

# A NEW WAY OF LIVING

Essays on Human Evolution & Transformation



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**Roy Posner**

# **A NEW WAY OF LIVING**

Essays on human evolution and transformation

Roy Posner

First Edition

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## **INTRODUCTION**

Growth Online founder Roy Posner presents 200+ short essays on human evolution and transformation. Influenced by the Indian sage and seer Sri Aurobindo, Roy presents startlingly new insights into the human condition, and the future of life on earth. Among the topics covered are the keys to attracting sudden good fortune, how to experience the spiritual dimension of life, the meaning of world events in light of our evolutionary destiny, and many others. The entries cover the period 2005-2009.



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## **2005 ENTRIES**

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8/10/05

### **The Miraculous Phenomenon of Life Response**

"Life Response" is the way life suddenly, abundantly, and miraculously responds positively on the outside to a corresponding change of your consciousness inside, apparently defying notions of cause and effect, and space and time. E.g., you change an attitude and suddenly a moment later someone who you never knew before contacts you from half way round the world with news of a big contract, of monetary gain, or other success for you. We can learn to invoke such response from life *all* of the time, enabling vast accomplishment, success, and happiness in our lives.

In life response what might have taken considerable time occurs rapidly, as events, people, and place "conspire" to overcome normally perceived limitations and constraints, enabling unexpected circumstances to arise that render new, creative possibilities, overcoming the slow, meandering workings and unfoldings of Nature.

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8/11/05

### **Evolution through Contradictory Complements**

Life evolves through the conflicts between two parties, who are trying to work out a higher harmony. This is the secret method and way of

Nature. E.g., the Mexican-US immigrant problem on their border is indicative of Mexico's inability to overcome its poverty, which then necessitates a crossing over of illegal immigrants the border to the US to its riches, as well as the US intolerance, including its traditional disdain and insensitivity of nations near its borders to the south. Nature pits these two forces at odds, so that each can grow into a higher order and consciousness. Furthermore, it is *only* through this conflicting pairing that each side can grow. It is the method of Nature to higher levels of harmony through contradictory opposites, which are from the deeper view of life really positive complementaries. All around the world, we see these contradictory complement pairs trying to move from its current state of falsehood and limitation to a higher status. It is Nature's Way of progress. (There is also a higher way through the power of Spirit and Soul.)

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8/13/05

### **Moving from Ignorance to Integral Knowledge**

We live in an essential Ignorance, perceiving only a tiny glimpse of all sides of the unfolding truth around us or of an object of inquiry. To make matters worse, we are also overly attached to that limited one side, at the expense of all others. In fact, the one side we know out of the dozens that make up the full truth of the moment may actually be a false one! In this way, we know perhaps 1% of the truth of that object of inquiry, of what is happening around us at any moment in time. *It is an astonishing mental inefficiency of man.* In this way, we are actually far closer to the primate than to being a fully realized mental human.

Fortunately, through our personal development and evolution, we can rise to 100%; i.e. knowing 100 times more at any moment in time of the truth that is unfolding around us.

The cause of this astonishing Ignorance of Man is rooted in the essential limited nature of Mind. How we evolve out of this essential Ignorance to a constant Knowledge of the true truth will determine the progress and development of mental Man. It is CRITICAL to human progress and evolution, and the destiny of life on earth.

8/16/05

### **The Great Secret: Opening to the Force**

Perhaps the greatest secret known to Man is the existence of a Power that when accessed can attract instantaneous good fortune, solve any problem, enable ultimate success, and bring about great joy and delight of being. By opening to this Power, to this spiritual *Force* before taking any action or commencing any activity, one is likely to notice shortly thereafter a sudden change of luck, as life begins to cooperate from every quarter, and sudden and abundant positive responses from life come our way.

--A man was trying to figure out a complex computer programming problem. He stopped racking his brain, opened to this higher Power, and forgot about his problem. A minute later, not only did a solution to his problem come to him, but the new insight suggested a solution to a host of *other related* problems.

--An instructor's class was going very poorly one morning. *Nothing* seemed to go right. He then decided to consecrate the afternoon session by offering it to the higher Power. Thereafter, *every conceivable thing* went right. In addition, a deep peace and a palpable richness could be felt in the classroom throughout the remainder of the day.

As we see, opening to the Force before commencing an act has the power to attract "instantaneous miraculousness" from life, as problems are instantly solved, as new possibilities and solutions suddenly enter our mind from out of nowhere, and as activities are completed in the shortest period of time with the least effort, revealing an astonishing organization and efficiency.

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8/23/05

### **Change an Attitude to Make Life Instantly Respond**

We are filled with the attitudes that we acquire from our family, friends, and the environment. They are also in the very fiber of our being, inherited through our genes. Many of our attitudes are fine, while others are less than stellar. However, if we can identify a bad

attitude, and make an effort to change it, we will find that life will suddenly respond to our efforts, and bring us good fortune.

A salesperson was intimidated about meeting a very large customer. He felt that the effort was a waste of time since the company was too large and could never be penetrated. As it turned out, he didn't get the sale. However, a number of months later he changed his attitude about approaching such larger-type customers. The *very day* that he changed his attitude, the very same customer, who turned him down, gave him a huge order!

As we can see, the power of a positive or a changed attitude has an amazing way of attracting positive responses from life. We call this phenomenon "life response." Whenever we change our inner attitudes and consciousness, life has a most astounding and miraculous way of responding positively and instantaneously in kind. Life brings success, fortune, and joy to those who make this psychological adjustment.

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8/28/05

### **Seeing the Multiplicity that Make Up the Whole**

"The test of a first rate intelligence is the ability to hold two opposed ideas in the mind at the same time, and still retain the ability to function." -F. Scott Fitzgerald

One person wants to fight terrorism by wiping out the perpetrators. Another wants to stop them by eliminating the root cause -- poverty. Is it not possible to believe both simultaneously: i.e. to end terrorism by going after them even as we eliminate the cause, which is poverty? To hold two (or more) ideas in the mind is not only a test of a first rate intelligence, but the beginning of true knowledge, which is a spiritual quality. True knowledge is to see the multiplicity of factors behind a situating or subject, and to see their interrelationship, and to see their connection to an essential whole of truth relative to the subject. To see the integral whole of possibilities rather than the single part is a sign of the emergence of the spirit in the mind. To see the single part is the root of Ignorance, which leads to falsehood, folly, and wrong action. This is the normal status of humans. To see the multiplicity/Whole is to discover the Truth. When we move out of ego, we begin the process of accepting the multiplicities, and see the



Whole. We move out of ego when we move away from the surface of life, to the depths within, where we discover our True Self and Soul.

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9/3/05

### **Moving From Weakness to Strength Attracts**

Inner, psychological strength is an important determining factor in your ability to succeed in life. We have seen that those who are strong succeed; while those who are weak fall back or fail. We have also noticed that if you make the effort to exercise strength in areas where you have demonstrated weakness in the past, life can suddenly and abundantly respond.

For example, one man moved from weakness to strength by bringing up an important issue with a business partner that he was previously reluctant to raise. As a result, not only did he resolve that particular problem, but a six-month neck ache *instantly* disappeared!

*Action Plan:* Think about ways you have been, or are currently expressing psychological weakness in your work, in your relationships, or in other areas of your life. Consider what was, or is at the root of the problem. Now come up with a plan to exercise your strength, and then carry it out. Watch as life responds miraculously thereafter!

---

9/9/05

### **What You Really Want Achieves**

If on the outside you do a work, but on the inside you do not enjoy the work, or aspire for something else, there is little chance that what you are current doing will lead to any great success. The result is that your efforts will fall short of your real potential in life. However, if your outer efforts have the endorsement of your emotions and your psychological will within, then your outer efforts are more likely to end in *great* success and joy, producing along the way instances of "life response" – i.e. the onset of sudden good fortune.

9/16/05

### **Inner-Outer Correspondence**

What we experience on the outside is a direct reflection of what we are inside. I.e. there is a correspondence between our inner psychological condition -- including our habits, wants, feelings, attitudes, opinions, and beliefs -- and how the world takes shape outside ourselves. This would suggest that if we were shift to a more positive position within, life on the outside would *instantly* respond in kind.

Such sudden response from life to our inner condition can take shape in two ways – positively or negatively. E.g. just after I decide that I will no longer allow myself to have negative feelings towards another, I am informed that I've been selected to head an exciting and lucrative new project. Inversely, a moment after I feel an intense negative emotion towards a fellow worker, I am informed that an important project I've been working has been cancelled.

From this perspective, we see that our normal views of what is logical and possible, of how cause and effect should relate, of how space and time should function, are rendered obsolete. Instead, we develop a new view, a new perception of the true subtle association and relationship amongst objects and individuals in the universe.

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9/25/05

### **The Power of Personal Values**

A value is a belief, a mission, or a philosophy that is meaningful. Whether we are consciously aware of them or not, every individual has a core set of personal values. Values can range from the commonplace, such as the belief in hard work and punctuality, to the more psychological, such as self-reliance, concern for others, and harmony of purpose.

When we examine the lives of famous people, we often see how personal values guided them, propelling them to the top of their

fields. For example, one actor was motivated by his commitment to *social justice*, which led to important acting roles related to that value that made him world famous. Likewise, a well-known business CEO was motivated by the personal value that *technology should be easy to use*, which caused his company to spawn a technology revolution. Whatever one's values, when we take them to heart and implement them in the smallest *details* of our lives, great accomplishment and success are sure to follow.

Just as individuals subscribe to values, so do organizations and institutions. In fact, if we were to examine any company, we would discover that one or more business values was the key to their success. Examples are --

-- Sears' commitment to *trusting the customer*. [From the 19th century onward, any product could be returned to the company with a money back guarantee, which engendered great trust in both directions, enabling booming sales, and, the great success for the firm that followed.]

-- Apple Computer's belief in the values of *solving problems of society*. [The company created the iPod player and iTunes online music store to overcome a conflict between those who sought to download copyrighted music for free and the music industry which sought to protect its artists and its revenues.]

-- Marriott's values of *systemization and standardization*. [The company created a standard model hotel, and then duplicated it hundreds of times around the world, enabling it to grow incredibly fast, and become the leader of its industry.]

Likewise, we see how political parties and politicians subscribe to certain core values -- ranging from helping the poor, easing the burden of the middle class, improving the environment, making government responsive and efficient, engendering loyalty and unity, and so forth.

The key point to keep in mind about values is that implementing them *energizes* everything concerned with it. For an individual, committing to and applying values releases fresh energies, which always attract success, achievement, and well-being. Likewise, when companies or other institutions adopt values, individuals working at the organization become energized, as do its customers, its products and services, and everyone and everything else associated with that organization.

We can energize our lives by making the full effort to implement the values we subscribe to. Once we identify values that are meaningful to us, we can develop strategies to implement them. When we make the determined effort to implement those strategies, good fortune is sure to follow -- in the form of new opportunities, new sources of revenue and income, and other forms of material and psychological benefit. We may even notice that as we implement values, we experience instances of "life response" -- where good fortune suddenly comes to us from seemingly out of nowhere, defying our normal perceptions of what is logical and possible.

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10/2/05

### **Really Wanting a Thing Rapidly Achieves It**

When you *really want something*, life tends to move toward you with good fortune. On the other hand, if you are indifferent, half-heartedly hoping for something to occur, then there is unlikely to be any substantive results. Therefore, if you manage to discover the intensity within to really want something, then life will immediately begin to cooperate, and bring your heart's desire in hardly any time at all.

There is a wonderful scene in the British broadcast version of *Pride and Prejudice* in which Eliza Bennet wanders off into the countryside, climbs a remote hilltop, and suddenly comes upon, of all people, Mr. Darcy. While this scene might strike some as the artifice of a director trying to manipulate the story for dramatic effect, from a deeper perspective we see that this is *precisely how life works!* Because both have such strong emotions towards one another, and want to be with one another, they move toward the same place at the same time, enabling a *simultaneous* life response. Their intense longing for one another is so strong that their energies move out into the field of life and find a common point in space/time where they come together. It is a perfect illustration of how life responds to an intense aspiration and longing for something -- i.e. *really wanting it*.

The ancient Indian texts known as the Upanishads declare, "You are what your deepest desire is. As is your desire, so is your intention. As is your intention, so is your will. As is your will, so is your deed. As is your deed, so is your destiny."

10/7/05

### **Rapid Progress in Life by Consciously Following a Process of Growth & Accomplishment**

Normally when we make progress in life it is because life presses on us to move forward. Rarely is it as a result of our own conscious choice and initiative. Over the long course of our lives, such forced progress occurs in unpredictable ways, sometimes through happy, but often through unhappy experiences; even catharsis. Surely, this is not the most efficient way to progress in life. And yet, that is the way the overwhelming majority of us progress in life. We call such inefficient, unpredictable, life-meandering progress "unconscious growth."

On the other hand, *conscious* growth is the ability to use the power of our minds to self-conceptualize that which we wish to become, and then follow a process that enables us to turn that wish into *great* results and achievement. If we understand this process, and ardently follow its methods in our lives, we can achieve at ten times the level we are now achieving and we can do it with one-tenth the effort, and in one tenth of the time. That is the overwhelming *efficiency* of following the process of growth and accomplishment, as opposed to our current *inefficiency* of growth and progress.

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10/16/05

### **Overcoming Western Limits of Mind & Its Evil by Embracing the Consciousness the East Knows**

In 1830, China and India had 50% of the world's GDP. What happened thereafter? They failed to improve like the West. In Europe science developed, and then technology. She also shed much of her religious ignorance. The continent (and the US) boomed. Science and technology brought great prosperity to the West.

But then her science brought evil, in the form of Atomic weapons, and in other ways. The mind that had shed the dogma of religion and opted for the rationality of science had fallen into a limited field of materialism based on science and technology. The consciousness of

the new mind of the West was not broad enough to avoid these consequences.

China and especially India had the ancient knowledge of the broader nature of mind, of higher consciousness. The West avoided that knowledge and created destruction to match its vast positive construction. It did not respect and hence follow the wisdom of the East. Now India and China are using the technology of the West, and as a result, the West may begin to respect the East, and delve deeper into the knowledge of consciousness the East knows. It will give the West a deeper understanding of the nature of mind, so it can go beyond its current limited Mind, which is separative and non-inclusive, preventing knowledge of the whole truth, which in turns creates evil for every good it creates. This Broader Mind -- i.e. Spiritual Mind -- would embrace all truths of an object, not just the material truth -- including the subtle, the psychological, and the spiritual.

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10/19/05

### **Evolutionary Stages of Society**

-Just as the universe evolved from matter to life to mind; and the individual parallels that development in his body, his vital, and his mind, so too the society has evolved from a physical state of survival beginning say 100,000 years ago, to a vital stage during the middle of the last millennium, focused on trade, and interaction with others; to a mental stage that he is now currently unfolding in which we see the emergence of freedom, democracy, higher organization, education, and individual self-fulfillment.

-The currently emerging Mental stage of social development is indicated by an increase in freedom, democracy, mental inquisitiveness, human fulfillment, and higher levels of organization.

-The Internet is reflective of the further emergence of the power of Mind. The Internet is an outer reflection and form of the Mental stage of human development.

-The more complex and interrelated the systems of an organization are, the more development and evolution there is in society.

-Beyond the mental age of society is the spiritual age, indicated by harmony, unity, collaboration, peace, spiritual connectedness, unlimited infinite potential of accomplishment, success, and joy. There is also the utilization of the Divine Spirit, i.e. the Force (which can

also be accessed even in the mental age) to create instant life response, accomplishment, and possibility in life.

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10/21/05

### **Man Emerging into the Mental & Spiritual Dimension**

"A thousand years ago man was physical. His life was elementary. He survived. Today he has multiplied his comforts, enjoyment, reach, mastery a hundred or even a thousand-fold. The progress in one millennium has been phenomenal. This occurred because man moved from being physical to being mental. Though he has not yet acquired a fully formed mental life, a rational life, certainly he has moved away from the physical to the vital life. Both body and vitality accept the guidance of the mind, at least in material matters. Thus, we can say that man today is mental.

If this phenomenal expansion was the result of moving from the physical to the mental, moving from mind to the Spirit can bring another phenomenal expansion of similar magnitude. Today's life will further expand in its richness, inner peace, outer security, harmony and, especially, in Prosperity a thousand-fold." (MSS)

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10/23/05

### **Sri Aurobindo's Vision of Future Life on Earth**

Sri Aurobindo, the Indian sage and seer, said that humans may not be the final rung on the evolutionary scale. That we might witness the emergence of a new species, one that is above and beyond the present human race as we know it. Sri Aurobindo believed that if we could make the ascent to overcome our limiting nature, if we could further rediscover the hidden spirit in life, if we could come in contact and open ourselves to the spiritual Force, then we can change life as we know it. He invited us to take a journey on a path from our current human functioning to a vastly different superfunctioning that opens the doors to infinite accomplishment, success, and happiness in life.

10/25/05

### **Moving to the Depths Within**

We can move the focus of our consciousness away from the surface of life, from the bubblings and churning of the outer existence, to a deeper poise within. Stationed in this deeper poise inside ourselves, we are able to shift our consciousness from preoccupation with the sense data streaming into our minds from the outside through our five senses, to a clearer and more rational state of mindfulness. As we move our concentration from the surface to the depths, not only do we withdraw our consciousness from the bombardment of surface visual and audible sense inputs to the clear rationality and logic of thought, but we move away from our ego sense, of our sense of separateness from others and the environment. As a result, we develop a wider view; and we are able to embrace the multiplicity and right relation of life unfolding around us, enabling perceptions of the true truth of the life before us. This in turn leads us to perceptions of the possibilities before us, which provides choices, out of which we can make the right decisions, resulting in actions that end in perfect success.

Let's take an example. An individual who is living in his surface consciousness is listening to a conversation that others are having. He picks up on one point that is particularly striking to him, which is to make sure that he downloads the latest updates to his virus protection software. The rest of the crowd responds loudly in agreement. This information is very helpful. However, had he truly listened to other aspects of the conversation; had he had the *inner wherewithal* to sense the deeper meaning between the words, he would have perceived other critical issues being addressed; issues so important that it could have changed the course of his career. If, through meditation, inner concentration, or other means, he had established a deeper poise within, he would have had the ability to perceive issues that were critical to his life. Thus, we see that establishing a poise that is untouched by the perturbations of the surface, centered in the quietude within enables us to have an even greater grasp of the unfoldings of life outside ourselves. We thus access a great power, as we are able to continually have more knowledge, which allows us to make better decisions, and thus take to the right actions that lead to great success in life.



10/27/05

## **The Evolutionary Planes of the Individual (the *Horizontal Scale*)**

It is not too difficult to comprehend that we essentially consist of distinct aspects or centers of consciousness -- a physical, a vital, a mental, and a spiritual plane. We can call this grouping the "*vertical scale of human consciousness.*" However, there is another scale of human consciousness that is also part of our human makeup, though it is far less understood or even perceived as real. This other scale ranges from our outer *surface* consciousness to an *inner* consciousness in the depths of our being. One way to imagine this is a series of concentric circles expanding out from the center of our being to the outer surface. The outer circle would be the surface of life we experience at the most material level; the inner circle would be our deepest parts within. We can choose to live on the surface of life, or be centered in the depths of our being. The more we are influenced by the positive elements of the depths there are also negative elements), the higher our consciousness; the more we live on the surface, i.e. the outer rings, the less conscious we are of the world. As we bring the higher consciousness of the depths to our surface life, replacing the current surface occupations of the outer material world experienced through our sense, the more we evolve. This movement is a key to our future growth and development as a species.

The inner consciousness (or being) consists of unconscious parts and very conscious parts. The unconscious parts include the inconscient and the subconscious (subconscious), while the conscious parts consist of the subliminal, or subtle physical, vital, and mental parts, and more conscious still, the personal evolving soul, the True Self behind the subliminal being.

As we move our consciousness away from the surface of life and more towards the inner positive Subliminal being and even greater still to the Personal Evolving Soul (the Psychic Being) we break the bonds of our limited nature. We begin to come in contact with greater forces and powers within, which enable us to have greater control of the outer live; which breaks down our limiting, separative ego-sense, which overcomes our fundamental Ignorance which prevents us from having true, integral Knowledge, open us up to universal forces and

powers, and enables us to experience the greatest Delight of existence.

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10/30/05

### **The Evolutionary Planes of the Individual (the *Vertical Scale*)**

Over time, the individual human has developed a range of qualities, capacities, and planes that in many ways parallels the principles that occur in the unfolding of the universe and life on earth. Matter of the universe takes shape as the *physical body* in the individual; Life in the universe has become the life force and *vital* consciousness in the individual; Mind in the universe has manifest as the mental consciousness in the individual; and the Spirit in the universe is a spiritual plane of consciousness that the individual can rise to through the spiritualized mind, and deep within through one's evolving soul.

The physical, vital, and mental planes all exist and are simultaneously active in each person, though the extent of their relative development and the preponderance of the influence they exercise on the personality differs from person to person. Also, the physical, vital, and mental exist and function *interdependently* among one another. (The fourth plane, the spiritual occurs in only a very few individuals.)

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10/31/05

### **The Evolution of Individual Nations**

Just as every individual is an amalgam of positive and negative attributes whose being is growing and evolving, so too each nation of the world has an evolving character that expresses both positively and negatively. Each nation can in fact be said to represent a different aspect of human consciousness and capacity. For example, France is said to represent "clarity of thought;" Russia "the brotherhood of man;" the USA "practical organization;" and India "the spiritual teacher (i.e. guru) of the world." Each nation then expresses a ray, or several rays of truth, knowledge, and capacity, reflecting the best of human character and consciousness. Similarly, every nation also expresses its own wanting propensities for falsehood, ignorance, and

incapacity. By accentuating the former, and overcoming the latter, the growth, development, and evolution of nations is made possible.

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11/1/05

### **Movements Toward Human Unity**

-Just as an individual can grow and evolve, so can an institution, a nation, and the world itself. In other words, the world, like the individual, is undergoing its own growth, development, and evolution.

-Likewise, just as we as individuals can progress and evolve by creating a higher level of *unity* and *oneness* with others and the world around us, so can institutions, nations, and the peoples of the world. As the world moves in that direction, it is in essence moving towards higher levels of *world unity*.

-There are many levels of world unity, ranging from the political to the economic to the social to the cultural to the psychological to the spiritual. The European Union is a recent example of political and economic integration, as was the UN earlier on. We are for the most part now at a relatively early point of political and economic integration and unity.

-If we deeply bond with the social and cultural values of other peoples, we will be taking an even greater leap towards world unity. Look for that to occur in the coming decades. Beyond that is the *psychological* unity of the world, where the peoples of the world are so connected with one another that their shared purpose and emotional intensity toward one another is as great as one might feel towards members of one's own family.

At the *spiritual* level of world unity, there is the greatest bond and unity, as we have a shared experience of the Spiritual Reality, which reveals our ultimate purpose of life on earth, and an extreme delight and joy of being.

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11/3/05

### **Emergence of the Spiritual Age & Divine Life on Earth**

Beyond the physical-based social life of early man (marked by survival, fear, subservience, etc.), the vital-based social life of the

past five hundred years (emerging through trade, travel, discovery, adventure, and the fulfillment of the individual needs, wants, and desires), and the currently emerging mental-based age (indicated by freedom, individuality, democracy, education, rationality, technology, and the common man) is the possibility of the emergence of a spirit-based age and collective existence.

In this highest form of social or collective life, the domination of the ordinary mind -- of surface preoccupation, of partial knowledge -- gradually wanes and is replaced with a mind and life dominated by the spirit. This transition to this age begins when a good number of individuals take to a higher orientation of consciousness, including an opening to the logic, rationality, and intuitions of knowledge; an opening to the spiritual Force in the atmosphere; and a connection to the spirit through our Soul and True Self within. As a result of that supra-mental orientation, one develops the capacity to move life outside one's self from within; one takes to the highest of human and spiritual values; one endeavors to purify, perfect, and elevate of planes of our being -- physical, vital, and mental; and one continually makes the deep soul to soul connection with others. As a result, a new spirit-oriented life on earth begins to emerge. When a critical mass of such pioneering spirit-oriented individuals forms, a collective life oriented around the spirit can emerge throughout the society -- culminating in a divine life on earth.

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11/8/05

### **Grow by Giving**

Perhaps the single most powerful way to succeed in life is to have more concern for our fellow human beings. Normally, we are overwhelmingly concerned about ourselves, driven by our own personal motives and ambitions. However, the happiest people literally lose themselves in the feelings, thoughts, and aspirations of others.

Are you ready to "forget yourself" and be genuinely interested in the welfare of others? Are you willing to be tolerant and kind to others, listen attentively and silently to their words, and be non-judgmental and open to their opinions and points of view? If you are, you're an excellent candidate for great success in life, not to mention an ever-increasing personal happiness and joy.

Try a little experiment. When you meet with others, immediately put yourself in their shoes. Think only of what they want. Listen carefully to their thoughts and feelings, and show genuine concern and empathy. Do this for the entire meeting. Now watch how the interaction goes. Watch how the energy level of the other person increases. The other individual becomes more animated and involved.

In addition, if you watch closely, you may notice some interesting things starting to happen. An unthought of point of view or perspective may be raised in the conversation. New ideas or fresh new insights are suddenly revealed. Or, a new interesting idea, project or event might suddenly come out of the discussion. This all happens because you have shifted your concern toward the other person.

But there's more. If you pay very close attention, you'll see that there might be an added "response from life." For example, during the conversation, someone might call in a great new project to you; or a dramatic new development might arise in some area of your work. This is life itself "responding" to your concern for another person. It is a hidden power that we have witnessed dozens of times in the past.

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11/10/05

### **Oblivious Selfishness**

If MAN is totally ignorant of anything, it is that he is selfish. Men are selfish and mean, says Sri Aurobindo. The only thing we can do about it is to cure it in ourselves. There is an index for being extremely selfish. That person will ceaselessly complain about every other person that they are selfish. There are affectionate families that are utterly selfless. In such families, men and woman never mention what they own, or how useful they are to others.

Property, jewels, money, things will be used by anyone without reference to the individual rights. Occasionally an utterly selfish person will be born there. He will spread his empire without anyone standing in his way. Shamelessly he will expect everyone to serve his own purpose. His expectation will be abundantly fulfilled. Selfishness is dynamic, and can reach proportions of the infinite. A time will come when such men accuse all the others of selfishness. It happens when he has crossed his limits at all points of functioning.

Selfish members of a selfless family will rule the roost, as no one in the family will bring themselves to speak about it. His friends will constantly caution him and warn him of its consequences, of its unfairness, of the injustice. His one reply will be that he is serving the family to his utmost capacity. No amount of explanation will make him see the truth, as he is vital and the arguments are mental. His one grievance will be that no one around him knows his own needs and no one is selfless enough to meet them. What is blatant to every other person will not be seen by him. He will be oblivious of it. There are persons who are not selfish; nor does anyone else perceive them to be selfish. They are unselfish and in some areas they are self-giving.

Suppose such a person begins to examine himself from the point of view of selfishness, he can find several areas where he is fully selfish and many other acts where he can legitimately be accused of being selfish. It is so because selfishness is all-pervasive. The very human being is created around a self, an ego. The Rishi who takes to tapas moves from his human self to the divine Self within him. Modern life in the urban areas frowns upon the ego-trips of individuals. It is a great, good sign. Active psychological Self-giving practiced as an article of faith brings one's Spirit to the surface of his life. (MSS)

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11/17/05

### **Society's Support of the Full Emergence of the Individual**

The individual in our world is left to fend for himself. If he develops the skills and has the necessary drive, he can succeed for himself in the wider world. Society in that sense offers a wide scope of possibility for each person. When we are born unto this world, we function within the values, influences, and institutions of society. But does society *actively* support his efforts? In America, there are safety nets like social security and unemployment. There is also the free education that comes to all youngsters. But beyond these does the society really support the emergence and full flowering of the individual? When she respects the individual and does everything to support the prosperity, health, psychological happiness, and personal growth of the individual, then the society will have reached an evolutionary milestone. At that point, whenever the individual looks around, he will see that all of his life efforts -- from the material to

the vital and mental -- are truly supported in some manner; that he is not left to fend for himself. He will see that he can take any risk, initiate any venture, and seek to discover the fulfillment of all parts of his being. He will be encouraged to move upward at every plane of his being. When society values the individual in this way, the individual will work for the All that is society, further strengthening it in return.

This is the support of the individual person, and then there is a further stage where society supports the True Individual. The True Individual is the soul spark of that person that can flourish in the world, capable of attracting the infinite potential of life. If society opens itself and supports not only the economic fulfillment of Man, but also the psychological and spiritual development, then she will be an existence more worth being born into. Man will be born into the Vast Boon of this wider and deeper social framework. That potential True Individual can then look around and sense the society fully supports his attempt to be fulfilled at all planes -- physical, vital, mental; as well as the spiritual. He will feel encouraged to explore the psychological richness of life. He will also feel that connecting to the spirit within and the spiritual Force above is a natural part of being human; that in fact society *encourages* it. That will enable him to move within to the depths, to the very soul, which will give him an overwhelming power to invoke good fortune for himself, as well as the society around him. *By being psychological and spiritually encouraged, the True Individual will create infinite benefit for himself and the world around him.* At that point, the individual and the society move into a state of hyper progress and personal and societal growth, which is evolution, that can culminate in transformation of life on earth to a New Way of Living.

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11/21/05

### **Social vs. Individual Directed Accomplishment**

One person may fit in well within the social conventions of the time; another may not. If the person who fits in well with the social conventions has the skills, knowledge, energy, organization, attitudes, values, and aspirations in life, he can accomplish fully *within the constraints of the social environment* in which he partakes. We can say that this individual has a developed *social* character. He is one with the social aspirations, goals, rules, functionings, etc. of the social institution he partakes in. (Whether he makes full use of this environment is a separate issue.)

Assuming the society around him allows for it, a person with social character can establish his own business, raise a family, and accomplish a substantial work in the society. On the other hand, if an individual with social character also has a noble or weighty character, he may even be able to accomplish to the level of becoming a philanthropist or a CEO.

