

**Swami Dhyan Giten**

**The  
Language  
of Silence**

**From Darkness to Light**

**Cover painting: Shaktipat by Swami Dhyan Giten  
Illustrated with Swami Dhyan Giten's internationally recognized  
Meditative Art**

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*Giten*

# Foreword

Swami Dhyan Giten's ***The Language of Silence — From Darkness to Light*** reminds me of those moments when we drift back from sleep to wakefulness and the precious insights that quite often occur in those instants of "awakening." These can also be described as moments when we have indeed heard and understood our own language of silence.

It is my own experience that all spiritual paths have a common thread which most simply stated is: unconditional self-acceptance. It is this process or journey toward self-acceptance that leads to our connection with our individual aloneness and silence about which Giten so beautifully often comments. Here Giten tells us we find our true heart, that love that becomes our healer and a healing presence that projects beyond ourselves and heals and nourishes the lives of all others with who we have contact, be they friends, strangers or even our pets.

Giten's ***The Language of Silence*** is a beautifully expressed and highly intimate picture of his own spiritual history. While reading this book which is formatted in short segments and insightful phrases and a true delight to read and sure to later revisit, I had the sense of listening to his open heart as it gave words to his personal silence. Giten offers us a quite intimate connection with his inner being and thus a glimpse of the beauty within ourselves.

**Eric Rolf, international lecturer, course leader,  
Author of *Soul Medicine* and former consultant  
to John Lennon**

# About Swami Dhyhan Giten and His Work

**"The most important therapeutic capacity is the ability to be present with the heart and to be grounded in our inner being, in our authentic self, through which we can meet another person."**  
Giten lectures for therapists, teachers and consultants in a seminar on working with people from love and awareness in Linköping in Sweden.



**"Thanks for being there in this world now with your writings from the heart."**

**Inge Birgit Pescatello, Germany**

**"I am impressed by Giten's intuition and by his way of conducting therapeutic work - or if I rather should call this: giving insights into love."**

**Berth Henriksson, teacher and participant in a course with Giten, Sodertälje, Sweden**

**"Giten is a loving transmitter of much wisdom."**

**Lena Nikunen, therapist, Gothenburg, Sweden**

**"Giten is a really beautiful soul"**

**Swami Anand Arun, Osho Tapoban Meditation Center, Nepal**

**"I have been impressed with Giten's writings from the first time I encountered them. In keeping our hearts with all diligence, Giten helps us address the issues of our lives, fluently and eloquently speaking the language of the heart."**

**Larry Chang, author of *Wisdom for the Soul: Five Millennia of Prescriptions for Spiritual Healing*, Washington, USA**

**"A totally wonderful book. This is a book for life, which I will read many times."**

**Monica Samuelsson, Linköping, Sweden, about Giten's first book in Swedish *Song of Meditation – About Meditation, Relationships and Spiritual Creativity***

**"Giten, so long ago we first met through email, and I have followed your work since then. What a wonderful spirit you are, bright, light and so full of love. Our paths crossed for a reason – for me to learn to love more, for you to love another. Today I am sharing your excerpt from your book in the hopes that one person, somewhere at some time will read it and awaken to hear their heart say – love, not hate is what you and the world needs. God bless you Giten, and thank you for coming into my life. May we know each other forever."**

**Marlene Blaszczyk, Publisher, Media specialist and CEO of Encouragement**

**The Nigerian newspaper Vanguard News reports Swami Dhyan Giten's insight that the meaning of life is to become one with life. Vanguard News is a Nigerian newspaper covering general national news, politics, business, sport and the Niger Delta region. Vanguard News writes: Dhyan Giten made a remarkable observation that is very revealing in the quest for a higher consciousness or for anyone aspiring to live a more spiritual life. He said it is astonishing to realize what growing up actually means, it is to be one with life. Life means to find Existence within oneself; it means to discover that Existence is alive in your heart and being.**

**"The song of a bird echoes one's own inner voice, the beauty of an animal becomes an expression of unconditional love and friendship, the majestic mountains create an ecstatic joy, and one discovers all the shining stars of the sky within the heart. It is to realize that the Existence is alive and that the underlying thread of consciousness is God."**

**These words that the Nigerian newspaper share are an excerpt from Giten's new book *The Language of Silence - From Darkness to Light*, which has already begun to share its love and joy before it is even published.**

**Vanguard News, March 4, 2013**



# **1. Being One with the Whole**

I was 9 years old when I had my first glimpse of wholeness. It was early Christmas morning and I was standing in my pyjamas in the living room and looked out of the large windows. Outside the white snowflakes silently singled down toward a snow clad landscape. Suddenly I was filled with a feeling of being one with the slowly dancing snowflakes, one with the silent landscape.

I did not understand then that this was my first taste of meditation, but it created a deep thirst and a longing in my heart to return to this natural and effortless experience of being one with the Whole.

## **2. Divine Unsatisfaction**

I remember an insight that taught me much about life. One day I felt that I had everything that I really wanted in life. I had a creative and meaningful work as a therapist and course leader, I had a relationship with a beautiful woman, who I loved and who loved me, I had friend that I trusted and I had money to do what I wanted.

But in spite of all this, I still had a feeling that there was something missing in my life. I was not satisfied. The thirst and longing in my heart was still searching for something more. It made me realize that the deepest pain in my heart was that I was still separated from the Whole and that no outer things or relationships could ease this pain.

### **3. Enlightenment**

When I did a therapist education in USA 1984, one of the course leaders – who had given personal and spiritual guidance to thousands of seekers of truth from all over the world, and who I consider to be one of the best spiritual therapists in the world – said that I was going to get enlightened, that I would “disappear into the silence”.

I did not really understand what he meant then, and it was totally absurd for me when other course participants congratulated me afterwards. The thought that I was going to be enlightened was totally absurd for me. For me enlightenment was something that happened to special and chosen persons like Osho, Buddha, Jesus, Lao-Tzu and Krishnamurti. I did not feel either special or chosen. I did not feel worthy of being enlightened.

## **4. Being One with Nature, One with the Trees and One with the people**

I had a magical day during one Sunday when I walked out in nature. On the outside this day only consisted of taking a walk out in the beautiful sunny weather and cleaning my apartment, but on the inside everything suddenly changed. When I walked out in nature in the sunny weather, a silent explosion suddenly happened within me and my whole perception of reality changed.

In a single moment, everything had changed, although nothing on the outside had really changed. Everything on the outside was exactly as before, but my way of seeing had changed. The difference was that before I did not see and now I could see. My eyes were open. Suddenly I was one with everything, one with the stones, one with the trees and one with the people that I meet on my walk.

My heart danced with joy together with a feeling of: “I am God”. Not that I am the creator of everything, but that I am part of the Whole, part of the divine. It felt like coming home, that Existence is my home. I also saw that even if the people that I meet did not understand that they are a part of the Whole, they still are a part of the Whole. I felt the waves of Existence in my own heart and being and I felt like a small wave in a great ocean. It gave a taste of the eternal, a taste of the limitless and boundless source of creativity. In just a few moments, I learnt more than during 20 years in university.

Wisdom is basically the understanding that we all are part of the Whole. We are all small rivers moving towards the ocean. I laughed at the fact that enlightenment is really our innate birth right, and that small children already live in this mystical unity with the Whole.



OCEAN OF LOVE, Swami Dhyan Giten

## **5. Life is One**

**It is on the consciousness level of the heart that we begin to understand that we are not separated from life. We begin to understand that we are not small separate islands in a great ocean, but that life is one and that we all are small parts of the Whole.**

**We begin to understand what is really important and meaningful in life. It is on the consciousness level of the heart that we begin to understand that life is about sharing, rather than hoarding.**

**We begin to understand that life is about giving, rather than taking.**

## **6. Egolessness**

I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth – the inner language of silence.

Now I also notice that this silence is going deeper and that I go beyond the ego and disappear into the silence.

First this brought up fear, but now I am enjoying this meditation of disappearing into the silence and to be nobody. I have started experimenting with this phenomenon to understand how to consciously go beyond the ego: yesterday when I took a coffee at a restaurant, I consciously turned my attention within and disappeared into the silence, which was like finding an inner source of bliss.

In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not. When I am walking, I consciously experiment with being with Existence without having the mind constantly commenting. I try to just be wordlessly with the people and situations that I meet on my walk.

When I can just be with Existence, it opens the door to be one with the Whole.

## **7. Enlightenment**

Enlightenment is a paradoxical phenomenon. You need to be committed to become enlightenment, and to do whatever is necessary to make it happen. But at the same time you cannot force enlightenment to happen by sheer will. It is like the situation with happiness: you cannot force happiness to happen, but you can create the right circumstances for happiness to happen.

You need to be willing to die, to let go of your limited sense of “I”, to achieve enlightenment. I can feel a deepening thirst to die, to dissolve into the silence, in my heart and being.



## **8. Being One With Existence**

It is astonishing to realize that growing up actually means to become one with Existence. It means to find the whole Existence within myself; it means to discover that Existence is alive in my own heart and being.

The song of a bird echoes my own inner voice, the beauty of a flower reflects my own inner beauty, a dog becomes an expression of my own unconditional love and friendship, the majestic mountains create an ecstatic joy, and I discover all the shining stars of the sky within my own heart.

It is to realize that the whole Existence is alive, and that the underlying thread of consciousness is God.

## **9. Being Nobody**

**I meditated over a cup of coffee today, and felt that it is really OK to be nobody at all, to be a silence, an emptiness.**



**Swami Dhyan Giten**

## **10. Love and Aloneness**

Meditation is the way to be with ourselves and to learn to accept our own aloneness. In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not.

I have always been comfortable with my own aloneness as an inner source of love, joy, truth, silence and wholeness.

When we depend on other people, it becomes bondage - instead of a freedom. I took this Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation. This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness.

I take a coffee at a restaurant. I am the only person that sits alone in the restaurant, while the other guests are couples and families eating Sunday dinner. It brings up painful feelings of not being loved and wanting to be needed by other people, when I see how much people cling to each other in the couples and the families.

Escaping your aloneness through relationships and needing other people's attention through being a teacher, a

politician or by being rich or famous are ways of escaping the pain of aloneness. But then the relationships are not really love. Only when you are capable of being alone, you can really love.

When we can be alone, we discover the inner source of love, which is our true nature. When we can be alone, it opens the door to be one with the Whole.

## **11. Life**

**Life is like playing “hide the key” with God. God has hidden the key and now it is up to us to find the key again.**

**It also takes us a while to realize that the key is hidden in our own heart. Our heart is the door to allow life to guide us. Our heart is the door to say “yes” to life. Our heart is the door to surrender to life.**



**Toshen, beloved friend to Giten since many lives, wearing the Missoni Italian designer scarf that she received as a gift from Giten**

## **12. The Heart**

**Our heart is the door to allowing Existence to guide us.**



LEELA – DIVINE PLAY, Swami Dhyan Giten

## **13. Life**

Life is really very simple. In each moment, we have the opportunity to choose between saying “yes” or “no”, to listen to our intuition, to listen to our true inner voice, the Existential voice within ourselves.

When we say “yes”, we have contact with Existence and we receive nourishment, love, joy, support and inspiration.

When we say “no”, we create a separation from life and begin to create dreams and expectations of how it should be. We begin to live in the memories of the past and in the fantasies of the future – as if any other time than here and now really could make us happy and satisfied.

## **14. Life is our Teacher**

**Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously has led me to the people I need to meet, to the situations I need to experience, and to the places I need to be.**

**There has never been any real reason to worry since all small individual rivers are already on their way to the ocean, to the Whole.**

**It is not about swimming, it is about relaxing and to float with the river in a basic trust that life already leads towards the sea of consciousness, towards the Whole.**



## **15. Yes and No to Life - The Three Positions to Relate to Life**

What choices do we have in relating to life? What are the three positions to relate to life? Imagine life like a fast-flowing river, where you can see the white foam on top of the waves. In this fast flowing river, you have three choices.

The first alternative is trying to swim upstream in opposition to the flow of the river. The second alternative is trying to hold on to a static position in the river by grabbing on to a branch of a tree, which hangs down over the river. The third alternative is simply relaxing and allowing us to be carried by the flow of the river wherever it takes us.

The first alternative is a “no”-position in relation to life. The second alternative is an “I want...”-position in relation to life. The third alternative is a “yes”-position to life.

These choices mirror our basic relationship to life and bring up the fundamental question if life is a friend or an enemy, to say “yes” or “no” to life, to cooperate or fight with life.

### **1. The “No”-position**

The “no”-position means to relate to life from a “no”-attitude. The “no”-attitude means to relate to life from our ego, from our separate ideas, desires, attitudes, dreams, illusions, ambitions, expectations and concepts about how

we should be, about how other people should be and about how life should be.

The “no”-position is a defence and a separation towards life. The “no”-position means to resist the continuous flow and change of life. It is to separate ourselves from the joy and flow of life. The “no”-position is like closing the door from within so that life cannot touch us.

The separate ego receives its strength and maintains its control through fight, judgments and comparison in terms of better or worse and higher or lower.

One of my course participants in a one-week course on the topic, “Yes and No to Life: Meditation, Relationships and Creativity”, exclaimed surprised when we did practical exercises about the “no”-attitude to life: “This is exactly how I have always related to life!” she said. She had not been aware that this had been her automatic way to react to herself, to other people and to life as a whole.

## 2. “I want”- position

The “I want”-position is an aspect of the “no”-position. It means that we only open our inner window towards life when there is something special that we want from life. In comparison with the “yes”-position – where we are open and available for life to give us what we really need – the “I want”-position is a state of desires, wishes, expectations and ambitions.

When life does not give us what we think that we need, we close our inner window with a disappointed and disillusioned feeling that life does not give us what we need.

