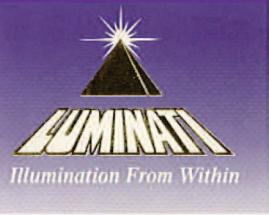
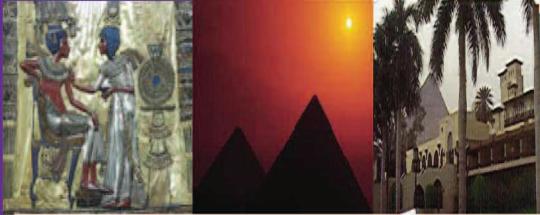


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# Cover Artist

## Zenon Michalak

To contact the artist check out the web addresses

[www.roundtablevisions.com](http://www.roundtablevisions.com)

[and spiritofmagdalene.com](http://spiritofmagdalene.com)

For personal phone dialogue phone (928) 300-8306

Zenon is presently locating his new masterpiece studio in Sebastopol in northern California.

Zenon was born in Nottingham England in 1948. Some 40 years later, after gathering the seeds of American culture, especially as concerns the New emerging consciousness of spiritual Awareness, Zenon can now review his Visionary

life and synthesize the many diverse parts. His singular lifestream has become a Storybook that sought the essential Codes that ultimately could aid others in the spiritual pursuit of Direct Knowledge.

A sojourn in Reno, Nevada and a University diploma in Art and English culminated in his first Creation Series of acrylic paintings and the image of “the Source,” providing the initial Conception of the Work.

During his 20 years in Mt. Shasta where his “Grail Vision Series” in stained glass was birthed, many inspirations concerning Myth and the Realm of Archetype were gathered. Through the refinement of this emerging Languaging System and the rewriting of the Texts, inspired by Source Intelligence he saw how he struggled to ultimately convey the Codes through a Living Light Intelligence (LLI) that concerns the

Future world.

Zenon’s extensive travels to Hawaii, Europe and foreign places provided the catalytic ingredient of shift & change to enriched the Pattern. Thus were provided the many Rainbow filaments for the Future Synthesis to be formalized in this Magnum Opus known as “The Great Work” in Alchemy.

The cover of Mount Shasta Magazine, Vol 5 Issue 2. The title "MOUNT SHASTA magazine" is at the top left, with "Vol 5 Issue 2" below it. The central image is a colorful stained-glass-style illustration of a figure with multiple heads and a crown, set within an arched frame. The background is dark blue. A vertical price tag on the left says "Northern California--FREE, USA--\$3.95, Elsewhere--\$5.95".

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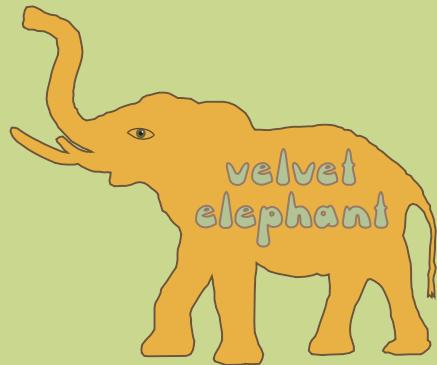
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