On the other hand, the individual who has developed *individual* character has the potential to accomplish at a far greater level. This person thinks for himself (i.e. "beyond the box"), which in turn opens far greater vistas, and a greater scope for accomplishment, achievement, and success. That's not to say that he rejects the society he is a part of. On the contrary, he has fully absorbed and assimilated the present social environment and its conventions and ideas. The difference is that he has taken these a step further by *personalizing, individualizing them with his own values, attitudes, and energies*. An example of this would be Steve Jobs when he first developed Apple. There his desire to make a computer that people were not afraid of or intimidated to use was something that went beyond conventional wisdom. Other examples are Fred Smith, founder of Federal Express, and Jeff Bezos, founder of Amazon. The person with individual character rises to the level of his personal ideals and values; values such as being flexible, open-minded, and resourceful; demonstrating character that might not normally be associated with society or the social institutions in which he partakes.

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11/22/05

### **False Social Condemnation of Harry Potter**

In the fourth episode, *Harry Potter and the Goblet of Fire*, we see the falsehood of society at work, when he is mistakenly ostracized by the student body for being picked to represent his school in a tournament held there. The student body believes that Harry has somehow allowed himself to be selected in order to elevate himself for his own greater glory, when in fact he had no hand in the selection. Despite their condemnation, he persists and lives out his truth and performs in the tournament.

We even see a humorous life response in the course of these events. His best friend joins the herd and rebukes him as well. However, just before a ball is to be held at the school, the friend receives what he



believes to be an effeminate-looking coat that his parents have sent him to wear at the dance. That causes him great embarrassment, since he must wear it in front of all of his peers at the ball. It is a negative response to his irresponsibility in joining the student body's ostracizing of the innocent Harry Potter. His social condemnation of Harry attracts the coat, which in turn brings social condemnation of others upon him.

Harry meanwhile continues to live out a life of psychological and physical courage, showing that he is a true personality and individual, unfettered by the false accusations of those around him.

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11/25/05

### **Howard Roark, a True Individual and Personality**

In Ayn Rand's *The Fountainhead*, we see one individual, Howard Roark, expressing his true individuality by thinking for himself -- not by being swayed by the herd. We can say that such a person is in contact with his inner Personality and True Self, as opposed to others who rely on the social imperative. When that inner force is weak though true, relative to the world around him, society tends to crush him and his ideals. If it is strong -- as it was in the case of Roark or a Churchill or a Gorbachav -- it can change the course of the world around them.

How many of us think for ourselves, instead of being determined by the herd around us; the social view, the collective views expressed by media and popular culture? How many of us seek to know the true truth, the many sided truth, instead of the part and convenient truth that the world presents to us on the surface or that we are attached to within ourselves.

The true Individual in that sense is spiritual because he seeks identity with the full object of knowledge, which the limited normal mind of man cannot perceive. Limited, normal mind perceives an exclusive truth, whereas the logical and better-still illumined and intuitive mind are powers of *spiritualized* mentality that seek the inherent truth in the object of inquiry. There is knowledge by identity with the object. There is no separation between the knower, the knowing, and the known. The influence of the social herd clouds that identity, as does

the normally divided mind of man. Only when we seek the deeper consciousness within, do we move to the wider truth by identity.

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12/1/05

## **Why There is Ignorance, Falsehood, and Evil in Creation**

Why there is ignorance, falsehood, evil, etc. in the world is a subject that has been discussed throughout the ages. No one has come up with an adequate answer, except modern sages like Sri Aurobindo who have the advantage of bridging evolutionary theory with spiritual experience. He explains that out of a Divine Source emerged a universe of divided forms including us. From an original Force/Energy, we eventually emerged as ignorant, divided beings, reflecting the positive and negative energies in the universe. Then why is there positive *and* negative in creation?

First, a little background on creation. The immutable, infinite, unknowable Reality extended itself into a universe of forms so that those forms could experience the same Delight of Being that It knows. The static Joy of the Infinite would therefore be complemented by a dynamic joy through those forms, including us. E.g., when an individual rises in consciousness or otherwise become more aware, he has the joy of discovery of his true nature, which is the experience of the Delight that the Divine Source intended in our creation.

Then why the negative in creation? In order for the Delight of the Spiritual Source to extend into the greatest quantity/multiplicity of the forms, it had to enable a universe of *unlimited possibilities*, including the possibilities of the negative. The Divine, through its deputy of Nature (as opposed to Soul) also allowed for difficulty, pain, division, duality, ignorance, falsehoods, and evil so that the greatest Delight of the immutable Divine can enter the greatest multiplicity of forms in the most varied way, i.e. through the greatest possibilities in the universe. This is the secret reason of ignorance, falsehoods, and evil in life.

As we evolve to our highest nature, we will then overcome our ignorance, falsehood, and evil, which will create an even greater richness to life in the future, as all possibilities (including the movement from the current good to the greater good), are now included, create an even more joyful, blissful, yes Divine life on earth.

12/5/05

## **The Process of Evolution that Humans Can Accelerate**

Sri Aurobindo, the Indian sage and seer spent decades trying to fathom the true nature of existence. He came to see that the universe came about through an *involution* of the Spirit; i.e. through a conscious decision of the Divine Will, there emerged a Force and then an Energy out of which all forms in the universe were created. At the point where the Force/Energy emerged from a Divine Source and coagulated into the first forms of creation, there began the *evolution* of the universe, which began as unconscious matter, evolved an animus of life, including life forms, and the development of mentality expressed predominantly through primates and especially man.

While philosophers and seers like Sri Aurobindo have attempted to explain the involution part, scientists like Darwin have tried to explain the evolution part; the movement from matter to life to intelligence. Unfortunately, these explanations have focused on the *surface* realities, and the *outer* material processes of evolution, as explained in such concepts as survival of the fittest, natural selection, spontaneous mutation, and so forth. Though there is considerable truth in these conclusions, especially at the material level, Sri Aurobindo believed that they elicit only a superficial understanding of the processes that enable evolution to move forward. He instead focused on the *inner* processes of evolution that enabled life to emerge from matter, and mind to emerge from life. His interest was to try to explain *why* these successive planes emerged from out of one another.

Sri Aurobindo explains it this way: There is a process of unfolding that occurs from one plane to the next plane; e.g. from matter to life to mind. The reason one plane emerges from the previous because it is *already involved there as potential in the previous plane*, not unlike a seed that has the potential to develop into a tree. When the existing plane becomes fully organized at its level, then the next plane emerges out of it. So the animus/life (in plant, lower life, animal, humans) that emerged from pure matter (material rock, gasses, et al.) were involved as potential to begin with, and emerged when the material level was organized enough to move to the next level. The same with the emergence of mentality from out of animus/life. (There are actually many subplanes and stratas in between.)

Sri Aurobindo goes on to say that what really *compels* the emergence of the next plane is the underlying (original) *spirit* that is embedded in each plane, pushing that plane's potential to emerge from its current plane into the next plane. (In the involution the Spirit was self-absorbed and hidden beginning in the Force and Energy and then the matter that emerged in the universe.) Since spirit, which is really the same spirit that created the universe in the first place, i.e. the Divine spirit, is *infinitely creative*, what emerges in the next plane is always dynamically new and creative; it is always an unexpected manifestation of new forms of consciousness. After all, who could have conceived a thinking being from the plant, or perhaps a future spiritual being from the current mental-based man?

You might ask at this point, how does this all relate to me? Well, Sri Aurobindo goes on to say that from time immemorial, *Nature* has led this process of ascendance upward from matter to animus/life to mind. It is the slow and painful method by which life normally progresses. Now however the human being, the *self-conscious, self-determining* mental human can now take the evolution further. By connecting to his inner being, to his spiritual soul within, or to the Divine above, he comes in contact with the very spiritual powers and forces that enabled the current planes of matter, life, and mind to emerge. He then has the capacity to collaborate with spirit to enable *further* planes or sub planes to emerge, as well as the perfection of the current planes.

Thus man, through his conscious collaboration with the dynamic spiritual essence, becomes the enabler for the *further evolution of the species*. He enables new possibilities to rise in life; such as new perceptions, insights, and ideas; new inventions, products, and services; and new ways of living and acting and interacting. Ultimately, through an individual's connection to consciousness and spirit, he becomes an instrument of human evolution. In that way, rather than Nature being the leader of our evolution, *the self-conscious human individual* becomes the pioneer and leader of our future evolution, further releasing the infinite potential and further (spiritual) planes of life.

12/9/05

### **Human to Divine Love**

Human love of partner is the ordinary love we see between two individuals. It is special but fleeting or unfulfilling. True human love of partner (i.e. true romantic love) is a very special form, a rarer form of love for the partner. It is the linking of souls. Few have it because we are satisfied with lesser love. It is marked by romance, i.e. romance of life. True love of anyone is selfless giving without any expectation in return. It is beyond any form of human love, including human true love. It is spiritual in nature as it is in essence a movement from soul to (any) soul. The highest love of all is the love and surrender to the Divine Spirit itself. Self-giving to the Divine opens us up to the infinite potential of life, and ultimate Joy and Delight of being. It is a path that enables a vast leap in our evolutionary possibilities.

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12/12/05

### **In Love We Are Attracted to a Complementary Nature**

Often what we seek in another is that which we don't have in ourselves; i.e. we hunger for a complementary nature. E.g., an emotional individual will seek out a staid, solid character, even as a mental, calm person will seek out someone with emotion; or an energetic person will seek someone without much energy, or an energyless person will seek an energetic person, etc. etc.

We can learn from that person and take on that missing attribute in yourself, or be self-satisfied with our own condition. In that way, we can grow from these relationships.

By the way, the same is true for friendship; i.e. often they have a complementary nature to our own, which we find attractive.

12/15/05

### **The Nature of Romance/Romance of Life**

-Civilisation, as well as its whole, the creation, is sustained by the evolutionary energy generated by the eternal aspiration for the Eternal. [The eternal is the Spirit, the Divine.]

-Romance is then the Eternal seeking the Eternal Eternally. [It is the Divine Spirit seeking out the Divine in our lives.]

-We seek this Romance in another person, through a soul-to-soul connection; a reflection of the Eternal Seeking the Eternal.

-Each person has a soul, the spark of the Divine. It has entered us to fulfill a purpose, the Soul's purpose through our growth and evolution.

-Romance is therefore the play of one soul with another.

-Romance is also aspiration of the unattainable. It cannot be found in one individual because that person is only a part (of the truth). Still we try. It is romance. The Whole is what the soul seeks through the part of the individual.

-The Eternal eternally presents itself to the ephemeral for its valid acceptance. [I.e. the spirit seeks itself in the lives of Man, between partners as well as in the adventure of life.] That is why Romance rears its head all the time at all ages. It knows no death. Romance never dies. It cannot die. It has never died in the history of man.

-Romance is permanent. Eternal romance is an ever-living ideal of the human heart and the human soul.

-Romance is the sensation of adventure in an ever-fresh atmosphere.

-The seeking is the adventure. Attaining is the fulfillment.

-To seek an emotional adventure of the highest type for the love of danger and the possibilities of destruction – of the body or the ego or status – is romance.

-Romance emerges to give life to death and dead habits.

-Romance is irresistible sweetness, charm, and attraction issuing from a delight of union, of integration of consciousness.

-The charm of Romance issues from its Divine character of universal attitude and infinite dimension.

-People of the level of Eternal Romance are very serious, of immense Patience and unshakeable calm. Life never troubles them. No trouble troubles them. Their very calm calms the opposing disturbances. Wherever they are, they make their mark unmistakably.

-Romance is the spirit of evolution. It originates in the body, goes to the mind, crosses the Spirit, and spills over to the third dimension of evolution. (Paraphrase of MSS ideas on Romance, with comments in brackets)

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12/18/05

### **Fundamentalism that Dissolves with Prosperity**

Wherever life opens prosperity, religion goes to the background. Equally, the rising enlightenment of the mind prevents religion from having an intoxicating hold on it that leads to rabid fanatical behaviour. (MSS)

#### COMMENTS:

-We know that whenever rabid fundamentalists confront prosperity, their reason d'être diminishes and eventually disappears. That by the way is true for the zealots of ALL major religions.

-Prosperity does not overcome *spirituality* however. Those who are taking to the deepest truths of life that come through spirit are *supported* by financial well being. In fact, prosperity is a great support for spiritual progress in life. It is even one of its goals.

-Of course, as the mind becomes more rational, thoughtful, insightful, it leaves religious fundamentalism behind. If that mind is inquisitive and determined to grow further, then it moves to the spirit, which is certainly beyond religious dogma, ritual, and superstition, even beyond religions best qualities.

-In fact above rational mind that generates *thought*-based conclusions, are the more subtle forms of insight through *direct* illumination and intuitions of knowledge; which moves one directly to the true truth of things. It is a step on the road to continually having the multi-sided knowledge of an issue, -- as opposed to the narrow, one-sided, exclusive, ego-supported ordinary functioning of mind, even rational mind --, which is an indicator of the spiritual dimension of *Knowledge*. Other dimensions include the experience of Oneness, Peace, Delight, Truth, Power, Goodness, Beauty, Love, Infinity, Etc.

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12/19/05

### **Callousness of the West and Negative Life Response**

Thousands die every day in Africa of AIDS and Malaria, but little is spoken of it here in the West. It is callousness of the worst sort. It attracts "bad karma," which is the principle that what you sow is what you reap in life. 9/11 and situations like it thus come as a negative response from life in return for our callousness to a variety of the world's problems.

We do not see that our lower consciousness -- whether our own or that of any collective -- is constantly attracting negativity from the field of life. Look around and examine your life, and watch for negative circumstances that come to you. It is most likely related to lower movements of consciousness; it is especially there in our wanting attitudes. Let us try to identify a negative attitude and then change it. Life will then respond to you ON ITS OWN with sudden good fortune. Problems will suddenly solve themselves, and sudden opportunities will arise from out of nowhere. It is the instantaneous miraculousness of "Life Response."

If Western callousness can turn into true concern -- including true follow-up to our positive public statements -- new solutions to the problems of Africa, the Arab world, and elsewhere can instantaneously spring forth on their own. The key is to move out of our narrow, self-centered attitudes that separate us from the conditions of the world around us. It applies not just to the West, but to any country, any culture, any individual.



12/22/05

## **Holding Opposites in Our Mind to Know the Whole Truth**

It has been said recently that blacks in America have substantial opportunities to rise, but have become complacent and self-satisfied. If one is honest, one must see that this is true in the current environment (2005). It is said by others that blacks in America are being ignored by the society, indicating a virulent contempt and callousness of the government and the people. If one is honest, one must accept that this too is true. Then which is it: one or the other? They appear to be contradictory beliefs.

Is it not possible that *both* are true, but that the human mind cannot hold these contradictory opposites together at once? The human mind, supported by a irrepressible negative vital/emotional being takes a side -- holding its one truth in opposition to all others, despite the wider understanding of the whole that includes all truths. This is unfortunately the way the mind of man functions. It is *exclusive* to all other possibilities other than its own. It takes one side out of a myriad of truths, and takes delight in REINFORCING its opinion whenever possible.

On the other hand, the person of higher consciousness moves out of the exclusivity of mind and embraces the full truth, whatever that might be; even, as in the example above, where the truths appear virtually opposite one another. The higher spiritualized mind embraces all truths because it seeks them; even what appears as contradictory opposites. In the lower consciousness, however, one is adamant about one's own position. In this world, all is divided existence; opposites opposing one another; me vs. you. In the higher consciousness, opposites, contradictions are *complementaries*, i.e. they work together to make a fuller, more whole, more integral truth. As man evolves, he will move to the spirit in mind that that can hold all truths, including contradictory ones. Then he will take a big leap on the road to his further evolution and transformation.

We can begin that process by moving to our deeper consciousness within, away from the surface bubblings, to silence; and then deeper still to the evolving soul. There one sees beyond the contradictions, embracing all sides, seeing to the True Truth that lies beyond the

surface view. From there, all decisions made will be great ones that inevitably benefit all.

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12/23/05

### **Taking the Other Person's Point of View**

Are you willing to take on this spiritual challenge? In the next few days, when you are in conversation or discussion or debate with another, switch your point of reference, and take the other person's point of view. Accept it completely in your mind. If you are able to do that, you have in essence had a spiritual experience. Taking the other person's view is to shift out of ego, and away from the exclusivity of mind, which sees one part of the whole and takes it to be the entire whole. It is instead a movement toward unity and oneness of being; a movement toward integral perception and knowledge, as we recognize that there are other parts of the truth we are unconscious of, that express through others, no matter how much in the wrong they appear in our minds to be to be. You will be startled at the turn the conversation takes thereafter, and you may get a glimpse at the real power that we have within to change the course of life around us.

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12/26/05

### **Nature Drives Out Society's Physical Consciousness through Calamity**

The individual and collective express their consciousness from the lowest to the highest levels. The lowest is the *physical* consciousness, which expresses through inertia, unwillingness to change, insensitivity, brutality, superstition, dogma, falsehood, and other anachronistic tendencies. Actions of Nature overcome that physical consciousness through natural disasters and calamities, through attack and invasion by enemies, and through other means She deems fit. The individual too suffers the consequences of his own physicality through the tragedies that come in his own personal life.

The Tsunami of 2005 in Asia is one example of this phenomenon, indicating the limited physical consciousness of the people affected

there. Another is the 30 million Russians who died during WWII, which matched an equal number of citizens the Soviets had just killed of their own. Even when the nations of Europe were annihilated by the Nazis, it was because of the limited physical consciousness of those nations who were unwilling to pull together in the years leading up to the war. Many other events demonstrate this intent of Nature to overcome the unyielding physical consciousness, including the recent 9/11 attack of on the US, indicating a part of her physical nature. We see earthquakes in Iran and other locations shaking up the physical consciousness of backward thinking areas. Of course, those that hand out such "justice" -- including fascists, terrorists, and other oppressors -- are often virulently physical too, and invariably suffer the consequences as well.

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12/27/05

### **Harlan Cleveland and Coinage of "Rising Expectations"**

Harlan Cleveland coined the phrase "revolution of rising expectations" to describe this phenomenon which he observed in Eastern Asia in the early 1950s. Spurred by the end of colonialism and the diffusion of democracy, since then this revolution has circled the globe and ignited a clamor for education, higher levels of consumption and opportunities for advancement among billions of people. The universal awakening of this urge for progress is another compelling reason why the speed of development is increasing so rapidly. (MSS)

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12/24/05

### **Religion vs. Spirituality**

- First, an individual has a profound realization of the spirit. (E.g. Jesus, Buddha, Mohammed, Krishna, etc.)
- That individual brings a new level of spiritual evolution into society. (E.g. Jesus of Love, Buddha of suffering and salvation.)
- A religion then adopts and then expands in the social sphere on the realization of the pioneering spiritual founder, i.e. the Avatar.
- The followers of the religion are compelled to follow the precepts of the founder.

-Religion develops ritual, dogma, and superstition to organize the founder's experiences in ways to develop and maintain its organization. After some benefit, it creates an institution of Darkness out of the spiritual realization of Light of the founder.

-Spirituality is to one's self have the spiritual experience. Within a religion it can said to be to have the experience of that founder. Instead, the religion advocates worshipping the founder through the methodologies advocated by the religious institution. Anachronistic tendencies and Darkness begins to move in. Its actions lead to actions that are false, bordering on evil. (Some aspects or individuals remain in the light.)

-Even the Avatar, religious founder, though great, only expresses one or several rays of the truth; nothing near the whole truth of the Spirit.

-True, integral realization of the spirit is to connect to the spirit in *all* its aspects; Knowledge, Truth, Love, Beauty, Oneness, Peace, and Bliss, etc. It is beyond religion. It is even beyond the experience of one ray/aspect of the spirit.

-Religion has passed its time. It has for the most part become an anachronisms. Spirituality is now fully available for Man in the present for his full realization.

*-Each person can know the Divine, become It, and bring It fully into the Becomings of life, thereby divinizing all life on earth.*

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12/28/05

### **Beyond the Political Opposites in Society, Enabling Rapid, Vast, Smooth, Creative Progress**

In the USA as elsewhere, there is a two-party system. It is an indicator of democracy, as opposed to the oppression of monarchy and aristocracy. And yet it is flawed relative to what it can be. The Democrats are passionate about ending poverty, and many of their policies are very helpful, but many are flawed. Their hearts are in the right place, if not all of their ideas. The Republicans want to cut taxes, which is one of a series of fine ways to stimulate the economy, and yet behind is a virulent selfishness and greed in that approach that is cut off from the social aspirations of people. Each side has positives that are wrapped in negatives, or negatives wrapped in the positive. When you also add in the political instinct, it can turn poisonous, as useful policy is abandoned for doing what is expedient and in the interest of that party.

One of the ways America and similar countries progress is through the opposition of parties that are each flawed. And yet we now progress through the interaction of these two conflicting and flawed opposites. This is Nature's way of progress through complementary contradictions, here expressed in governance. She also expresses elsewhere -- in fact everywhere. E.g. in business through a traditional opposition of executives and the remainder of the staff. Through conflicts between nations; through conflicts between lovers; even of ideas. Everywhere we look, we will see such complementary opposites that appear to be in opposition, in duality.

As we rise in consciousness, the dualistic nature of progress dissipates, and there is growth and development in society through unity that is also exceedingly diverse. We release ourselves from a particular side to embrace the Whole. (Where is the Whole? It is the sum of all the truths of an object, and then some.) Life progresses in this more conscious way through positive energies only, not through an incessant mixture of positive and negative. Even the appearance of the negative in this new consciousness is seen as positive in disguise. As a result, *progress is exceedingly fast, is exceedingly smooth, is vast, and infinitely creative* -- replacing the slow and difficult way of Nature that is our current way.

What is this consciousness that sees the world in this new way? It occurs when we take to rationality certainly, moving away from our superstition and falsehood. More than that it has the spiritual touch, which expresses several ways: (1) a movement out of ego and separateness; (2) a giving up of exclusive points of view and the tendency to take sides; (3) a connection within that sees harmonies instead of dualities outside one's self; that even sees the unity emerging from conflicting opposites; (4) that acts in such a way that opposition is never created. It is for the future life, but we can each begin now by connecting with the calm and serenity and joy and love of our inner being and True Self. We discover this spiritual Being by moving away from the surface of life and connecting with the silence within.

12/29/05

## **The Negative Enables Progress. Now However Let's Progress through Higher Consciousness**

If we were to honestly look back on our lives, we would see that the greatest progress came about as a result of difficult circumstances -- sometimes emotionally devastating, sometimes even life-threatening. Thus, what we see as negative will have turned out to be the most positive thing that has ever happened to us! Thus, we can say that the negative, the bad is in fact the best good of our lives. This shattering thought that the negative is the ultimate form of positive raises many issue.

One is that life progresses through the confluence of the good and the "bad". This is Nature's way of progress -- i.e. through contradictory opposites. It is a slow, difficult, and painful way, but it succeeds in the end in Its intent. It is even sanctioned by the spirit, the Divine.

However, there is a higher method of progress. It is through methods of higher consciousness, which we can cumulatively call "Soul" -- as opposed to Nature. If we were more conscious to begin with, we could achieve the same aims without the pain, and those additional positives generated would unfold much more quickly than Natures difficult way.

When we move to a deeper consciousness, when we gain a more profound knowledge, when we consciously direct the course of our lives instead of leaving it to the whims of Nature, progress occurs from *positive to positive*, not from positive + negative to positive. When we move our consciousness into the depths of our being, away from the surface, and move into the stillness and silence within, even touching the evolving soul beneath these, we see the world as it truly is. Thus, at every moment we perceive the right thing to do, which causes us to make choices that tend to be far more positive and effective. Thus, though our own inner, soul-state we progress through the way of Soul instead of Nature -- i.e. coming to the new positive *only* through the positive.

Also, these positive-only results that come from our higher consciousness and the choices we make from there, tend to occur

*instantaneously*; i.e. vast positive results move towards us in no time, avoiding Nature's difficult and lengthy course. This "instantaneous miraculousness" that brings sudden good fortune through acts of higher consciousness, I call it "Life Response." It is a life of continuous wonder and joy, as sudden good fortune continuously moves in our direction.







## 2006 ENTRIES

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1/2/06

### **Two Inner Approaches that Will Catapult You to a Whole New Level of Success**

Man complains that he is not as successful as he would like, yet does not understand that his inner condition is what directly blocks further accomplishment in life. There are at least two major approaches to resolving this problem. One is to look at negative circumstances occurring outside one's self, and make the necessary corresponding inner adjustment; the other is to do an inner evaluation of one's condition in life, find what is wanting, and make the necessary change. Either will attract instantaneous good fortune from the world around us.

In the first approach, I identify a negative circumstance that is happening in my life, and I relate it to a wanting attitude or behavior within. I then change that negative, and as a result, life will *suddenly* respond with good fortune. This is the principle of "inner-outer correspondence" in action; that if you change the inner, life will suddenly respond outside ourselves. For example, one woman who saw that her ill-will towards another had precipitated negative circumstances in a completely different area of her life, decided to change her feelings towards this woman. She actually came up and congratulated him on winning a big company prize. As a result, not only did she create good will with this person, but the organization in which they all worked suddenly from out of nowhere bestowed a very expensive gift on every employee, including the woman who changed her attitude! This is one approach to accomplishing vastly, beyond one's current limitations.

The other approach is to "take inventory" of one's self, identify several wanting qualities, and make the persevering effort to overcome them. For example, I evaluate myself in such areas as; level of cleanliness and orderliness, necessary skills, negative attitude or harmful assumptions, bad habits, whether or not I am psychologically strong, whether the work I am doing is really what I want, whether I am fully accepting what life demands of me, whether I have a clear direction in life, whether I am emotionally balanced, and so forth. I thus conclude that my living and work space are completely disorganized, that I have no focus in my life (I am scattered in my intentions), that I procrastinate, and that I tend to be unpunctual. I then develop a comprehensive plan to overcome these and carry it out with a passionate and determined effort. Life then *suddenly responds miraculous-like* with instances of good fortune.

It should also be pointed out that if we open to the spiritual Force at each point, we can literally move to the top of our field in extremely short order; e.g. in months instead of years or even decades. Thus, in these ways, life becomes a never-ending series of instances of "instantaneous miraculousness." I call this phenomenon "Life Response." A great secret is currently being revealed to the world.

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1/4/06

### **Knowledge that is Matched by a Will to Accomplish It Produces Ultimate Results in Life**

After there is a disaster, there is often a will, a will to accomplish that which will prevent the disaster in the future. Before that, there is just a knowledge; i.e. a knowledge that such and such things should be done to prevent a disaster. The knowledge of what should be done and the will to do it are not there together, which invariably leads to public tragedy. This is Nature's slow and difficult Way of progress through unconsciousness, where either the knowledge or the will, or both, are missing.

We can see this absence of will in the face of knowledge in every facet of life, from global challenges to our own individual challenges as we confront the day. Any act becomes complete when the knowledge of what needs to be accomplished is matched by an energy, will, and desire to see it come about. Then it gets accomplished -- and then some. Sometimes, the inverse is the case, where there is will but

knowledge is absent or incomplete. A salesperson running down the street madly to sell his goods, without first considering if he is on the right street, or which stores are the best to enter to is an exaggerated example. When there is unorganized desire, there may be limited success, but there is almost certainly ultimate guaranteed failure.

*Knowledge and will together is then the formula for success, but it is rarely held as one. When it does, life moves, success follows. There are many reasons for this failure, beginning with the notion that in the Creation of the universe knowledge and will of the Divine Source were separated, and it is only through evolution of human consciousness that we can bring it back together to enable ultimate creation on earth.*

On a practical level when we know something, i.e. something that needs to be done, the will is too often absent. How to rectify this problem? Now when we obtain a knowledge, will is not inbuilt into it, but *imagine where every time you learn something, there is an equal power of effectivity, a will to accomplish it.* This is not the ordinary human way, but it is our evolutionary destiny to operate this way. Currently, we obtain knowledge through thought, even rational thought. Tomorrow it will be through descents of *intuitions* of objects of knowledge into the mind from the universal plane that comes without the hard churning of thought. Just a step about this is *supramental knowledge where intuitive knowledge is accompanied by an enormous power of will to accomplish it.*

Opening to the spiritual Force puts us in touch with the *exact* right knowledge we are looking for as well as the energy, intention, and *will* to accomplish it. *We then have the exact method and power to solve all problems in life virtually instantaneously.* Knowledge and Will are then fused, and there is simultaneous conception and action. Opening to the Force thus enables an ultimate *Efficiency* in life, where we are able to accomplish the most in the shortest period of time with the least effort. To operate this way is our evolutionary destiny. When we move to the depths within and open to the Force, knowledge and the will to accomplish it come to us together. In that way, we create vast benefit for society and ourselves in virtually no time. This is our evolutionary destiny. Some are beginning to practice it now with staggering results.

1/6/06

## **Knowledge + Will + the Force that Enables Ultimate Accomplishment in Life**

The Indian sage and seer Sri Aurobindo described the process by which the universe emerged from a Divine Source. That process -- from Vision to energy to manifestation -- is essentially the same process by which we create in life.

Accomplishment then -- whether the creation of this universe of forms from a Divine Source, or the creation of a successful work or project in our lives -- is determined by the Knowledge we have and the Will to accomplish it. E.g., I see that I can rise from project manager to project leader, and I intensely want to do so. Together the Knowledge and Will can be further organized into the details that will produce the results I am after. This involves the two sub-processes of self-limitation and self-absorption. E.g. I examine several strategies that will help me move up, such as acquiring new skills, and making a greater effort, I then focus on one or two, come up with a specific plan to make it come about, and then execute through a determined persevering efforts, which then brings me the results I am after. The more we follow this process, the more we accomplish. In fact, if we follow the process perfectly, the results can come about instantaneously from seemingly out of nowhere. I call that a "life response."

While the Absolute (also known as Brahman in the East) evolved a universe of forms through the perfect integration of Knowledge and Will -- i.e. It knew what it intended to create, and had the infinite power to do so -- we do not ordinarily have that unity of intention to accomplish. We might have the knowledge of something we want to occur, but without the will to see it through; or the will for something to come about, but without the knowledge of how to make it happen. In either case, accomplishment will be futile or quite limited without both parts. In fact, in the Spiritual dimension of life-- i.e. the supramental truth consciousness above mind -- they are fused. In our lives, they are either absent or partially integrated. However if we learn to follow the process of creation in our own lives, we will begin to fuse Knowledge and Will that is the key to accomplishment in life. If we also use the power of the Force -- where knowledge and

will/power of effectivity are already fused, we can attract the infinite potential of life to us in literally no time.