We close our inner window again without being open for the possibility that life may not give us what we think that we need, but that life give us what we really need.

During Christmas 2008 when I wrote this article, a beloved friend of mine phoned me on Christmas Day. She told me that her boyfriend for many years had died during Christmas, and she wondered if we could meet and talk. Death is one of the most mysterious phenomena in life that shatters all our ideas, desires and expectations. Death is basically a question of perspective: to see death from the perspective of the personality or to see death from the perspective of the soul. Death never seems to come at the right time and it always seems to come too early, but people die at the precise right time when the soul has learned what it came to learn and is ready to leave the body. After the phone call with my friend, I opened a healing channel with her and sent her love, understanding and nourishment until we met.

### 3. The “yes”-position

Our heart is the door to trust life. Our heart is the door to surrender to life. Our heart is the door to allow life to guide us. Opening our heart means to learn to say “yes” to life. It means to allow us to receive the support from Existence, which gives us exactly what we need in exactly the right moment with more creativity and ingenuity than we can ever imagine.

The “yes”-position means to relate to life through our inner being, through our authentic self, through the source of life within ourselves. The inner being is an inner space, an inner emptiness, where we can allow life to pass

unhindered through us. The inner being is openness and availability to life.

I discussed the concept of Yes and No to Life with my precious friend of many years, Eric Rolf, an international course leader and personal consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana. His simple and true comment was: “I usually tend to say yes to what life offers.”

The basic reason to all our problems and worry is our desperate effort to try to fit life with our own ideas, ambitions and expectations. The “yes”-position is a deep acceptance of the reality of the moment as it is, without wish that the moment should be different than it is and without will to change the moment in any way.

The “yes”-position means to accept and include both joy and sorrow, both light and darkness, both negative and positive experiences and both life and death. It is to be and relate to life in a deep harmony without expecting life to fit with our own ideas, expectations and ambitions.

The “yes”-position means that the part surrenders to the Whole in love, joy, acceptance and trust like the water drop surrenders to the ocean.

## **16. Love, Awareness and Silence**

With love, acceptance, awareness,  
understanding and silence, there arises more  
light moments, than dark moments.

## **17. Healing Comes from the Inner Silence**

**Meditation is the way to develop our natural healing abilities. Healing comes originally from our inner being, from the inner source of silence and wholeness.**

**In the silence, we can let go of all our problems, frustrations, fears, anger and sorrow.**

**Healing happens when we bring everything that we find inside ourselves out into the light.**

**Healing is to embrace and accept everything that we find inside ourselves without judgment or evaluation.**

**Healing happens when we discover an unconditional love and acceptance for ourselves as we are with both our light and dark sides.**

## **18. Healing**

Healing is to be in the light of our own consciousness.

Healing is an inner light, which exist as a natural radiance around a person.

This inner light is in itself a healing force beyond words. This inner light disperses darkness, like when you lit a candle in a dark room and the darkness disappears by itself.

This inner light exudes a subtle influence through its mere presence. The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

## **19. Silence and Healing**

Silence is the source of healing. When we bring things from within ourselves out into the light of awareness, a healing process happens.

In the silence, we can let go of all anger, sadness, fear, loneliness and frustration.

## **20. The Open Heart**

Our heart is actually already open, but it is our judgments about others and ourselves that keep it closed.

When we stop judging others and ourselves, our heart begins to open.

The way to healing is to learn to love and accept ourselves unconditionally. It means to embrace both our positive and negative sides with love. It means to love everything that we find inside ourselves.

Healing happens when we bring everything that we find inside ourselves out into the light.



## **21. The Healer Within**

Within each one of us there is a healer. Healing has always been a way and a deep source of joy for me.

Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness.

## **22. The Human Heart is a Healer**

The human heart is a healer, which heals others and ourselves. It is the heart's quality of love, acceptance and compassion, plus communication through words, that creates healing.

A word that comes from the heart creates healing. A silent listening with a quality of presence and an accepting attitude creates space for healing to happen.

## **23. Healing is Pure Love**

Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is.

The sheer presence of love is, in itself, healing. It is more the absence of love – than the presence of love –, which creates problems.

Healing is a quality, which we can freely share without any ownership. Healing is not something that we can claim as our own; healing is to be a medium, a channel, for the Whole.

Healing is a medium through which we can develop our inner qualities of presence, love, joy, intuition, truth, silence, wisdom, creativity and inner wholeness.

Healing comes originally from the silence within, where we are already in contact with the whole, with the divine.

Healing is what makes us spread our inner wings of love and silence and soar high on the sky of consciousness and touch the stars.

Healing is to be in service of God.

## **24. Healing – An Invitation**

Healing is not only a specific method, healing is also to invite another person into our own inner light, to invite another person into our presence, love, joy, acceptance, humour, understanding, playfulness, meditation and silence.

Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy.

Humour is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

## **25. The Healing Spirit**

People who have a quality of heart and sensitivity are naturally healing.

With some people that we meet, we feel naturally uplifted and inspired. With other people that we meet, we become tired and heavy.

With people, who can listen without judging and evaluating, it is easy to find the right words to share problems and difficulties. And with other people, it seems almost impossible to find the right words.

People, who have a healing presence and quality, can

support our own inner source of love, truth and silence through their presence. These people also seem to have an intuitive sensitivity to saying the right words, which lift and inspires us. This is the people whose presence can mirror the inner truth, which we already know deep within ourselves.

## **26. Healing – The Inner Light**

Healing is to be in the light of our own consciousness.

Healing is an inner light, which exist as a natural radiance around a person. This inner light is in itself a healing force beyond words.

This inner light disperses darkness, like when you lit a candle in a dark room and the darkness disappears by itself. This inner light exudes a subtle influence through its mere presence.

The more the light in our own consciousness is lit, the more it creates a subtle effect in the world.

## 27. Love

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being.



THE EXISTENTIAL HEARTBEAT, Swami Dhyan Giten

## **28. Love**

**Love is the strongest force there is. There is no stronger healing power than love. Love is pure magic.**

**Love transforms people without really doing anything. The mere presence of love transforms people. There is nothing more holy than love since love makes people whole.**

## **29. Love**

Love accepts a human being as she is. Love creates the freedom for a human being to be who she is.

Love creates the relaxation, which helps a person to relax into her own inner being, into her own authentic self.

Love allows us to appreciate the beautiful being we already are.

## **30. Love**

Love means to realise that we are one with life.

Real love means to realise that we are one with the other person, one with nature, and one with the trees, the stones, the earth and the blue sky.

It means to realise that all of life is God.



## **31. Love**

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness.

This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

## **32. The Most Valuable Gift**

Love is the most valuable gift we can give to another person.

What we need to do is to open our heart and release our love to the world, to the people, to nature, to the animals, to the trees and to the sky – and this love will be returned a thousand times to us.

## 33. Love and Freedom

Love is what creates the freedom and relaxation to be who we really are.



FRAGRANCE OF LOVE, Swami Dhyan Giten

## **34. The Greatest Gift**

The greatest gift we can give to another person is our love.

## **35. Only Love Works**

The human heart operates from two premises: "I Am Responsible" and "Only Love Works".

## **36. Isolation**

When our heart is closed, it can create a lonely and isolated feeling together with the attitude: "Nobody loves me" or "Nobody cares about me", which can make it hard for other people to love us.

## 37. Acceptance

Acceptance is to love and embrace everything that we find within ourselves like a mother embraces her child.



PRAYER OF THE HEART, Swami Dhyan Giten

## **38. To Meet that which is Already Perfect**

The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, in the meditative quality within, through which we can meet another person.

It is to meet that which is already perfect within a person.

## **39. Working Beyond The Words**

When I began working with people almost 30 years ago, it was an insight for me that I really cared about the other person, and that it was this love that was communicated beyond the words to the other person.

One of my course participants – who are a teacher – described this very beautifully when he said that he was impressed by my intuition and by my way of conducting therapeutic work – or, as he would rather call this, “giving insights into love”.

Love is what allows us to go beyond the surface of the other person and to touch his inner being, his inner essence. Without love, it is only possible to reach the personality of the other person, to reach the surface and periphery of the other person.

## **40. Presence**

Presence is the capacity to be present for another person with an open heart and to be grounded in our inner being.

It is to be present for another person as a supporting light, as a supporting presence – and simply to be present with another person can help.

## **41. Working with People from Silence**

What I basically listen to when I work with a group of people is when the moment becomes silent. Then I know that we are entering the dimension of love, truth and wholeness.

## **42. Presence – A Meeting in Meditation**

Presence is to meet another person in meditation. Presence is to invite another person in meditation.

It is a meeting in love, joy, acceptance, sincerity, truth, silence and oneness.

## **43. Presence**

**Presence is not a question of judging or evaluating a client or a client's situation. Presence is to see the client's situation in a positive and creative light with a vision for how the present situation of the client relates to his further spiritual development. It is to accept a person as he is.**

**It is to understand that the person is exactly where he needs to be in order to take the next step in his spiritual development.**

**It is not about fighting with problems, darkness, drama and defences on the personality level, it is about becoming aware.**

**It is about lighting the light in the inner being of another person.**

## 44. Awareness

In the therapeutic process based on awareness, there exists no “I” – it just exists a presence, a light, a love and a silence.



FLOWERS OF SILENCE, Swami Dhyan Giten



## **45. Working with People from the Inner Being**

It is a large difference between working with people from the inner being and working with people from duty or a specific technique.

Through working from the inner being, we can touch the soul of the other person, while we can only touch the personality of the other person, his surface and periphery, if we just work from a technique.

## **46. Accepting a Person as He Is**

Presence is not a question of judging or evaluating a client or a client's situation. Presence is to see the client's situation in a positive and creative light with a vision for how the present situation of the client relates to his further spiritual development. It is to accept a person as he is.

It is to understand that the person is exactly where he needs to be in order to take the next step in his spiritual development.

It is not about fighting with problems, darkness, drama and defences on the personality level, it is about becoming aware.

It is about lighting the light in the inner being of another person.

## **47. Simply to be Present can Help**

**Presence is the capacity to be present for another person with an open heart and to be grounded in our inner being.**

**It is to be present for another person as a supporting light, as a supporting presence – and simply to be present with another person can help.**

## **48. The Gift of Healing**

The gift of healing comes when we see the other person with love and compassion.

It is the quality of heart, which creates the love and the genuine caring for the other person. When our words are carried by the quality of heart, you can say almost anything to the other person and he will still be able to be open and receptive.

But if our words lack the quality of heart, it also becomes difficult for the other person to continue to be open and receptive.

Even if a therapist is very skilful, technically, or has a clear clairvoyant ability, and still lacks the natural roots in the soil of the heart, then his words will not touch the heart of the other person.

## 49. Crown Chakra Healer

When I pursued an education in healing in the USA in 1984, I was told that I had the capacity to become a crown chakra healer, a spiritual healer, to act as a channel and catalyst for spiritual energy from the 7th chakra through the heart.

At that time I had no idea what a crown chakra healer really was and since then it has been a continuous process during the last 17 years to deepen and develop my understanding about what a crown chakra healer is. This process has resulted in a way of working I call *Synchronicity – Transmission of the Light*, which uses healing and energy work from the Source on a formless level.

Through this way of working, I have worked with groups up to 80 people. It is really a way of working, which goes around the ego and speaks directly to the heart. It allows a person to come in direct contact with his own inner being, with his own life source. With my intellect I still do not understand how this way of working functions. It is not a way of working, which can be understood on a method plane. It is a way of working, which relates directly to the heart and which can only be understood through insight and experience.

One participant in Gothenburg in Sweden described his experience of Synchronicity as being like a thousand suns suddenly had been lit in his own consciousness. He says: "It was like an inner explosion, an expansion of my own consciousness – and I felt only love for the other people in the room".

## **50. Intuition - The Language of Silence**

Intuition is the language of silence, the Existential language. The word "in-tuition" means to listen within yourself. Intuition is the silent voice within, which is already in contact with the Existence. Intuition is the voice of God.

The more you come in contact with the inner silence, the inner emptiness, the more you have access to your intuition. Silence is the nourishment for intuition.

If something increases your love, joy and silence, it is the criterion that it is the right path for you. If something decreases your love, joy and silence, it is a sign that you are on the wrong path.

Do not compare yourself with others when it comes to take a decision about what you should do, follow the love, joy and silence of your heart and inner being. When you are in contact with your inner silence, you just know what you should do - you do not have to think about it, and you do not need not compare the pros and cons - you just know.

You can listen to the advice of others, but always listen to your intuition, to your inner teacher and guide in life, when you take the final decision. The intuition, the language of silence, will always lead you right.

## **51. Intuition**

To see life from the perspective of intuition is to have vision. To see life from the perspective of intuition is to see life from the perspective of wholeness. It is to understand that life is basically one and that we are part of life.

While the intellect can only see the details, intuition sees the whole. To see life from the perspective of intuition is like looking at life from the summit of the mountain, whereas seeing life only from the perspective of intellect is like looking at life from the foot of the mountain.

Through learning to listen to our intuition, we learn to be in contact with the Whole.

## **52. Intuition – A Yes to Life**

Intuition means to follow the silent whispers of the inner in a basic “yes” to life.

## **53. Intuition – The Inner Source of Love, Truth and Wisdom**

Through learning to listen to our own intuition, it develops to a constantly available inner source of love, truth and wisdom. We can close our eyes, go within, and always receive the right guidance.

## **54. Trusting Our Heart**

Intuition is a trust that if we follow our heart, if we follow our love, joy and truth, the Whole becomes enriched.

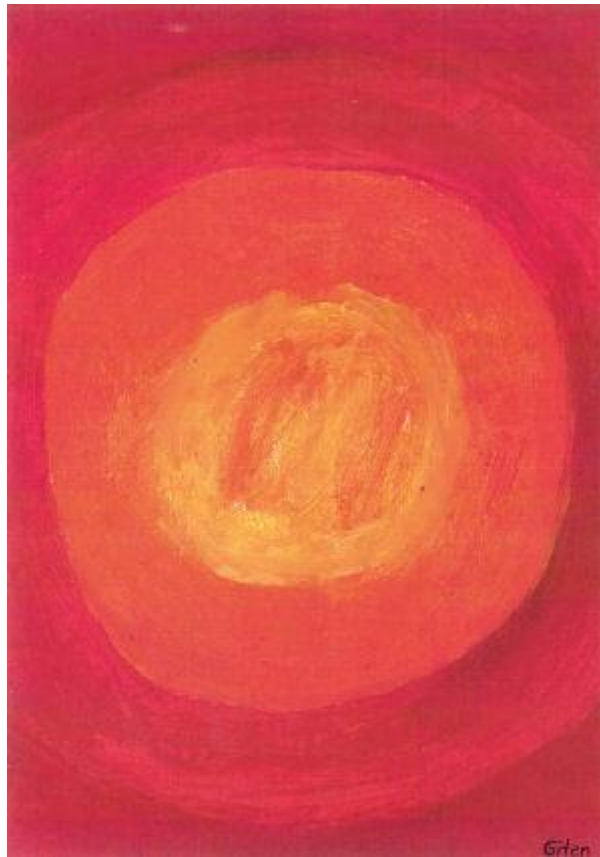
## **55. Intuition - The Existential Language**

Intuition is already in contact with Existence. Intuition is already in contact with that, which is larger than ourselves.



## **56. Intuition – Our Inner Teacher**

**Intuition is our inner teacher, our inner source of love, truth and wisdom, in life.**



THE INVISIBLE SOURCE, Swami Dhyan Giten

## **57. Intuition - The Art of the Moment**

Intuition is the art of the moment. Intuition is always in the moment, in the here and now.

While the intellect always moves like the pendulum of a clock between the memories of the past and the fantasies of the future, intuition is always in the moment, always in the here and now.

The more we develop our inner being, the inner source of love and truth, the inner quality of being here and now, the more we also have access to our intuition.

## **58. Relationships - The Rhythm between Love and Freedom**

Relationships are a development and a dance between our inner male and female sides.

It is a balance and a dance between love and freedom, between aloneness and relating, between words and silence, between strength and receptivity, between closeness and distance, between intellect and intuition, between relaxation and activity and between meeting and leaving.

## **59. Outer Relationships Are a Mirror of Ourselves**

Our outer relationships are a mirror of the relationship and communication between our own inner male and female sides.

Our outer relationships with a man or a woman are a possibility to understand our own inner man or woman.

## **60. Embracing Our Inner Man and Woman**

Outer relationships with a man or a woman are a mirror of the relationship between our own inner man and woman.

Embracing our own inner man and woman means to understand the inner drama that happens between our male and female aspects, which manifests on the outside as relationships.

## **61. Love – Understanding the Inner Man and Woman**

Love means to understand the drama that happens between the inner man and woman.

It means to allow both the inner man and woman to find their creative roots and expression.

## **62. The Inner Man and Woman**

Often we are identified with either the inner man or woman, while the other side are hidden and unexpressed. Outer relationships are a mirror of the relationship and communication between our own inner man and female side. Sometimes one side are dominant, while the other side are submissive.

When both the inner man and woman take responsibility for themselves and live their own truth, a joy and love begin to flow naturally between them. Through understanding both the inner man and woman, we understand that outer relationships simply mirror the relationship between our inner man and woman. This understanding gives us the opportunity to take conscious responsibility for our choices and our further steps towards spiritual maturity.

Through becoming aware of how the inner man and woman relate and communicate inside ourselves, it creates a joy and satisfaction in the three life areas that they influence: our meditation and inner growth, our relationships and our work and creativity.

## **63. Inner Man and Woman – The Two Wings of Love and Freedom**

To become aware of our inner man and woman means to discover the roots and the creative potential of both the male and female aspects within ourselves.

To become aware of the inner man and woman means to understand that they have different visions of life. It means to understand that they have different perspectives and views of life.

The inner man and woman are our two wings of love and freedom. Through awareness, acceptance and understanding, we can allow our two wings to develop in a deep and natural harmony.

In the world today, a one-sided development of the male side leads to destructivity. A one-sided development of the male side leads to ego, struggle, exhaustion and a separation from life. A one-sided development of the female side leads to passivity and dependence.

## **64. Awareness – Harmony Between Opposite Poles**

It is when our inner male and female sides meet within ourselves that a new spark of love, joy and wholeness arises within us.

It is when we develop both our inner man and woman that we find a new harmony and wholeness within ourselves.

Healing means to develop and integrate our inner man and woman so that love can flow between them.

To rediscover our own inner source of love, we need to embrace both the male and female sides within ourselves. When these two sides are developed and integrated, a new spark of love, joy, harmony, creativity and wholeness arises within us. Awareness is an inner harmony between opposite poles and tendencies.

Awareness is a choice less consciousness. Awareness is the capacity to embrace, accept and include both joy and sadness, love and aloneness, light and darkness, male and female qualities and life and death.

Through saying “yes” and accepting both tendencies and including whatever aspect that happens in the moment, we meet our unlimited and boundless inner being.

When both our inner man and woman takes responsibility for themselves and lives their own truth, a joy and love begins to flow naturally between them.

Healing means to develop the inner man and woman so that love can flow between them.

Healing is to learn to love both our inner man and woman.

It is to learn to live the truth of both the inner man and woman.



## **65. Inner Man and Woman - The Inner and Outer World**

Traditionally men have created a deep split between the inner and outer world, between body and soul, between the material and spiritual world, between love and money and between male and female qualities.

The inner man and woman are related to money, creativity and financial abundance. Through investigating the roots of the inner man and woman, we can find the creative potential of both the inner man and woman.

Sometimes can either the inner man or woman also provide financial support for both sides, while the other side has the idea that it cannot support itself financially.

## **66. The Heart is the Door to the Inner Woman**

The heart is the door to our inner woman. The heart is the door to our inner world. The power chakra relates to the inner man. The power chakra relates to the outer world.

Irrespective of if we are a man or a woman, the inner woman is the centre of our consciousness.

The inner man is the periphery of our consciousness. It is also the inner man that takes care of and protects the inner woman for example through putting up creative boundaries.

The meeting between a man and a woman on the outer plane creates a relationship. This relationship is not a conflict, but they complement each other.

The outer meeting between a man and a woman also creates integration between our own inner male and female sides.

## **67. Trusting Our Inner Man and Woman**

When we have developed a trust in both our inner man and woman, and they can nourish, support, communicate and cooperate with each other, a love begins to flow between them.

## **68. The Inner Woman is the Source of Silence**

The inner woman is the source of healing. The inner woman is the source of silence. The inner woman is the source of love.

The inner woman is the source of belongingness with life.

Embracing the inner man and woman is to discover our inner roots and wings.

## **69. The Inner Woman is the Door to the Whole**

When we embrace the opposites within ourselves and understand that inner harmony arises when they mature, we find the love, joy, silence and freedom that are hidden in every moment.

It is my experience that it is through the inner female side that we find the depth within ourselves – independent of if we are a man or a woman. It is through the female side that we find the inner source of love and truth. It is through the female side that we lit the light of our own consciousness.

The more we learn to know the inner man and woman and the more we accept their different visions of life, the more a meeting happens between them that makes us happy and satisfied.

Through embracing both these sides in ourselves, we realize that we really lack nothing – but that we already are love.

When both the male and female side is capable of living in trust, a love begins to flow between them – a love that was always possible, but not realized.

The inner woman is the meditative quality within ourselves. The inner woman is the source of love and truth. The inner woman is the capacity to surrender to life. It is through the inner woman that we are in contact with life.

It is the inner woman that is the door to belongingness with the Whole.

## **70. The Human Heart**

**The human heart is a healer, which heals  
both others and ourselves.**



**Giten in blissful silence and communion  
Without barrier with a beloved friend since  
Many lives**

## **71. Opening of the Heart**

When our heart is closed, it creates a lonely and isolated feeling. It prevents us from seeing the love that surrounds us all the time.

It is when we begin to open our heart that we discover a feeling of oneness in love with other people, with nature, with the trees, with the stones, with the ocean and with the blue sky.

## **72. That Which is Larger than ourselves**

The basic fear with love is that love is larger than ourselves.

## **73. Love and Fear**

Fear and hate create separation, love and joy creates belongingness and wholeness.

## **74. The Inner Light**

Healing is not only a specific method, healing is also to invite another person into our own inner light, to invite another person into our presence, love, joy, acceptance, humour, understanding, playfulness, meditation and silence.

Healing can also be a loving word, an understanding glance, a present touch, a silent listening or simply joking with another person and making him or her happy.

Humour is also one of the strongest healing powers to see our situation and ourselves in a new and creative light.

## 75. Nature

The greatest teacher in healing is nature itself. To be out in the nature is like being surrounded and embraced by love.

Trees are also very beautiful people, who have their own innate wisdom and who are already in oneness with Existence.

And the sky whispers its silent message that, beyond everything, there is only one sky.

A female meditator describes it like there is a basic meditative quality in nature. She says: "There is nothing in nature that questions each other's existence like people do. Everything is allowed to exist and everything is allowed to be exactly as it is – and seasons come and go. It is not strange that people love to be out in nature and experiences that they come in harmony with themselves, because, in nature, there is nothing that tries to change them. There is a quality in the air, which can be called a meditative quality".



## **76. Presence is to Be Available**

The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, in the meditative quality within, through which we can meet another person.

It is to meet that which is already perfect within a person.

## **77. Meeting in Meditation**

Presence is to meet another person in meditation.

Presence is to invite another person in meditation.

It is a meeting in love, joy, acceptance, sincerity, truth, silence and oneness.

## **78. Emptiness**

Emptiness and the not-I” is the quality that arise when the therapist consciously moves out of his own way without hindering the therapeutic process through his own ideas, attitudes, expectations and concepts.

He is present, available and responds with the truth in the moment.

## **79. Spontaneity and Meditation**

Spontaneity in the therapeutic work arises when the therapist can allow creative and authentic impulses to arise from moment to moment from the inner being, from the meditative quality within, from the inner emptiness, from the capacity to surrender to life.

Then the therapist becomes less of a technician and more of an artist in the therapeutic work.

It is then that the therapist and client meet in awareness without any barrier between.

## **80. The Truth of the Moment**

Working with people from awareness means to be available.

It means to respond with the truth in the moment.

It means to respond to the moment in a way that creates a fragrance of love.

## **81. The Fragrance of Love**

Working with people from awareness means to be available. It means to respond with the truth in the moment. It means to respond to the moment in a way that creates a fragrance of love.

## **82. Acceptance**

When we stop judging others and ourselves, our heart begins to open.

## **83. Presence and Awareness**

When we are authentic, when we act out of presence and awareness, it also gives nourishment to the inner being of the people around us.

## **84. Death and Aloneness**

Aloneness has been my constant companion in life. I lost early the people that I loved: first when my young and unmarried biological mother had to leave me because of outer circumstances. I was adopted by a very loving couple, who could not conceive a child. I have always felt naturally loved by them, and I have never really felt that I was adopted. Instead, I have always felt that I did a little detour to be able to be adopted by my real parents.

Then my mother died when I was 15 years old after a long sickness. On her funeral I took the decision to never depend on anybody again. Her death created such a deep pain in me that it was also the death of relationships for me. Then my father died when I was 21 years old – and I was completely alone in the world. This created a basic feeling of being alone and unloved in me; it created early a feeling of independence and self-sufficiency in me. It also created a basic feeling of not trusting that I am alright as I am, and of not trusting that life takes care of me.

This created such a pain in me that I simply repressed the pain for many years in order to survive. These early meetings with death also created a thirst in me to discover a quality, an inner awareness that death could not take away.

Now I can see that these early painful experiences are a blessing in disguise. It liberated me from relationships. I relate with people, but there is always an aloneness within me. I realize that a seeker of truth needs to accept that he is

totally alone. It is not possible to lean on other people like crutches. When we totally accept our aloneness, it becomes a source of love, joy, truth, silence, meditation and wholeness.

I shared these experiences with a beloved friend and her thoughtful comment was: "I have my own aloneness."

Aloneness is to be at home in ourselves, to be in contact with our inner source of love, while loneliness is to hanker for other people, to hanker for a source of love outside of ourselves.

Aloneness is to come home.

## **85. Saying "Yes" to Whatever Happens in Life**

It has been so much change in my body during the last months that my body got sick during the weekend.

I got a cold with a low fever. I took it as meditation to witness my body, to witness that my body was sick – and also to listen consciously to what my body needed.

I went into conscious celibacy almost a month ago, so it has been a lot of change in my body. Forced celibacy because of religious morality just leads to sexual neurosis, but I have been using sex as a meditation to try to understand sexuality for many years.

My male ego reacted with fear to this conscious celibacy, but it also means a new integration between my inner male and woman. My inner woman is the door to the depth within myself, to the inner source of love and truth, to being one with life.

Instead of going downwards to sex, my energy is now going upwards to spirituality. It has been a letting go of sex, of needing others, of relationships and of the body.

During the sickness, I was also letting go of my deep seated fears of not being loved and of being fundamentally alone in the world.

It has been a meditation to say "yes" to whatever happens in life.

## **86. Commitment to Spiritual Growth**

Our spiritual growth depends on our commitment to our spiritual growth. Without a basic commitment to our spiritual growth, we will just go around in a circle, reaching nowhere. People can be categorized in three categories: sleeping, drowsy and awakened.