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1/7/06

### **"This Morning I Awoke with the Entire Solution in My Mind"**

Normally, we have to exercise our mind to understand a thing, or to come up with an answer to a problem. It involves the hard churning of thought. There is also a more refined mind where we are able to know a thing with less thought or even *no* thought. These come through sudden *illuminations* of thought -- as in Archimedes famous statement: "Eureka, I've got it!" Beyond these are pure *intuitions* and *revelations* where knowledge simply enter the mind without any of the hard churning of thought. When such inspirations of knowledge, you simply know without intellectualizing and thinking rationally. Imagine that you can actually know a thing *in a second* instead of hours, days, weeks, or months of trying to figure it out. In essence, you are enabling the future -- knowledge you would obtain in the future -- to come into the present without effort. It simply comes. This opening to the truth of things is certainly an ultimately efficient way of functioning; and is a way to propel you to the top of your field in no time.

Where do such intuitions and revelations of thought come from? They originate in the *universal plane* of life, as well as *inside* ourselves at points we are connected with that plane. Where are those points inside? Normally, we are locked into our little selves, including our limited sphere of knowledge and understanding. Our ego, our separateness, and living on the surface prevents us from having a more full and integral understanding. However, when we move to a *deeper consciousness within* we overcome ego, separation, and ignorance, and move to a wider sphere of connectedness and knowledge. As we live there, bursts of intuitions of knowledge tend to descend into our minds from the wider, universal plane of life. Then we simply know in full that which we were seeking to understand, or have recently been considering. It is an ultimate mental efficiency, indicating the way humans will "think" in the future.

A distinct part of ourselves is connected to the universal plane where all knowledge resides. It is within, behind the normal mind, in the *subliminal* mind and being. There are stored positive awarenesses of

life that our normal mind is incapable of perceiving. Unknownst to us, this higher subtle inner subliminal mind is always sending up its positive influences to the surface. E.g., it is directing us in the right direction in a crossroads situation. We normally call that "gut feeling" or having the intuition of which way to move. One way these come are through sleep, or rather upon *waking* from sleep, when an intuition of knowledge is simply there in our mind, resolving a problem or providing an understanding we never had before. This is an intuition of the inner mind, the subliminal mind, which is connected to the universal mind and consciousness. Imagine if we were connected this way, we would know 10, 100, 1000 times deeper and faster than we presently know things. When we live in a deeper consciousness, we are more in touch with this realm, and therefore intuitions and revelations come more frequently. It is tomorrow's way of understanding -- a harbinger of the next stages of human evolution.

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1/8/06

### **Preemptive Problem Solving in the New World**

Life divides into Nature and Soul. It is mostly the workings of Nature that we experience in our daily lives. Soul -- i.e. higher consciousness, spirit-based progress -- is experienced far less. Nature's way of progress, i.e. the usual way of life, is slow, torturous, and painful. The Tsunami of Asia, hurricane Katrina in the US, and 9/11 are movements of Nature; as are the unfoldings of wars, disease, and various forms of conflict, hardship, and tragedies in our lives and in the world. The world unfortunately progresses through this torturous unfolding; dealing with the problems only *after* tragedy has run its course. It follows this course, Nature's course, because humanity was reluctant to solve these problems rationally in the first place. Nature then rids the world of its reluctance, its unwillingness, its inertia, its lack of cooperation, its lack of action, its knowledge without the will to make it happen -- in sum, its virulent falsehood -- through the slow, torturous method of pain and conflict.

This however is the old way. *It cannot be for the future.* We can no longer progress by taking action after tragedy. We must avoid tragedy in the first place. We must overcome Nature's slow and difficult way. How can we do this? *We must be proactive. By exercising our mind,*

and having the *courage* to see the many-sided truth of issues before us, and act on it is the way of the future. It is both the Knowledge of a thing and the Will to see it through. Knowledge and Will together is the conscious way; the way I call Soul.

Everywhere you look around, you will see man reacting to tragic conditions. He must look deeper into the issues of society and solve them through rational thought that embraces the many sides of truth of any issue. The (ironic) lesson of Tsunami, Katrina, and other tragic circumstances are that we can no longer wait for such tragedies to unfold to solve problems. We must reverse course, and become radically preemptive. That will happen through higher harmony of the people, which itself will occur when we are all willing to shed our various egos -- individual, regional, national and international ego -- and work for common cause. Mere economic cooperation will not suffice. It is just the surface of cooperation.

As we move upward to rationality to spiritualized mind of illumination and intuition, and inward to a deeper consciousness where we feel a deep affinity with others and the environment, we develop that sense of harmony, unity, and integrative purpose from which we can preemptively solve the problems of the world. Rooted in the spirit, solutions to the world's problems come from everywhere as we receive all solutions to all problems from the universal plane where the future moves into the present. This preemptive way of higher consciousness, of Soul, is the new way of progress as we now awaken at a New Dawn of civilization.

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1/10/06

### **Thoughts on True, Inner Happiness (i.e. Joy and Delight of Being)**

-Ordinary happiness comes and goes. It is our favorable reaction to the events of life that come from the outside. Because life is unpredictable, this type of happiness is unstable. *True* happiness is *Joy* of Being, which comes from *within*, unencumbered by the exigencies of life around us.

-The major cause of unhappiness is seeing life through our ego-consciousness. When we move away from ego and separateness, we develop the possibility for true *inner* happiness.

-The happiest of people -- i.e. those who experience Joy and Delight of Being -- are those who are self-giving towards others; who listen to others, who are focused on the concerns and needs of others, who literally lose themselves in the lives of others.

-Ego and self-givingness are two opposites. Ego brings unhappiness or outer happiness. Self-givingness gives inner happiness. The act of self-giving perpetuates joy.

-Living on the surface, overwhelmed by the inputs of data streaming in from the outside through our five senses, the smoothness and oneness with the environment and others gets overshadowed. From the surface, our mind gets cluttered, and we move towards separateness, self-centeredness, i.e. ego.

-Surface living and the separateness, ego it engenders leads to negative emotions -- like fear, worry, guilt, ill-will, impatience, and many other harmful qualities.

-True Happiness derives from a deep connection within, all the way down to our True Selves.

-The most joyful of people are spiritual people, whose orientation is inward, reaching toward their True Self and Soul being, which reflects outward toward embracing others and the world around them. This creates inner happiness and joy.-

-When we are more aware of our lives, ourselves we become more inwardly happy. Through deep knowledge of the workings of life, as well as a deeper center of consciousness, we enable this mindfulness and awareness that supports joy and delight of being.

-How did this come to be? The Spiritual Reality on the road to creating a universe of forms, divided into Existence, Consciousness-Force, and Delight. Delight which mirrors our potential Joy and Delight of Being was absorbed in creation. In order to create a multiplicity of forms with the greatest variety, positive and negative was created, and there was loss of Consciousness *and* Delight for this purpose. Also, we emerged through evolution as divided beings, with happiness and pain, positive and negative circumstances in our lives.

However, when we find our True Selves within, we begin to connect to, become One with the universal plane -- i.e. the environment and



the people around us. There we shed ego, separateness, and engender connectedness. As we give to others, Joy springs forth. As we discover our True and higher self, our evolving soul within, Joy comes to us. As we shed our ego and negative propensities, Delight spreads throughout our Being. As we connect to the transcendent spiritual Reality, we experience ultimate joy -- the Delight and Bliss of the Creator, once lost in creation, now rediscovered.

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1/13/06

## **Faith**

Faith is a movement of the soul deep within us, a power of Truth, a direct and spontaneous knowing which is truer than mental knowledge.

Faith is most effective when it is integral -- not only the mind, but the heart and the body should share it -- and when we do not expect or insist on a particular result, but rather give up our claims and expectations and maintain our confidence regardless of the apparent outcome.

The intuitive perception and reliance on the Divine Consciousness opens up our being to the descent and working of that power in our inner and outer lives. When a problem or opportunity arises, instead of relying on our own capacities and resources, we can shift our faith to that power and see it take charge of the issue. The surest sign of that faith is when we feel a sense of peace and satisfaction, even before the issue has been outwardly resolved. Then we can know we have put the issue in the hands of a power that never fails. When we rely on That even in apparently insignificant daily events -- then the true Consciousness behind the surface of life reveals itself.

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1/14/06

## **Spiritual Faith Engendered by Soul Experience**

What is faith? In general, it is the giving of complete trust to someone or something else in the belief that it will produce relief or benefit. We give such trust freely, not knowing the details of what will be done, and how it will come about. All we "know," is that the other party -- a

subordinate, a friend, the Divine spirit -- will do what is necessary ON ITS OWN, without the requirement of our knowledge.

Let me focus on Faith in the Spirit. Normally we take to it because it is our last hope, or because we have seen its working in the past, which engenders confidence that surrendering to it will work again. However, for there to be true, ongoing faith in the Divine -- whether in times of need or reliance on it to succeed -- we will need to have experience of the spirit, of Soul within. The feeling of the Presence within will give us a great faith in the *wider* Spiritual Reality. Then, when challenging situations arise in our lives, we will be able to defer to that wider Reality to bring us good fortune. Thus, the basis of ongoing faith is ongoing Soul experience within.

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1/18/06

### **Creation for the Creator, the Individual, Society, and an Organization**

There is essentially one process of growth, accomplishment, and creation in the cosmos. It begins with a vision and aspiration, continues with a decision, and unfolds through organization and action, culminating in a result. This process occurs for the Divine spirit, for the individual human, for society, and for a business or organization.

*Creation of the Universe* -- From an Omnipresent spiritual Reality emerged a Divine Will to create a universe of forms. Through a process of creation, a Conscious *Force* emerged from out of a spiritual Existence that developed into an essential *Energy* out of which the forms of the universe, including us over time manifest. The process was Vision, Aspiration, Decision, Organization, and Manifestation. The universe and all its forms was created through these stages of the process.

*Creation for the Individual* -- We follow that same process when we create as individuals. We have a vision and aspiration for something to come about. We make the firm decision to accomplish it. We organize the details and carry it out through a determined, persevering effort, which brings enormous positive results in practically no time.

*Creation for the Society* -- Accomplishment and development occurs similarly in society. A pioneer individual aspires to accomplish something for the society. That individual turns that vision and aspiration into a decision to make it come about, which is organized through details, including strategies and plans of action, which are carried out through a determined, persevering effort that rapidly produces breakthrough results, accomplishment, and growth for society.

*Creation for a Business/Organization* -- A business or other organization accomplishes and grows in a similar fashion. It does this through a strategic plan. In that plan, it has a vision of what it aspires to accomplish, including the business values it subscribes to. It makes the firm decision to carry out its vision. It organizes the details into specific strategies and plans of action, and carries it out with the highest skills and attitudes. As a result, the company rapidly accomplishes in that targeted area, often in overwhelming fashion.

We can look at this process in terms of an energy flow of physical, vital, mental, and spiritual energies. In all cases, the vision, aspiration, and decision organizes the available energy into a *Force*, which through organization of the details becomes a *Power* that when executed through a determined persevering action manifests as overwhelming *Results* in stunningly short order. It is the same essential process of creation for Creator aspect of the Divine Spirit, for the individual, for society, and for the business/organization. How can we follow that process in our own lives or organizations to enable ultimate accomplishment in no time?

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1/21/06

### **Connecting to Spirit as Householder, Aspirant, or In Between**

It is true that we are slowly evolving from mental to spiritual beings. In fact, as mental beings, we can now *consciously* make the decision and effort to connect with spirit in any area of our lives. By connecting with Spirit, we experience a continuous silence and Presence within; we tend to move from selfishness to selflessness and self-givingness; and we tend to have the wherewithal to see the true truths unfolding around us to make the right decisions and take to the right actions that lead to powerful positive results. We also experience an ongoing joy and delight of being.

Can all of us simply take to this spiritual-oriented way of life without any distinctions in our approach? It would seem that it would be best to have a variety of approaches to accommodate differences in people. Therefore, let's consider two approaches toward the spirit; one from the perspective of the 'householder'; and the other from the perspective of the 'spiritual aspirant'. The former tries to bring spirit into life in order to create success, harmony, and well-being in family life; the latter directs his life to his own physical, emotional, mental, and spiritual growth and evolution. One can also live a life of spirit at levels in between.

The householder takes to the spirit by opening to the spiritual Force in order to create a happy and prosperous family existence. As a result, life continually comes under one's control. That individual opens to the Force before major activities, such as an important business meeting; or in order to resolve a problem, such as issues of money, health of a family member, a child's education, an upcoming social event, and the long-term security and harmony of the family. By opening to the spiritual Force, vast material results come in an extraordinary short period of time. We experience a constant stream of miraculous-like events in which new opportunities suddenly arise, serious problems are suddenly overcome, difficult challenges are easily met -- as the Force brings life around us under control. I call this phenomenon "life response."

The spiritual Aspirant on the other hand seeks the change and transformation of his very nature. This individual seeks to discover move from the surface of life to the depths within, to come out of the essential Ignorance of man, and to infuse all parts of his being -- physical, vital, and mental -- with the spirit. He seeks to come in contact with his Soul within and with the Force around him, eventually surrendering all of his works his very life to the Divine Will. Through this effort, his nature changes, the world around him is changed, and he becomes an instrument for the spiritualization of society, culminating in a Divine life on earth. He is living an adventurous life of consciousness and joy. He (or she of course) becomes a pioneer in the spiritual evolution of humanity.

If we are serious about connecting with spirit in life, we can do so as a Householder or the Spiritual Aspirant, or any point in between. Each person who feels an inner call is ready to move one or several steps beyond his current condition. He can determine what his life status is -- as husband/wife, father/mother, worker, etc -- and determine his approach to the spirit. Whatever level we choose, life will consist of a

never-ending succession of miraculous-like experiences in which we feel an ever-increasingly intense joy and delight of being.

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1/22/06

### **Coming out of Ego as First Step of Conscious Evolution**

Each of us can certainly take to overcoming one deficiency in our nature -- perhaps a wanting attitude toward someone else, or a mistaken belief, or a harmful habit. That in itself will guarantee continuous progress in life. We can also open to the spiritual Force which, will continually bring life under our control. If we follow these simple approaches, we would be all but assured of living a happy, productive -- even magical -- lives.

However, we can go a step further and take to an even greater journey. It is dedicating ourselves to a life of *conscious evolution*, with the purpose of continually evolving our highest nature. It an aspiration and determination to progress from our current status to an ultimate status through the power of the spiritual dimension of life.

If we are interested in such an undertaking, how would we begin? There are many places to start. E.g., we could commit to overcoming our limited attitudes; or continually open to the spiritual Force before engaging in an activity, as mentioned above. The major step of conscious evolution is to make the effort to *come out of ego* -- the main bar to our higher nature. It is the way out of our current sense of separateness and selfishness to a higher state of harmony, oneness, and unity with the world and individuals around us. It is the decisive step that brings us to the next step of our own personal evolution.

How then does one come out of the ego-sense, this very human tendency to focus on one's own needs and concerns, at the expense of others, and the true unfoldings of the world around us? We can begin to overcome our ego-sense by discovering our higher nature, thereby replacing its lower complement, which is ego. We do that by moving our center of consciousness away from the surface of life and into the depths within. There we come to a stillness, a silence that engenders a state of mindfulness that puts us in harmony with the truths of life that are unfolding, and the wills and purposes of those around us. As we move away from the surface bubblings, the visual

and auditory stimuli of the senses that hogs our still and rational mentality, and discover the deeper poise within, we begin to dissolve our ego and connect more deeply with the world around us.

There is no bottom to the depths, as there is no limit to how we can connect to the world and the universal plane around us. Behind the calm and silence, we discover within, there is a deeper Subliminal being that sends up its positive influences to the surface. Deeper still we discover our True Selves, our personal evolving Soul within. Though there we are now at our deepest depths, we are at that point ironically most connected with the world around us, extending out to the universal plane of life. It is the poise from which we develop the greatest identity with the world and to the individuals in our lives; it is where our essential Ignorance of life's workings ends, and where our True Knowledge and wisdom begins; and it is where we feel the greatest joy, sweetness, and delight of being.

Thus, as we continually move to the deeper parts of our being, our ego gradually gives way -- which translates through self-givingness, mindfulness, and connectedness. At that point we will have made the first decisive change in our attempt to follow the course of Conscious Evolution.

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1/23/06

### **A Reluctance Overcome on the El Camino Real**

We were driving along one of California's longest streets -- it goes on for many dozens of miles -- in search of an IHOP restaurant. We knew we would have to drive through one or more connected towns before we found one of the eateries. Besides, I had just purchased a new car and we were stretching our wings on this glorious near-70 degree with perfectly-clear-blue-skies January day.

And yet after several minutes we could not find what we were after. An endless procession of retail stores and offices passed us by, and still no IHOP. We went on this way for a good twenty minutes. Surely, there should have been *one* of these outlets along the ten or fifteen miles we traversed on this well-known commercial artery. There was also another problem; I was almost out of gas. On top of that, we were getting very hungry.

And so I thought I would push on for several more miles and see if luck would finally come our way. Meanwhile the gas gauge was moving towards absolute empty. Though we looked and looked, we still could not find an IHOP. Then I thought to myself that I should focus on getting the gas. And so I made an inner commitment to immediately find a filling station; and not concern myself with our lunch. Within ten seconds of making that decision, both my friend and I cried out at the top of our voice. "It's an IHOP!," as we both gestured in the direction of the restaurant that now was right in front of us!

Needless to say, we pulled in and had our dinner. Thereafter, I filled the car with gas. During our lunch, I commented that life had suddenly responded to my decision to purchase the gas. As soon as I overcame my reluctance to do so, the IHOP suddenly appeared, as if out of nowhere. It is but one more example that if you give up a wanting attitude -- in this case a reluctance to do what is necessary -- good fortune will suddenly come your way. This is one principle of the miraculous-like phenomenon of "life response."

As we enjoyed our meal, we recalled how we had both called out at the very same instance, like children in a Miyazaki cartoon, "It an IHOP!" It was a great way to break in my new car on this glorious California day.

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1/28/06

### **Failure to Avail Opportunities, Luck**

Failure to avail of opportunities, i.e. Luck, is one of the perpetual human tragedies. When jobs were scarce to be had, one man refused a position he was offered because it was not in his hometown. Another leader wouldn't listen to the brilliant opportunity for the organization presented by a subordinate because he was a subordinate. There are endless examples; a number of which, if sincere, we can present from our own lives. Such reluctances, unwillingness to avail opportunities is pushing Luck away from us at the feast of life. (Paraphrase of MSS)

1/25/06

### **Accepting the Given, that Which Life Puts Before You**

Life is constantly putting situations before us that we can accept, neglect, or reject. If we accept and take up these givens of life, sudden good fortune can come our way. For example, when a salesperson overcame his reluctance and accepted a request to work a second consecutive weekend shift on his job, he *instantly* attracted the biggest sales of his life. Likewise, when an executive overcame his reluctance to accept his role as head of the company, the firm suddenly blossomed thereafter. *Action Plan:* Consider which aspects of your life you've been reluctant or hesitant to embrace. Once you understand the cause, make the concerted effort to overcome your reluctance or hesitation. Watch life suddenly and abundantly respond thereafter!

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1/29/06

### **The Ultimate Basis for the Emergence of the True Individual**

The 20th century has been hailed as that of the Common Man. Things that were once only available only to kings -- e.g. education, health care, and a level of abundance -- was now readily available to many if not all. That movement continues to spread around the world until this day.

And yet the new 21st century may be known for something even more significant -- the emergence of the true Individual. What is this era about? It is a time where every person on earth is given the opportunity to express his true individuality, the full flowering of personality, a true psychological and spiritual fulfillment in life. It is a huge step beyond the era of the Common Man.

The full, true flowering of this New Individual is ultimately made possible through the realization of our True Selves; i.e. where one has penetrated the depths of consciousness within, and has approached and eventually discovered our evolving Souls within. At that point, we are in truly touch with who we really are, our True Nature, which is the ultimate foundation to support the full flowering of our



Individuality. All the steps up to it -- e.g. total customized education for all, entrepreneurship that enables us to enter any field and become anything we wish to be, doing what one is inspired to become instead of following the dictates of the social order, the full emergence of personal and social values in life, etc -- will surely facilitate the emergence of this next stage of human evolution.

If this is the destiny of the world in this century, is there any leader to guide us? Surely, there will be individual leaders and pioneers of this New Individual Person. However, we already see a general, wider pioneer emerging and leading the world to this new age of the true Individual. It is the United States. For all its crass materialism and its bullying political tactics, it is the *evolutionary pioneer* leading the world towards the emergence of this New Individual in our young century. The USA is the evolutionary pioneer because within its borders it has allowed for unprecedented individuality amongst its own people. In addition, it is working out all of the conflicts of society amongst a highly varied populace. This attempt to grapple with the varying sides of issues amongst a plethora of people types, is a semi-conscious attempt for further evolutionary progress. This generates a vast internal energy that spreads in various forms throughout the world enabling her to be in the evolutionary vanguard.

Ultimately, of course, each of us must find our own way in this emerging new age of individual fulfillment. It is there to be discovered on the outside in fulfilling careers, but it is also to be found within, in ever-higher levels level of consciousness. As we move away from the surface of life towards a deeper poise, as we learn the subtle laws of life, as we are able to move life outside ourselves from within, as we discover the spiritual Power at our disposal, as we connect to the transcendent spiritual reality above and find our true Soul selves within, as we move from ego and selfishness to connection and self-givingness, we experience true fulfillment, which is the true and ultimate basis of an emerging Individual. It is the ultimate foundation and base of the emerging true psychologically and spiritually fulfilled Individual of the 21st century.

2/1/06

## **The Coming Super-Rationality of 21st Century Man**

The Indian sage and seer Sri Aurobindo explains how the universe emerged from a Divine source as divided forms, a process he called the Involution, and how the cosmos is moving out of its inconscience and insentience in an upward ascent from matter, to animated life, to mind, and to spirit, centrally through human beings, which he called the process of Evolution.

That evolution can occur slowly, i.e. through the slow and painful method of *Nature*, marked by division, duality, strife, pain, and conflict, or through *Soul*, which occurs through the exercise of the higher consciousness of Man, marked by harmonious integral progress. The choice is ours as to the method we progress. For most of history, Nature's way has been the central way of moving forward, marked by war, disease, and every other form of strife; with small glimmers and outbreaks of the more conscious Soul-based progress.

How do we then progress and evolve through higher consciousness -- i.e. through Soul? Ultimately, we can utilize the Spirit. However, before Man reaches that stage, we can move from Nature to Soul-based progress by becoming *rational beings*. What does it mean to be rational? It is to use the reasoning power of mind to determine our actions, instead of resorting to ignorance, folly, falsehoods, and evil. It is to move from force, emotions, and desire, to the powers of mind that attempt to engage the truth that is unfolding around us.

Though rationality is a great step beyond dogma, superstition, passion, fixed perspective, et al -- a stage that we are in fact now moving through -- it is not enough to overcome human progress through the difficult path of Nature. To progress through higher consciousness, i.e. Soul, we must make a far greater leap -- from rationality to *super-rationality*.

Rationality means using reason over passion and prejudicial view. Super-rationality is to fully incorporate the many-sided, integral truth of things at any moment of time. It is to know in any given instance all truths related to a matter, and to *accept them all in full* in developing our position. This is not the way we normally function. We may be rational, but we still harbor one view over another, taking to

single truth we are attached to, excluding all others. In that way, we are ideological in all manners of life. Think about it; on virtually every subject we have a point of view, which we believe is rational; but it is really only one perspective out of many, and even it may be false. Super-rationality embraces all perspectives of a subject, deriving from it an integral true, multi-sided understanding.

There is perhaps no man alive who functions by embracing every single truth related to a matter. It would be difficult indeed, for he has no obvious mental faculty to enable it. Rational mind itself cannot do it. It can be rational, in can be thoughtful, but it can only embrace one or several views on a matter. We can only have the many-sided, full integral view when we seek all truths of a matter *simultaneously*. This can only occur when we transcend the normal functioning of mind, even rational mind, and embrace the universal plane from which intuitions of knowledge can come.

In a descent, we can know one or several additional sides of a matter, or we can grasp the heart of the matter. From there we can further use our minds to relate insight to insight and move to the integral truth of things. At that point, we have an almost encyclopedic understanding of a matter, knowing not only its essence, but the salient details at once. We have the many-sided integral knowledge of the subject. Now when we act, we does so from a higher understanding, which enables more perfect actions, that are devoid of strife of Nature's way. It is progress through higher consciousness; i.e. Soul via super-rationality.

How then do we engage such super-rationality? When we move to our deeper consciousness within -- though meditation, concentration, or other means -- we move away from the surface of life and engage the universal plane where illuminations, intuitions, and revelation of knowledge descend, providing us with the many-sided truth of things. Then we have the integral material that enables us to know a matter from the widest and deepest perspective from which we can take to right decisions and actions that lead to overwhelmingly positive results. At that point, we hasten the progress and the evolution of the world around us through movements of our consciousness, through Soul, instead of the painful way of Nature. This will increasingly be the approach and method of the 21st century Man. It will enable the infinite potential of life to emerge at all planes -- material, psychological, mental, and spiritual.

2/3/06

## The Decisive Competitive Advantage of Intuition

They say that Knowledge is Power. In America, there is currently fervent discussion and hand wringing over how to retain its economic edge in the face of global competition, especially from China and India. A national panel has been established with a litany of solutions to this challenge -- ranging from improving K1-12 education, favorable tax policy, jump-starting the number of engineers and math wizards the country produces, more research in technology and science, and so forth. The idea is that by having greater technological knowledge, America will develop greater economic power that is competitive with, actually exceeding the rest of the world.

All of these -- there are actually 20 major recommendations -- are fine solutions for establishing a competitive edge. But it is not merely an *edge* that we seek -- that any nation should seek -- but a *decisive advantage*.<sup>\*</sup> A truly Decisive Advantage would be our ability to have the infinite knowledge and wherewithal of the future *in the present*; or to put it another way, to create the greatest benefit in the shortest period of time with the least effort. It is to condense years' worth of effort into a week's work; a dozen years of hard thought, research, and efforts of imagination into several *minutes*.

Such mind-numbing efficiency would enable an organization to produce the technologies and the products of the future in the present. Then there would truly be a Decisive Advantage! Imagine if one could discover the answer to a technological problem in a single day and develop a product within a month based on that knowledge -- instead of the usual months, years, and decades; *and* it turns out to be precisely the product the market is secretly yearning for! This cosmic supra-normal Efficiency would put your firm, or your community or nation, miles ahead of the competition.

How could this utopian, veritable mystical scenario come about? It can through the power of consciousness -- more particularly by absorbing *intuitions of knowledge* in the here and now. We can simply sit quietly in a chair, and in a moment of time, receive a solution to a long-term technical problem, attract a vision of a product, or have the subtle sense of what society subconsciously yearns for. In this way, the future moves into the present; i.e. we are abridging time into no

time. Thus, almost instantaneously, I can develop a 5-year advantage over my competitor, as I sense the unfoldings of the future in the here and now. I receive intimations of knowledge -- in the form of illuminations ("Eureka, I've Got It," said Archimedes), intuitions of the heart of the matter or the many-sided truth of subject, and revelations of the very thing that the future yearns for and is moving towards. With that knowledge, I develop products and services that leave competitors -- including competing nations -- in the dust. But, how to evoke such staggering intimations of where the future is pointing?

We develop this intuitive power that gathers ultimate knowledge -- as well as a simultaneous *will* to make it come about -- when we consistently move our center of consciousness away from the surface of life, from the outer bubblings, from our constant absorption in the objects of the five senses, to a deeper poise within. There ignorance, ego, time, and finite possibility are replaced with knowledge, oneness, no time, and infinite reality. Let us consider what happens as we penetrate the depths.

First of all, in the stillness and silence we establish there -- e.g. through the above method of concentration or meditation -- mind is calm. That causes the mind to work more efficiently, causes related thoughts to come together, enabling *bursts of insight*. As we go deeper still within, to the subliminal being and then to the evolving Soul within, our True Selves we move away from our separate selves and open to the Universal plane, where *intuitions of knowledge pour into our minds, without the need of thought*. The light of Truth comes to us from many angles, leading to a staggeringly complete understanding of what is and what needs to be. With that many-sided Knowledge, we gain knowledge of the possibilities, which puts us in a position to make the right choices and decisions, which lead to extraordinary perfect actions that end in *vast positive results in very little time*. Abetted by our ability to connect to, and open to the spiritual Force, achievements that normally require years of inquiry or effort occur in weeks, or even days. From that poise, we are able to bring what normally would have occurred in the distant future into the here and now; bringing the infinite potentials of life into the present.

Technological innovation that brings an edge over the competition is one thing. Instantaneous knowledge that compresses the future into the here and now that enables us to produce distant products and services in the here and now is another. It is a cosmic-oriented Decisive Advantage, which is available to all who pursue it.

\*Ultimately, it is not mere national advantage we seek, but world unity and mutual prosperity, well-being, and satisfaction.

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2/8/06

## **Cause and Solution to Radical Religious Fundamentalism**

Religious fundamentalism that has turned to anger has for the time being reared its ugly head. As a result, people want to know how to resolve the problem. On one side, the angry sense that they have been treated shabbily over the years; while the other side perceives fanatics resorting to the evil of violence. Is there any common ground to solve these conflicting views? Yes, there is, and it is quite simple actually.

Let's consider the evolution of society. It originated in Africa, and spread North and to the East. Religion first emerged in the Middle East. Then thinking and mentality arose in Greece, and ordered society in Rome. Many years later, global trade was developed, primarily by the British, the Renaissance was born, which was followed by the rise of democracy. Freedom of course blossomed in the revolution in France. Several centuries after, super-prosperity emerged in the United States. Meanwhile over thousands of years, spirituality and culture emerged in the East, and now material well-being.

In the course of history, the nations of the Middle East and the Arab world were overpassed and forgotten, as the world continued its evolutionary progress, leaving her destitute. Also, with parched soil, she could produce little, until the relatively recent discovery of the natural resource of oil. Over centuries, and particularly in recent times people became discouraged, looking to hold onto any creed in the face of a society that had failed them. A number turned toward virulent fundamentalism; not so much to express their religious feelings, but to (subconsciously) express their material frustration that the world had left them behind. This virulent strain is actually a recent phenomenon, accelerating in the last several decades. In a world of "Rising Expectations" -- where any man can see through via the media that the rest of the world is prospering -- it is easy to feel left out, and therefore one is apt to turn bitter and destructive. In the absence of other alternatives, fundamentalist religion fills the vacuum.

So what is the answer? The solution is always there in the cause. Poverty and lack of opportunity is the source of the discontent, the taking to fundamentalism, and the ensuing violence. Overcoming poverty then is the solution and course that must be taken. Let us then hear about initiatives from within and without that region that attempts to bring the citizens into the material fold of well-being that the other continents experience. Saber rattling alone will NEVER solve this problem. People need good jobs, need to experience real opportunity, so that they can taste the material abundance known by the West and now the emerging East. At that point, they will enjoy the material benefits, and have little energy remaining for rapid religious fundamentalism, let alone the dogma and superstition of religion. Their energies will be absorbed in more helpful pursuits. They can then join the rest of humanity in its pursuit of progress and world unity; even in the emerging spirituality of the True Individual of 21st century Man.

The course of Nature has left this region behind in the course of world progress and evolution. Now it is time to go back to this region (and Africa as well) and come up with paths and plans of material development. This will not only be a progress for that region, but also for the world itself, as it realizes that it cannot be whole unless all parts of itself are whole. It is to acknowledge the Unity and Oneness that the earth is moving towards. By supporting this effort in the Middle East and Arab world, the peoples of the earth will ironically be supporting its own progress and evolution.

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2/9/06

### **The Process of Personal Growth and Accomplishment**

You can consciously follow a process that will enable you to quickly bring about your heart's desire. Rather than wait around for life to dictate its terms through Nature's slow course, we can instead consciously take the inner initiative, and attract life to us, fulfilling our deepest desires in no time. In following the process, we not only accomplish what we set out to do, but we do so through instances of the wondrous phenomenon of life response. As we direct the course of our lives in this way, we truly begin to see that we can move the outer life from within. And as these experiences multiply, we begin to see that we can truly become the Masters of life; that we are beginning to experience a whole New Way of Living.

2/13/06

## **The Process of Creation, Involution, and Evolution**

On the 197th birthday of Charles Darwin, people are trying to reconcile his ideas with the spirit. So far, all parties -- secular and scientific, and religious -- seem far away from understanding the true nature of evolution. Evolution takes place for any entity when it organizes itself at a higher level.

When a *business* develops a strategic plan to grow, it is essentially organizing itself and then executing that plan, which creates further progress for the firm. When I as *an individual* plan out what I want to become, organize the details, and then carry it out, I can rapidly progress. If the organization or individual plans and succeeds in going not just a bit further, but to a substantially new level, there is not only progress, but evolution.

There is then a single process of accomplishment and creation that is taking place in life: a conception of that which we wish to become, the organization of the details of that vision, and an intense execution that enables the aspiration and intention to manifest. When that process is practiced to perfection, it enables not only progress, but evolution. Even *the Spiritual reality* in creating a universe from its Divine source, followed this same essential approach: it conceived that which it wished to create -- a universe -- and it organized and made it happen through powers of consciousness that turned conscious force into unseen subtle energy that became the basis of the forms of creation. It evolved itself further into a universe.

If we are to understand evolution, we need to understand this single great process of creation that moves from vision to organization to manifestation. Even when a primitive being or an animal evolves, there is some higher quality that is being organized, that is moving from its current level of being to a higher order. We can see this in the film *2001: A Space Odyssey*, where the ape vaguely perceives that a bone it has found can be used, tries it out, and then uses it to gain superiority over its rivals. It is the organization of a perception into a living reality. Evolution is then a product of the organization of consciousness -- whether it is consciously, subconsciously, or unconsciously takes place -- as in the case of the amoeba.



There is another dimension to the evolutionary process. It is that the higher levels of progress, development, and evolution that entities move towards and eventually attain is *already involved in their being*. Just as a tree emerges of a seed in which all of its existence is mostly predetermined, so too there is an involved capacity to bring about the next stage or phase of its being. When the lowest life forms emerged from unanimated matter, that matter already had within it an involved capacity to develop into an animated life form. Likewise, if I wish to become more intuitively spiritual -- a higher formation of mentality -- that capacity is already there involved as potential in my current mental framework. It is there in the seed of my being as potential.

Thus, not only is there one universal process of creation that moves from stages of vision to organization to manifestation, i.e. through a movement of higher consciousness, but the stages we can evolve to are already there embedded in our being as potentiality. This is the case because in the creation of the cosmos from a Divine Source, those very planes of being were there before the universe even existed, and in creation were then embedded in the forms that emerged, including us. E.g., a plane of Mind existed before the universe came to be and higher life forms developed a mind with the capacity to think. This preexistence of the planes that we are emerging into, from an involved seed of consciousness that is rooted in these very planes prior to creation, is another dimension to evolution. Thus, we can say that the evolutionary process is able to occur because the involutory process has created these potentialities in the very fiber of our being. The planes that emerge from us were already involved in us as a seed in subtle form.

Through the process of conception, vision, intention, organization of the intent, and the carrying out the intent, we progress. If it is substantial -- i.e. there is a dramatic change for the positive -- it is more than progress, but evolution. And yet the seeds of our intention are already there in our being, even as we have the free will to become the very thing we wish to become. In the end, we become the next highest thing -- i.e. we progress and evolve -- when we organize that which is emerging turning it into a living reality. We as humans can *consciously* do this, and accelerate the speed of the evolution of Man.

2/18/06

## **Overcoming Our Illusions and Superstitions that Replaces the Finite with the Infinite**

Each of us carry around our own illusions and superstitions. Quietly, we even *revel* in it. It is one of the tragedies of Man. It is not so much because we have these deficiencies, but that we are unaware of them; as each of us are blind to our own individual illusions and superstitions. Another person can plainly see our particular weaknesses, even as we recognize theirs. They even perceive how we *indulge* it, *relish* it, *nurture* it! They shake their head in disbelief, as do we of them!

What is the way out of our limited view of things -- whether it takes shape as a wanting attitude; a part knowledge of something that we believe is the real, full truth o a matter; and our readily available limited opinions on the concerns of the day? First, it is a willingness on our part to be aware of these deficiencies and a desire to shed these illusions. If, e.g. we take inventory of several of them, and then make a concerted effort to overcome them, we will begin our journey out of our individual ignorance, as well as out of the essential Ignorance shared by all humanity. That will be difficult enough, for who is brave and sincere enough to confront his limited attitude, opinions, beliefs, illusions and dogmas, and superstitions. If one takes up that humbling yet radically effective effort, life will reward one in so many ways -- i.e. it will respond out of all proportions, often instantly, and fulfilling that which we have longed for a lifetime.

At an even deeper level, one can shed these wanting attributes by moving one's center of consciousness from the surface to the depths - - e.g. through concentration and meditation -- which enables us to be more in tune with our situation in any moment in time, more open to the possibilities that are unfolding before us, more connected with other individuals, more likely to absorb the multiplicity of truths related to a subject that will give us the full truth that will enable right decision and action, and more likely to have certain spiritual experiences of mind, such as the sudden descent of a vision or illuminations of thought, or intuitions of the full truth of a thing without thought.

One could simply say that just by shedding our illusions, we can bring vast success in life. As we shed negative energies, and release positive ones, the finite realities we see before us will be replaced by the infinite potentials of life. Vast success -- as well as the joy and delight that come from the experience -- will be our ongoing reality. Who will come forth and shed his or her first illusion?

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2/20/06

### **Outgrowing a Nation's Illusions**

Like an individual, every country harbors in its own unique set of illusions. It can of course outgrow them, just like the individual.

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2/20/06

### **Taking an Interest in a Subject that Attracts**

Life is full of mystery and wonder, most of which we ordinarily miss. If we find a way to have these extraordinary experiences, then not only do we gain access to a vast, infinite power, but life will begin to take on a whole new dimension. In fact, we will begin to open to an entire new Way of Living.

The other day I was sitting in a restaurant reading a newspaper. At this eatery, they play music of yesteryear to sooth or energize the guests. Half reminiscing about several songs, I suddenly recognized one artist whom I admired in my adolescence. However, this time I felt a slight indignation because he was singing the weak part of a duet with another artist in a rather insipid pop song. I then thought, "Oh if people only knew what a great singer he was, instead of judging him by this part he sang in a rather trite popular song." Then I recalled an album of his that I had heard in my adolescence that had utterly melted my heart.

Then the song faded, and another one from that era came through the speakers. At that point, my interest in the music had waned, and I returned to my newspaper. I then turned over the page. There, lo and behold, was a large and magnificent photograph of the very artist I had just thought about! He had a bright penetrating look, with piercing eyes and bright smile; as if he were looking into my very

being saying see that is how life works! The picture was surrounded by text indicating that he would soon be appearing at a posh casino and resort about 100 miles from here. I was stunned, although not surprised, as these types of experiences have become an ongoing reality for me. In fact, I had several others within 24 hours of this event.

The principle involved here is quite simple, though 95% of us miss such subtle movements of life. It is this: if you take a considerable interest in a subject, life has a way of returning the favor by presenting you with unexpected news about that very person or subject you were early focused on.

Just yesterday, I was shopping with a friend, and we were being checked out by a Romanian woman -- whom I found fascinating. A few hours later, I checked my email, and noticed that I received but one paltry message for the entire day. It was from a spiritual group, who had deeply admired our Growth Online and Sri Aurobindo web sites. Well, it turned out that the person who was writing to me about his admiration and information about his group was from Romania! It was another example of how an interest in a subject attracts like matters from the field of life. I was fascinated with the Romanian origins of the woman, and then my only email comes from Romania, a country I have never recall focusing on before. It is no coincidence, but rather an indicator of the hidden ways that life works.

When our energies are focused, such as when we take an interest in a subject, it tends to moves across the subtle web of life, and align with other related, corresponding elements and individuals, which then move across our field of awareness, which we perceive as a coincidence, but is really an instance of the phenomenon I call a "life response." It is a subject that I am currently writing a lengthy and heavily researched book about.

Taking an interest in a subject attracts sudden and abundant responses from the field of life. To have such an experience can shake up one's very notions of how life works. And yet, taking an *interest* in a subject is only a subset of something much greater, with an even greater power of effectivity. It is the power of our *intention*. A passing interest in a subject attracts related items from the field of life that provide a modicum, a limited degree of utility and benefit to us. On the other hand, a truly formed intention can attract a form of instantaneous good fortune that brings us *enormous* benefit -- such as a large sums of money, or a big contract, or something we had

really hoping to come about. It is a subject worthy of a great study, as it holds the secret to quickly attracting the infinite potentials of life. That in turn will enable us to perceive life in a very different way; and if we are spiritually curious will cause us to begin a journey towards a New Way of Living.

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2/23/06

### **Emerging World Unity Amidst the Chaos (2006)**

On the surface, it seems like the world is going to hell in a hand basket. Actually, such disturbances are indicators that we are accelerating towards greater world unity.

The threat of the annihilation of the entire world was eliminated for the most part by the end of the Cold War. This was a vast leap for humanity. When Gorbachev disengaged the failing system from within without bloodshed, he took the world across a great threshold. Now the other, smaller problems of the world have reared their heads, hidden from view in the shadow of potential world annihilation. There are so many of these difficulties to be solved: with poverty, disease, terrorism being the most noticeable. Even conflicts on these fronts indicate that through the resolution of these issues the world will further progress, develop, and unify.

The problems of the Arab world, Africa, anguish, poverty, et al have seen ignored for decades, if not centuries -- particularly recently in the umbra of the Cold War. It is the most obviously unorganized part of the global system. With the end of Cold War hostilities, they can finally be addressed, and with it will come not only greater economic unity, but greater political, social, and cultural harmony and integration amongst the peoples of the world.

We must understand that this is the Hour of the Unexpected. All unknowns become known; with impossibilities becoming possibilities. One hundred years ago, the Europeans laughed at America at her crudeness and backwardness, and now she is the most prosperous nation in the world. Similarly, this was the view of Ireland a quarter century ago, and now she is booming. Likewise, for 100 years, the West has ignored or laughed at India and China, and now they are rapidly moving toward prosperity and serious global influence. The still ignore the East for her vast social and spiritual contributions to

the world. Now the rest of the world laughs at Africa and the Middle East. I say they both will be well on their way to great prosperity within 25 years. In fact, they *have to* -- not only for their sakes, their own stability, but for the sake of the world, for its stability, and ultimately for its further progress, harmony, and, yes, its further unification.

The Force of Nature is pushing the world towards its further evolution; including the movement toward global human unity. The only question will be whether it will be through conscious evolution, where we use our power to create our own future, or through the slow and difficult path of Nature; of division and duality, of progress through conflict. On the surface, it seems the latter is the case, but if we penetrate below what our senses tell us, we will see that there are forces at work, movements afoot, that are bringing further progress and development through conscious choice. It is quietly occurring through the thoughts and actions of conscious and enlightened individuals, who are shedding their superstitions, discovering the wider truths of life, i.e. they are becoming rational, and are even beginning to go beyond the intellectualism of mind and tap into the spiritual dimensions of life, where all problems can instantaneously be solved through genius like solutions. As the people who live at the surface acquire this capacity, or are influenced by those who live at these deeper levels of life, the world will begin to wake up. At that point, the world will consciously move forward toward speedier and more harmonious progress, which will enable the further social, cultural, and spiritual unity of life on earth.

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2/26/06

### **The Power of Knowing the Hidden Ways of Life**

It is said that the Lord works in mysterious ways. Indeed if we substitute the word "Life" for the "Lord", we will see an added dimension to this truth. My focus here is on the mysterious ways that life works. Let me offer several illustrations.

- You see on the TV the very subject you had earlier discussed, a subject you never have broached before in your life, and have never seen discussed on the air. This indicates how a decided interest in a subject tends to suddenly attract from out of nowhere corresponding elements from the field of life.

- There is animal excrement on your doorstep or the lights go out just as you receive a letter from someone who has ill will towards you. With this knowledge, you now know that this is an individual to avoid or to deal with in a different way from before.
- You take up a project you were unwilling to undertake, and suddenly you receive a call from your agent indicating that your entire spring calendar is filled with work; where just a moment earlier you wondered how you would ever survive.
- Realizing that the morning training session you have been leading has been a disaster, you open yourself to the spiritual Force, causing the remainder of the course to go absolutely perfectly. In fact, there is a palpable stillness and peace throughout that splendidly effective afternoon session.
- You change your ill will towards someone, and quickly thereafter not only are you unexpectedly bestowed with an expensive gift from your company, but everyone else in the firm also unexpectedly receives that same wonderful gift. (In an earlier instance, when that person gave up hostility toward certain individuals, she unexpectedly is offered a full time job position, this after 10 years of trying to secure it.)

These are but a few examples of the subtle ways that life works. Understanding why these movements occur, and how to channel these forces and attract positive outcomes is a secret knowledge available to anyone. Practical application of the subtle laws of life enables one to attract its infinite potentials in no time, which in essence gives us an ultimate Power and Efficiency of life. It is an applied wisdom that will enable any individual to quickly move toward the top of their field, in the positive sense, even as you are able to avoid attracting negative situations from the world around you.

This subtle knowledge of life's workings is something unheard of and untaught in our society. However, if we acquire that knowledge early on, we will surely live an entirely new type of existence; one of phenomenal success, of endless discovery and wonder, bring us continuous joy and delight of being. Each of us can begin to acquire that knowledge today and apply it in all aspects of our lives, enabling us to instantaneously attracting good fortune, including the most cherished objects of our desire.

3/3/06

### **Three Life Principles that Demonstrate How the Darkness Serves the Light**

We go through life, rarely considering if there are any underlying principles at work that enable its movements, flow and outcomes to occur. Here I am not referring to the mechanical outer principles that science revealed, but the subtle inner ways that life functions. There are many of these subtle secrets available to us, and I urge anyone to begin to become aware of them, which will give one a great power and effectivity over life. Here I would like to briefly mention three that are closely related to one another, and that involve the "*negative*" side of life.

The first principle is that our weaknesses are the source of our greatest strength. Though we have positive capacities that have helped us become who we are today, it is also true that our wanting capacities can be the single lever that catapults us to our ultimate potential. If we identify and overcome our wanting capacities, then we are immediately catapulted into the future, as life instantly responds with good fortune. This is another phenomenon of life that I call "life response." I.e. if we overcome a wanting aspect of our being, powerful energies are released which move out into the universal plane of life and attract instances of sudden good fortune from related and associative object and individuals.

The second principle, closely related to the first, is that negative in life are really positives in disguise. How often we have seen how bad fortune became for us the first step in a series of events that enabled a fresh new positive course in our lives. From this perspective, we can say that the negatives that comes to us are really *more intense* forms of the positive. Even WW II, in which 50+ million died, served to bring about the first signs of global unity in the form of the United Nations and the EU that followed. Before WWII, there was no harmony amongst the Europeans nations, making it that much easier for Hitler's armies to march across Europe.

The final principle, again closely related to the first two is that "contradictions are complements." I.e. when we have a conflict with another, we see it as a contradiction with that person, but from a higher consciousness, we see that we are each *complements* to one



another. This is not an easy concept to grasp, but it is overwhelmingly profound. E.g., the Palestinians and the Israelis on the surface have a contradictory relationship; they have opposed and fought one another. In the depths however, the Palestinians understand the intransigent conservatism of part of the Israeli nature, even as the Israelis see a violent and irrational part of the Palestinian character. Not only does each side know the other side's weakness -- that each side does not see in their own selves -- but "Nature" has conspired to put these two sides together in surface opposition and conflict -- so that they can work out and overcome their own individual limited nature. In fact, it only through that opposite complementary partner, that each side can make that growth. Thus, secretly they are really *helpful* to one another! They are each other's guru!

Life is filled with such subtle mystery, knowledge, and power. When we rise to a higher consciousness, we can begin to perceive these subtle laws of life, and see life as a great mystical unfolding of wonder. Stuck at the surface we only see such negative outcomes as pain. From a deeper consciousness -- which we can nurture by fining our quiet, silent and true self within -- we see the negative, including our wanting nature, as well as the conflicts with our rivals, serving a deep and profound positive purpose. We begin to see how the darkness serves the light.

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3/4/06

### **One Example of the Subtle, Miraculous-Like Workings of Life**

If we develop a subtle capacity, we can begin to see the normally unseen, but miraculous workings of life. We will observe life working in ways that will truly appear miraculous to us. Once experienced, it will challenge the way we once looked at life. There are dozens of such powerful and profound principles of life, but here I would like to explore a relatively minor one, yet even in this instance, one is struck silent by its miraculous workings.

As a consultant, I am dependent on securing clients for my work. My living is thus dependent on having a steady flow of customers. One of the interesting phenomena of life I have often observed is that as soon as I perform a service for a client, other clients or potential clients suddenly start contacting me requesting me for work. Until I perform that original job, all is silent; but as soon as I do that first work, calls start coming in from all directions, often completely

unsolicited! The principle is simply that when we do a work, it tends to instantly attract *more* work from any and everywhere. I have seen the same phenomenon when it comes to money. Before doing a work with a client, money due does not readily pour in. It seems constrained. However, as soon as I do a work (in this case with that client), receivables suddenly start pouring in from all directions that or the next day. Again, the principle is that when we do a work, it quickly attracts money; until then, receivables due seem to be held somewhat in suspension.

In essence, we can say that by taking to work, life "responds." Over the last decade, I have documented hundreds of such "life response" incidents, and have identified dozens of the subtle principles of life that enable them to occur. Doing a work suddenly attracting more work or more money from out of nowhere is but one principle out of many subtle, unseen movements of life. A greater one is that overcoming a negative attitude towards others or towards life, attracts instantaneous sudden good fortune.

By perceiving, comprehending, and then embracing these subtle laws, we develop a *great power* over life, as we are able to *constantly* attract good fortune from the world around us. The Indian sage and seer Sri Aurobindo calls life at this level one of "Instantaneous Miraculousness." You too can have these powerful miraculous-like experiences, which will not only help you see how relatively easy it is to attract good fortune, but will cause you to feel an endless joy in the discovery of such wonders. At that point, you may begin to live a very different sort of existence -- one of great insight, and of vast power to attract the infinite potentials of life suddenly to your doorstep.

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3/12/06

### **The Other Part of Spiritual Growth: The Personal Purification Process**

There are two sides to spiritual growth -- the positive, and the overcoming of the negative. The positive is to come in touch with the spirit by moving to a deeper consciousness within, by aspiring for and connecting with a spiritual Force that attracts miraculous-like results, and in various other ways.

The other half of spiritual growth -- the overcoming of the negative -- can occur concurrently with the positive. Where connecting to the spirit can be thought of as the positive experience of the spiritual reality, the overcoming of the negative can be thought of as a personal purification process. For example, at any moment in time, we can become aware of what we are feeling, and make the right adjustment, such as recognizing and catching a wanting attitude, or abandoning a strident opinion when in conversation, or withdrawing from a momentary our anger or irritation. Each time we catch the negative, we avoid deleterious consequences, and create openings for instances of sudden good fortune. After a while, it becomes a habit -- an extremely valuable one.

In the longer term, this approach can be our ongoing routine in life, as we employ our "inner sentry" to constantly monitor our behaviors, emotions, and actions. Over time, we begin to purify ourselves, as we are able to continually shift away from our negative nature. Eventually, certain negative movements and behaviors of ours are completely overcome. At that point, there is not only personal growth, but a degree of individual evolution, even transformation.

Side by side with opening to the spirit, the personal purification process enables a complementary and integral approach to personal and spiritual growth. Taking up this approach in full will set us on a path of endless discovery and wonder. At that point, we will be well on our way towards a very new type of existence, one that we could call a New Way of Living, marked by endless good fortune, continuous development of our individual character, and a feeling of endless delight and joy of the experience.

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3/14/06

### **Four Levels of Human Progress**

An individual is fortunate if he makes even a modicum of psychological progress in his life. E.g., a dull, dim-witted individual develops a new level of mental vibrancy, or a weak individual takes to a modestly higher degree of psychological strength. In our own lives, it is unfortunately too rare to make such progressive strides.

To help us measure our true progress in life, we can develop a scale that ranges from growth to development to evolution to

transformation. Most of us are able to *grow*, in the sense that we obtain *more of what we already have*. E.g. an individual, who has a house, develops an add-on facility in the back yard, or a sales person who had 20 individual boutiques as accounts, eventually acquires 40. That type of progress is *horizontal*, as it is more of the same thing. More knowledge, more money, more relations, more of what we already are capable of. *Development* on the other hand is a vertical progress, the acquisition of some quality of being, capacity, or level of achievement that we did not have before. E.g., the sales person who had 20 boutique accounts has developed an inner skill and capacity that has enabled him to attract a chain of stores as clients. Perhaps he has acquired a little more psychological toughness, or he has developed a new level of sales and interpersonal skill to make this happen. Most of us have made some progress along these lines at some point in our lives, though, realistically, it has likely not been enough. In fact, most of us are content with horizontal growth, of more at the same level. There are even a few who do not even have the aspiration for that minimal form of progress. They usually will *regress*.

Above development is an even greater form of progress. It is what we can call human *evolution*. When a weak person becomes a strong person, that is evolution. When an uneducated dolt becomes a well-read expert in a field, there is certainly evolution. It is a movement and progress to *an entirely different plane of being*. When a wildly emotional person becomes a psychologically stable and reasonable individual, they move from a lower vital plane of life to a higher, mental one. It is an evolutionary movement. If that same person goes further and is able to maintain a constant level of calm and peace within, then that individual has even been a modicum of *spiritual* evolution. Very seriously taking to a path of personal progress can lead not only to vertical development, but, in the rarest of cases, to personal, and even spiritual evolution.

Finally, the greatest form of progress, even beyond evolution, is *Transformation*. It is a decidedly radical change in our nature. It is not only a movement from one plane to a higher plane of being, but the *permanent settling* there so that the change is second nature to us. It is virtually unheard of, yet remains a measure of ultimate progress in life. E.g., the once emotional, non-stable person has now progressed to become a tower of calm for others in the world.

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Whatever the level of change we seek, the key to making that progress is our level of *aspiration* -- which is, in essence, our conscious intention to make a thing happen. Do we change because life forces us to do so, or because we consciously desire for it to come about? *Conscious* change is the best way, the way for the True Individuals of the future.

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3/23/06

### **The Power Behind Our Adversarial Relations**

When you have a difficult relationship with another individual, you can be sure of one thing: you are working out some psychological limitation of your own through that person. That individual is also doing the same, relative to yourself. Each side knows something that the other needs to know, and through their difficult interaction are given the opportunity to learn about and then overcome some limiting propensity. It is indicative of the principle of "contradictions are complementaries" at work. Or to put it another way, what appears as an adversary at the surface is really guru and teacher in the depths. This is Nature's way of progress.

Thus, these situations afford one the opportunity to discover a particular element of our being that is wanting. Then if you clearly identify it, and make an effort in life to overcome it, life will reward us with instances of good fortune.

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3/27/06

### **The Subliminal Influence that Checks Irritation**

How often in the course of our daily lives do we find ourselves getting irritated by small things. The average person will allow it to play out in his mind, if not outside himself. That person might have learned to control his outer behavior for the most part in these situations, and

yet within he still simmers. There is no mechanism to catch the sudden irritant one feels when e.g. we read about something we do not agree with in the newspaper. The need to reflexively respond through an email, or by shouting out at the TV screen, or through other forms of crude behavior plays out uncontrolled.

But what if there was an *inner* power that could control these irritations, which tend to play out through wanting behaviors. It turns out that one is able to do just that when one has learned to live in a deeper consciousness within. As one discovers an inner poise, avoiding the outer tumult that overwhelms our senses, we become aware of sweet positive thoughts and intimations rising from the depths, providing thoughts that are all-decisive antidotes to our irritation.

This positive influence on us comes not from our ordinary mind, but from a deeper subliminal mind within. It also happens to be a highly *positive* part of our subconscious mind that is in touch with universal forces and truths. As we move away from the surface of life, and into a deeper poise within -- through meditation, contemplation, concentration, etc. -- we become more aware of these positive influences percolating up from the subliminal mind to our surface thoughts, *and* we take care more likely to embrace their messages and suggestions. In the appropriate circumstances, we become aware of such subliminal thoughts as, "it is not helpful to be reactive." Or, "relax you have more important things to tend to." Or, "you know, reacting that way will only lead to trouble," and so forth. As we accept these spiritual-like positive intuitions of thought arising from the depths of our being, our tendencies toward irritation and both tend to quickly dissolve; thus avoiding wrong feelings and actions.

In addition, if that reversal is intense enough -- e.g., in that moment we change from being bothered by the fact that we have to stand in a long line to fully accepting it -- we are more likely to experience instances of sudden good fortune -- otherwise known as a "life response" event. E.g., the person in line ahead of us might tell us of an upcoming event that turns out to be very important to us.

Over time, we can learn to contain all of our irritants. It will occur when our higher angel thoughts are always there in our surface, moment-to-moment thoughts. It is essentially when the subliminal being itself has begun to move on towards the active surface of our lives. It is an indicator that we have truly established a link with the

depths; even our True Self and Soul within. Then all such irritation and negative reactions never arise, and vanish from our lives.

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4/2/06

### **Invoking the Miraculous**

A miracle is usually ascribed to the sudden intervention of the Divine will. My position is that we too can invoke the miraculous at any moment in time in our daily lives. For example, stolen family jewels can suddenly be found. A 6-month persistent and painful neck ache can suddenly vanish. A desired full time job position is suddenly secured by one who has unhappily worked 10 years in temporary positions. An individual out of nowhere attracts by far the biggest sale of his career. A man on the verge of bankruptcy, due to a \$100,000 uncollected debt, is suddenly offered a reprieve from a most unlikely source.

Each of these occur as an instantaneous miraculous-like *response from life*. What appears like a miracles to us, was actually brought about because an individual was able to make a decided positive shift in his consciousness -- whether a change in attitude, the overcoming of a certain reluctance, the taking to a decision, etc. As a result, life responds with *instantaneous* good fortune!

Such circumstances are indicators of how a shift in our consciousness within -- i.e. in our attitudes, beliefs, actions, behaviors, etc -- has the power to *instantly* change the conditions of life around us, attracting sudden good fortune to us. It is the miraculous-like phenomenon of "life response" in action, and it is the greatest secret and power I have been offering to the world. Therefore, I welcome you to discover how you can instantaneously solve any difficulty you are having in life, or otherwise bring *instantly* good fortune to your doorstep. Would you like that? Would you like to invoke the miraculous?

4/7/06

### **Multiplicity of Cultures Within Enables the USA to Be a True Nation and Vanguard of the World**

An individual becomes a True Individual when he is open to the greatest possibilities in life; where he is not held back by conforming to the narrow instincts and influences of the heard.

A nation that is open to the widest possibilities is one that is usually the world leader in its time. Those widest possibilities come when it allows itself to be influenced by the widest number of cultures, as was the case of Rome in its time and Britain in its colonial days. For better or worse, it serves as the vanguard nation amongst all nations.

The US just now is influenced now by the widest number of influences of culture within its own bordered through the multiplicity of immigrants in its midst. That not only makes it more of a True Nation, but enables it to be in the vanguard of world leadership and evolution.

The multiplicity of energies being released internally through the wide variety of cultures generates a vast external-influencing energy that enables Her to become not only a True Individual Nation, but the decided leader and vanguard amidst the nations of the world.

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4/9/06

### **Solving the Astonishing Riddles of Science**

In the 1960s, a scientific experiment revealed a startling result. It indicated that an individual who wiggles his finger actually starts processing in his brain the fact that his digit has actually begun wiggling *before* his brain processes the fact that he would like to wiggle it! In other words, the *fact* of wiggling happens before the *will* to wiggle, which we would normally perceive as occurring come first - - confounding science, and our concepts of how life functions in time.

In other discoveries, such as those in quantum physics, it has been shown in equations that an individual can be several places at once, while in another it has been revealed that if the spin of one electron of



an atom can affect the spin of another electron of the same atom, even though the two electrons are five thousand miles apart! Again, in this latter reality of "non-local connection" the scientific discovery overwhelms our views of space and time, of causality, or what is possible, of what is real. In essence, science has not been able to explain these phenomenon.