One of my beautiful students, a bright man in his thirties, who was a Tibetan monk in a previous life, travels for 4 hours once a month to meet me in Stockholm for spiritual guidance, to explore what is the current topic in his life right now and to see what the next step in his spiritual growth is.

I also recommend awareness exercises and meditation practises in the in-between time until the next time that we see each other the next month. This time he commented that he had practiced the methods that I had recommended the last time to become aware of the ego, the separated sense of “I”, and to move from “I” to not-I, to move from ego to egolessness. He commented that he could not believe the progress that he had made.



## **87. The Ocean of Consciousness**

During the weekend I did a Buddhist meditation- and ceremony to take the vow to help all sentient beings on the spiritual path.

During this meditation, I invited enlightened Masters as Buddha, Osho, Jesus, Krishnamurti and Ramana Maharshi to learn from their commitment to help all living beings on the spiritual path, and to become more aware about the difference in love, joy and satisfaction in only gratifying your own ego and self-interests and being available for others.

Being with these guys, my whole consciousness suddenly changed, and I was suddenly in contact with the invisible ocean of consciousness that these guys transmitted. I suddenly felt how my own consciousness expanded into the limitless and boundless inner source of creativity. Suddenly I did not know where the boundaries of my own body were anymore.

Jesus would have described this with the words: “I and the Father are one”, Buddha would have called it nirvana and Osho would describe it as pure consciousness without any clouds. This is also what Jesus meant by “heaven”, which is not a physical place, where we come after death – if we are lucky. The “heaven” that Jesus talked about is the inner heaven of our own consciousness; it is the ocean of consciousness.

## **88. Walking in Oneness**

I took a walk out in nature yesterday, when suddenly my whole world changed. First I walked out in nature among the flowers, the trees and the people that I meet who was out walking their dogs – and I was separated from them.

But suddenly my whole perception changed - like I suddenly saw the young girl in the picture with the old woman – and I was suddenly one with the flowers, the trees, the air and the people and the dogs that I meet.

It was the same world, but suddenly it was totally different. Everything was the same, but I saw it in a new and fresh way.

I laughed about being one with the dogs that I meet on my walk.

Then I experienced a strong fear coming from my legs. I felt that my ego, the separated sense of “I”, was afraid of this experience, because the ego lives in separation from life.

It was also a very easy and natural experience. I got a very clear feeling that this is the reality and experience of the seventh chakra of oneness and wholeness, which is our innate birth right.

## **89. The Relationship between Activity and Inner Silence**

I had a day when I was busy in the world, where the activity created turmoil on the surface of my consciousness like waves on the surface of the ocean, which made it difficult to see through the waves to the inner silence.

It reminded me that we need to develop both the capacity to use the mind when engaged in activity and social relations, and to be able to let go of the activity and to come in contact with the deep inner silence.

The relationship between being active in the world and in social relations and the inner silence is like the relationship between the waves on the surface of the ocean and the deep inner silence on the bottom of the ocean.

## **90. Existence**

In situations where I feel unclear, or I do not know what to say or do, I turn my attention within myself.

Then I listen to what my intuition and to what Existence within me wants in this moment.

Through listening within in this way, an answer often comes in the form of a creative and authentic impulse to say or do something or simply being silent until Existence is ready to respond.

## **91. The Celestial Music**

**During the summer I meditated outside in nature. Listening to the wind with the ears are like listening to mere noise, but listening to the wind blowing through the trees from the inner silence and being one with the wind is like listening to the celestial music.**

## 92. Perfection

In the depth of our heart, we already know that we are perfect as we are.

In the depth of our inner being, we already know that life is perfect as it is.



TRUST IN EXISTENCE, Swami Dhyan Giten

## **93. Spiritual Organizations**

I do not belong to any spiritual group or tradition. I am just interested in investigating what it means to live with open eyes.

People in spiritual organizations also tend to get caught in their ideas of how it should be, and in the need of the ego to create hierarchies of power, status, roles, norms and conformity.

To be spiritual does not mean to belong to a spiritual group. I felt earlier that I had grown out of the kindergarten of a spiritual organization, and my inner tree was bearing fruit. Too many large trees cannot grow in a narrow area.

A friend also came with good advice during this period: “Go ahead without looking back let others do their thing, which is their choice and freedom – you do need their limitation.”

Spiritual Masters teach on many different levels at the same time. Some people take what they can, and some take something deeper.

## **94. Spiritual organizations: Aggressor, Denier and Victim**

It is not many things that modern psychology agrees upon, but all the different approaches of psychology agree on one thing: that people in groups become more stupid.

Individually people are more intelligent, because they have to take their own responsibility, but in a group they do not have to take the same responsibility.

The two basic power strategies to try to manipulate and gain control over another person are: silencing and attacking.

Silencing means to not listen to, to exclude or ignore and not respect a person. Attack can both mean to attack a person directly or to try to discredit a person through lies, to ridicule a person or by spreading malicious rumours.

All organizations are more or less dysfunctional. In a dysfunctional group, the members of the group play three different roles: aggressor, denier and victim. The aggressor is the role that attack and ridicule people, the denier never knows what is going on, there is “no body at home”, and the victim is the result of these two roles.

It is always easier to follow a group without awareness, than to follow your own heart, to trust your own intelligence, love, truth, silence and creativity.



## **95. Existence**

All spiritual Masters operate from the same ocean, from the same invisible life source.

They talk about the same ocean, but they talk about it and express it in different ways. But their followers start to quarrel about the different words and expressions, which basically describe the same ocean.

Actually, I was sitting in a tourist coach when I was 21 years old on the way to the magical town Marrakesh in Morocco, and the tour guide talked about Mohammed, the enlightened Master and founder of Islam, that I suddenly got a sudden and profound insight that all enlightened Masters and founders of religions are actually talking about the same Ocean, the same invisible source, the same God.

## 96. Prayer

I was tired in the evening yesterday. I felt drained by the last day's outer conflicts. I felt separated from life.

Suddenly I heard the wind blowing through the trees outside my open window, whispering a silent and playful invitation: "Do you want to play? Do you want to join the dance?"

This playful invitation again joined my heart and being with the Existential dance. I was again in a silent prayer and oneness with life.



SADHANA, Swami Dhyani Giten

## **97. Global Warming – The Greatest Threat to Humanity**

Global Warming is the greatest threat to humanity. During the US election, the problem with global warming was not discussed, but during the election New York was flooded with water. This is due to global warming, which interrupted the whole US election.

This was just a small warning of what will follow. In life you get small warnings, and if you do not listen life will speak louder, and if you are still deaf and dumb, life will scream loudly.

The Himalayas and the north- and south poles are now melting due to the global warming. This melting means that the water level of all the oceans will rise. This means that the same problems that affected New York will affect more ports and cities, which will be flooded with water. Our civilization will be drowned as Atlantis was once drowned in the ocean.

But this is such a stupid and insane world that we do not do anything about the global warming – and the scientific community agrees that it will soon be too late to do something about the Global Warming. A leading expert on global warming said recently that a major disaster is needed with many dead people. A major disaster is needed that can be traced directly to the global warming. And this

disaster cannot happen in Africa, because then we will not care. It has to happen in USA or Europe – until this happens we will not do anything about the global warming.

It may be that this is the end of this civilization; it may be that Existence sees that this civilization has reached its possible potential, but we are responsible for these events. The only possible way to make this not happen is to create more love, awareness, understanding, truth, wisdom, silence and creativity in the world.

## 98. War

**Wars exist because the divine essence  
of each human being is not acknowledged.**



SATSANG – BEING WITH TRUTH, Swami Dhyan Giten  
*Dedicated to the freedom of Tibet*

## **99. War**

All countries think that God is on their side in war. USA prays that God bless America in the war, but God is not the exclusive property of a certain country, God do not belong to a certain country. The truth is that God is the inner light of every living being, which is why the scriptures of all religions say that it is wrong to kill. The inner being of all living beings is the door to God. We are all children of God. People are very tired of wars and it is time to end the eternal wars. But power maniacs, who want to dominate the world, say that God is on their side against the heathens, the godless people; so that the soldiers feel that they are justified in killing people. In USA, many soldiers from the Iraq and Afghanistan wars are now committing suicide when they come home, because they cannot handle their feelings about what they have been forced to do during the war.

I remember when I applied for community service as an alternative to military service when I was 15 years old. To assess my right to alternative community service instead of military service, a military psychologist travelled to my birth town in the north of Sweden and checked into a suite at the most luxurious hotel in the town. During a three hour tough interview and psychological investigation, the military psychologist made an assessment of my right for the alternative service.

During this three hour psychological investigation, I presented God as a light, which is the essence of every

human being. God is the consciousness in all living beings, and therefore I cannot engage in a training which means to learn to kill people.

This military psychologist was very tough during this three hour interview, but in the end he loved me. In the conclusion of his psychologist assessment, he wrote that the “candidate is a young man, who presented his arguments with methodical calm” - and then he recommended the alternative community service instead of military service.

**In Swami Dhyan Giten's Newsletter for January 2013, Giten shared this article and critized the endless wars in the world. The article was also sent to President Obama.**

**A couple of weeks later, the American company Yahoo and their security company TeleSign Corporation, closed Giten's official Yahoo-mail since 10 years. Despite 3 complaints to Yahoo and 3 complaints against Yahoo to ISPA, The Internet Service Providers Association, Yahoo still refuses to explain the reason for this, and Giten's official Yahoo-mail remains closed.**

Eric Rolf, international lecturer, course leader, author and former consultant to John Lennon commented to Giten:

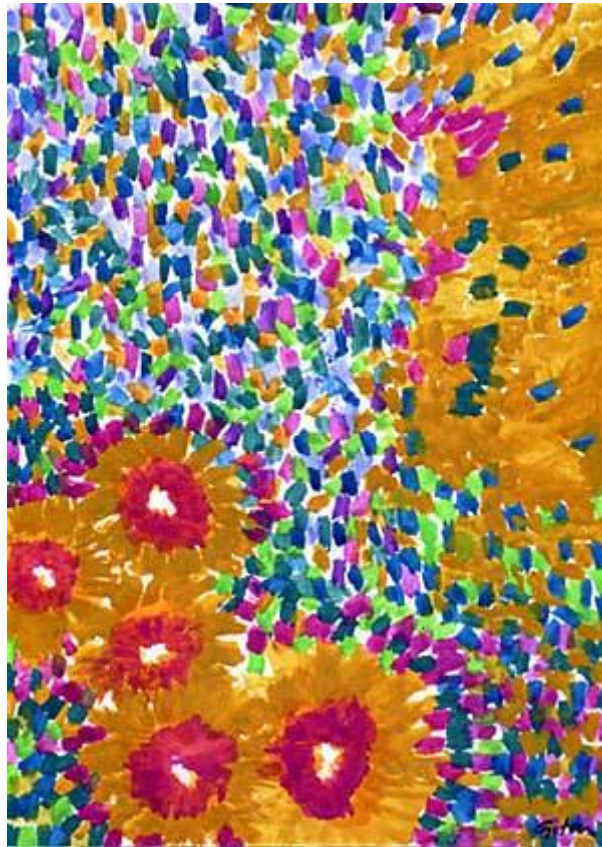
"Actions like this taken by Yahoo stimulate a sadness regarding the state of humankind that is felt at a truly deep level. At least I feel it so. This also is another clear demonstration of the great divide occurring between human groups, a true difference in vibrational frequency. From a personal standpoint it also indicates that your own transmitting signal to the world has gotten clearer and stronger and stimulates fear and rejection in those not in harmony while uplifting those who indeed are in alignment with your messages from the heart. So keep up the good work."

**Eric Rolf**

## **100. Wholeness**

**When we become silent, we become whole.**

**And when we become whole, we become holy.**



**LOTUS PARADISE, Swami Dhyan Giten**



## **101. Love**

Love is not an exclusive relationship with another person; love is the quality that arises when we are in contact with our inner being, with our authentic self, with the meditative quality within, with the inner silence and emptiness.

This inner emptiness is experienced by others and is expressed on the outside as love. This love is not addressed to a specific person; it is a presence and quality that surrounds a person like a fragrance.

## **102. Jesus**

A friend of mine commented yesterday that she has experienced similar insights that I talked about that all enlightened Masters and founders of religion are actually talking about the same ocean, the same invisible life source, the same God.

She also said that she worked in a Christian environment at the time that she received these insights, and when she tried to share these insights with the Christians she was accused of being "impure" and of being associated with the "Devil".

Christians hold on to the idea that Jesus was the only son of God, without realizing that we are all sons and daughters of God. By holding on to the idea that Jesus is the only son of God, they do not either to realize that all enlightened Masters are talking about the same God.

Jesus did not talk about faith, he talked about trust. He talked about discovering a trust in yourself and in relationship to God. Jesus said that the kingdom of God is within you. In Christianity, the church has become the intermediate between man and God, and people who claim that they have found a direct relationship to God are accused of blasphemy. The Christian church has become a barrier between man and God, and anyone who has declared that he has found a direct relationship to God are immediately banned by the church, for example Master Eckhart and Franciskus of Assisi.

I have always had a deep love for Jesus, but it is not the picture of Jesus that the Christian church presents. I was a

disciple of Jesus in a former life, and was thrown to the lions in Colosseum in Rome as one of the early Christians. Jesus had many more disciples than the twelve disciples mentioned in The Bible.

In this life, I resigned my automatic membership in the church as soon as I could think for myself when I was 15 years old. I was also disgusted with an organization that said that they preached love and which has murdered more people than Hitler.

My experience with these rare and precious insights is that they expand our consciousness of reality. They are gradual initiations into reality. They may fade away, but we will never be the same again after receiving them. They will also come more and more, the more commitment we have to our spiritual growth.

## **103. God**

Meditation expands our inner being. The inner being is like a small, individual river flowering towards the Ocean.

In meditation, I feel how my inner being expands into an inner ocean, which is part of everything, which is one with Existence.

Through the inner being, we come in contact with the inner ocean, the undefined and boundless within ourselves, where we are one with life. We realize that God is part of life. We realize that God is not a person, but the consciousness that is part of everything. We find God in a flower, in a tree, in the eyes of a child or in a playful dog.

Through discovering our inner being, we discover that we are also part of the flower, the child or the dog. We realize that God is everywhere.

## **104. Spiritual Awakening at McDonald's**

**Believe it or not, but spiritual insight can come even while drinking coffee at McDonalds.**

**I took a quiet cup of coffee at McDonald's and when I left the shop, one of these precious moments happened. Suddenly my whole perspective of reality changed from separation to wholeness.**

**I experienced a unity and belongingness with all people that I meet. I experienced that I was one with all people and that all people come from the same invisible source.**

**People have their own unique individuality, but they come from the same source. It is diversity in unity.**

**It was a sheer joy to walk around and experience that I was one with all the people that I meet.**

## 105. Silence and Acceptance

I have always felt deep within myself that I do not trust that I am already OK as I am, and that I do not trust that life takes care of me.

But now I discover a silent place in the depth of my inner being, where I am already one with life, where I am OK as I am.

It is also a silent inner place of healing and wholeness, where I can find a love and acceptance for that which is imperfect within myself.



MEDITATION – THE ART OF BEING, Swami Dhyan Giten

## **106. The Psychological Head Attitude and Enlightenment**

In my individual therapy- and meditation programmes, I explore with the clients the difference between the personality, the psychological "I", and the inner being, the authentic self, the soul, the meditative quality within, the inner capacity to surrender to life.

I also work with the client to become aware about their basic psychological head attitude. The psychological head attitude is the load-bearing beam of the personality, the psychological "I". The psychological head attitude is the basic decision that we have taken about ourselves, about other people and about our basic relationship to life, which unconsciously affects our relation to ourselves, our relationships to other people, our relationship to work and creativity and our relationship to life as a whole.

It was also an insight when I realized that head attitude is also a basic barrier to becoming enlightened, so now I also work with my students to become aware of the psychological head attitude in order to gradually prepare the mind for enlightenment.

## **107. Oneness**

We are basically all one. We are one being, one consciousness, one whole. We are all connected to each other. We are all parts of the same whole.

How we treat others are how we treat ourselves. If we treat others badly, we are really treating ourselves badly. If we hate others, we really hate ourselves. If we love others, we basically love ourselves.



## **108. Education**

My beautiful mother was so wild in school that the boys in her class shoot her in the foot with an air gun. One day I came home from school when I was 14 years old, and felt that I never want to go back to school again. I have always rebelled in authoritarian systems, with a hidden agenda of controlling and conditioning the students to become obedient servants for the social order and for society. To get some parental opposition, I told my mother: "I will never go back to school again!" The answer that I got from her was: "I would never do that either".

If education would be real, it would help the students to know who they are. It would teach the students meditation, so that the students can find their own intelligence, love, trust, understanding, truth, wisdom, silence and creativity. But real intelligence is always rebellious, and society does not really want intelligent people, because they are difficult to manipulate and control.

In the career programmes of the university, in the the business administration-, economy- and law programmes, there is no emphasis on personal maturity, which create a lack of responsibility and awareness in the students. This is especially alarming since the students of these programmes will be the coming leaders of society. A friend of mine calls the students of the business administration programme in Stockholm for "empty shells", since there is only emphasis on the superficial surface, but there is no real depth and content.

This lack of real education is one the basic reasons for the

state the world is in right now, where more and more people think that the apocalypse, the end of the world, is coming closer.

## **109. Truth and Aloneness**

In the conflict with a spiritual organization, people accuse me of just seeking recognition and friends disappear because they are not in contact with their own truth.

Our ability to respond with the truth of the moment depends on how much we need the approval of other people. Not even our friends or family will always be able to support our truth.

To be able to respond with the truth of the moment, we need to develop the capacity to be alone.

## **110. Trust, Cooperation and Surrender**

What are the three qualities that we need to develop in order to discover the not-I-quality, to disappear in the silence within? What are the relationship between trust, cooperation and surrender?

Trust, cooperation and surrender are the three qualities that we need to develop in order to discover the not-I-quality, to disappear into the silence.

To disappear in the inner silence can bring up fear, why we need to develop these three qualities. These three qualities are really three aspects of the same phenomenon.

## **111. Working with People from the Inner Being**

It is a joy to be and work with people on a spiritual plane, and help them to go deeper within themselves and expand their inner being in meditation, relationships, creativity and in their relationship to life as a whole.

When a client expands the love, joy, intelligence, acceptance, understanding, truth, wisdom, silence and creativity of his inner being, it means that I can also expand my inner being and become richer.

It is a bit like the relationship between God and his creation. When God's creation develops in consciousness, it means that God can also develop. It is God's leela, God's eternal dance.

## **112. Love and Meditation - The Two Paths to Enlightenment**

What are the path of love and the path of meditation?  
There are basically two different paths to enlightenment.  
These two paths are The path of love and The path of meditation.

The path of love is the female path to enlightenment and  
The path of meditation is the male path to enlightenment.  
The path of love is the path of love, joy, relationships,  
devotion and surrender. The path of meditation is the path  
of meditation, silence, aloneness and freedom.

These two paths have different ways, but they have the  
same goal. Through love and surrender the person that  
walks The path of love discovers the inner silence. Through  
meditation and aloneness the person that walks The path  
of meditation discovers the inner source of love. These two  
paths are like climbing the mountain of enlightenment  
through different routes, but the two paths are meeting on  
the summit of the mountain - and discover an inner  
integration between love and meditation, between relating  
and aloneness.

Before I accept to work with a student now, I make an  
intuitive and clairvoyant evaluation about which spiritual  
paths that the student has walked before in previous  
lives. This intuitive assessment give information about the  
spiritual level that the student has attained, and it  
also makes it easier to guide the person spiritually if he has  
followed a certain path in the past.

A female student of mine laughed recently when I told her that she had followed The path of love in several past lives. She commented: "You have told me three times now that I have walked the path of love and silence, but with my head I still do not understand it." But this overall assessment of her spiritual growth until now, and of the spiritual paths that she had walked, made all the pieces of her life puzzle fit together - and brought a new, creative light to all her life choices in her current life.

A male student of mine, who was a Tibetan monk in a previous life, walks The path of meditation, and I notice how I change my language and the methods that I recommend when I guide him along the path of meditation.

I now work with students who walk both The path of love and The path of meditation, which also allows me to discover a deeper integration of love and meditation on my path to enlightenment.

## **113. Spiritual Presence**

**When we develop the heart chakra, we begin to influence the surroundings with our spiritual presence.**

**When we develop the communication chakra, we begin to influence the country with our spiritual presence.**

**When we develop the seventh chakra, we begin to influence the world with our spiritual presence without doing anything.**



## 114. Sharing

A friend of mine, who shares my quotes and writings on her Facebook page, told me that her friends and relatives are now beginning to like the quotes.

It is a way to contribute to the Whole to create a better world, and all small rivers are leading to the Ocean.



LOTUS BLOSSOMING - OPENING TO UNIVERSAL CONSCIOUSNESS,  
Swami Dhyan Giten

## **115. Spiritual Consciousness and the Whole**

The more we grow in consciousness, the more we understand that we are responsible for the whole.

# **SPIRITUALITY - EXERCISES**

## **Exercise 2: Seeing the Oneness in all Beings**

The inner being is the door to oneness with all living beings. It is the door to be one with Existence. This is an awareness exercise to consciously see the oneness in people, animals, trees, stones and the nature.

Begin this awareness exercise by going back to yourself and become grounded in your inner being. Then tune in to people, animals, trees and stones and feel the oneness in all living beings. You can begin with people as they are most close to us, and then continue with animals, trees, stones and the nature.

You can use this exercise both as an awareness exercise in the moment, for example when you meet people or as a longer meditation in nature.

When you begin to feel the oneness, it will feel like you have crossed the small individual wave and an ocean has opened to you.

# **YES AND NO TO LIFE**

## **Exercise 1: Describe the “Yes” and “No”-quality in one word**

Take as a meditation to describe your own unique “yes” and “no”-quality with one single word. Begin this exercise by closing your eyes, turn your attention within yourself, and listen within to what words that your heart and intuition would like to describe your own “yes” and “no”-quality. Let these words come to you, without trying to force them. My own experience from courses is that people describe their own “yes” and “no”-quality in very different ways. To describe our own “yes”-quality in one word is also a way of describing the quality of our own unique and authentic inner being.

## **Exercise 2: Yes and No to Life**

Take as meditation to be continuously aware if you come from a “yes” or “no”-quality when you relate to yourself, to other people, to creativity and to life itself.

Turn your attention within, and ask yourself the question: “Do I act from a “yes” or “no”-quality in this moment?” Be also aware of the difference in the sense of joy and inner satisfaction that these two ways of relating to life create.

## **MEDITATION - EXERCISES**

### **Exercise 1: Conscious Living – Meditation Journal**

To become more aware about how your meditation is developing, take a conscious decision to write a meditation journal every evening during one month. When you wake up in the morning, remember that this is a new opportunity for meditation. Take a decision deep in your heart that today I will be aware and bring a meditative presence and quality to all activities during the day. Be continuously aware during the day about the difference between when you become identified with different thoughts, feelings and learnt concepts and when you are present and conscious.

Be thankful in the evening for everything that has happened during the day as both negative and positive experiences, both joy and sorrow, both light and darkness and both success and failure are teacher in meditation. Write the meditation journal in the evening during 10-15 minutes about when you did succeed and when you did not succeed in being conscious during the day. Do not judge or evaluate whether you succeeded or not with being conscious during the day, but let this meditation journal be a way to become more conscious and let your meditation grow both in relation to yourself, in relation to other people, in relation to work and creativity and in relation to life itself.

### **Exercise 2: Watching thoughts, feelings and bodily sensations**

The essence of meditation is a quality of watchful awareness of the thoughts, feelings, bodily sensations and outer stimuli. This is an exercise in four steps, which you begin with sitting comfortably. The turn your attention within and watch your breathing, which raises the stomach when you breathe in and lowers your stomach again when you breathe out.

The go with your inner attention to the thoughts and watch your thoughts like clouds that come and go on the sky. Then continue with your inner attention to the feelings and see what feelings there are in the body without trying to change the

feelings. Finally go with your inner attention to the physical body and watch the sensations in the body without any will to change these sensations.

### **Exercise 3: The Rhythm of Meditation and Love, Aloneness and Relating**

This is an exercise to become aware of the rhythm between meditation and love, between aloneness and relating. Be aware when it is authentic to be alone together with yourself and when it is authentic to relate with other people.

When it is authentic to be alone with yourself, then allow yourself to give yourself this time to yourself and allow your aloneness to be an inner source of love, joy, relaxation, silence, freedom and wholeness.

## **Inner Silence - 5 Exercises**

### **Exercise 1: Letting Go**

This meditation is about letting go of everything that stands in the way of the inner silence, the inner emptiness. This is not a formal sitting meditation, but an on-going awareness meditation to continuously letting go of anger, fear, sadness, frustration and loneliness that stands in the way of the inner silence.

**"Silence is the source of healing. When we bring things from within ourselves out into the light of awareness, a healing process happens. In the silence, we can let go of all anger, sadness, fear, loneliness and frustration."**

GITEN

### **Exercise 2: The Inner Silence in the Moment**

The inner silence is always in the moment. This is an awareness exercise, which aims at turning your attention within yourself during moments during the day to come in contact with yourself and the inner silence.

**"I have always had the capacity to go within myself and to discover the silence within, the inner meditative quality, the inner source of love and truth - the inner language of silence. Now I also notice that this silence is**

going deeper and that I go beyond the ego and disappear into the silence. First this brought up fear, but now I am enjoying this meditation of disappearing into the silence and to be nobody. I have started experimenting with this phenomenon to understand how to consciously go beyond the ego: yesterday when I took a coffee at a restaurant, I consciously turned my attention within and disappeared into the silence, which was like finding an inner source of bliss."

GITEN

### **Exercise 3: Being Dependent on Others**

Being dependent on other people is bondage, instead of freedom. This is an awareness exercise to put the light of awareness on how you relate to other people - and whether this relating comes out of bondage or freedom.

"When we depend on other people, it becomes bondage - instead of a freedom. I took this Sunday as a meditation to be consciously alone, and to accept all feelings of pain, of not being loved and the fear of being nobody that would come up during the meditation. This meditation goes up and down during the day: at certain moments, I can totally accept my aloneness. It feels fine to accept that I am alone and that I am nobody. At other moments, I feel the pain of not being loved, when the meditation brings up how dependence on other people is a barrier to totally accept my aloneness.

I take a coffee at a restaurant. I am the only person that sits alone in the restaurant, while the other guests are couples and families eating Sunday dinner. It brings up painful feelings of not being loved and wanting to be needed by other people, when I see how much people cling to each other in the couples and the families.

Escaping your aloneness through relationships and needing other people's attention through being a teacher, a politician or by being rich or famous are ways of escaping the pain of aloneness. But then the relationships are not really love. Only when you are capable of being alone, you can really love.

When we can be alone, we discover the inner source of love, which is our true nature. When we can be alone, it opens the door to be one with the Whole."

GITEN

## **Exercise 4: Rejoice in Aloneness**

Aloneness is the door to the inner silence, to egolessness. This is an awareness exercise to be consciously alone, to accept and rejoice in your aloneness. During moment during the day, turn your attention within yourself and accept your inner aloneness. Also take time to be with yourself, to be consciously alone with yourself. In aloneness, you are not.