Scientists are *mental* individuals; they try to discover answers through the power of mind. They are also generally quite empirical, looking exclusively for evidence -- especially *material* evidence -- to explain the physical phenomenon of life. As we see, as they arrive at these fantastic discoveries of quantum and universal science, empiricism fails to provide answers. Observing the world only at the material level will fail to produce adequate explanations for the currently unexplainable. Even the rational mind is unable to fathom what seems to be the unfathomable. Something more is needed.

Another recent insight of science may prove to be the discovery that leads the way to the answers to all of these other confounding scientific issues. It is that the status of the person doing the viewing is critical to the outcome of the phenomenon itself! In other words, the consciousness of the viewer very much determines the outcomes of life that quantum and universal science is trying to uncover. This fact completely changes the equation of scientific inquiry and discovery.

If this is the case, then it would seem that someone of the deepest and highest consciousness would be prime candidate to discover the surreal exigencies of science. Someone who has experienced firsthand in his or her life the subtle laws of life -- such as the phenomenon of life response, or has had the experience of synchronicities -- and yet has a full learned knowledge of the principles of science, would be the ideal person to penetrate these strange and confounding mysteries of material science.

In fact, the Indian sage and seer Sri Aurobindo has already explained fully the evolutionary process of life, and has revealed all of the forces at work in the material and non-material universe. If a learned scientific individual -- an expert in his field -- were steeped in such knowledge, and actually had the subtle experiences that Sri Aurobindo's teachings point to, that individual would become a Master Scientist on earth; one who would reveal the true causality in the universe. He could explain any aberration of life that science has discovered. It is a golden opportunity for anyone who wants to be a

true pioneer in the search for the highest purpose and meaning in life.

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4/13/06

### **From Nationalistic Ego to Internationalism**

An individual grows when he takes inventory of his own limitations, identifies several deficiencies, and makes a concerted effort to overcome them in life. There is no more admirable exercise taken in an individual's life. It is sometimes known as "personal growth"; and if it is great, it can even blossom into personal evolution.

Individual nations are in many ways like the individual, and likewise have the potential to identify wanting qualities, and overcome them. It is happening for all nations to a degree, whether consciously or unconsciously. The best of nations bravely identify their weakest part and make a full effort to overcome them. Otherwise, they overcome them through Nature's way, which is of conflict, pain, and suffering. In the mental age we have entered, the ability to *consciously* determine our futures is the way of Soul, overcoming the slow and painful way of Nature, which has essentially been the way of the past.

One way an individual progress is by overcoming his own ego. He sees that he is not separate from others, and the world, and therefore works in ways that are not only in his own best interest, but of the world -- i.e. the people, the institutions -- around him. Nations also have that capacity; i.e. to see themselves not merely as distinct entities apart from everything else, but as part of an emerging collective of nations. While it is best to become a True Individual People, with unique concerns and interests, with a unique culture, it is not wise to exercise that nation's ego at the expense of the other nations of the world. Practically speaking, the ego of a nation expresses as nationalism, over the more positive internationalism that is emerging in the world. It is a sure sign of future difficulty, if not extreme pain and conflict.

When the Germans marched across Europe before WWII, nations were unable to cooperate to halt that movement. Each nation pulled in its own direction, asserting its own nationalistic identity; in other words, their ego. As a result, cooperation was not gained to halt the march of the ruthless Nazis, who were able to sweep across Europe,

until they had no other choice but to join together to stop the Evil. In the meantime, over 50 million died because individual nations asserted their nationalistic ego over their efforts of international cooperation.

The world is moving towards international cooperation, as expressed in the United Nations, in the various world alliances, and in the European Union. We also see that same energy expressed through *economic* globalism, which is slowly moving towards the even higher *social* and *cultural* globalism. These are indicator of a gradual movement toward World Unity, which is our ultimate economic, political, social, cultural, and even spiritual destiny. When nations express their nationalism over the movement of internationalism, they are acting counter to the tide of evolutionary history.

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4/14/06

### **Helpful Lessons from the Life of Jesus**

In the East, it is believed that there appears from time to time an individual who has come to usher in the next stage of human progress and evolution. This individual is more familiarly known as the "Avatar". Though that person has some new quality of being that the society is subconsciously ready for, more often than not it is spiritual in nature -- such as profound Wisdom and Knowledge, the expression of spiritual Bliss, a bringer of Silence and spiritual Peace, knowledge of the Soul, and so forth.

Jesus was the avatar who ushered in the spiritual quality of Love. When he arrived on the scene, this was a thing most needed in the world. Other Avatars such as Buddha and Krishna ushered in different dimensions of the spirit that the local society was ripe to acquire (e.g. Buddha – the end of suffering, Silence, and Compassion; Krishna -- Spiritual Bliss and Transcendent Connection to the Divine and within in the Soul). Jesus arrived to bring Love to the world. He did not have Integral Knowledge and Wisdom about the workings of life and other spiritual qualities, but he did feel Love -- for others, for Man, and for the Divine. This was something new and needed in the world. (One could look around at those times and ask why this was the case. E.g., the Romans were great for a thousand years in their organization of society, but had become machine-like, decadent, and even cruel.)

Jesus however actually died because he *lacked* one other particular aspect of spirit -- strength that is power. If he had this, he would never have died the way he did. He would have had the Power to avoid it. Which leads to the lesson of his death on the cross. This is the point where his message becomes less clear, perhaps even distorted. Whether or not he was crucified is less important than the message derived from that fact. The church decided that his suffering on the cross was the real cause of his divinity, suggesting that one must suffer greatly in life, even cruelly to reach the Divine. This is a distortion of spiritual truth.

It is not a crucified body that we want as the shining example of what we want to become, but a *transformed and divinized* being and body. We want to evolve not through intense physical or other types of suffering, which is false and morbid, but through personal growth, evolution, and transformation. We come to that by changing our lower nature, feeling the Divine presence, feeling spiritual bliss, acquiring Ultimate Wisdom, and yes by experiencing and embodying universal and Divine Love. Those who seek to play on his suffering, do Jesus' life a great disservice. It is at this point that religion has turned the Love of Jesus into something that can be said to approach Darkness.

Today (Easter week 2006) as Christians and others contemplate the life of Jesus, it is best to remember his message of Love, both mortal and Divine, which expresses through our selflessness and self-givingness, as well as through the highest spiritual values, such as openness, tolerance, and concern and respect for others. It ultimately expresses through our love and adoration of the Divine itself that is the source of all, that is all, and is also everywhere in our midst. Then everywhere we turn in life, we will constantly express love for everyone and everything around us.

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4/16/06

### **Incident at McDonald's**

At the MacDonald's restaurant near my home, they tend to play American music from the 1960s and 70s in the background. As you enjoy your meal, you are reminded of times gone by. One day I was quietly having my dinner reading the inserted entertainment section for the upcoming weekend. At one point, I listened to a song that struck me as slightly insipid, though tuneful. I noticed that the

background harmony was being sung by famed American balladeer Johnny Mathis.

I then flashed back to my early youth when I had heard an extraordinarily well produced album of songs sung by Mr. Mathis. I remember the songs having a deep emotional impact on me at the time. Now as I heard this tune recorded somewhat later, I felt slightly incensed that he could have fallen into merely singing background vocal of a second rate song. How sad it was that people could not hear the extraordinary tunes he had sung on that album. One of the songs was entitled "Wonderful, Wonderful."

After expressing a bit of indignation, I returned to my newspaper. I then proceeded to turn the page of the entertainment section, and there lo and behold right in front of me was a full-page picture of Mr. Mathis! He was staring back at me with a bright smile and piercing eyes, as if to say, yes, indeed life is magical, and here is another instance for you to savor.

After getting over the shock, bemusement, and wonder, I realized that I had simply experienced a "life response." Life had suddenly presented me with an instance of good fortune as a result of some change of consciousness within myself. In this case, it was taking a decided *interest* in a thing; i.e. this newer song vs. his old great tunes. When you do so, life tends to suddenly bring you results related to the subject from literally out of nowhere. You are experiencing an instance of life response. What happens is that through the intensity, you become connected with objects and individuals outside yourself that are in alignment with your interests and intensions. Hence, the sudden appearance of the full-page advertisement for Mr. Mathis' coming appearance at a major California resort.

I am currently writing a book on this subject of Life Response. There I have identified a plethora of instances of this miraculous-like phenomenon of life. I also indicate its various causes -- such as a decided change in attitude, efforts at higher levels of cleanliness and orderliness, and, of course, as in this case, a decided interest in a thing, or even more powerfully an aspiration and decision to achieve, acquire, or connect with something. There are a number of other ways to produce that effect, including various movements of the Spirit.

To have the experience even once can change one's entire perspective on life forever. One sits there dazed, and after awhile can only call out in wonder and amazement, or sing out as Mr. Mathis once did, "It's wonderful, wonderful; oh so wonderful my love!"

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4/21/06

### **Self-Giving through Soul Perception and Connection**

One powerful way to experience the spirit is to express unconditional love. Other ways are to find silence and peace within, to experience an intense delight and joy of being (i.e. bliss), to know the true truth of things, to have spiritual knowledge and wisdom of the world, to create or perceive beauty, to live in timelessness, and so forth. Practically, the experience of spiritual love expresses by being selfless and being self-giving towards others. That is difficult to do, even for those we normally love, for we usually expect something in return for that love. Hence, it is human love, not spiritual love. Spiritual love is unconditional, not expecting anything in return.

One of the benefits of the self-givingness of spiritual love is that we experience great pleasure in the success and happiness of those we give to and care about. We know that the happiest of people are those who give the most, and that the unhappiest and miserable are usually those who only take.

How then can we be self-giving all of the time? The major obstacles are two-fold. One, we are locked in our sense of self, i.e. our ego. From that poise, it is very hard to be self-giving, unless we are a ripe soul, in which case we are self-giving naturally. However, by moving to a deeper poise within and discovering our higher nature, or simply by perceiving the value of being self-giving, we can give love to others unconditionally. We can move within through various techniques as meditation, self-surrender to the Divine, and other methods and approaches that takes us to our truest self and soul status within.

Can we do this with every person we meet or pass along the street? Well, in a way we can. We can try this technique. Each time we meet someone, or pass someone on the street, we can imagine their souls, rather than what they look like, their personality, etc. Just relate to their soul, and you will make a connection with them. People will

respond to that. If you can also offer a gentle smile to match, the other person will be uplifted.

Just as you can find your own evolving soul within, so too you can perceive the soul in another, or an animal, or even an object like a car or a computer. Today I passed by an elderly man who looked like he was suffering a bit. I did not relate to his outer garment -- i.e. his looks, or even his troubled face, but to his soul. He responded with a gentle smile. Using this technique, we can be self-giving all of the time -- even to those we barely know. We should certainly try it with those we know. Life will become very rewarding for you, and the object of your soul-perception. Perceiving the soul in another is a powerful spiritual technique that anyone can try in his or her daily life.

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4/23/06

### **Predecessor Events Indicate Outcome in Famous Moment in History**

In the 16th century, Spain planned to invade England, who was ruled by the great queen, Elizabeth I. Because of various grievances against her, King Philip of Spain had begun to prepare a great fleet that would invade the much smaller and poorer England. However, from the start, the Spanish faced a number of unexpected problems. First, the commander of the enterprise, Santa Cruz, died. Then his successor was not at all suited to the post, since he had little faith in the enterprise, and little experience, to the point where he begged Philip to release him from the charge. There were additional preparation problems that followed.

The Spanish fleet had 100 ships, an overwhelming advantage over the English. But the English were waiting. On the cliffs of England and Wales, men watched the seas day and night, waiting for the first sighting of the great Armada. When the ships appeared, beacons were lit on the hillsides, which sent the message over the cliffs and throughout the country. Not only was the weather dreadful, with the wind and rain decidedly against the Spanish intentions, but they were not able to compete with the superior English ships and war tactics. In the end, the Spanish suffered a humiliating defeat in the English Channel.

In this great moment of history, we see a profound subtle principle of life at work. It states that every major event has one or more predecessor incidents that indicate the final outcome of the undertaking. In this case, though the Spanish were vastly superior militarily, there were problems that arose on their side from the very beginning. These were in fact indicators of the final outcome -- i.e. their humiliating defeat suffered at the hands of a much weaker, though more determined and tactically-aware adversary.

If you watch the events in your own life very carefully, you will see that every major event, including every negative outcome you have experienced was preceded by a predecessor incident in the beginning. E.g. one man who tried to meet a company for the first time, got completely lost. Several years later after doing business with that firm, the man's own company went out of business. The original confusion was indicative of the final outcome.

Though every major event in life has a predecessor that indicates the final outcome, we can become sensitive to and aware of the negatives that appear at the outset, and take the right course of actions that can avoid the ultimate crash at the end. One way is to open to the spirit. If we consecrate to the Spirit the negative predecessor, we will set in motion a chain of events that will cancel the ultimate negative outcome. In that way, we can break the chain of life's inevitable unfolding, based on the starting indicators. In that way, we overcome Nature's slow, difficult, and inevitable course in which we are less the determiners than the determined, and substitute the higher course of Soul, which gives us ultimate power over life.

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4/28/06

### **Society's Reactions to the Efforts of the Pioneer Individual**

Society progresses through the pioneering efforts of certain individuals. That individual takes up the conscious or subconscious will of that society, and then embraces the new way, enabling it to spread throughout the collective.

Sometimes the society attempts to destroy the emerging new influence, idea, product, etc. that the pioneer brings, especially if it is out of step with what is commonly accepted. The church attempted to destroy Galileo for his heliocentric view of the universe, and the



reactionary forces in ancient Greece forced Socrates to take to Hemlock poison. In later times, of course, what these individuals brought to bear, and who they were as personalities were acknowledged as great.

One way they destroy an emerging pioneer is through the chink in his or her armor, such as a psychological defect or some other weakness. Jesus brought pioneer Love to the world, but the Romans destroyed him too because he did not have the spiritual strength that would have avoided persecution. Hamlet brought a new evolutionary urge of the Mind on the social collective, but the society too tried to destroy him because of limitations in his vital/emotional being. The same perhaps could be said of a Kennedy, a Clinton, and many others.

When one brings a new insight or evolutionary urge into the world, one must be prepared for the hostile reaction. It is the mischief of the dark side that opposes the light. If one has the strength, and the purity of consciousness, the hostility can be overcome. Such hostility comes when the change is vast or radical and is decidedly out of step with the society. Sometimes it is concomitant with society, poses no threat, and is still very helpful, such as those efforts of a Henry Ford or a Bill Gates that brought further developments in the areas of economic and organizational change. In these cases, they are swept up and adopted in full by the society, who are fully ready to move forward in that direction.

When we take to a decided change, we need to measure the forces around us who seek to help us or bring us down. We must also be aware of our own weaknesses, for it is through that point that the world will test us. Even if we are trying to be our own personal pioneer by moving to the next level of success in life, we also have to be aware of the mischief of the darkness and limitation that resides within our own selves.

Still taking to the new, especially rising the next evolutionary wave of society, though an idea or a product or service, etc. is open to everyone at any level in the 21st century.

5/2/06

### **Restoring Our Physical Health**

Energy is the source of everything in the universe. So too, all of the forms in the universe release energy to survive. We humans release physical energy when our bodies take to movement. We release vital energy when we are stirred by our emotions; when there is a will and drive to accomplish something; and when we interact with others. We release mental energy when thoughts enter our mind and when we think. And we release spiritual energy when we connect to our deeper spiritual selves or to the transcendent spiritual reality, or we move to towards selflessness and self-givingness.

When we are ill, there is an inadequate or unbalanced amount of energy generated in our being. It is indicative that something is amiss. To correct it we need to know the inner source of the imbalance. More often than not, there is a psychological issue; i.e. a psychological imbalance. Once we discover what that is, and then make the concerted effort to overcome the limitation, the right quantity and balance of energies are restored in our being, enabling the body, the psyche, the emotions, the spirit to become well and whole again. Interestingly the restoration of health can literally happen *instantaneous* to the discovery of the source of the problem. That is life responding at the physical/bodily level to our change of consciousness within.

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5/2/06

### **Oil Crisis (2006) and Human Unity**

Oil is the fuel that provides much of the material energy for society. The fact that there is contention and crisis over the availability of oil is both symbolic and an indicator that there is something amiss elsewhere. It is an indication of a lack of harmony in society.

Sri Aurobindo says that all problems in life are problems of harmony. Never was this more true at the material level of society than the issue of oil. Nations vie for it now at one another's expense. Each country selfishly seeks it in the name of survival. It is a problem that can be solved through higher levels of harmony amongst the nations of the world. We need to move from self-interest to global interests;

from our own needs to the needs of the collective of nations. It requires a movement from ego to oneness.

Oil ironically serves another purpose. It gives us the opportunity to move to higher levels of human *unity*. For the oil problem is related to so many other problems: our lack of concern for the environmental well-being of society; a 100 year old distain for the nations who produced the oil; the oligarchies and fundamentalism that has arisen in these oil producing states; the poverty and misery in these and other countries where so much oil money flows; the inability of industry to have the will to develop methods of energy efficiency; and so on.

As we address these issues, we have the ability to enable rapid progress in the world. Oil forces us to look at all of these issues and get to their root cause. As we address these issues, we take major steps in human progress, as we make our way towards our evolutionary destiny -- human unity.

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5/4/06

### **Best Ideas, Genius that Come from Non-Thinking -- i.e. Silence**

A singer or an athlete are at their best form when they don't plan; meaning that when they don't think, they perform better. Thinking is a process in which mind consciously coordinates facts. When a certain coordination does not work out, meaning it does not bring out the right result, it tries other coordinations. This is the basis of empiricism. Practically, this is a very long process not sure of success for a long time. Occasionally by chance, one hits upon the right answer. When a man learns not to think, sufficiently and strongly, and sleeps over that silence for a considerable time, the answer appears in his mind. That is how Einstein got his formula. The phenomenon of genius understands the world not by external observation but by refusing to observe the externals. Had Charles Darwin who spent forty years collecting data, systematizing, classifying, resorted to non-thinking, he would have got the same results or better results in a few years. And the phenomenon that he is unable to explain now (the gap between two species) would have also revealed to him. In our own experience, our best ideas come when we are least thinking about them. (MSS)

5/12/06

## **The Journey of the Soul and the Fulfillment of Our Life's Purpose**

- There are infinite souls in the cosmos.
- Each soul is itself evolving; seeking to reach its highest consciousness of being.
- An individual soul enters an individual human being.
- It enters that particular person because it senses that through that individual's life experiences, particularly his personal growth, it -- the soul -- will evolve.
- This is the journey of the soul, which continues until it finds fulfillment.
- It enters a series of human birth consecutively until it absorbs the necessary experiences that give it its ultimate fulfillment.
- This is from the perspective of the evolving soul. Let's look at it from the perspective of the individual:
- When one grows in consciousness and progresses in life beyond a certain threshold, so does the evolving soul.
- When a person moves toward a deeper consciousness, he is actually beginning to move towards his True Self, i.e. the evolving soul. As begins to touch his soul, he begins to have greater inner and outer power over life.
- When one touches the soul directly, not only does one have ultimate spiritual experiences -- such as the feeling of Oneness, the decent of Knowledge and Wisdom, an intense Delight and Joy in living, et I -- but one comes to know one's ultimate purpose in life.
- At that point, our own purpose and our evolving soul's purpose converge. We see our own deepest purpose in living by touching our soul. On the other hand, the soul becomes more fulfilled, and progresses in its evolutionary journey as we take to actions and behaviors of the very highest consciousness resulting from our soul connection. Our life, and the soul's existence are then fulfilled in one another.

-Thus, all efforts in life to discover our own True Self, our spiritual-based evolving soul will enable our ultimate fulfillment in life. The infinite possibilities of life open us before us in no time at all.

-We can begin the process of making the soul-connection by moving from our current surface association with life to a deeper poise within. Through meditation, non-thinking, concentration, prayer, etc. we begin to discover the Stillness and Silence within. Our connection with the outer world will then move toward greater harmony. At the next stage, we discover the Silence behind the silence, which is the evolving soul. It is there that we discover the springboard of infinite possibilities, taking to actions and behaviors that express it. As we do so, the evolving Soul absorbs our new life lessons as it continues on its evolutionary journey through space, time, and beyond.

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5/14/06

### **A New Way of Living through Sudden Descents of Truth Knowledge**

Is there such a thing as "Truth," or rather an absolute Truth behind an object, thing, or subject matter? I believe there is. Unfortunately, the mind, which is a great but limited development in human evolution, has not the power to grasp it.

Mind, the fundamental way we come to know the world, is a dividing instrument. It looks out on the whole of a thing, matter, subject, and divides it into one or more constituent *parts*, so that we can live our lives. However, it is a flawed instrument. Among its flaws-

-It tends to see only one side of an issue or object that consists of many sides.

-It takes that one or limited number of sides, and insists that it is the full, whole, entire Truth, when it is only but a woeful small part; even a false part. Thus, though the Mind is a dividing instrument to make sense of the world, it tends to be exclusive of all other parts.

-Supported by our ego-sense the exclusive knowledge becomes the basis for our error, falsehood, misconceptions, an ultimately wrong opinions and beliefs. That leads to wrong behavior and actions that lead to negative experiences in life, including pain and suffering. At its worst, it leads to evil.

If Mind had known the whole truth, the many-sided truth of any object or issue, it would be an excellent instrument for extremely successful living. Can Mind then rise into something where it is able to perceive the essential Whole of a thing; the many-sided Truth of any object of inquiry to enable this infinite-like life?

Yes, it can. When Mind withdraws from the surface bubblings of life and discovers a deeper poise; when it moves to a poise of Silence within, the truer, many-sided parts of any object reveal themselves. Insights begin to more easily arise in our Mind through our thought processes.

There is even a further stage. It is when intuitions of thought appear in our Mind without the need for thought. From the Silent and deeper poise within, objects of knowledge just appear in our mind as if from out of nowhere, without the hard churning of thought. *We just know.* One insight after another appears from out of thin air, each revealing another side of the Whole. Sometimes the Whole comes all at once. Then it is revelation, which enables us to overcome the limits of space and time, as we now able in an instant to have the full knowledge of the object or matter that would ordinarily take weeks or months of thought through considerable effort.

Through meditation and other techniques, we can penetrate our deeper nature, establish Stillness and Silence in the depths of our being, enabling integral knowledge, i.e. the many-sided truth of things to suddenly come into our Minds. It is an indicator of an entirely new way of living, in which the infinite potentials of life are miraculously drawn towards us in the here and now. It is but one glimpse into the next stage of human evolution.

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5/15/06

### **The Availability of the Force and the Next Stage of Human Evolution**

Just as there are great events in history, there are great events in *spiritual* history. The most well known are marked by the coming of great spiritual personalities. They usually arrive on the scene when society needs to make a decided progress, even evolution. E.g., Jesus brought a new level of Love into the world at a time when that aspect of life was subconsciously desired by the community. Likewise,

Buddha revealed the cause of suffering in life, and showed the way out of it, when that was required by that society. Similarly, Krishna revealed the divinity that resided in our souls, and the transcendent spiritual reality that we can embrace in the details of our lives when that society was ready for that progress.

Since "spiritual history" does not stop, such revelations of divine personalities continue in the modern era. Recently two such personalities arrived in India at the same time in the form of Sri Aurobindo and his partner The Mother. The former is considered the greatest spiritual figure of the last hundred years in the East, in that not only did he introduce the world to an evolutionary spiritual view of life, but participated in bringing down a new spiritual Force into the earth's atmosphere.

Therefore, now when one opens to the Divine, there is a greater power of effectivity in life than had ever existed before. In the past only the greatest of spiritual personalities could bring down spiritual powers into life, such as Oneness, Love, Truth, Beauty, Infinity, Bliss, etc. Now that power is available to anyone -- as that Force has penetrated fully into the atmosphere of the earth. Any person at any time can open to it, and elicit instances of sudden good fortune. Events around one's life will begin to appear miraculous-like, as the Force tends to attract vast results in no time at all. E.g. oppressive neighbor will suddenly move away; lost jewelry will suddenly be found; financial distress will quickly be overcome; income opportunities will appear out of nowhere; solutions to confounding problems will suddenly reveal itself, a threat to a country's border will suddenly evaporate, persistent power outages will permanently cease, and so forth.

One only has to open to that Force before engaging in any act, and sudden good fortune will come one's way. One has only to offer any problem or difficulty one has in life to that Force, and it will quickly evaporate and resolve it. One has only to offer one's aspiration for accomplishment to the Power, and it will be achieved in relatively little time; and in most unexpected ways. Even if one has little faith, the Force will still move the life around one's self if one makes the slightest effort to open oneself to its Power because it is now so active in the earth's atmosphere.

That Force and Power is ultimately there to usher in the next evolutionary stage for humanity. In the last fifty years, we have begun to see the emergence of rational mentality in Man. And yet despite that benefit, it is still a limited capacity, requiring a higher spiritualized dimension for life to unfold with its maximum potential.

Through the Force, we can truly begin to see the power of the Spirit to move life around us, even as we have begun to see how rational and insightful mind has brought great awareness and change to humanity in recent decades. Now we are ready to move forward, from mental man to the Spiritual Individual; one who continually draws on the Force to bring about instantaneous miraculousness in our lives.

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5/16/06

### **Ascent and Integration in the Evolutionary Process**

Normally when we think about evolution, we imagine a straight line of progress. E.g. in the evolution of the cosmos first we perceive that there was matter, which then evolved animated objects and life forms, and further evolved a mental intelligence culminated in the mind of man. Matter, animated life, and mentality seem to have developed in a linear fashion, with each plane exceeding the previous one.

However, evolution does not merely follow a strict ascending path, but rather allows for *reintegration* of any progress made back into the lesser planes from which it came. E.g. society evolved from a physical state of life in which people were focused on survival, evolved to vital state in which we were able to have a greater degree fulfillment, human interaction, and association, and evolved further still to a modern mental-based existence based on rational thought, a preponderance of laws, theories, ideals, and knowledge. On closer examination however we see that this highest of mental stages, this rational approach to life, began more 2000 than years ago in ancient Greece, and only in the periods that followed was actually integrated into the day-to-day lives of society.

History reveals that the Romans took the rational thinking ideals of the Greeks, and began to apply it throughout the civilizations it oversaw; using the power of rational and conceptual thought to develop law, rules, and other forms to organize society. After the dormant Dark Ages, the Renaissance arose, where conceptual ideas were applied to art, creativity, and science. Rational thought and ideas continued to spring forth through the various social movements that followed, including the Reformation, the Enlightenment, the birth of democracy, and others. Today too we continue this integration of rational thought and pure thinking into our practical lives that the Greeks introduced to the world so very long ago. In this way, the 2000-year-old ascent to a new level of consciousness and evolution through rational, conceptual, and pure thinking of the Greeks, has



taken until today to be integrated throughout all elements of society. Thus, the vast *ascent* of an evolutionary idea was followed by a vast *descent* of integration into the details of life.

We see this same movement of ascent and integration (i.e. descent) in our own lives when we consciously set upon to make personal progress. First, we have a vision of what we want to become. This is the idea that we want to realize and bring about. However, the idea gains power to become a living reality only when it is integrated into the details of our lives; i.e. when we develop the strategies and take actions to make that vision come about. E.g. if I develop the idea that I want to increase my income to \$100,000 per year, I need to come up with several strategies to make it come about -- such as developing new ways to increase my customer base, and learning new skills to be a more effective salesperson. Then I develop even more specific time-bound actions steps to implement my strategies. When I carry these out the details with a determined and persevering effort, bringing to bear positive attitudes, my vision becomes a living reality. Again, the vision -- which like evolution in society is itself a new progressive movement in my life -- is fulfilled when it is integrated into the details of my life, enabling it to come true. At the point that the integration of the idea is complete, the realization of the goal -- in this case to earn \$100,000 per year -- comes about. *The ascent that was my vision becomes a living reality through the descent of integration of the details.*

Progress is a never-ending possibility. It comes about through vision, energy, capacity, and organization. But the process of progress -- and its two more powerful siblings, evolution and transformation -- take place through a double movement; of ascendance into the new, and a descending movement that brings about its full integration into life.

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5/23/06

## **Overcoming Society's Problems by Changing Our Human Nature**

In the news, it was reported how several individuals escaped a fire in their apartment by leaping from their window. The camera caught it, allowing it to be seen through the media by anyone around the world. As we watched the escape, we marveled how they were able to overcome life's ultimate challenge. Of course, when the video was over, we moved on and resumed our other interests. Little did we

think that on that very day thousands of people around the world had also escaped with their lives from fire's at their residence, place of work, or public facility. Likewise, few would think that every day thousands were dying in wars around the world; that thousands were dying of starvation and malnutrition, thousands of AIDS, and thousands more of other diseases. Even in America, thousands die every month from traffic fatalities. All we are capable of thinking of was that one event, as we are hypnotized by the inputs of our senses, and don't engage our thought processes to think wider than that moment.

If we do think about the wider issues, we will can also come to see that all of these tragedies are completely avoidable, provided there is a will to overcome them. There is also another perspective; that such suffering can never really end -- for it will continually spring up in *endless new forms* -- until *man himself* changes; until he evolves a higher nature that would prevent such things from arising in the first place.

Like others, the Indian sage and seer Sri Aurobindo spent his whole life devising a way for Man to emerge from his suffering by evolving his consciousness. When Man has understood his own limitations of being, and makes the concerted effort to overcome it, he takes an important step toward its growth and evolution. When he also discovers his higher nature directly by moving from irrationality to rationality, and by discovering and infusing the spirit into life -- including its various aspects, such as peace, silence, harmony, unity, delight, beauty, power, love, and wisdom -- then there will emerge a supra-human consciousness that will never tolerate such ills of society, and will tend to live lives that produce only positive outcomes.

Humanity just now is very far from that point. And yet we must also recognize that we have come a long way. Man now is becoming more conscious of his own limited nature -- his hateful or destructive tendencies, his distorted attitudes and opinions, his mindless passions, his hopeless ignorance; even as he embraces the power of rational living. He is even becoming aware of the spiritual dimension of life, and how an inner-directed existence enables an outer life that tends to produce outcomes of utility, harmony, and endless good fortune, while avoiding the harmful effects.

When we see a negative event on the news, we should remember that it is our "fallen nature" that is the root cause of all problems of

Man. however, if we evolve ourselves to our higher nature, not only will the larger tragedies of life begin to disappear, but we will open ourselves to a level of dynamism, possibility, and joy in society that we would never have ever dreamed possible.

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5/24/06

### **Sri Aurobindo's 'The Life Divine': The Ultimate Adventure of Consciousness & Joy**

Over the millennia, great religious and spiritual works have emerged to remind humanity of life's deepest purpose and meaning. The Bible, the Koran, the Upanishads, the Gita, and others have served to show us the spiritual nature and potential of existence. More recently works from Darwin, Einstein and others have tried to explain the nature and unfolding of life from a scientific point of view, reflecting the vast expansion at the physical plane in the material age that we are now passing through.

However, time marches on, and new understandings of life's mysteries reveal themselves. Some of these newer works of psychological and spiritual wisdom attempt to synthesize the old with the new. Then there are the *definitive* works that mark a profound new understanding in the world, ushering in a new age of humanity, in which a new synthesis is developed, embracing and then going beyond all previous knowledge and understanding. Such a work is Sri Aurobindo's epic metaphysical tome on the meaning and development of life in the cosmos, 'The Life Divine.'

In 56 chapters, he has explained the unexplainable, synthesizing the old and the new -- i.e. the ancient spiritual and modern evolutionary views -- and then going far beyond a mere synthesis. In this work, he explains in vast detail the nature of the Spiritual reality, the process by which the universe came to be from that Divine Source, the evolutionary unfolding of life in the cosmos and on earth, the purpose and destiny of human existence, a detailed account of the nature of our human makeup, our individual evolutionary potential and purpose, the methods to achieve that purpose, and so forth. He even describes the nature of our *future* evolutionary existence -- both as individuals and as a society. No work in human history has ever had such a cosmic scope, nor fulfilled that intention; and that is simply

because that many-sided, integral knowledge of the nature of cosmic existence was never known before; until now.

'The Life Divine' is not an easy work to comprehend because it is explaining cosmic realities and future possibilities that are in no way common to our daily experience. In addition, the book brings forth these cosmic insights through a rather dense philosophical and metaphysical style. That is so because Sri Aurobindo explores every spiritual truth in great detail and depth, considering every nuance and possibility in his arguments that allows him to come to logical ultimate truths about life in the universe.

How was he able to do this; how was he able to come to these conclusions? Aside from examining the deepest mysteries from virtually every conceivable side, it is a fact that he actually *experienced and realized* these realities in his own life. Some say that he had to *become* the Divine in order to reveal the Divine's purpose and secrets -- and perhaps that is really the case. Still, for us to grasp what seems on the surface to be the ungraspable and ineffable, it would be helpful if someone were able to predigest the essence of this vast, epochal work for those of us just setting out on the path.

Fortunately, several pioneer individuals have sifted through the work to make it digestible for those inspired to learn and acquire this greatest of all universal knowledge. For one, Garry Jacobs, a member of Mother's Service Society, has studied the work for several decades; and at one point did a lecture tour across several continents to present his practical approach to understanding the master's work. The result is "Lecture's on Sri Aurobindo's The Life Divine," in which Mr. Jacobs not only presents the wisdom of Sri Aurobindo, but shows how we can practically apply this knowledge in our daily lives.

Anyone seeking the answers to the major questions of life, as well as the levers that will enable ultimate achievement and joy would be served well by reading Mr. Jacobs' brilliant summation. That person would then have the basic framework to tackle 'The Life Divine' itself, where the deepest truths of life will more easily reveal themselves. If you decide, at that point you can then begin to live the ultimate adventure -- the adventure of consciousness and joy.

5/26/06

## **The Power of Intention that is Great; that Backfires**

One of the more powerful insights into the nature of human existence is the notion that what you *really want* tends to be accomplished. If you have an intense desire to achieve something, and focus your energies on it, excluding all other matters, life ends to cooperate and bring the object of your desire. It may happen sooner or later, depending on the intensity of energy you bring to bear, the surrounding atmosphere, and other subtle influences of life.

When life *suddenly* brings you your heart's desire from seemingly out of nowhere, then you have experienced an instance of "life response," which appears to us as a miracle. E.g., a man aspires to rise to a higher position in his profession, and focuses all of his energies on its achievement. From *out of nowhere*, he suddenly receives a call and offer for employment from an officer of a company who had no idea that he was looking for a better-paying, more satisfying job! It has thus come as a miraculous-like response to the energies the seeker has released -- somehow aligning him with the intentions of corresponding individuals and circumstances.

On the other hand, there are also instances where you really want something to occur, but the *opposite* takes place! That usually happens because the thing wanted was not helpful, or the energies you released stemmed from a wanting aspiration, attitude, decision, or action.

There is a well-known example of this in Jane Austin's *Pride and Prejudice*. Near the end of the story, Eliza and Darcy are working out their romantic relationship. At one point Darcy's aunt, the very wealthy and powerful Lady Catherine gets word that her also-wealthy nephew Mr. Darcy might marry Eliza, who is from a lower class. With her entourage in tow, Lady Catherine rushes over to confront Eliza to determine if she intends to marry Darcy. Eliza, strong-willed and independent, refuses to be bullied into an answer, though she does not deny that she would marry him if she so chose. Unsatisfied with her answer, Lady Catherine rushes off in a huff. The next day, Darcy appears before Eliza, and they agree to marry. Darcy indicates to Eliza that he had come to see her because he had heard from his aunt Lady Catherine that she (Eliza) would not necessarily turn down his

marriage proposal! As a result, now the two are engaged and marry -- the exact opposite of the intention of Lady Catherine. We could call this a "negative life response." Though her intention was great and focused, it worked in the opposite direction. There are several reasons, though one stands out: her anachronistic propensities were working opposite to the positive energies that were emerging in the story. She tried to force her intent through her willfulness and position of wealth and power, when in fact the story was how the middle class was emerging as a new power in rural England.

We see this same process of negative life response at work in world history. In the 18th and 19th century, Britain aspired to build an empire around the world. It succeeded for a while, until WWII, when it was nearly crushed, and then forced, out of necessity, to give up its empire. Now if one goes to London, there is hardly a Londoner in site, as 75% of its people are non-English, most from countries representing its former empire! It is in essence a negative life response (for the traditional Londoner) to centuries of English chauvinistic intention. The modern world is now in fact moving in an opposite direction.

When we wish for something whose motive originates in lower consciousness relative to the conditions around us, we are likely to receive outcomes the opposite of our intention -- i.e. life quickly responds to us with instances of ill-fortune. In one of Jane Austin's other novels, *Emma*, the author has constructed an entire novel built around this idea. Emma is an individual who is hopelessly meddlesome, trying to match other people up in romantic relationships -- utterly failing with each attempt. Life consistently responds in a negative fashion to Emma's lower vibration.

Fortunately, in the end, Emma sees the error of her ways, and comes to understand that it was the love she was avoiding for herself that she sought to bring about in others. To that change in attitude, life responded with overwhelming *good* fortune, when her life-long companion proposed marriage, which she gladly accepted. It was the happiest moment of her life.

Though we may have generated negative response from life due to our wanting inner and outer behaviors, we can overcome that quality, reverse it in full, and observe thereafter how the deepest object of our desire --whether a fantastic new job, or the partner of our dreams -- suddenly moves towards us. It is the miracle of life response.

5/27/06

## **Consecration and Spirit-based Living**

One of the choices that we have available to us is whether we or not we wish to move to the Spirit. If one does, then we can begin with one essential approach to life -- consecrated existence.

Normally, when we take up an activity, we just do it. Usually there is some thought involved, perhaps some planning, a certain will to achieve, and the physical effort to make it happen. This is the way we normally accomplish our objectives in life. However, if we choose to live a spirit-oriented existence, this approach will not suffice. In a spirit-oriented life, actions are taken not merely for our own sake, but for the Divine's sake -- fulfilling *Its* will, purpose, and intent. When we focus our intention to accomplishing an act for that Higher Purpose, we are in essence *consecrating* the act. When we do, stunning developments are likely to follow, as the act is infused with the spiritual powers of the Divine. Consecration in this way is then the central method that distinguishes a spirit-oriented existence from an ordinary one.

How then do we consecrate? It is actually rather simple. Before we begin any activity -- such as reading an email or meeting with a new client -- we can pause for a moment, concentrate ourselves within until we are somewhat still, and offer that which we are about to undertake to the Higher Power. When we do so, we not only give what we are about to embark on greater purpose and meaning, but what takes place thereafter will tend to have the stamp of the Divine action upon it. The act that we have consecrated will tend to unfold better, as positive situations and circumstance unexpectedly arise; where previously problematic circumstances will begin to dissipate; and where a feeling of calm and well-being will permeate the atmosphere. In other words, by consecrating the activity, life will begin to cooperate from all quarters. It is the power of the spiritual Force in action.

Let's consider an example. Say that you are about to begin an important activity. Before beginning, close your eyes, quiet your mind a bit, and then list out in your thoughts some of the details of what you are about to embark on. Now try to come in contact with the spiritual Force in the atmosphere. Then say something like "Oh Divine

Force, I offer X and Y [the things you are about to embark on] to You. I do this work for Your sake, so that Your power, force, energy, wisdom may suffuse the work." Then let go of that deep aspiration, and continue on with the activity.

Sometime thereafter, notice if anything special has taken place. Perhaps an unexpected positive development has come to your attention, or you have experienced an unexpected instance of good fortune. If you see the benefit, consider if and how it is related to your effort at consecration. Try consecrating in this manner several times in the course of the day, and see what results come your way. At the end of the day, tally the benefits that you have received as a result of your inner effort to engage the spirit in the activities of your life.

As you experience the wonder of these powerful results, you will be energized to no end. You will begin to see the power of spiritual magic at work in your life; that life operates in ways you would never have thought possible; that you have an awesome power at your disposal to direct the course of your life. In addition, as you consecrate activities on a regular basis, you will have taken the first decisive steps towards living a spirit-oriented existence.

At a later stage, you will feel not only this sense of wonder, but begin to develop a certain desire to *surrender* to this Power. You will begin to see that you are making the effort at consecration not so much for your own personal achievement and success, but to fulfill the Divine purpose and intent. You will begin to feel that you are becoming an instrument through which the Divine Intention and Will can flow. At that point, you may begin to surrender your very life's purpose and existence to the Divine. Then your own individual soul purpose and the Divine purpose will begin to merge. Such spiritual experience and realization in the activities of life is perhaps the greatest joy known to Man.

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6/1/06

### **The Evolutionary Spirituality that is Now Emerging**

Europeans look out on the world and are proud of their rich heritage, even as they are oblivious to the deep culture and spiritual insights of



the East. Currently the Europeans observe the sudden dramatic emergence of Americans, and the rise of the Eastern economic powers, and semi-consciously begin to question their long-held belief that they above all others have been the civilizing force of history. Likewise, the Americans look out at the emerging East, and wonder what is in store from these titanic economic and cultural powers, just at a time she thought she was the unstoppable cultural and economic leader in the world.

From our current perch in history, we can trace the march of progress of civilization. As we know, it began in Africa, and then essentially moved in two directions -- to the East, where spirit and culture was born, and north to the Middle East, where religion was born. From out of the religion wing eventually emerged the rational thought and democracy of Greece, its practical application through the rules and organizational structures of the Roman Empire; the culture of the Renaissance and Enlightenment; and the economic expansion of the British Empire, which continues today through the material and cultural influence of the America dynamo. The Middle East and Africa meanwhile have remained poor and neglected. Through tragedy and suffering, the world now seeks to resolve the stagnant problems of the troubled areas. Meanwhile, the profound ancient wisdom of the East has remained unknown to a good part of the world -- even buried in its essence in its founding country, India.

Why then has the profoundest understanding of the spirit ever known, that of ancient India, remained dormant and unknown? The simple answer is that civilization was not ready for the ancient wisdom of the Vedas, the Upanishads, and of the Rishis who intensely communed with the Divine Reality up to 7,000 years ago. Civilization had to first evolve through several stages before she was ready to this greatest of all spiritual knowledge and experiences to be broadcast and adopted by the rest of the world. In addition, the ancient spiritual realizations themselves had to evolve.

Though great beyond measure, the spiritual realizations of the ancient Rishis were in one sense a static one. I.e. though the spiritual seekers had found a direct connection to the Divine reality, that blissful liberation took place *outside* of life; not within it. Thus, a new, more comprehensive spiritual realization and knowledge was necessary if it were to spread far and wide -- one that combined their deep realizations with the aspiration of modern Man.

Fortunately, in the first half of the 20th century, one individual, the Indian sage and seer Sri Aurobindo had those very realizations and spiritual perceptions, as he was able to integrate that profoundest of ancient wisdom with modern evolutionary understanding. By showing how spirit is not just a liberating element that one can dissolve into to discover ultimate happiness and bliss, but that it can be brought into the details of life, in order to elevate and perfect it, Sri Aurobindo made the great synthesis between the spiritual wisdom of the past and the evolutionary aspirations of a modern society.

Thus, after a 7000-year sleep, the great spiritual wisdom of India has begun to take on a new tone and direction, allowing a more dynamic East, and a materially-exhausted West to embrace it. In essence, Nature has waited these millennia so that the world could first make the necessary evolutionary progress -- emotionally, psychologically, and mentally -- before it could embrace this new, dynamic evolutionary view of the spirit. Now that a solid base of material prosperity has been established in the world, now that Nature's course has passed beyond the ages of oppression by church and king, now that she has discovered democracy, developed a modicum of culture, and has begun to nurture true individuality, the peoples of the world seem ready to embrace the evolutionary spiritual teachings and realizations of sages like Sri Aurobindo and others in the emerging New Age.

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6/10/06

### **The Delusions of Sense Mind**

Today I was driving on the highway, when I noticed that a car up ahead in the lane to the left of me had come dangerously close to the car preceding it. I assumed at that moment that he had gotten himself in that position because he was tailgating, i.e. not allowing enough space between him and the car in front of him. After observing this scene, I cautiously passed on the right. A moment later, however, I too had to slow down because a pile of debris had suddenly appeared on the road in front of me. Apparently, a garbage bag had fallen from a vehicle, had broken apart, and was now littering all lanes of the highway, including mine. And so I then made my way through this obstacle course of litter, and once clear, resumed my drive.

As I continued on, it quickly occurred to me that I had completely misjudged the situation. I had assumed that the car was tailgating, and the driver had simply acted in an uncivil manner; when in fact he had actually slowed down to avoid hitting the car in front of him, who had also slowed down in order to avoid the very same debris that I myself would wade through moments after. Furthermore, I also realized why I had come to this faulty conclusion. I had been so overwhelmed by the input of data streaming in through my senses -- in this case my eyes -- that my mind unconsciously jumped to a wrong conclusion. In the situation, my mind was unable to distance itself from the sensation my senses perceived, i.e. from what I was seeing, and thus came to the erroneous conclusion that the driver had acted in a hostile manner, instead of the truth that he was trying to avoid the debris.

Then what would have enabled me to have perceived the truth of things? It turns out that when the mind is calm and relaxed, it is more likely to engage in sensible, rational thought. That is the power of a *rational* mind. When mind however is preoccupied with sense data -- instead of observing through stillness, calm, and detachment -- it tends to think *reflexively*, which leads to faulty conclusions, causing us to miss the true truth of things. This is the lower action of mind, which I call *sense-mind*. It is the condition that is the cause of so many errors of perception, that lead to faulty decisions and failed actions.

If you were to observe yourself in the course of the day, you would see how often sense-mind is in the fore, and therefore how often your conclusions, decisions, and actions are wanting. The number of minor wrong suppositions that we jump to in the course of day through the reflexive action of sense-mind is utterly shocking. E.g., one time I observed myself over the course of an hour, and I noticed that I had come to at least half a dozen wrong conclusions in that period alone! Whether it concerned the status of a missing cup, or the whereabouts of an email, or my interpretation of the meaning of a news story, I was continually coming to the wrong conclusion. Each time my mind saw things, and reflexively jumped to a conclusion that proved to be false.

In the course of weeks, months, and years, we make thousands of such errors, so many of which go undetected. Though all are important for successful living, unfortunately some are major, which we will in the end pay dearly for. From this perspective, life is an unending series of wrong associations, misjudgments, and conclusions

that lead to ill-fated decisions and failed actions. It is a nightmare of continuous falsehood and failure that we are for the most part unconscious of!

When we live on the *surface* of life, as we normally do, sense mind is in the ascendance. Error and falsehood follow. However, when we move to a deeper poise, through concentration, meditation, or by otherwise stilling our thoughts, our minds become a truer *witness* to the occurrences of life outside ourselves. From that poise, we are able to perceive more of the truth unfolding around us. We perceive the *multiplicity* of facts, rather than the one conclusion sense-mind has identified – one that is itself often in error.

The Indian sage and seer Sri Aurobindo said that man was born of an essential Ignorance of creation. He is unconscious at so many levels -- of his place in the world, of his purpose in life; and, as we have just seen, of the true nature of what is occurring around him. He concludes that so long as we look out at the world through the lower functions of this sense-mind, we will live in perpetual ignorance, which will leads to error, falsehoods, and even evil. However, when we move to a deeper poise within, we begin to move out of that essential Ignorance, and come in contact with the wider truths of life around us. At that point, we move from being the victims of life to life's Master.

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6/11/06

### **Sudden, Abundant Results through Spirit**

Though the Internet can speed up life 2-10 times and is a wonder to behold, utilizing the Spirit enables one to speed up life 100-10,000 times or more, as you are able receive *instant, infinite* results by invoking It.

E.g. desired people suddenly appears at your doorstep out of nowhere; a project is completed not long after you *start* it; the pursued potential client comes to you in five minutes, instead of the normal six months of pursuit; the solution to an experiment arrives in a flash instead of weeks or months of experimentation, and so forth. In other words, you accomplish what would take a lengthy period of time, very quickly, even *instantly*, defying our common notions of cause and effect, and space and time.

Also, where you now receive a certain level of result through *substantial* outer effort; connecting to Spirit enables vast results to come with *little* effort. No matter how hard you try, or whatever your level of skill, or to whatever degree you use technology, life operates in slow motion, creating a fraction of the results you will receive when you open yourself to the Spirit.

The next time you engage in an activity such as meeting with a client, open yourself to the spiritual Force. Call it in intensely, and then take note of the results in the hours and days that follow. When you take inventory of the outcome, you are likely to see that life has far have exceeded your expectations. From that point on, you may never look at life in the same way again.

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6/14/06

### **Anticipating and Predicting the Future through Life Response Knowledge**

The sage tells us that it is not for us to *predict* the future, but to *anticipate* it. This is a principle of life that is unfortunately rarely practiced. There are those who predict, but are often wrong, while there are too few people who are able to proactively examine all sides of an issue to anticipate outcomes of the future.

Having said this, one wonders if the average person can actually predict the future. It is my belief that if a person learns the laws of "life response", it is quite possible, even probable. The laws of life response are understood when we experience all its variations; when we see all of the inner levers that elicit sudden good fortune from the world around us.

Let me give you an example. One principle of life response that I have seen countless times is that work and money tend to move toward you when you actually *do* a work, rather than in the time *preceding* the doing of that work. If I have an important and substantial receivable due, it tends not to get paid in the interim leading up to my next major training session. However, as soon as I perform that work, the money immediately comes to me -- whether on that very day or during the ensuing 24-48 hour period. In addition, invariably *additional* work also suddenly appears, as if out of nowhere. In this way, I could predict that when I do an important work after a lull,

outstanding receivables that have been held in abeyance will suddenly appear in our company's mailbox. So too will abundant work replace scare work. I can even be so bold as to announce it to others, so long as I do not let it tickle my ego. It is highly likely that I will be correct, which will amaze others to no end.

In a similar manner, one could make all sorts of predictions based on our knowledge of any of the inner laws of life response. E.g., I can predict that if someone is overly anxious to receive some money, it will be delayed. Or, that if they express a negative attitude toward someone, ill-fortune will quickly come their way. There are in fact dozens, if not hundreds, of such laws of life that attract or repulse good fortune from the world around us.

By knowing the many-sided truth of an issue, and having life response capacity gives us a power to anticipate the future. However, as we perfect this understanding through ever-greater life response experiences and insight, we can also develop a more precise predictive capacity. Then we will have taken another step toward becoming the leader and masters of our lives.

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6/14/06

### **The Solution to a Problem is Found in its Cause**

It is said that the solution to every problem lies in its cause. If that is the case, then we can look to the true cause of any problem -- including its various sides -- and come up with viable solutions.

After WWII, the West installed the Shah of Iran in power to replace his father. His father was aligned with the Nazis, and the son himself had the reputation as a playboy who would serve well the oil and other strategic interests of the West.

Unfortunately, for the Shah, the oil profits were not seeping down into the hands of the people. As a result, they remained poor and became very restless. In anguish, they lashed out at the Shah and overthrew him, installing a radical Islamic fundamentalist government. The rest, as they say, is history. The religious fanatics kidnapped the US hostages, and later fought a disastrous war against Saddam Hussein,

in which over a million men died. Tens of thousands were even sent into battle by the Ayatollah with only the Koran in their hands!

The solution to the problems of Iran, or for that matter, most of the Middle Eastern and Arabic countries, can be found in the source of all of the trouble -- poverty. In that nation, she took to extremism out of frustration of poverty of the masses. Like Iran, if the individual nations, with the cooperation of the world, conspired to eradicate poverty, then radical fundamentalism and all other sources of friction in these extremist nations can be abolished. Fundamentalism came as a response to poverty unaddressed; thus, poverty is the solution to radical fanaticism.

We can look at any problem around us and see the solution in the cause. We should examine the problem from all sides, yet understand that the solution lies in the origins of the problem itself. If we look there, and have the courage to deal with the facts, then we can overcome any obstacle, enabling endless progress in life. Moreover, life is likely to respond with instances of sudden good fortune to the attempt.

Recently Ireland changed course and gave up radical terrorism. Instead, it dealt with its own economic failures of the past. It developed policies of low taxation, free education and medical benefits, and others, leading to miraculous-like improvement in the last decade. Now it is one of the most prosperous counties in Western Europe; whereas only a decade ago it was at the very bottom. She had seen the solution to her problems by understanding its root cause -- poverty -- and thereby had the wisdom and will to overcome it; making a truly heroic psychological and material effort. We can do the same in our own lives by bravely seeing the solution to our own problems in the cause, and then acting wisely, which is bound to quickly attract the infinite potentials of life to our doorstep.

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6/20/06

## **Microcosm of the Coming Social and Cultural Unity of the World**

Los Angeles is a vast city of suburbs that seems without end. Not only does the landscape of houses appear endless -- fulfilling the

"American Dream" of home ownership -- but the multiplicity of ethnic cultures from around the world makes it a melting pot in the extreme.

Recently I flew down from the San Francisco area to Los Angeles to meet with a client who provided employees for a massive condominium construction project near the ocean. The evening before the meeting, I ventured out of my hotel to find some dinner, crossed the wide boulevard, and came upon one of the ubiquitous "strip malls" in the area. Amidst a plethora of small retail businesses, at first I discovered a typical (for the US) Italian restaurant on the corner of the mall. However, next to it I was surprised to find a Peruvian restaurant, something I had never seen in the States before. Next to it I then saw a Vietnamese eatery, and next to that a Pakistani/Indian establishment. It seemed that in this small nook of Los Angeles, the world had gathered in close proximity, creating a kind of culinary United Nations. A similar scene is repeated hundreds if not thousands of times in venues throughout the region.

Below the radar of our awareness, the world is slowly but surely moving towards human unity. It has been a slow and irregular process, but it has accelerated in the last fifty years, even more so in the last ten. The unity of humanity occurs, in essence, when the multiplicity the cultures are able to come together, interact, and establish an integral bond, a certain level of vital affection, and ultimately a commonality of deep purpose.

It is important to point out that such unity expresses across a spectrum of depth that ranges from the material to the ethereal; from the mundane to the sublime. At the most basic level, human unity begins when there is *political* cooperation within and among the nations of the earth. Unity then moves to a somewhat higher plane through the *economic* integration of nations and peoples. It then makes a vast leap through the *social* and *cultural*, and culminates in the *psychological* and even the *spiritual* unity. To be honest, we are barely passing through the first stage, as nations still struggle to live in political harmony, though we are also making considerable progress of late in the second stage of economic integration. We have yet to make any substantial inroads into the social and psychological integration, as we each live in our separate worlds, each oblivious to the depths of one another's cultures.

If we examine life closely, we see that the smallest entity can be a microcosm of something much greater. For example, the atom and the electrons that spin around it are a microcosm of our solar system,



even the universe itself. In that sense, the single nation of the US is a microcosm of the entire world. Gathered there are most if not all of the ethnic cultures, who are trying to work out a certain level of cooperation, even harmony of purpose. The US is in essence a microcosm of how the peoples of the world (the nations, the cultures, religions, world-views etc.) are trying to move beyond their differences, and enjoy and integrate their vast cultural and social resources. It seems that the symbolic experiment in America is so far working -- which is a harbinger of what is in store one day for the entire world.

The frontiers of social, cultural, and spiritual integration require a vast psychological shift in Man. On the other hand, for there to be this great inner transition amongst the races, cultures, ethnicities, et al, there needs to be a solid *material* foundation and basis. Physical/material stability and security must always precede the psychological to create a sustainable social environment. Practically speaking for the world that translates as *economic* stability and prosperity. The reason that the immigrant races/ethnicities get along in the US is that there is the sense that there is continuous economic opportunity and prosperity available. Without it, the basic cooperation that exists amongst the races would fall apart.

It is interesting to note that the US is also beginning to work out the *social* and *cultural* unity of the world's races on its own turf. E.g., people of all ethnic persuasions come to a wide swath of meeting places, such as the ethnic restaurants in this strip mall of Southern California, and by interacting in business offices, in schools, and so forth. There, as elsewhere, we see the first glimmers of social and cultural unity. The ability to sample the world's foods in a social setting provides not only the material foundation to explore other cultures, but provides a degree of psychological identity with that people -- enabling further social, cultural, and spiritual awareness, harmony, and integration. These developments are important milestones, flags along the way that mark critical stages in the emerging unity of the world. These are in turn the first glimmers of what Sri Aurobindo heralded for the future when he spoke of the possibility of a Divine Life on earth.

7/4/06

### **Answers to Several of the Major Questions of Life**

It is said that the major questions of life cannot be answered. Here is an attempt to prove that statement wrong:

*What is the purpose of life?* The purpose of life is to experience delight; the delight in the discovery of new aspects of life and our higher nature, including the Divine nature.

*What did life, we come from?* We came from a Divine Source, who wished to extend Its own Delight into forms of creation so those forms, i.e. we can experience that same Delight when we come to discover our higher nature.

*What is the key to happiness?* The key to happiness is being selfless and self-giving, instead of being selfish and ego dominated.

*Can the world stop its suffering?* Yes, when it emerges from its Ignorance that was born of creation.

*Why was the world created imperfectly; i.e. in ignorance and suffering?* When life in the universe merged, there was light and darkness, positive and negative, good, and bad, etc. so that there would be the greatest multiplicity of forms to experience the discovery of their true nature, and thus delight.

*How do we overcome our suffering?* By knowing our human makeup, the parts of our being, which parts need to be uplifted, and making that effort to do so. In tandem with moving to a deeper consciousness within where we find our True Self and soul, we overcome our ignorance in life, and hence all suffering and strife.

*Where are we all headed?* We are moving from a vital orientation to a higher rational mental and spiritual one, which will enable us to experience ever-higher forms of freedom, creativity, capacity, and consciousness. Ultimately, we are moving toward human unity and further on a spirit-based divine life on earth.

*Where is the spirit?* It is the Ineffable, Immutable Infinite truth and being; it is the creator of the universe; and it is the essence of all forms and being in the universe. Two ways we experience it as a transcendent Reality, and as the Soul within us.

*What is the use of experiencing the spirit?* It gives us power to rapidly and infinitely change the world, it gives a profound sense of harmony and oneness with everything and everyone around us, it enables us to feel an intense love towards others, it brings us an ultimate delight and joy of being, it provides a wisdom beyond all knowledge, and an ultimate peace and stillness, even as we deeply partake in the becomings of life.

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7/12/06

### **Overcoming Billions of Error-Filled Perceptions in the World**

I walk into a room, and then look around. I notice that there has been a certain movement of things. My mind then comes to a conclusion about what has taken place -- but it proves to be misguided. Likewise, a woman looks outside a window and observes the scene. She then comments that such and such has occurred, when that too proves not to be the case.

We are constantly jumping to such erroneous conclusions. Imagine then a company of hundreds of employees, where thousands of such flawed conclusions are being made every day. Now multiply that by every organization in the world, and you have hundreds of billions, if not trillions of misconceptions born every month. Imagine that over a year, or decades, or centuries! What accumulated ignorance and falsehood!

We live in a world of perpetual ignorance, in which we misperceive things, are therefore led to wrong conclusions, followed by misguided decisions and failed actions. Is there a reason for this? Yes, it is this: The mind looks out on the world and is incapable of seeing the truth of things; of what is really going on. Part of the reason that it fails to perceive the true nature of the current situation, is that it is incapable of knowing how the past has brought about the present conditions, nor where the future course of the event lies. In that way, we miss the wider whole truth of things, only perceiving a very small portion of the event.

This is the case because we observe the world through superficial eyes. We are overwhelmed by the inputs of our five senses -- i.e. of what is seen, heard, felt, etc. -- and miss the true sense of what is playing out. This causes our minds to jump to false conclusions. Mind responding to sense data tends to know only the *surface* reality, not the deeper truth of things. "Sense-oriented mind" takes a snapshot of the present surroundings, missing what has occurred before that led to the current situation, nor comprehending where events are headed. Overwhelmed by sense input, mind is incapable of careful consideration of what is truly playing out, leading to snap judgments that are filled with error.

When we live on the surface of life, we are hypnotized by the inputs of our five senses -- by the dancing lights, images, and sounds around us -- and constantly come to the wrong conclusions. It is from that surface poise and status of mind that we are exceedingly error-prone. However, when we move to a deeper poise within, we are less likely to engage life through sense-mind, and thus are far less swayed by the surface inputs. In that deeper poise, sense impressions are muted; life around us is softer; and therefore we are less likely to jump to hasty conclusions. Instead, we tend to *observe* life, and become a detached *witness* to the situation. This enables a level of mindfulness that allows us to perceive the variety of, the multiplicity of possibilities before us, rather than drawing one hasty conclusion of the surface. As a result, we come to more reasonable judgments, and right decisions that in turn lead to greater success.