**"Meditation is the way to be with ourselves and to learn to accept our own aloneness."**

**GITEN**

**"I have always been comfortable with my own aloneness as an inner source of love, joy, truth, silence and wholeness."**

**GITEN**

**"In aloneness, I experiment with being consciously alone as a door to be egoless. In conscious aloneness, the ego cannot function. In aloneness, you are not."**

**GITEN**

## **Exercise 5: Walking Consciously**

This is a meditation to walk consciously when you are on your way to somewhere. When you walk turn your attention within and walk consciously, be with the people and situation that you meet, instead of having your mind constantly commenting everything. This is a meditation to being with Existence when you walk.

**"When I am walking, I consciously experiment with being with Existence without having the mind constantly commenting. I try to just be wordlessly with the people and situations that I meet on my walk. When I can just be with Existence, it opens the door to be one with the Whole."**

**GITEN**

# Intuition - 3 Exercises

## Exercise 1: From Intellect to Intuition

This is an exercise, which aims on learning to distinguish between the mind and the intuition, the language of silence, the inner source of love, truth and wisdom. Take as a continuous meditation to learn to distinguish between the mind, between our ideas of how things should be, and the intuition, our true inner voice, to learn to distinguish between the false and the real, between the true and the artificial.

## Exercise 2: Listen to your Heart

To continuously be in contact with your heart and with your intuition, you can ask the following four questions in different situations for example when you have to make a choice or when you are going to take a new step:

- 1. Will I love myself if I do this for example if I take this new step, if I chose this or if I say this.*
- 2. Will I feel courageous?*
- 3. Is it beautiful for me?*
- 4. Can it be simplified in any way?*

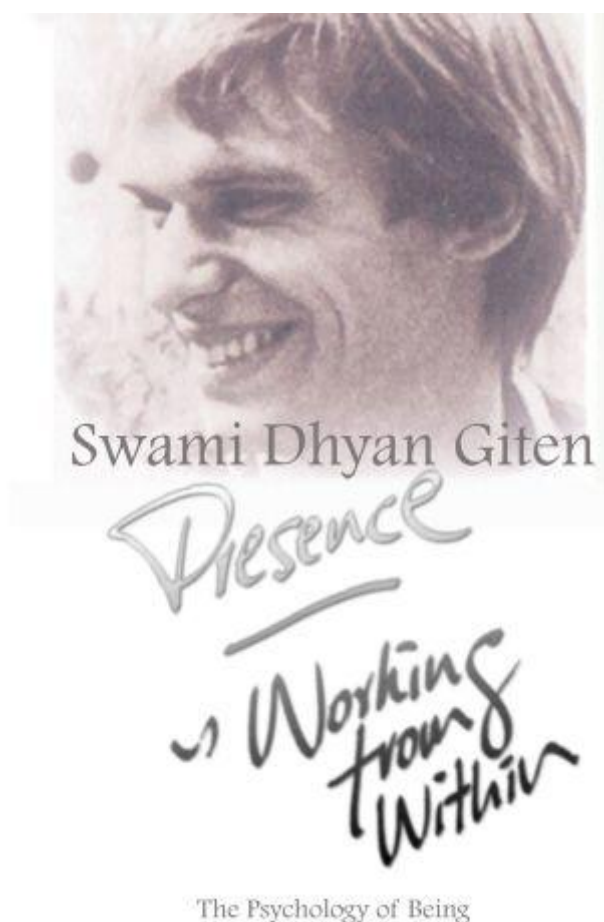
## Exercise 3: To see what the Whole wants

This is an exercise to let go and to see what the Whole wants in a certain issue. When you have compared the pros and cons on a certain issue, then leave the issue to the intuition, to the inner source of love, truth and wisdom, to the voice of Existence within, and see what the Whole wants concerning this issue.

Sometimes Existence responds immediately and sometimes it takes some time before Existence is ready to respond. But you will always receive an answer in exactly the right time. Sometimes I have struggled to get something to happen, but it was first when I let go that it happened by itself. Sometimes things are not meant to happen either. It is a question of timing. It is a question of when the time is ripe. It is a question of trusting the Whole.



# GITEN'S BOOKS – BOOKS FOR LIFE



## **PRESENCE - WORKING FROM WITHIN. THE PSYCHOLOGY OF BEING**

***"Presence - Working from Within" is more than a book about presence, but a manual in the art of unlocking the Soul's Presence within the Personality."***

Eric Rolf, International lecturer, seminary leader, author and former consultant to John Lennon

This book is an invitation to open our heart. This book is basically about love. It is designed to help us understand how healing happens.

Healing is pure love. Healing and wholeness happens when we meet the love within ourselves. Spiritual therapy is about love – what love is, where to find it and how to develop

the capacity to share love, to give caring. This book is an invitation to people, who are interested in spiritual therapy and healing and wants to work with people from love, truth and wholeness.

Spiritual therapy works basically because we are all one. In the depth of our heart and being, we are in contact with each other. We are in contact with each other in the ocean of consciousness.

Working with people from love, truth and wholeness is the psychology of being, the science of inner transformation. The psychology of being begins where Western psychology ends. It goes beyond Skinner, Freud, Jung, Rogers and Humanistic psychology. The psychology of being is the psychology of consciousness, a psychology for inner transformation. It is basically not a question of psychology; it is a question of being. The psychology of being begins where we are and takes us to that which we can be.

The psychology of being takes us through the layers of personality of thoughts, feelings and learnt attitudes to our inner being, which is hidden deep within us. The inner being is a deep acceptance of ourselves as we are. The inner being is to be available to life. The inner being is to be one with life. This book is an invitation to discover the inner being, our inner source of love, joy, acceptance, humour, truth, freedom, wisdom, silence, creativity and oneness with life.

This book is designed to help us develop our presence, so that our presence and intuition becomes a source of love, joy, acceptance, understanding, truth, silence, wisdom and creativity in the contact with another person. This book presents a new dimension of healing with a base in meditation. Meditation is the way to deepen our capacity to be present and to explore how to bring the meditative presence and quality into the healing and therapeutic process. The underlying theme of the book is meditation - but not meditation as a static technique - but as the capacity to BE with ourselves and with another person in a quality of watchful awareness, acceptance and relaxation.

This book aims at developing a meditative presence and quality, to develop the inner "yes"-quality, the silence and emptiness within, the inner source of healing and wholeness, the capacity to surrender to life.

This book is written both for people who want to discover their own inner being and for those who work with other people and wants to discover a new love, clarity, depth and inspiration in their professional work.

The different topics of the book are combined with practical exercises.

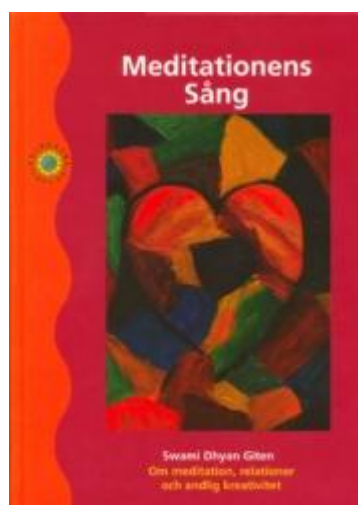
**Buy the book now in paperback at international book store Lulu:**

<http://www.lulu.com/shop/giten-swami-dhyan/presence-working-from-within-the-psychology-of-being/paperback/product-20093624.html>

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**Giten's first best-selling book in Swedish!  
The book is available all over Scandinavia**



## **MEDITATIONENS SÅNG - OM MEDITATION, RELATIONER OCH ANDLIG KREATIVITET**

**Denna bok handlar om medvetenhetens konst. Det genomgående temat är hur det inre varandet, den meditativa kvaliteten inom oss, den inre källan till kärlek och sanning, relaterar till personlig och andlig utveckling, till relationer med andra människor, till andlig kreativitet och till livet självt.**

**Denna bok erbjuder nycklar till andlig mognad. Dess olika teman varvas också med konkreta praktiska övningar.**

### **Ur innehållet:**

Inledning: Den inre resan  
Personligheten och det inre varandet, det autentiska självet  
Huvud, hjärta och varande – de tre medvetandenivåerna i det mänskliga medvetandet  
Reaktion och respons – skillnaden mellan egogradifikation och varandeexpansion  
Ja och nej till Livet – de tre positionerna att relatera till livet  
De tre livsområdena: meditation, relationer och kreativitet  
Meditation – vår inre natur  
Meditationens essens  
Meditationsprocessen  
Meditationens två aspekter: kärlek och ensamhet  
Meditationens två poler: den stilla, betraktande kvinnliga polen och den aktiva,

kreativa manliga polen  
    Tillfredsställelsenivå  
    Intuition – det existentiella språket  
    Healing är ren kärlek  
    Relationer – balansen mellan kärlek och frihet  
    Kommunikation – nyckeln till liv, kärlek och skratt  
    Känslor  
    Den Inre mannen och den inre kvinnan  
    Sju steg mot det gudomliga: chakrasystemet  
    Relationen mellan personligheten och det inre varandet i chakrasystemet  
    Närvaro - att arbeta inifrån: att arbeta med människor utifrån kärlek och  
        medvetenhet  
    Respons och reaktion: kamel, lejon och barn  
    Vision – att se klientens situation i ett helhetsperspektiv  
    4 Fallbeskrivningar  
Att dansa med Existensen: Att arbeta med grupper av människor utifrån kärlek och  
    medvetenhet  
    Ensamhet – den inre källan till glädje och kreativitet  
    Döden – grinden till Evigheten  
    Tidigare liv – det tredje ögats hemligheter  
    Meditationens hjärta: tomhet – frihet från jaget  
    Upplysning – den inre Buddhan  
Meditationens konst – meditationsövningar för att transformera livskvaliteten

**Meditationens Sång valdes till månadens bok av bokklubben Livsenergi,  
som är en av Sveriges största kvalitetsbokklubbar.**

**"Att läsa Meditationens sång har varit en stor upplevelse för mig."**

Lisbet Gemzell, lektor vid Lärarhögskolan och Teaterhögskolan

**"Den här boken förändrade hela min världsbild!"**

Ann-Sofie Segerstedt

**En alldeles underbar bok. Jag har läst den långsamt och  
noggrant och njutit av varje ord och mening. Det är en bok  
för livet, som jag kommer att läsa många gånger."**

Monica Samuelsson, Linköping

**"Giten är en kärleksfull förmedlare av mycket visdom."**

Lena Nikunen, terapeut, Göteborg

**"Den här boken erbjuder en ovanligt nyanserad vägledning  
i levnadskonst."**

Bibliotekstjänst

**"Jag värdesätter Gitens arbete och vet hur mycket gott han  
sprider till så många människor."**

Lena Kristina Tuulse, psykolog, pionjär inom humanistisk psykologi och  
grundare av Wäxthuset, en av de äldsta och största kursgårdarna för  
personlig utveckling i Sverige

**Utgiven av Solrosens förlag, inbunden bok, 216 sid, c:a pris 195: -  
Omslagsmålning: THE EXISTENTIAL HEARTBEAT, Swami Dhyan Giten,  
2000**

## **EN GÅVA FÖR LIVET – SKICKA GITENS BOK *MEDITATIONENS SÅNG* SOM PRESENTINSLAGEN GÅVA TILL EN VÄN**

**Skicka Gitens bok *Meditationens Sång* - Om meditation, relationer och  
andlig kreativitet som presentinslagen  
gåva med en personlig hälsning till en vän på Internetbokhandeln  
[www.adlibris.se](http://www.adlibris.se)**

## **BESTÄLLNING**

**Meditationens Sång är tillgänglig över hela Skandinavien.**

**Köp eller beställ boken:**

### **SVERIGE**

Akademibokhandeln: [www.akademibokhandeln.se](http://www.akademibokhandeln.se)

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Näckrosens Bokhandel, Göteborg: [www.nackrosen.com](http://www.nackrosen.com)

**NORGE**

Capris: [www.capris.no](http://www.capris.no)

**DENMARK**

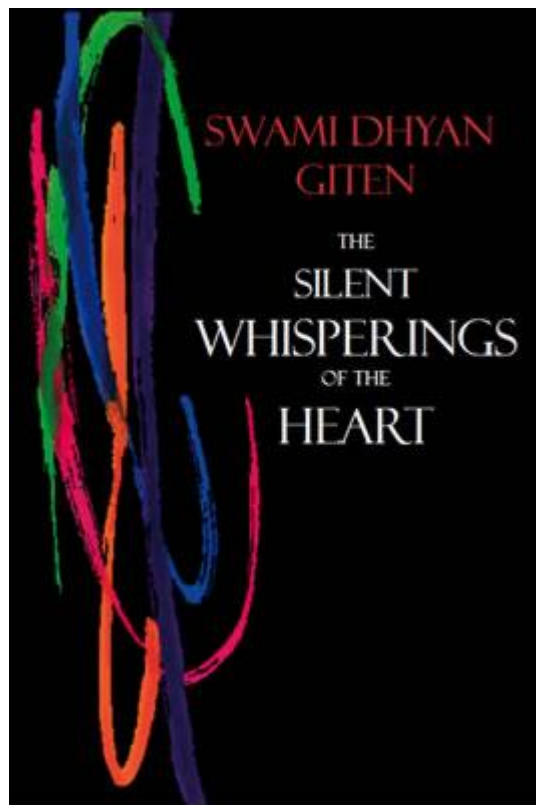
Saxo: [www.saxo.dk](http://www.saxo.dk)

**FINLAND**

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Bookplus Kirjamaailma: [www.bookplus.fi](http://www.bookplus.fi)

Adlibris Pohjolan Suurin Kirjakauppa: [www.adlibris.com/fi](http://www.adlibris.com/fi)



**THE SILENT WHISPERINGS OF THE  
HEART  
- An Introduction to Giten's Approach to  
Life**

**A Beautiful Gift for Yourself or a Beloved Friend**

**"Thanks for being there in this world now with your writings from the heart."**

Inge Birgit Pescatello, Germany

**"Warmly Recommended"**

Free-Awareness.com

**"Giten writes in a poetic language. When I read Giten, I am reminded of Kahlil Gibran. Yes, I would like to compare Giten to Kahlil Gibran."**

Gordon Banta, author of *Magic of Meditation, USA*

**"In keeping our hearts with all diligence, Giten helps us address the issues of our lives, fluently and eloquently speaking the language of the heart."**

Larry Chang, author of *Wisdom for the Soul, Washington, USA*

**"Giten is a really beautiful soul."**

Swami Anand Arun, Osho Tapoban Meditation Center, Nepal

**"With the hope that your book grows wings and spreads across the earth to the people that live on it. We need it!"**

Helena Kohlberg, economist, founder of VQM, Vision Quest & Management  
- Strategic analysis, business development and marketing, Stockholm, Sweden

**How can we learn to listen to the silent whisperings of our heart? How does love relate to aloneness? What is intuition? How can we develop our presence, so that our presence and intuition becomes a source of love, joy, healing and wisdom in the contact with another person? What is the difference between the personality and the inner being, the authentic self? How can we develop the inner being through meditation? How do the**

**inner man and woman express themselves on the outside in the form of relationships? How do the three life areas, meditation, relationships and creativity, relate to each other in creating a loving, fulfilling and creative life? What is spiritual maturity?**

**The Silent Whisperings of the Heart consists of a collection of quotes from Swami Dhyan Giten about awareness, meditation, intuition, relationships, the inner man and woman, healing, working with people from love and awareness, truth, creativity, silence, wisdom and spiritual maturity. Each page inspires you to see yourself and life in a new way, from a new dimension. This collection of quotes is an introduction to Giten's perspective on life. It is a beautiful gift for yourself or a friend.**

**Giten has been compared with the poetry of Kahlil Gibran, author of the famous book *The Prophet*, and he has been quoted together with Albert Einstein, Carl Jung, Ramana Maharishi, Plato, Albert Schweitzer, Jean-Paul Sartre, Bertrand Russel, Anais Nin, Walt Whitman, William Blake, Herman Hesse, Heraclitus, Johann Wolfgang von Goethe and the Indian book of wisdom *The Upanishads*.**

**"Beautiful, colourful..."**

Nishkam, editor, [Rebelliouspirit.com](http://Rebelliouspirit.com)

**"In The Whisperings of the Heart, Giten points at the variety of ways in which our inner being expresses itself in terms of our actions and our relationships. He also provides insights in various areas, including of course, those of healing and intuition, meditation, art and creativity, communications, loving relationships with friends and family, working with people from love and awareness and spiritual maturity.**

**His comments are both useful as well as joyful and inspirational. More than anything, they motivate us to taste where we may not have fully tasted before, to taste the beyond.**

**Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine."**

From the foreword by Eric Rolf, International lecturer, seminary leader, author of the book *Soul Medicine* and consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana



**"While I cannot express enough how grateful I am to receive your paintings, please know I sincerely appreciate your kindness and good thought. There are so many people in this world who are in keen need of your energies that, in keeping with The Kindness Chain, I ask you to consider sharing your good will with them in the future."**

Oprah, The Oprah Winfrey Show, Chicago, USA

**Buy the book now at international book store Lulu (paperback):**

<http://www.lulu.com/content/paperback-book/the-silent-whisperings-of-the-heart---an-introduction-to-gitens-approach-to-life/12863990>



## **Giten Free eBooks**

**In light of the challenges for humanity in the 21st century, we have decided to give you five of Swami Dhyan Giten's books as free eBooks.**

**In cooperation with the international book site Obooko.com, which was recently voted the Best Website to Download Free EBooks in a recent poll by New York Times, we are happy to give you Swami Dhyan Giten's books *The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life, Healing Is Pure Love, Meditation - A Yes to Life, Presence - The Inner Source of Love, Truth and Wholeness and The Language of Silence – From Darkness to Light* as free eBooks.**

*"The challenge for the 21st century is  
The Silent Revolution of the Heart.*

*It is not a revolution within an organization  
Or a land in the traditional sense with violence, madness and bloodshed.  
It is a revolution in human consciousness.*

*In society today there exists a deep split*

*between the inner and outer world, between intellect and intuition,  
between male and female qualities, between rest and activity and between  
Outer knowledge and inner wisdom. There is a fast  
technological development in the society,*

*But we seem to forget the most important factor: our self.*

*The 21st century means an inner awakening. It means a time to grow up.  
Many people talk about spirituality, meditation and inner development, but it does  
not seem to change their lives. Our spiritual development depends on our  
commitment to our own development. We can use our free will to take on the  
challenge of life to grow or we can choose not to grow. This is the freedom that  
life give us and it our own responsibility, but it seems that it is few people that  
accepts life's challenge to grow.*

*The 21st century represents a choice between the separation of ego  
and the vision of the heart. The silent revolution of the heart is a  
shift in human consciousness from the short-sighted perspective of the ego  
of "me" and "mine" to the focus of the heart on love and the needs of the other.  
It is a shift in consciousness from the short-sighted separation of the ego and  
endless desires to the vision of the heart of love, joy, belongingness,  
wisdom and wholeness. When we follow the way of the ego, the path of desire,  
it leads to struggle, conflict, exhaustion and separation from the Whole. The  
way of the heart is about learning to listen to our heart, to our inner source of  
love, joy, truth and wisdom. It is to be in a deep harmony with Existence."*

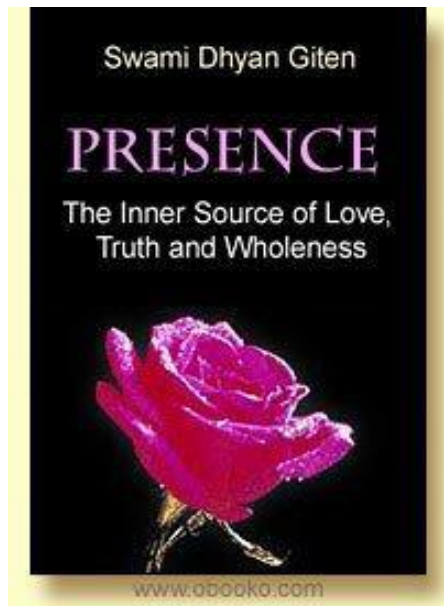
**- Swami Dhyan Giten**

**Available as  
PDF ePub Kindle**

**Download *The Silent Whisperings of the Heart* at Obooko:**

[http://www.obooko.com/obooko\\_mind/bookpages/mind0039-free-ebook-silent-whisperings-giten.php](http://www.obooko.com/obooko_mind/bookpages/mind0039-free-ebook-silent-whisperings-giten.php)

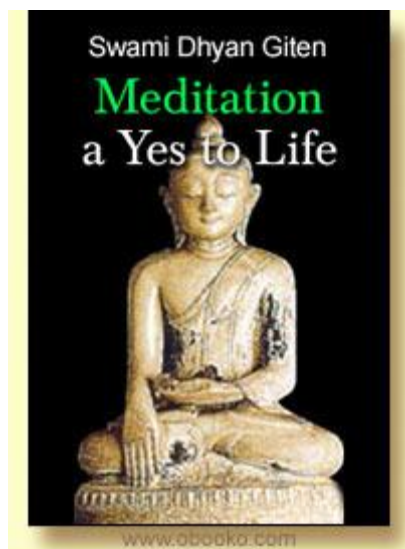
**Healing is Pure Love  
Meditation - A Yes to Life  
Presence - The Inner Source of Love,  
Truth and Wholeness**



### **Presence - The Inner Source of Love, Truth and Wholeness**

**The most important therapeutic capacity is the ability to be present with an open heart and to be grounded in our inner being, in our essence and authentic self, in the meditative quality within, through which we can meet another person, spiritual teacher and best-selling author Swami Dhyan Giten explains in this book. It is to meet that which is already perfect within a person.**

[http://www.obooko.com/obooko\\_mind/bookpages/mind0043-free-ebook-presence-giten.php](http://www.obooko.com/obooko_mind/bookpages/mind0043-free-ebook-presence-giten.php)



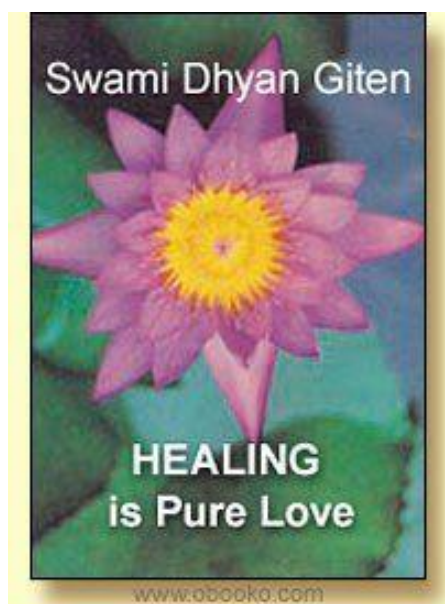
### **Meditation - A Yes to Life**

**Meditation is a yes to life. Meditation is learning to know ourselves. Meditation is an inner "yes"-quality of**

witnessing and affirming everything that we already are, says spiritual teacher and best-selling author Swami Dhyan Giten in this book. Sometimes we are in contact with this “yes” and sometimes we act automatically according to ideas, desires and learned attitudes. But through awareness and understanding, we can find new solutions that arise out of our “yes” to life.

The goal of meditation is enlightenment. Learning to say “yes” means to appreciate all steps and levels of our psychological and spiritual development process towards spiritual maturity. Learning to say “yes” means to realize all our inner possibilities of presence, love, joy, trust, humour, laughter, truth, freedom, silence, beauty, wisdom and oneness with life.

[http://www.obooko.com/obooko\\_mind/bookpages/mind0042-free-ebook-meditation-giten.php](http://www.obooko.com/obooko_mind/bookpages/mind0042-free-ebook-meditation-giten.php)



### Healing Is Pure Love

Within each one of us there is a healer. Healing has always been a way and a deep source of healing for me, says spiritual teacher and best-selling author Swami Dhyan Giten in this book. Healing is basically our own energy, which overflows from our inner being, from the meditative quality within, from the inner silence and emptiness. Healing comes from the silence within ourselves. Healing is pure love in essence. Love is what creates healing. Love is the strongest force there is. The sheer presence of love is in itself healing.

[http://www.obooko.com/obooko\\_mind/bookpages/mind0041-free-ebook-healing-giten.php](http://www.obooko.com/obooko_mind/bookpages/mind0041-free-ebook-healing-giten.php)

Available as PDF ePub Kindle



**SWAMI DHYAN GITEN**, spiritual teacher and author, has more than 30 years of experience in individual counselling and in teaching awareness and meditation. He is trained in both modern psychology and in classic Eastern methods for awareness and meditation in USA, Italy, Sweden and India. He received further education in advanced spiritual psychotherapy at Institute for Spiritual counselling and Training in USA and Academy of Meditation in Italy.

Giten experienced his first satori, his first glimpse of spiritual awakening, when he was 9 years old. This created a deep thirst and longing in his heart and being to return to this natural and effortless experience of being one with the Whole.

Swami Dhyhan Giten has dedicated his life to teach the art of awareness and meditation. He conducts individual consultations, seminars and courses internationally. His quotes, articles and books have touched the hearts of thousands and are appearing with increasing frequency in magazines, blogs and websites.

Since he began to meditate when he was 15 years old, he has dedicated his life to the study and exploration of the inner journey in order to move out of his own way, to be in a flow, and to discover the authentic inner being, the meditative quality within, the inner silence and emptiness, the capacity to surrender to life. He does not belong to any spiritual group or tradition; he is only interested to explore what it means to live with open eyes.

Giten's first professional passion when he was 15 years old was to become an actor. After training as an actor, he worked as an actor until he was 23 years old. Working as actor taught him a lot about life and to emphatically understand the situation and life of other people, since acting is really a spiritual occupation. It taught him about spirituality, since working as an actor means to play a role totally, while at the same time as you know deep down that you are not the role you are playing. After working as an actor for a number of years, Giten began to understand that his early passion for theatre was really an unconscious search for a spiritual discipline. When he realized this, he began to feel a thirst to work with people in a more direct way in awareness and meditation.

In 1982, when Giten was 23 years old, he was directed by the Divine presence in a trance session with the American trance chancellor Lin David Martin: "You have listened to your

intuition, to your true inner voice, more than most. You have been searching for the contact with the Spirit for a long time and now it is beginning to manifest on the outer plane. You have been gifted many times in previous embodiments and now everything will come rather easy for you. I want you to put your energy into the lives of others, because you can".

His three creative areas to express the mysteries of meditation in outer form are teaching, writing and painting. His meditative art is internationally recognized and have been nominated for the international art exhibition The Florence Biennale in Italy, which is arranged in cooperation with The United Nations.

He is author of the best-selling book in Swedish *Meditationens Sång - Om meditation, relationer och kreativitet* (Solrosens forlag, 2001, available from Internet book store Adlibris: [www.adlibris.com](http://www.adlibris.com)), and *The Silent Whisperings of the Heart - An Introduction to Giten's Approach to Life* (2008, available as paperback at Internet book store Lulu: <http://www.lulu.com/content/paperback-book/the-silent-whisperings-of-the-heart---an-introduction-to-gitens-approach-to-life/12863990> and as free e-book at Obooko.com), *Presence - Working from Within. The Psychology of Being* (2011, available at Internet book store Lulu: <http://www.lulu.com/shop/giten-swami-dhyan/presence-working-from-within-the-psychology-of-being/paperback/product-20093624.html>), *Meditation – A Yes to Life, Healing Is Pure Love, Presence – The Inner Source of Love, Truth and Wholeness and The Language of Silence – From Darkness to Light* (the last four books are available as free e-books at Obooko.com). Giten's first book in Swedish describes how the three life areas, Meditation, Relationships and Creativity, create a loving, creative and satisfying life when they are developed and function in harmony. The book was selected book of the month by the book club Life Energy, one of the largest book clubs in Sweden.