If withdrawing from surface living is the first step out of our ignorance, how do we accomplish that? We must redirect our concentration away from surface images, sounds, etc., and discover a modicum of stillness and silence within. In any moment in time, we can observe how we are looking out at life, draw our concentration inwards, still our thoughts, and observe the world from the witness consciousness that emerges. Now we will have the mindfulness to judge any situation more correctly. Now we will be able to perceive the variety of possibilities in the environment, which will enable us to judge the situation from a wider and more penetrating perspective.

In this way, billions and trillions of misjudgments in the world can be avoided, replaced by vastly greater knowledge, accomplishment, and satisfaction. It is in fact our collective evolutionary destiny to move in that very direction.

7/15/06

## **Beyond Division and Contradiction to Higher Resolutions in Life**

On the surface of life there is endless conflict, strife, and suffering. This is the way our normal consciousness sees the world. It sees through division and contradiction. However, when we move to a deeper consciousness, it reverses. Division becomes Oneness; i.e. those forces that are divided from one another actually share a deeper purpose that binds them in oneness. From that deeper consciousness, we also see that contradictions become complements. I.e. forces that appear in opposition are at a deeper level complementary to one another; even necessary to one another's progress.

This might sound like mere philosophy, but from a deeper perspective, it is the most profound and *practical* of truths. For example, we see two nations at war, or two families quarrelling, or two individuals at loggerheads. At their soul level, where their true selves lie, they are bound in unity. Only their egos, operating at the surface, bind them in division and strife. If they were to instead go deeper within, they would find a *common* interest -- a means of resolving the surface problem through an overriding higher possibility and solution. If we choose to go into the depths, away from ego that separates us, we will find that *higher harmony and resolution* overcomes our division and conflicts.

Likewise, when we move to a deeper consciousness, we see that the conflict we thought we were having with another is really indicating that we share a hidden *complementary* relationship with them. That it is *only* through that relationship with them that we can each grow and progress to the next emerging level. Since it is only through the interaction with my adversary that my own faults show themselves, that other party is then a complement and agent for my own personal growth! Or, to put it another way; it is only in our mutual conflict that we can bring a wider possibility that will benefit both parties.

Why then do we perceive the division and contradiction, not the oneness and complementary nature of our relationships? It is because of the limitations of our minds --which cannot see the whole truth of any subject, inquiry, or matter, but only the part. And the part Mind sees is often only the part that the ego reinforces. When I am in

conflict with another, my Mind only perceives the conflict, which is only a part of a much wider truth, and wholeness of possibilities. Also, the part Mind sees is that part that satisfies the ego. The ego looks out for its own interest, at the expense of the interests of others, the environment -- i.e. of the *whole* truth of things.

This might still sound like philosophy. However, as one moves out of the part-view into the whole truth of any situation -- conflicting or not -- then one begins to perceive the full integral knowledge of the conditions of life in any moment. It will strike us as a Marvel. Also when we come out of our ego, move from selfishness to selflessness and self-givingness, we will break the impasses we have with another party. Division and contradiction will begin to turn into harmony of purpose, even as we perceive our complementary association. Then new solutions will reveal themselves from all quarters. The limited, finite world steeped in conflict will burst forth with infinite possibilities coming from this new harmonic perspective. We will then together with our once-adversarial partner stand before entirely new possibilities for progress and accomplishment. That discovery will in turn itself release a deep abiding joy within.

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7/16/06

### **Overcoming Poverty Helps Fulfill Humanity's Evolutionary Purpose on Earth**

If we look around the world we will see that poverty is driving all instability in society. Whether it is a near-slave laborer in China producing Western goods at a pittance salary, the 30% unemployment amongst young men in Baghdad and other parts of the Middle East, the fight over territory and resources in rural Africa, or the impoverished individuals stumbling out of the disaster of hurricane Katrina in America, poverty is the root cause of most anguish and insurrection -- including terrorism -- in the world.

Poverty should be attacked as a global problem more nefarious than even terrorism. The war of terrorism should be accompanied by a war on poverty. A rapid reaction force against the evil of terrorism needs to be accompanied by a global rapid reaction force against the scourge of global poverty. One without the other will prevent either from succeeding.

A plan to fight poverty involves the activation of thought, i.e. our mentality. It is easier to revert to physical brutality to step the symptom. It is easier to get anguished and rail against two sides in a conflict such as we observe in the war in Iraq. It is more difficult to be rational, exercise our minds, and come up with comprehensive plans for development that will end or at least substantially reduce poverty on earth. Without doing so, the physical and vital individuals and forces will gain sway, and will continue in their brutality and rage – whether the unemployed poor, or the Western powers that seek to repulse their violent outrage.

To come together to develop plans of development that ends poverty requires the giving up of ego at all fronts. The national ego that is self-assured must be given up in order to cooperate with other nations. The self-righteousness of individuals who take sides must be abandoned to cooperate for this higher purpose and good.

Man is meant to move to ever-higher states of harmony. It is his evolutionary destiny. Poverty provides one such opportunity. Before WWII, the nations of the world were unconscious. They did not cooperate. In fact, the financial powers engaged in speculation that drove down the world's economy and gave rise to Nazism and fascism that caused over 60 million to die. Only after did Europe learn its bitter lessons of non-cooperation in the face of a rising menace, and the earlier greed of rampant financial speculation. That is a lesson for our own times. We must cooperate on development to overcome poverty to prevent the dark forces from rising and holding sway, whatever their source. It is the time to act.

The 20<sup>th</sup> century was the time of the rise of the Common Man, where the small individual gained vast rights and was able to rise to improve himself to a level that a prince or king would enjoy in earlier times. Now man must become the True Individual, even the True Spiritual Individual. One way he does this is by discovering his deep commonality with others. Even the recognition that we each share a soul relationship with one another. Harmony of purpose is one dimension in that rise from Common Man to the True, even the Spiritual Individual. The opportunity to overcome poverty has come to serve that very purpose. It comes to help us fulfill humanity's evolutionary destiny on earth.

7/26/06

### **Several Levels of True Individuality**

There are various levels of "individuality" in life that we can identify, including some that you may not be familiar with.

When a person is self-reliant, we know he is exercising his individuality. The same when an individual becomes an entrepreneur. In a nation like the United States, self-reliance and the entrepreneurial spirit are the hallmarks of a society that values individuality. It is the cause of her great material success, and has greatly contributed -- along with the constant refreshing of her immigrant population -- to her position (for better or worse) as world leader.

The 20<sup>th</sup> century saw the emergence of the Common Man. As a result, now *any* individual could secure the rights and privileges once reserved for the aristocracy of previous times. That opportunity was made available through society because of the complementary developments of democracy, individuality, and the ascent of more human values. Later in the century -- especially in Europe and America -- the new-found power of the commoner began to mature into individuality of purpose.

The 21<sup>st</sup> century will surely continue to embrace this individuality for all peoples throughout the world. It will be a great boon for anyone who takes up the opportunities born in society's that value that individuality. However, the emerging century is not merely for the ascendance of this commonly understood version of individuality, but also for those who come to know and express what I call *true* individuality, experienced by the True Individual. The True Individual does not follow the herd. He seeks the truth of things from within himself, considering all parts of the whole of any subject of inquiry, and comes to a rational decision that he perceives to be the right one. He is not influenced by family nor society, but in the inherent truth of that which he pursues. An example of the True Individual is Howard Roark in novel *The Fountainhead*. He seeks no social reward, nor to follow any fixed political or social philosophy, but only to seek the full spectrum of truths in his own field in which he works (architecture), and then based on his wider understanding is able to acts in ways that are rational and right. That is an example of true individuality, as



expressed by a True Individual. How then can one come to express such a lofty status?

Interestingly, the ability to become a True Individual is tied to one's capacity to become a true *spiritual* individual. The ability to see the multiplicity of truths in things is the ability to see from the perspective of a witness consciousness, from the perspective of inner stillness of thought and emotion so that he can see all sides of things. Centered in spirit, especially in the Soul within, one develops the witness consciousness that enables true thinking, insight, and decision-making. It is helpful, maybe even critical for becoming the emerging True Individual.

Now let us look at it from the other direction. It may be hard to imagine at first, but individuality can also have a dark side. For example, the European mind that prides itself in self-thinking, is not only skeptical, argumentative, and rebellious, but it also rejects the Eastern mind that appears to it a superstitious, when, in fact, the spirituality contained there harbors a *deeper* form of individuality. Likewise, the United States -- the bastion of the Common Man and then the first form of individuality -- is unwilling to join the rest of the world in its movement and inner quest towards World Unity. Asserting its power born of material wealth, America shuns the wider harmony and Oneness that is emerging, as it carves out its greater self-interests at the expense of the whole. Like the rebellious, intellectual European mind, the American disconnect from World Unity will reverse itself as they meet with dead ends in their current pursuit of knowledge, opportunity, and possibility. We already see that in science, religion, psychology, and education.

Eventually, out of the True Individual will emerge the True *Spiritual* Individual, whose Uniqueness will be based on one's capacity to gain access to Spiritual Power in life. There one develop within one's own self, i.e. the True Self and Soul, the capacity to continually attract the infinite potential of life -- overcoming limits of space and time, causality, and possibility. Life comes to us when and how we want it, even as we subscribe the deepest spiritual values of self-givingness, tolerance, harmony with others, etc. That ultimate power and delight of being enables one to become the Master of life -- generated from within, from the solitary confines of one's own spiritual Self. It is to rise to an ultimate form of Individuality in life.

7/27/06

### **Astonishing Spiritual Experiences of “The Mother”**

The woman born Mira Alfassa, and know to her followers in India as “The Mother” had perhaps the most extraordinary life of any individual who ever walked the face of the earth. Her experiences were beyond the fantastic, they were the unfolding of the miraculous.

I was moved to think about her astonishing life as the partner of sage and seer Sri Aurobindo, as I thought about one of her lesser, but still remarkable experiences. One day well over thirty years ago, she had a vision that there would arise in Asia an astonishing number of cities with vast skylines reaching far into the sky. This at a time when hardly a skyscraper appeared beyond the confines of Hong Kong and Tokyo. In her vision, she saw an astonishing array of super-cities with fantastic architecture. Now we see that very thing taking place throughout Asia. She knew that Asia was about to emerge, which would be one more step in the evolution and unity of humanity. The next stages are to be the economic prosperity of India, her emergence as the Guru of the world, followed by the onset of a Spirit-based Divine life on earth.

And yet, this vision of hers was small compared to the hundreds if not thousands of supra-normal experiences she had in the course of her 94 years. For one, she imagined what the future human being would look like. Several times, she envisioned a tall, svelte being, flat in the chest, and devoid of the current mechanisms for breathing, digestion, and procreation. That individual was illumined from within, through the radiance of an inner spiritual light. In another instance, she not only envisioned this being, but for a while became it herself.

In yet another instance, she saw an entirely new aspect of the Divine spirit descent into the earth’s atmosphere, ushering in a new power for the people of the world. In that experience, she envisioned that she had taken a golden hammer and knocked down a golden wall, which allowed a new Truth Consciousness and Force to pour into the earth’s atmosphere, making its infinite power to change the world available to anyone. Such experiences were as real to her as anything we do in our moment-to-moment lives

Once during the Second World War, when she was concerned about the runaway power of the Nazis, she appeared before Hitler. He normally would see a white being clad in armor, who would instruct him on what to do. In this episode, The Mother sent her force and disguised herself in the form of that armored being. It now told Hitler to go and fight in the east in Russia. When he took up that advice and sent his troops there, he opened a second front in the war, which would prove to be his undoing. From that perspective, we could say she used her inner powers to end WWII. Over the years, she also used her inner power to overcome many other world problems, such as when she halted the invasion of India by the Chinese in the early 1960s.

In addition to working for world change through the subtle planes, The Mother also made the supra-human effort to transform her own being, including her physical body. Often she would experience descents of Light and spiritual Force into the very cells of her being, noticing how they responded with great joy and a desire to go, i.e. to live indefinitely. In that way, she made some of the first great experiments in bringing about unending life for the physical body through the power of Spirit. In other words, throughout her life she made the Herculean inner effort to end the aging process, disease, and death itself from within.

In other remarkable experiences, she would guide the souls of those close to her who were dying to their resting place in the subtle realms; sometimes directing a soul into a new body, such as a very young child. In other moments, she would describe in detail important moments in her lives in the past, such as her experiences as Catherine of Russia, Elizabeth I, and Hatshepsut of Egypt, amongst others.

In Indian metaphysics, there is the notion of the "Avatar"; i.e. one who comes on earth to enable the next stage of evolution for that community or society. Krishna, Buddha, and Jesus were several examples. There were others less recognized, but equally great. The Mother and Sri Aurobindo were a dual-incarnation -- unprecedented in history -- their purpose being to bring about the next stage of human progress through the psychological and spiritual evolution of society.

Sri Aurobindo focused on connecting to a New Power of the Spirit, and tried to draw it down into the earth's atmosphere. The Mother focused on trying to bring it into her own physical body so that it could be

transformed into a new type of being beyond the human, living in endless joy and creativity. The reverberations of their astounding lives live on today, as Sri Aurobindo is generally recognized as the greatest seer and sage of 20<sup>th</sup> century India, and the Mother is admired as the interface to the great Force and Power that Sri Aurobindo brought down on earth. Their lives were indeed a great milestone in the history of the earth – even though until this point they are hardly known in the West.

The Mother's personal experiences could fill a hundred volumes, as she tried to be the forerunner of a New Species, and harbinger of a new Spirit-based life on earth. In one set of 13-volumes, called "The Agenda" you can read about her astonishing experiences -- unprecedented in the history of the world. There you can also discover her plans to build Auroville, the UN-sanctioned world that she envisioned as a place for an experiment in world unity. That vision is a reality today, and continues to thrive in an area near Pondicherry, India.

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7/28/06

### **Israel & Palestinians: The Modern-Day Hatfield and McCoys**

The Hatfield-McCoy feud took place in 19<sup>th</sup> central rural America, and began as a dispute over land. The conflict of two clans who lived on two sides of a river bordering two different states turned into a blood feud that lives in the annals of infamy.

Today a similar and much larger feud exists between two people; the Jews of Israel and the Palestinians. Like the two clans of America, the two sides find a never-ending series of arguments and claims to bolster its side. The Palestinians claim that the land was taken from them when the Israelis resettled there after WWII, as well as the fact that in the years since the Israelis have never been serious about giving them a homeland. The Israelis, on the other hand, claim that they have an ancient right to the land, especially in light of their brutal persecution by the Nazis, as well as the fact that terrorists are virulently against their very existence as a state. With these seemingly strong arguments on both sides, the blood feud persists.

Henry Kissinger, the famous diplomat who helped negotiate the withdrawal of US troops from Vietnam, and who helped Nixon go to

China establishing economic relations, said that the Israelis and the Palestinians (and their allies) will fight until they exhaust themselves. This is similar to what occurred with the Hatfields and McCoys.

Man however does not have to await the "physicality" of exhausting his falsehood. He can move to rationality. One way is to perceive the arguments of the other side. It is to know that truth, and embrace it as part of the true truths one already knows.

There is another principle of life called "contradictions are complements." That is, what appears to be conflict on the surface is really the emerging new harmony that can be perceived through one's deeper consciousness. In the Israeli-Palestinian conflict that means that each side knows what the other side does not. But it does not know its own falsehood. Thus, currently each side is entrenched, not unlike the Hatfields and McCoys. It is primitive; i.e. "physical." However, when one embraces the other side's valid arguments, Man gives up his primitive physicality and becomes rational. Being rational, he gives up his intense vital urges, fears, darkest elements, and sees wider possibilities.

Until then there is war, conflict, and strife. If the blood feud becomes too great, then greater powers step in, as the government did with the Hatfield and McCoys. Even the government is evolving in these situations, as it is forced to deal with problems that it previously believed was best left alone. But government too evolves, enjoins the new reality, and steps in to enable a higher harmony to emerge. Whether the world and its world bodies can do the same today is unknown. Better yet that the two parties give up their hate and blood feud, lest each side, like the Hatfield and McCoys suffer the consequences.

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7/30/06

### **"Take Inventory of Yourself" as the First Step to Endless Progress**

We are an amalgam of capacities and virtues. Each of us has exemplary, average, and weak parts of our nature and character. Over the course of our lives, we succeed because of our strengths, but are held back because of our weaknesses. We could argue metaphysically that our soul has taken birth in our bodies so that it

can advance itself through our growth and development. From the "negative side," we progress by turning our negative propensities into positive ones. Those truly on the path of personal growth dedicate their lives to this process.

Though there are dozens if not hundred major and minor endowments, and capacities of our being, we can identify several constellations of traits that will indicate the general state of our strengths and weaknesses in life. If we identify say one or two of the weaker ones, make the concerted effort to overcome them, not only will we progress, develop, and evolve as individuals, but we will tend to accomplish at far greater levels in life, which will lead to experiences of constant joy and delight in being alive.

Consider the following list, determine which ones are false for you, i.e. where your weaknesses lie, pick out one or two where you can improve yourself, and come up with a plan to overcome them. By doing so, your life will never be the same, as you will quickly be propelled towards the pinnacles of success, and feel a constant joy and happiness through that process.

- I am psychologically strong.
- I am organized in all facets of my being.
- I have the necessary knowledge and skills to be successful in my work.
- I am continually self-giving, instead of being selfish.
- I really love the work I am doing. I have a passion for it.
- I have eminently positive attitudes toward everyone, and everything in life.
- I am willing to give up old repeating habits.
- I think for myself, and avoid the herd mentality.
- I am rational, taking in all points of view.
- I am filled with energy all of the time.
- I have a deep aspiration to improve myself in life.
- I work hard, and continually make a persevering effort.

One individual determined that he could be more self-giving, less selfish, and work harder. Another that she was psychologically weak, that she found it difficult to give up old habits, and that it was difficult to have an aspiration for something more than what she currently was. When each examined the reasons these were the case, and made the concerted effort to overcome these limiting traits, their lives

improved dramatically, even overwhelmingly, in short order. I.e. life constantly responded to their efforts with instances of sudden good fortune (i.e. "life response"). They were able to quickly move to the heights of success, becoming leaders in their fields, and all the while becoming infinitely creative, bordering on genius. Their lives were not only then filled with abundant material success, but was accompanied by a deep contentment and joy within.

It is the power of taking inventory of yourself, and acting on it, to attract the infinite potentials of life.

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8/3/06

### **Sri Aurobindo's Multi-Faceted Dream**

The great seer and sage Sri Aurobindo imagined five steps that would usher in the evolution and transformation of humanity, enabling what he called a Divine Life on earth. The first was the emergence of Asia into prosperity and cultural influence. That has surely begun, especially in the past decade or so. Her influence upon the thought of the world is bound to grow by leaps and bounds in the years to come.

The second was the prosperity and emergence of India. That too is well under way. For until she attains economic well being, she cannot ascend to her rightful role as the spiritual Guru of the world -- another of the five steps Sri Aurobindo dreamed of.

Another mighty step towards a spirit-base Divine life on earth is the emergence of human unity, which is presaged by world alliances, culminating in world governance. The European Union (EU) is perhaps the first step in that direction in that it creates an alliance and unity of closely aligned nations. In the EU, disparate cultures are aligned to create a single entity that unifies all of them. Even the united states that make up the USA is not such an alliance. In the USA, the coming together of the states, actually gave the individual states identity, whereas in the EU the identify of each nation is fully formed, and yet they are willing to unify for a higher identity and purpose.

Other such regional unifying alliances, along with a world parliament and perhaps a world army would be further steps in the march towards the unity of nations and the unity of the world.

There is also a spiritual component to Sri Aurobindo's vision. One is for India and one for the individuals of the earth. For India, she can rediscover the great spiritual wisdom of the ancient Rishis -- perhaps the greatest inner spiritual wisdom and experience ever known to Man -- and apply that spiritual knowledge to the economic, social, and cultural life of her people. In that way, she can become a living experiment of the power of the spirit. If she succeeds, she can take her rightful place as the Guru of the World.

Finally, disparate individuals around the world can begin to come to know the spirit in their individual lives; discovering it within in the depths of their being down to the evolving Soul and by opening to and surrendering to the descending Force above, and then applying that Spirit existence in the details of their lives. In the process, they will invariably transform all aspects of their being -- mental, psychological, vital/emotional, and physical, and develop capacities to attract good fortune around them instantaneously from within. When a cadre of such individuals emerge around the world -- especially when they have made what Sri Aurobindo calls the ultimate Supramental change, where the descending Force and Truth Consciousness has permeated all aspects of their being -- then they will create the fifth and final condition for a Divine life on earth to come about.

The emergence of Asia, the prosperity of India, the movements towards world unity, the spiritual emergence of India and her ascent to become the Guru of the world, and the full blossoming of transformed spirit-oriented individuals are the intervening steps that can usher in a Divine Life on earth and fulfill Sri Aurobindo's ultimate dream for humanity.

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8/7/06

### **The Power of Changing Our Attitudes**

Since changes in attitude have a particularly powerful tendency to invoke sudden good fortune, it would be well worth knowing what our own wanting attitudes are, and then make the concerted effort to overcome them.

Generally speaking, we can identify three types of wanting attitudes - - those concerning work and life, those involving others, and those relating to our own selves.



Examples of negative attitude about work and life include an unwillingness to be fully engaged in the work at hand, procrastinating, not caring about the quality of our efforts, being lazy, and being cynical. Examples of negative attitudes towards others is being hostile and harboring ill-will to another, and being jealous. Examples of negative attitudes about ourselves is having low self-esteem and self-confidence.

The good news is that if you can identify two or three negative attitudes in your life, and overcome them, life will suddenly move towards you with overwhelming good fortune.

-One woman who was working as a temporary employee for years overcame her negative attitude toward a co-worker, which suddenly attracted a full time position, her first after ten years of trying.

-Another individual overcame his reluctance to work weekends, which attracted the biggest sale and commission of his life, catapulting him into a lifelong career in that field.

-A third individual overcame his reluctance to do an unflattering but necessary task, which attracted a new position that enabled him to change the course of financial history.

Life does have this extraordinary capacity to respond to our changes in consciousness within -- particularly our wanting attitudes. This magic-like response is what I call a 'Life Response.'

So why not pick out one or two wanting attitudes that you have been expressing, and make the effort overcome them. Like the individuals above, you will be astounded by the results -- amazed when life suddenly begins to cooperate from all quarters!

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8/9/06

### **Creatures of Habit**

A creature is normally associated with a living thing, usually a life form below ours. That creature wakes, hunts for food, procreates, tends to its young, builds shelter, and sleeps. It is a creature of habit. It lives in predictable rounds of duty and task, while allowing variation within its patterns. We inherit that same capacity. It is what enables us to live secure lives. It is also that which makes us rigid, fixed, unable to easily adopt to change. What is the source of this reality?

We each have three or perhaps four essential parts of our being. We have a physical body, we have an emotional center, a mentality, and a spiritual capacity. Physical, vital, mental, spiritual. There are of course shades in between. E.g. between the emotional and the mental is the psychological. Let us for the moment focus on the physical.

Outwardly, the universe essentially consists of material forms. Planets, rocks, oceans, plants, animal, and we are physical forms. We are also more than physical forms. However, our body is physical, a formation of matter that houses our outer being. Matter in its most material form is mostly inert on the surface. Though it vibrates within, on the surface it is fixed, settled, inert, tends not to move. When the vital being emerged from the physical body in the lower life forms, the fixed, inert influence of matter carried over. When mentality emerged from the animus of life in the higher creatures, it too inherited the fixed, unmoving, inert nature of matter. It shows itself in various parts of our psychological makeup, in our character.

When an opportunity comes our way, and we look elsewhere, it is the insert, unresponsive, fixed influence of matter (as represented by our physical bodies) that is "responding." When we are asked to do a task other than we are used to, and we complain, it is the influence of our material being, which only wants to repeat what it has done before. The planets dutifully circle the sun, the herd of cows participate in their daily activities with little variation, the human is comfortable doing what he has always done before. The habitual nature resists doing something that is not routine, that is out of the ordinary. It resists, complains, is reluctant to embrace change. It is, in essence, the material consciousness of our being, born of matter, embedded in our physical bodies that resists the new realities of life. It leads to reluctance, unwillingness to embrace new truths, unwilling to take on new tasks, unwilling to embrace new opportunities; willing to put off, procrastinate, reject, be insensitive to and ignore the progressive unfoldings of life. Which makes us in the truest sense Creatures of Habit.

Is there a way out of this conundrum? If we observe ourselves, we will see when we are expressing our habitual nature. We can then catch ourselves and reverse it. If my boss asks me to work weekends, I inwardly refuse, catch myself before expressing myself, and then tell him that I agree, then I have made a decisive change and negated the habitual nature. Moreover, life is bound to respond soon thereafter with instances of sudden good fortune. One man did this very thing, and when he arrived at work, instantly produced the greatest sale of his life. In this way, we see that our mental capacities

and awareness can overcome the rule that the habitual nature has over us.

We can go even further, however. When we live our lives from a poise of deeper consciousness within, away from the surface bubblings and influences of life, we are more capable of observing our negative tendencies, including our habitual nature. We become aware of life around us in its fullness, perceive the variations and possibilities, and from there are far more willing to shift and embrace the exigencies of life. At such points, we outgrow the material consciousness inherited from matter that drags on us, that keeps us in our place, that does not want to move or change. Gradually we break the shackles of the material consciousness, allowing our rational mental and spiritual capacities to become the leaders of our lives. Then we emerge into a new existence, a new way of living, beyond the limits of our habitual nature.

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8/11/06

### **Decisions that Instantly Attract Good Fortune**

Periodically we have a vision of that which we would like to accomplish, come about, or become. Just because we think it so doesn't make it so; for a thought, even a powerful one, in and of itself does not accomplish. If I want to take my company in a new direction, it may be a very worthy thing, but it doesn't make it happen. However, when there is the will for it to occur, then accomplishment is more readily made possible. If I am now determined to see the business move in that new direction, then accomplishment is more likely to occur. This is of course just common sense.

The mental vision of a thing and the vital will to make it happen in combination represent our aspiration and intention. When we carry out our aspiration through a determined, persevering effort, then accomplishment is all but inevitable. When I make the effort to physically carry out my decision to take my firm in a new direction, I tend to rapidly move towards its achievement. Again, this only seems logical.

This is, in essence, the process by which all accomplishment occurs: it is the process of creation. Vision, intention, and physical effort carried

out through skilled action lead to creation and achievement in life. It is not only the process by which an individual accomplishes, but is also the process by which all achievement occurs in life -- be it a business, an organization, or any other collective or entity. It is even the method by which the universe came into being from a Divine Source.

Having said this, I would like to suggest that it is possible to accomplish without actually initiating physical action! It can happen merely by making a decision. That is, the intensity of a decision to accomplish a goal can be so great that it can literally attract sudden good fortune! This is because *making a decision is an exercise of will, a psychological effort, a form of inner action.*

In Jane Austen's *Pride & Prejudice*, Mr. Bennet, the father of five daughters, finds himself in a terrible predicament. His youngest daughter Lydia has run off with a scoundrel, threatening to scandalize and therefore ruin his family. After anguishing over the matter, he realizes that it has been his past neglect in rearing his children that has led to the current dilemma. As a result, there wells up in him a deep aspiration to change his ways. That in turn leads to his firm decision to deeply involve himself in bringing up his daughters in the future. As a result, life quickly responds in overwhelming fashion. He soon learns that the crisis has most unexpectedly been resolved! The scoundrel has agreed to marry the runaway girl. As if by magic, the ruination of his family is avoided.

How did this happen? In essence, life had responded to his powerful decision by bringing forth a positive response from life. Even though he never got round to physically acting on his decision, the decision itself released energies that moved across space and time, and aligned with related energies and circumstances that were decidedly in his favor. It is an indication of the subtle but powerful relationship that exists between our inner condition and the world around us. If you change your consciousness within, life outside yourself tends to suddenly respond with circumstances that are in your favor. Making a decisive decision can make life respond in this way.

Once you have seen this phenomenon at work even once in your life, it can change your view of reality forever. You begin to understand that you can attract the infinite possibilities of life to your doorstep by making the right inner adjustments of consciousness -- whether the change of a wanting attitude, taking to a necessary action, or, as we

saw here, by moving from indecision to decision. The results are a wonder to behold!

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8/13/06

### **Strategies for Meeting with an Acquaintance**

We normally associate "culture" with the social and creative arts of a society. Culture for the man, however, is something different. It is the way he comports himself when in the presence of another. The cultured individual is predominantly concerned with the comfort and well-being of the other person he is interacting with. He willfully loses part of himself in that effort. Interestingly, when we act with culture, life tends to respond positively to our efforts by bringing us unexpected instances of good fortune.

This is one strategy when meeting with a friend or acquaintance. A related strategy goes a step further: it is to be wholly concerned with the interests and concerns of the other person -- as opposed to focusing only on our own agenda. When we do so, fresh, new opportunities tend to quickly reveal themselves. E.g., one man stopped himself from expressing what was on his mind, and encouraged his friend to talk about what interested her. As a result, she brought up a topic that he found utterly fascinating, filling the entire discussion with a sense of wonder and joy. By overcoming his ego sense, his sense of separateness, he opened up life to wider possibilities, to discovery and the joy that issues from it.

A closely related third strategy is to practice the spiritual technique of "Silent Will." Instead of rushing to express a thought or opinion, you hold it back, and remain silent. Shortly thereafter, the other person will invariably speak out the very thing that was on your mind! One management consultant meeting with an official at one of the largest companies in the USA held back his arguments for why it would be useful to meet with executives of the company for a new book he was writing. Up until that point, the officer denied him access to such interviews. When the consultant held back the new argument in this way, the officer suddenly began to express the very thing the consultant had intended to express -- i.e. the idea that interviewing said executives would be in the company's best interest. Because the consultant held his tongue, not only did he get what he was after, but years of interaction with the company followed. Compare that to a

moment earlier when all his efforts to secure cooperation from the officer had failed.