Swami Dhyan Giten has been accepted as Goodreads author on the international book site Goodreads with 9 million users together with best-selling spiritual author Paulo Coelho, # 1 New York Best-selling author Alyson Noel and award winning author Margaret Atwood (<http://www.goodreads.com/SwamiDhyanGiten>). Recommendations, quotes and discussions of Giten's articles and books and its content are also beginning to appear with increasing frequency in magazines and on sites ranging from The Times of India, the largest daily English newspaper in the World, USA Today, the largest daily newspaper in the US, the US news site Newsblaze, Edge Life Magazine, a leading source for psychology, education and world transformation in the US, and Sentient Times Magazine to the large Internet communities MySpace.com, a large Internet community for young people, Wasteland, the American online magazine Alternative Approaches, Motivateus.com, MSN.com, Yahoo.com, newsletters of American High tech companies to small discussion forums and blogs focused on spirituality, health, art and literature.

On September 8, 2008, The American presidential candidate Barack Obama's campaign site Obama Campaign Today: An Ein News Service - The World's Leading International News Monitoring Service - also shared Giten's article on The Silent Revolution of the Heart - The Challenge for the 21st Century.

Swami Dhyan Giten conducts individual consultation, seminars, courses and training courses internationally. For more information, contact Swami Dhyan Giten through his website.

**Visit Giten's World - A School for the Heart. 350 Pages of Medicine for the Soul: [www.giten.net](http://www.giten.net)**

# Comments about Giten and his work

"@SwamiDhyanGiten Thank you for sharing your great spirit with the world."

**Marlene Blaszczyk, Publisher, Media specialist and CEO of Encouragement**

"Thanks for being there in this world now with your writings from the heart."

**Inge Birgit Pescatello, Germany**

"I realize what a journey I have done in this life.  
Thank you again for everything, and I mean everything that you share."

**Marie Soederberg, psychotherapist, participant in Giten's individual training programme for therapists and healers *Presence - Working from Within***

"Reading Giten's book *Song of Meditation* was a profound experience for me."

**Lisbet Gemzell, professor, The Swedish Teacher's Academy and The Swedish Actor's Academy, about Giten's best-selling book in Swedish *Meditationens Sång***

**"This book changed my whole perspective of life."**

**Ann-Sofie Segerstedt, Stockholm, Sweden**

**"Giten is a loving transmitter of much wisdom."**

**Lena Nikunen, therapist, Gothenburg, Sweden**

**"Giten is a really beautiful soul"**

**Swami Anand Arun, Osho Tapoban Meditation Center, Nepal**

**"I value Giten's work and know how much good he spreads to many people."**

**Lena Kristina Tuulse, psychologist, pioneer in humanistic psychology and founder of Waxthuset, one of the oldest and largest places for personal growth in Sweden**

**"Giten writes in a poetic language.**

**"When I read Giten, I am reminded of Kahlil Gibran.  
Yes, I would like to compare Giten to Kahlil Gibran."**

**Gordon Banta, author of *Magic of Meditation, Creative Dreams and The Universal Mirror*, USA**

***Presence – Working from Within. The Psychology of Being* is more than a book about presence, but a manual in the art of unlocking the Soul's Presence within the Personality.**

**It is a valuable friend and guide to therapists and whosoever else realizes the importance and truth about humanity's need to align with its individual and collective inner journey."**

**Eric Rolf, American lecturer and course leader, former consultant to John Lennon and author of the book *Soul Medicine* about Giten's book *Presence – Working from Within. The Psychology of Being***



**"I have been impressed with Giten's writings  
from the first time I encountered them.**

**In keeping our hearts with all diligence,  
Giten helps us address the issues of our lives, fluently  
and eloquently speaking the language of the heart."**

**Larry Chang, author of *Wisdom for the Soul:  
Five Millennia of Prescriptions for Spiritual Healing*  
and *Wisdom for the Soul of Black Folk*, Washington, USA**

**"I am impressed by Giten's intuition  
and by his way of conducting therapeutic work  
- or if I rather should call this: giving insights into love."**

**Berth Henriksson, teacher and participant  
in a course with Giten, Sodertalje, Sweden**

**"An unusually rich and balanced guidance in the art of living"**

**The Swedish Library Service about Giten's first book in Swedish  
*Song of Meditation – About Meditation, Relationships and  
Spiritual Creativity***

**"Excellent".**

**Devadas, teacher, Delsbo, Sweden,  
about Giten's first book in Swedish  
*Song of Meditation – About Meditation, Relationships  
and Spiritual Creativity***

**"A totally wonderful book. This is a book for life, which I will read many  
times."**

**Monica Samuelsson, Linköping, Sweden,  
about Giten's first book in Swedish  
*Song of Meditation – About Meditation, Relationships and  
Spiritual Creativity***

**"Wonderful texts! Giten describe everything so well! The true truth! Giten's texts are so full of heart and soul! Giten paint with the language and talks with the soul!"**

**Carina, editor, Mirakelboken.com**

**"I really love Giten's words. How beautiful he put the words together and creates his song of meditation. How beautifully he shares his love and meditation with the world."**

**Maha Conyers, Rev., MA, Ed.Psych, Maui, Hawaii**

**"Giten, so long ago we first met through email, and I have followed your work since then. What a wonderful spirit you are, bright, light and so full of love."**

**Our paths crossed for a reason – for me to learn to love more, for you to love another. Today I am sharing your excerpt from your book in the hopes that one person, somewhere at some time will read it and awaken to hear their heart say – love, not hate is what you and the world needs. God bless you Giten, and thank you for coming into my life. May we know each other forever."**

**Marlene Blaszczyk, Motivating Moments, editor and publisher**

**"Giten invites us to a celebration, a feast for the soul and delights us and inspires us with capsules of insight and conscious affirmation of the deliciousness of the divine."**

**From the foreword of Giten's second book in English,  
*The Silent Whisperings of the Heart – An Introduction to Giten's Approach to Life* by Eric Rolf, international lecturer, course leader, personal consultant to John Lennon, Yoko Ono, Paul Simon and Carlos Santana, author of *Soul Medicine***

**"The Salt of the Earth"**

**Lage Wedin, chancellor, Faculty of Psychology, The University of Stockholm, about Giten during his academic years at the psychologist programme**

**"Giten does not move an inch from who he is"**

**A comment from one of Giten's class mates during his university studies at the psychologist programme at The University of Stockholm**

**"I just saw Giten's paintings on the net – they are just wonderful. I can see the depth and reflection of his meditation in his paintings. I think Giten's creative paintings have the very taste of being, of the ultimate. They are so unique with great simplicity – just like: the grass grows by itself".**

**Tushar, artist and painter, India**

**"I very much enjoyed seeing Giten's art on the web. I am amazed at Giten's art work and his talent is outstanding. I think you he is Master of his art".**

**Chingiz Abassov, artist and art teacher,  
Russian Master of Monumental and Decorative Arts,  
Academy of Arts and Design, St. Petersburg, Russia**

**"While I cannot express enough how grateful I am to receive your paintings, please know I sincerely appreciate your kindness and good thought. There are so many people in this world who are in keen need of your energies that, in keeping with The Kindness Chain, I ask you to consider sharing your good will with them in the future."**

**Oprah, The Oprah Winfrey Show, Chicago**

# International Press on Giten

**SELF GROWTH.COM, THE # 1 SELF IMPROVEMENT SITE ON INTERNET WITH 2 MILLION VISITORS PER MONTH, SHARES GITEN'S INSIGHT ON THE LANGUAGE OF SILENCE**

"Wisdom is basically the understanding that we all are part of the Whole. We are all small rivers moving towards the ocean."

**GITEN**

<http://www.selfgrowth.com/articles/giten-quotes-on-the-language-of-silence>

**The Swedish web magazine Sourze.se publishes Swami Dhyan Giten's challenge for the 21st Century: The Silent Revolution of the Heart – The Challenge for the 21st Century**

[http://www.sourze.se/Hj%c3%a4rtats\\_stilla\\_revolution\\_10786315.asp](http://www.sourze.se/Hj%c3%a4rtats_stilla_revolution_10786315.asp)

**USA TODAY, THE LARGEST DAILY NEWSPAPER IN USA, PUBLISHES GITEN'S ARTICLE ON THE THREE LIFE AREAS, MEDITATION, RELATIONSHIPS AND CREATIVITY**

“What are the three life areas? How do the three life areas relate to each other in creating a loving, creative and satisfying life? The three life areas describe the areas in life that creates a creative and satisfying life when they are developed and function in a harmonious balance. The life areas also describe a balance between the inner and outer world that continuously relate to and enrich each other. These three life areas are Meditation, Relationships and Creativity.”

**GITEN**

<http://www.giten.net/giten/english/gitenbgr/usatoday.pdf>

**GITEN QUOTED IN THE BOOK “WORDS OF WISDOM”**

Giten is quoted in the book *Words of Wisdom* together with Eckhart Tolle, Deepak Chopra, Dalai Lama, Walt Whitman, Oprah, Shakespeare, Goethe, Gandhi, Einstein, The Beatles, Martin Luther King and others.

[calltoawaken.s3.amazonaws.com/WordsOfWisdom.pdf](http://calltoawaken.s3.amazonaws.com/WordsOfWisdom.pdf)

## **President Obama shares Giten's article "The Silent Revolution of the Heart - The Challenge for the 21st Century"**

On September 8, 2008, The American presidential candidate Barack Obama's campaign site Obama Campaign Today shared Giten's article on "The Silent Revolution of the Heart – The Challenge for the 21st Century".

<http://www.giten.net/giten/english/gitenbgr/obama.pdf>

### **GITEN QUOTED ON PINTEREST SPIRIT**

Giten is quoted on Pinterest Spirit together with Buddha, Gandhi and Paramahansa Yogananda.

<http://pinterest.com/missiepotato/spirit/>

**Swami Dhyan Giten accepted as Goodreads Author together with best-selling spiritual author Paulo Coelho, # 1 New York Best-selling author Alyson Noel and award winning author Margaret Atwood**

<http://www.goodreads.com/SwamiDhyanGiten>

### **GITEN QUOTED ON PINTEREST**

Giten is quoted on Pinterest together with Khalil Gibran, Henry David Thoreau, Ralph Waldo Emerson, Albert Einstein and Leonardo da Vinci.

<http://pinterest.com/mayzee48/beauty-of-nature/>

## **Press release from news agency Earth News Center about Swami Dhyan Giten's book *The Silent Whisperings of the Heart***

<http://www.earth-news.info/entertainment-and-leisure/805-spiritual-teacher-and-author-swami-dhyan-gitens-new-book-qthe-silent-whisperings-of-the-heartq.html>

## **THE RELEASE OF GITEN'S BOOKS IS REPORTED IN THE WORLD NEWS**

Spiritual teacher and author Swami Dhyan Giten's new book "The Silent Whisperings of the Heart" consists of a collection of quotes about life, love and truth. Each page inspires you to see yourself and.

<http://www.onenewspage.com/topic/giten.htm>

## **Giten quoted together with Eckhart Tolle, Mooji, Nietzsche, Rumi, Ram Dass and Chopra on Pinterest**

**Life is our teacher. Life communicates with us all the time and it is a lesson to see how life continuously has led me to the people I need to meet, to the situations I need to experience, and to the places I need to be. There has never been any real reason to worry since all small individual rivers are already on their way to the ocean, to the Whole. It is not about**

swimming, it is about relaxing and to float with the river in a basic trust that life already leads towards the sea of consciousness, towards the Whole.

**Swami Dhyan Giten**

<http://pinterest.com/vjvbd/bc/>

Everything about Yoga, Sweden's largest Yoga-site, publishes an excerpt from Giten's best-selling book in Swedish, "*Meditationens Sång*"

<http://alltomyoga.se/2012/09/22/tre-omraden-i-livet-som-skapar-balans-i-din-inre-och-yttre-varld/>

**Press Release (PR Media) Spiritual Teacher and Best-Selling Author  
Swami Dhyan Giten's Official Yahoo-Mail Closed For No Reason**

<http://www.onlineprnews.com/news/341552-1360583752-swami-dhyan-gitens-official-yahooaccount-closed-for-no-reason.html>

**The website High Existence shares Giten's insight on Love**

<http://www.highexistence.com/love-by-swami-dhyan-giten/>

**A Collection of Giten Quotes on QuotesRain**

<http://www.quotesrain.com/author/Swami-Dhyan-Giten/>

**GITEN IN AFRICA: Nigerian newspaper Vanguard reports Swami Dhyan Giten's insight that life is one** <http://issuu.com/vanguardngr/docs/04032013/5#print>

**Love, Silence & God**

- A Collection of 75 Giten Quotes on International book site Goodreads

[http://www.goodreads.com/author/quotes/6152802.Swami\\_Dhyan\\_Giten?page=1](http://www.goodreads.com/author/quotes/6152802.Swami_Dhyan_Giten?page=1)

**GOOGLE NEWS: SWAMI DHYAN GITEN'S FREE E-BOOKS**

**[Spiritual Teacher Swami Dhyan Giten's Free E-Books](#)**



openPR (press release)-8 feb 2013

(openPR) - In light of the challenges that humanity faces in the 21st century, spiritual teacher and best-selling author **Swami Dhyan Giten** in ...

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