There is yet another spiritual power that can be invoked when meeting with an acquaintance. It is to offer the situation beforehand to the Higher Power; i.e. to the Spiritual Force. One man utilized this technique before meeting with two relatives, and instead of the usual combative experience he had in the past, everything flowed smoothly and perfectly in the course of the day. He even noticed that the atmosphere had become suffused with a spiritual calm, something very different from the contentious meetings of the past. When we "consecrate" an activity beforehand in this way, life tends to cooperate from all quarters, eliciting marvelous outcomes and a lovely atmosphere.

In summary, we see that making others comfortable, focusing on another's interests and concerns, practicing Silent Will, and consecrating the activity beforehand, tends to energize any get together -- turning interactions of dullness and difficulty into ones filled with joy, wonder, and the acute cooperation of life.

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8/15/06

### **Sri Aurobindo and August 15th**

The Indian sage and seer Sri Aurobindo was born in India on August 15th, 1872. Though he took part in an extremist group to rid India of the scourge of English colonialism as a young man, he abandoned that pursuit early on for an inner life dedicated to the Spirit. He realized that if India was to be free, he needed to personally make the inner effort to bring it about. Centered in the deepest consciousness, he saw that India was free in the subtle plane, and then worked to make it reality in the material plane. After four decades of inner effort, his dream of Indian independence occurred in 1947. Actually it was on August 15<sup>th</sup> of that year, the same day as Sri Aurobindo's birth. Today the birth of the nation and its greatest spiritual sage are celebrated in tandem.

Sri Aurobindo also sought the wide emergence of Asia onto the world stage. For hundreds of years Asia remained relatively quiet, while Europe dominated much of the world. Then in the 1930s in the lead-up to WWII, Imperial Japan conquered one territory after another in

pursuit of the resources it lacked. On August 15th, 1945 Japan surrendered, and the war in Asia was over. That also took place on Sri Aurobindo's birthday.

It has been said that Sri Aurobindo was the reincarnation of several renowned individuals, including Napoleon. Napoleon was born on August 15th, 1769, the same as his soul descendent, Sri Aurobindo. There are more connections, but I will resist describing them all, save one.

Sri Aurobindo's spiritual partner was Mira Alfassa, also known to her followers as "The Mother." She was said to have been an incarnation of the Divine Mother, which in Indian metaphysics is essentially the intermediary being between the descending Spiritual Force and the earthly plane. In the West there is nothing quite the equivalent, although The Mother suggested that the worship of the Virgin -- i.e. Mary -- is based on the pagan belief in the Goddess, which is in essence the Divine Mother. In the West, the holiday known as the 'Feast of the Assumption' is celebrated in honor of Mary's rising to heaven. It too occurred on August 15<sup>th</sup>, Sri Aurobindo's birthday. It is significant because of his relationship to the Divine Mother.

Sri Aurobindo's influence on world events continues. He inwardly yearned for the emergence of Asia on the world stage, a movement that is now well under way. He also aspired for a prosperous India, which is also becoming a reality. Beyond that, Sri Aurobindo aspired that India rediscover her ancient spiritual past, but in a new form that would *embrace* life and include the evolutionary perceptions of modern existence. He believed that if India could have the multifaceted, dynamic experience of the Spirit, she could fulfill her role as Guru of the World. These developments would in turn be precursors of even greater changes -- including the unity of the nations of the world, and the spiritual transformation of humanity, ushering in a Divine life on earth.

We are reminded of all of these wondrous facts and possibilities again today on August 15<sup>th</sup>.

8/15/06

## **The Hippies and The Force**

There is a new book on the market -- 'What the Dormouse Said' by John Markoff -- that attempts to explain the relationship between the use of drugs by the hippies in the 60s and the emergence of computer revolution. When I sent a note about it to certain friends, they responded by revisiting their drug experiences, glorifying in its power to evoke intensity. I responded by saying that the hippies were indeed responsible for the emerging personal computer industry, but that it was not due to the influence of drugs, which was a *distortion* of consciousness, but to the *deep values* advocated by the hippies.

If this is the case, i.e. if they brought with them the profoundest of new values, a new worldview and consciousness, a new definition of freedom, etc, why didn't the movement -- actually it was more than a movement, it was a large chunk of the baby boom generation -- sustain itself?

Let's look at it from the metaphysical point of view. There is a spiritual Force descending on the earth. It is the evolutionary Truth Consciousness of the Divine. As it leans down on the earth, it does so with great pressure. The hippies who were ripe for such things were directly under its positive influence. However, their consciousness was not wide enough to hold the Force, and therefore it began to express in a distorted fashion -- i.e. through their distorted behaviors. Focused in the lower vital consciousness, the Force manifests as creativity, wonder, new vision, new possibility, but when the vital is not strong and pure the action of the Force can express in distorted ways -- through the super-intensity of the drug experience, through sexual indulgence, and in other ways. Had the Hippies developed an inner basis of calm and equality, the Force could have penetrated their being without the negative side effects.

As a result of the distortions, the Hippy generation could not survive. Add to it the fact that there were no organizations formed in society to channel their energies, the movement simply evaporated. After half a decade, it was absorbed and diffused by society, vanishing quietly like the last bubbles on a calm sea. Still they left an astounding array of change -- perhaps unmatched, at least in possibility and



potentiality, since the Renaissance of 500 years ago. Hundreds of years of influence were condensed into half a decade.

For example, former hippy Tom Peters' management books advocating freedom and values in the workplace would revolutionize the business environment. In science, hippy-influenced thinkers like Fritjof Capra in books like 'The Turning Point' would sanction the astounding, mind-bending new discoveries of physics. More generally the hippies would have an vast impact on society, bringing about the birth of the environmental movement, the New Age spiritual movement, a fuller blossoming of the woman's movement, the spreading of civil and human rights values around the world, the birth of the computer revolution, the emergence of the Internet, the spreading of global harmony and unity, and many others that are still unfolding today. Its influence appears endless, and continues to vibrate and influence a variety of fields of life today.

Let me conclude with this. The Force is more powerful than ever in the earth's atmosphere. You can feel it tangibly if you open yourself a little to its influence. It is there around you. From a poise of calm, we can aspire for its influence in our lives, and it will turn anything we do into miraculous result. If we call the spiritual Force into any activity we are about to embark on, that work will unfold magnificently; it will be truly a miraculous-like wonder. New possibilities will reveal themselves suddenly from out of nowhere, and from the most unexpected quarters. The sudden, positive opening in life will be eye-opening, astounding, intense -- something that the hippies of the 60s would certainly appreciate!

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8/18/06

### **Layers of the Onion in the Middle East**

It is said that life is like an onion. As we peel away each layer, greater truths emerge. When an event occurs -- such as 9/11 in the USA -- truth is far away, as we only know the immediate horror of the situation. Truth thus awaits us in the future. However, it can be sped up by an open mind, and rapidly descend on us through experiences of intuitions of knowledge. Let us then examine several layers of truth when it comes to the issue of terrorism.

The first truth that emerged after September 11th is that we need to go after the terrorists, which we did in no small part. Other truths

began to reveal themselves thereafter. For one, that there is a serious problem of Islamic fundamentalism in the Arab world, something the West ignored when it was preoccupied by the Cold War. Other truths followed, including the legitimacy of the claim of wrongdoing by the West over the Arabs for a hundred years or more. Gorbachav continually reiterates this theme of valid Arab grievance toward the West, though it has until this point fallen on deaf ears.

While the world has observed the atrocities of the American-led West military meet the atrocities of bands of terrorist gangsters, certain individuals have quietly spoken of Root Causes. A simplistic view is that the source of all of the problems is the religious fanaticism within the Muslim culture. Others respond by saying that this is not a root cause, but the result of the problem. The more enlightened claim that the root cause is very simple -- poverty. If we could devise methods of making the nations of the Middle East prosperous, then the anguish of unemployed youth would cease, their energies would be absorbed in productive behavior, and the need for joining radical fundamentalist groups would end. When an impoverished individual comes to know material prosperity, his interest in religious dogma and fanaticism dissipates, as he is now absorbed in the joy of physical well-being. He may even abandon his traditional religions altogether. Plans to bring prosperity to the Middle East should then be the leading edge strategy for overcoming the threat of terrorism. E.g., organizations I am affiliated with are already devising detailed strategies for making this a reality. It is coming from the subterranean levels of intelligentsia and working its way upwards, not from the body politic downward, which seems incapable of vision.

Prosperity must be the focus for the future of the Middle East. Even democracy can wait. The current approach of retaliation alone WILL NOT WORK, as it will only agitate those whose borders we cross.

The onion of truth can be peeled further, for there is little doubt that the Arab peoples have actually come to this state of poverty, unemployment, and lack of opportunity because of oppression, much of which has come from without. For 100 years, she has been under the boot of colonialism and the victim of the shifting interests of the West. Clearly, America has most recently used the region for its own selfish interests. Hypocrisy of international politics has reinforced poverty and a sense of helplessness and frustration in the Arab world. This indicates that strategies to overcome hypocritical policies of the West must be devised. Again, to reiterate, all invasions of Arab lands must also cease, as it only agitates those who live there. The terrorist

will seek retribution wherever his land is run over, as Osama did when the West used the Muslim holy land of Saudi Arabia for launching its military strikes during the first Gulf War. Likewise, any other individual living there will be stirred to strike back when he perceives that his homeland is under fire.

There are additional layers still to be peeled back because ultimately the issue goes to the heart of who we are -- i.e. our human values. The USA is -- for better or worse -- the global leader, militarily, economically, and culturally. She is also going through a catharsis of conscience since September 11th, which has revealed blind spots that she is only now grappling with. These issues did not gain her immediate attention beforehand since she was embroiled in the Cold War. Now, as they say, the chickens have come home to roost; the rock has been pushed aside, revealing the reality of decades of Western oppression, international diplomatic insincerity, which have in turn lead to legitimate Arab grievances. With the US's energies dominating the world, Nature demands that she confront her own demons -- i.e. her own psychological limitations. Being a dynamic society, allowing for great individuality, and thriving through the dynamis of many immigrant cultures, America is ripe to evolve more mature psychological capacities. In this way, she can become the first True Individual Nation amongst nations. She is surely set to make that transition and make enormous inner progress, despite the conservative forces that drag on her and consistently lead her astray.

Life is layered from the surface to the deepest depths where the integral truth of things is revealed. Whatever deeper truths lurk in the core of things will emerge sooner or later. Nature forces us to address the heart of any matter; and the Middle East is no exception. The wise poet tells us that the answer lies within. It is from there that we can know the core and essence of things. Truth lurks in a silent mind and in the deepest recesses of our hearts.

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8/22/06

### **Predecessor Events to a River Adventure**

Life expresses in a number of subtle ways that defy our normal perceptions. Those who are in tune with these subtle functionings continually experience a wondrous existence. One example of this is to experience the phenomenon of "life response"; i.e. if you change your consciousness within, life responds with sudden good fortune.

E.g., you change your attitude towards someone you had ill-will towards, and suddenly from out of nowhere, you are offered the job of your dreams. These instances of life response occur because of the fundamental relationship that exists between our consciousness within and the world around. Thus, if we change the inner, life outside ourselves *instantly* responds in kind.

This identifiable subtle functioning indicate that life itself has a real and observable character, not unlike our own individual character. Those who perceive its hidden workings gain a vast knowledge of and a great power over life. Here I would like to focus on one other phenomenon that expresses this "character of life." It involves what can be called "predecessor and successor events." Essentially, it indicates that every occurrence in life -- large or small, good or bad -- is always preceded by circumstances that point to it. Let me explain with a personal experience.

One day I journeyed to nearby Sacramento, the capitol of California. Located in the fertile Central Valley of the state, it is also a river town where two of California's great waterways converge. When visiting the city, I like to go to Old Town section, which lies on the edge of the river. When one gazes out across the water, one sees not only a lovely view, but often a large array of recreational sports vehicles on the water -- from designer yachts to extraordinary powerboats to great Mississippi riverboats. There is also tucked away a tiny little vessel called 'The River Otter' that takes people on a one-hour tour of a small portion of the 200-mile river. It turns out that I had taken this lovely and serene excursion once before, and on this particular day was eager to do it again.

Though my friend and I signed up for the 1:05pm tour, I soon realized that I didn't have sun lotion, which was important to me since I am fair-skinned. As a result, I had to race around amongst the dozens of stores in Old Town to find some. When I finally found the lotion, I rushed back to the boat which was about to begin its run. However, when I arrived, my friend informed me that she had to use the rest facilities. I then headed down from the wharf into the boat and joined the dozen or more passengers already on board. I then sat there nervously, hoping that my friend would arrive before we left shore. Not one minute before we cast off, my friend arrived. It was a very close call!

As we headed up river, the captain pointed out that there had been a large overnight gathering of over 400 boats where the Sacramento

and the American rivers converged -- an area lurking just up ahead. Not five minutes after learning of this fact, a large speedboat approached us at exceedingly fast speed, while rocking up and down due to the intentional wild maneuvers of the driver. As it zoomed by, it sounded as if the boat was about to careen out of control. Fortunately, the driver was able to maintain control, thus avoiding a high-speed crash with our own little vessel. We all held our collective breath as the boat blew by and then skittered up river.

After this little adventure, we passed a number of people riding on jet skis, which were also furiously racing up and down that length of the river. We then had a relatively uneventful but enjoyable remainder of our journey.

Soon after we returned to shore, I began to think about the entire affair. One thing I quickly perceived was the correlation between what had taken place *before* we departed and what happened during the river tour itself. The fact that I had to race around at the last minute to get the lotion was a predecessor and indicator of things to come. So too was my friend's hurried, last-minute arrival on the scene before casting off. In fact, she had also told me that it took her so long because she had been blocked by a train that suddenly crossed in front of her! Also, when we first embarked, I noticed that the skipper of our boat had a cast on his leg due to a break in a recent accident. All of these problematic circumstances were then the precedents of the difficult adventure that was to follow.

It is thus one subtle truth of life that every major circumstance that occurs is always preceded by one or more identifiable predecessor events. Interestingly, there is *no exception* to this rule; it *always happens!* Sometimes the predecessor happens immediately before hand; other times, hours or days before. It is an astounding phenomenon that points to its subtle nature and character of life. To see it once in action can change one's view of reality forever! With that in mind, I would like to relate one other brief example of this phenomenon:

One time a friend and I went to visit a relative of hers for Thanksgiving dinner. The couple had only recently been married. Though it was about an hour drive to the house, it took us nearly *five* hours to arrive, due to a stupendous, unprecedented traffic jam on the highways. As it turned out, less than a year later we learned that the couple unexpectedly had a falling out, which quickly lead to their

divorce. The stupendous traffic jam to visit them was the predecessor and indicator of the unhappy news that followed.

If this is how life works, is there a way to avoid the negatives outcomes that invariably follow a negative predecessor? I believe there is. If you experience something untoward, offer it to the Spirit, to the Divine. This is the method of "consecrating" an act. By consecrating negative circumstance to the spiritual Force, you invariably reduce or cancel any potential future problems; in essence, diffusing the "karma" that had been set in motion. You can also consecrate the events leading up to the predecessor as well. E.g. I could have opened to the Force before I ever embarked on that day's journey to the river city, likely preventing most of the difficulties that occurred.

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8/26/06

### **Yoga and Four Levels of Personal Progress**

For people in the West, "Yoga" generally refers to physical movements and exercises that bring one a greater sense of physical and vital well-being. Yoga is far beyond that. It is to consciously develop, evolve, and transform our nature. If the physical movements take us from say a level 1 to a level 2, then dedicating ourselves to a life of conscious progress can take us from 1 to a 5, to a 10, or even to 100.

When a person with substantial skills adds similar ones, or a prosperous individual becomes more prosperous through the same methods, then there is "growth" – i.e. progress that is more of the same. In this scheme, one rises from a 1 to a 1+ or perhaps a 2. On the other hand, improving several parts of our being is a more formidable change and progress that I call "development." E.g., a person giving up a persistent grudge about his difficult station in life, or an individual overcoming a virulent tendency to dominate and oppress others would qualify as development. Another example would be a general practicing doctor becoming an expert pediatrician, or a lawyer becoming a district attorney or even a judge. In our scheme, that individual would move from a 1 to as far up as a 5 or 10, depending on the nature of the change.\*

If growth is more of the same (i.e. horizontal expansion), and development is to make considerable upward progress in one's character, station in life, etc. (i.e. vertical expansion), then *evolution* is to move to a *whole new plane* of existence. Evolution can occur *consciously* through a dedicated commitment to change over the course of one's life -- which is essentially what Yoga is -- or it can occur less decidedly and consciously as a result of conditions that arise in one's life. For example, in the film *Educating Rita* we see how Rita moves from a rough, street-smart woman to a semi-educated individual in an extraordinarily short period of time. She has essentially evolved a good part of her nature to a new plane of existence -- from a vital-focused individual to a more mental-centric one. Likewise, Eliza Doolittle in Shaw's *Pygmalion* does the same as she rises from a flower girl who speaks in vulgar tones to a more polished woman who speaks genteelly and with dignity. A degree of evolution has surely occurred in both instances. In Rita and Eliza's case, it occurred semi-consciously, whereas Yoga enables evolution to occur consciously and continuously throughout one's life. Thus, where development is a movement from a 1 to a 5 or even a 10, evolution takes one much further, to perhaps a 20. Conscious or semi-conscious, or even unconsciously enabled, it is a *vast* leap, ordinarily reserved for a very few in life.

Having identified these levels of progress, one wonders what is it that we actually change in our being when we develop or evolve ourselves. For one, each of us has several major wanting characteristics in our being. Each of these can be overcome through our willful decisions to change. E.g., I can change two of the most untoward parts of my character -- such as a propensity to laziness and pig-headedness -- to the point that I actually become its opposite; in this case, continually hard working and open-minded. Likewise, a disorganized, weak person could become a fully organized individual who continually demonstrates psychological strength in his behavior. In a life of conscious Yoga, one continually attempts to overcome each of our unique limitations of capacity, skill, knowledge, attitude, opinion, belief, etc. To the degree we overcome our limitations, determines whether we are developing or evolving.

Our limitations of character and capacity do not end there however. For even if we were to overcome all of our own unique limitations, there are also wanting qualities that are *common to all humanity* -- such as our tendency towards anger, hate, fear, desire, jealousy, and many others primal emotions. In addition to these are the limitations of our *habitual* nature -- including our tendency to go on repeating our old ways avoiding change, continually rejecting the new and the

unfamiliar, and an attachment to fixed opinions and beliefs, amongst. Overcoming the limitations of our primal and habitual nature is another goal that can be achieved through a life-long yogic effort.

Beyond development and evolution is the ultimate form of progress -- "transformation." Transformation is the changeover from a current *human* functioning to a higher, *supra*-human functioning. It is usually enabled by opening to the transformative power of the Spirit. E.g., while a vital/emotional person becoming a rational mental-oriented individual is evolution, transformation would bring about a radical change to the *mind itself*. Instead of knowing a thing through study, understanding, etc., one could come to know the truth of any subject through descents of intuitions of knowledge. I.e., through a *newly formulated spiritualized mind*, intuitions of the complete truth of a thing simply descend and appear in our mind without the hard churning of thought. Thus, the mind has been transformed from its usual functioning into its supra-human mental counterpart.

Such radical transformation can take place in the mind, in the psyche, in the emotional/vital centers, in the heart, even in the physical body itself. E.g., one of our other universal limitations concerns our physical body -- including the fact that we experience pain, illness; and that the body withers, decays, and dies. The transformation of the body would overcome this -- as we would live in constant health, and could eventually overcome death itself. That would require the transformation of the physical organs and systems of the body to a new type of functioning, enabling the emergence of a new type of human being. In our scheme of things then, such transformation would be a further exponential change that would take us beyond a 20, up to 100.

At whatever level we make our change -- development, evolution, or transformation -- we can utilize the power of the Spirit to help us along the way. We can offer up to the Divine any aspect of our nature that we wish to change, which will attract its infinite power to aid in the change. From our side we can make every effort to attain the necessary knowledge to understand this process, and make all necessary psychological and behavioral change to overcome the offending parts. It is a life-long endeavor, demanding vigilance, dedication, and sincere effort. It is Yoga in action.

Yogic life culminates when our entire being is surrendered to the Divine Will, Purpose, and Influence. We become in all aspect of our lives -- physical, vital, mental, and spiritual -- instruments of the



Higher Functioning. It is the ultimate possibility of human existence, and the culmination of Yoga in life.

\*Keep in mind that each number upward is not just an incremental increase, but something akin to an exponential one!

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8/29/06

### **Intuitive Knowledge that Overcomes the Expanding Problems of Society**

Often great thinkers or even celebrities are asked their opinion of what is the most pressing problem facing the world. Some will answer that the threat of extinction through environmental degradation, or the conflicts potential and real between different segments or nations of the world is their biggest concern. Others will say it is the polarization between the haves and the have-nots, while other still are concerned about the destructive influence of technology, or our obsession with material things and the loss of our humanity. Of course, all of these answers are valid and have their place. However, I would like to suggest that there is a more pressing problem; one that is really at the heart of all of the others.

I believe that the greatest problem facing humanity is the differential between the complexity of issues facing the world on the one hand, and the inability of the human consciousness to deal with them. The complexities, difficulties, and possibilities of Man are outrunning and overwhelming the mind's ability to both cope with and resolve them. As a result, we are simply unable to come up with the necessary insights that generate right solutions to the problems and concerns of the world. How do we rectify this?

One answer is that must move beyond our current mental functioning to a higher spirit-based mentality. Though rational thinking is a great step beyond emotional existence and sense-based preoccupation, the knowledge required for a rapidly expanding modern life is too vast for even the clear-thinking rationality of Mind. There is simply not enough "space" in our collective mentality to hold all of the necessary truths that address exponentially-expanding issues in an ever more complex world. It is too much for rational Mind, which struggles to know the many sides and truths of any single issue, let alone the infinite-like possibilities that are exploding on the world scene. Even when it comes to a *single* issue, the mind tends to be exclusive, focusing on one side of the subject at the expense of all others. How can we ever get to the full integral truth this way?

Mind can expand beyond its rational bounds, to enable a *supra*-rationality, where right thoughts, ideas, insights simply appear in the mind through intuitions of knowledge. The necessary understanding of an issue just enters our thoughts as if from out of thin air. In these illuminating and revelatory experiences, we simply pull in the right information needed to address the current object of inquiry. As a result, insights and solutions descend on us rapidly, enabling us to quickly reach the right decisions and take to the right actions. In this way, we are easily to cope with the plethora of issues facing humanity. In fact, through the intuitive mind we are able to outrun them.

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8/30/06

### **Spiritual Approaches to a Mission to Mars**

Several years ago, people at NASA in Pasadena, California were struggling to work out a problem related to the second space mission to Mars. The problem, much to their consternation, was that the parachute for the Lander was not opening properly in their tests. Eventually they solved the problem, the mission launched, and ended with the second touchdown of an American craft on the Red Planet.

In trying to resolve the problem, they of course used their minds to solve a variety of issues. That occurred by (a) continually examining empirical evidence, and (b) by using the logical and rational capacities of the mind of the typical engineer and scientist. As such, they were more attuned to formulating solutions through the lower sense-based and the somewhat higher logical mind than through the use of inner spiritual approaches that lead to descents of illuminations and intuitions of knowledge. Perhaps certain individuals did receive unexpected revelatory answers to problems. Many certainly took to Spirit in another way, by praying at the time of the launch, for a perfect takeoff, and doing the same just before the craft was about to touch down on Mars after being incommunicado for several nervous minutes. These were certainly moments when individuals involved in the mission took to Faith.

Ninety percent of us do have faith in a Higher Power. It is invoked most often when we are in desperate straits or aspire for an

important positive outcome. That is usually as far as we engage Spirit; i.e. we take to the Divine only in times of trial and tribulation. A life dedicated to the *continuous* invocation and utilization of the Spirit is a rare thing indeed. For example, few open themselves to the spiritual Force before beginning a major work or activity, even though doing so not only leads to far more perfect outcomes, but to the sudden onset of miraculous-like results from life.

There is yet another way to take to Spirit -- by bringing Silence into our minds. We can establish an inner poise of quietude and peace through deep concentration, meditation, and other means, the results of which are bound to be great. One common outcome of that approach -- especially if one is engaged in a thoughtful work -- are sudden descents of illuminations of knowledge; even intuitions and revelations of the truth of the object of inquiry. Imagine if the scientists had used this approach. A problem in all its complexity would have been quickly solved, as insights would have simply appeared in that person's mind from out of nowhere. It is a fact of subtle existence that an inner, silent orientation tends to attract sudden descents of truth knowledge from the universal plane of Mind. Through that approach, a multi-month problem -- as was experienced at NASA -- can literally be resolved in a *day*, as answers simply appear in the mind. In addition, if we open to the Spirit before engaging in an activity, the problems is prevented from arising in the first place!

From this analysis, we can see that there are various ways we can take to and utilize Spirit. The most fundamental way -- one we are all familiar with -- is to call the Higher Power when we are presented with great difficulties and challenges in life. That is an expression of Faith in the Spirit. Still for the average person, taking to Faith only occurs on very rare occasions: usually when life becomes extreme. On the other hand, a continuous opening to and utilization of the Spirit -- whether by consecrating acts to the Higher Power, or by taking to Silence, or by being continually Self-giving to others -- is indeed rare. And yet, it is precisely what living a spirit-oriented existence is. It is not only the path that enables the infinite potentials of life to move towards us bringing success in short order, but it is also a life of gentle sweetness, inner serenity, and the utter joy and delight of being.

The people at NASA and elsewhere could have certainly used these approaches to easily overcome issues that pressed on them before this launch, and it can certainly be used by them and others in the

future. Fortunately, there is sign of hope in this regard, as the first mission's craft was aptly named "Spirit."

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9/5/06

### **The Utility of Evil in Mythology and Reality**

In the mythologies of the world, we generally see the play of good and evil. E.g. in the Indian spiritual epic The Mahabharata, we see the conflict between two sides, some of whom are close relatives of one another. One of the sides, the one considered 'good,' is advised through the Wisdom of the current avatar [one who brings evolutionary change to the world] Krishna. In the West, there are also ancient, as well as modern mythologies, two of which involve the adventures of science fiction space travel. They are 'Star Trek', generally produced for a more mature audience, and 'Star Wars,' written for youth. Here too good and evil are at play. Then, of course, there is the reality of life itself that the mythologies represent. In WWII, we saw that reality, including the conflict between good and evil.

Here, however, I would like to change the course of thinking about good and evil with several bold statements, one of which is that perhaps the greatest power to bring about Good in the world is through evil. I.e. evil is an even greater power for bringing about the true Good than the actions of the ordinary good, i.e. the good side that we perceive and appreciate in life. Why is this the case? It is because the result of evil's negative action *speeds up* and *intensifies* further progress of the world, enabling the truer Good to further emerge in all its integrality and fullness.

Consider the mythology of Star Trek. The Federation of planets is essentially the good, and the Romulan Empire, (or the Borg) are the bad. Yet, if we watch closely, we will see that the good is often fractured; i.e. its members are not yet fully in harmony with one another. That side only moves to greater coordination, cooperation, and integration of intent and action after the mischief of the dark side has run its course. It is only then that the good side -- the Federation -- moves towards greater solidification and unity.

This modern mythology is of course a reflection of the real truths of life. As the Nazis rose in power during the years leading up to WWII,

there was no united force to confront them -- so the fascists flourished. In fact, it was the selfishness amongst the good nations leading up to the war -- expressed by the stock crash, the Great Depression, and the fall of the Weimer Republic in Germany; all, by the way, facilitated by financial greed -- that set the stage for the rise of the German nation that turned to evil. With the lack of harmony of the "good" side, the dark side flourished. Finally, the good side came together and overcame the enemy, creating a modicum of further harmony and integration amongst themselves and the defeated nations. The United Nations then became the one great attempt to establish a formal institution to unify the world, especially in light of the darkness that preceded it. Likewise, the European Union (EU) is an attempt to insure the common purposefulness of the individual nations of that continent to avoid repeating such catastrophes as war, financial ruin, and cultural disharmony. It may have taken *hundreds*, even *thousands* of years for such progress to have occurred amongst the nations on its own if evil had not spurred it on. In the end, we see that evil speeds up the process of integration and unity. Thus, we need to perceive the value of evil in the evolutionary process -- even as we seek to overcome it.

Modern mythology, as well as ancient ones like the Iliad and Odyssey, and especially those with vast spiritual insight like the Mahabharata, serve to show the subtle processes of change and progress for the nations and people of the earth.

Similar changes are of course occurring right now in the world around us. All we need to do is look around to see that same dynamic at work now; that the various dark sides pressure life into further harmony and integration, and unity. A broad open mind, influenced by spiritual knowledge and insight will be a great aid in pursuing these insights. Then of course, we will be able to develop the right strategies that integrate these many-sided truths. Naturally, these same movements of good, evil, and the true Good are unfolding in our own individual lives. To see them we need to look within.

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9/8/06

### **Bringing the Sweetness of the Spirit to the Surface of Life**

When one has been cooped up in a home or cabin for days because of cloudy, gloomy weather, and then one emerges into the bright warm

sunlight of a new day, the change is exhilarating. Now imagine if we were to emerge into an even greater place, where our current sun-dappled relatively-happy existence would seem like something cold, soulless, distant, and without meaning. It is the emergence from our current life into the spiritual life.

When an American friend of mine who expatriated to India 30 years ago to live in a spiritual community returned to the US, she found the place not only utterly alien but devoid of any spiritual feeling. As she rode the ever-widening highways of the San Francisco Bay Area and toured the region she was raised in, she felt an iciness and unsoulfulness in the atmosphere, lacking richness and sweetness and deep connectedness to a Higher Reality that she felt in the spiritual community of her adopted homeland. And this is one of the urban regions often most associated with happiness and joy in America. Imagine then how she would feel in other locales.

We cannot imagine this greater existence, because we only know and breathe in what surrounds us. We feel the atmosphere in our surroundings and believe that is the reality of life. We cannot imagine an entire society rooted in soulfulness, depth, sweetness, richness, and the deepest of sincere values. Some believe that is in fact the reality of things in the rural areas of the world. However, once you punctuate the surface, you see that there often resides an environment of profound ignorance, falsehood, and intolerance. When we go to our churches and temples, we may be moved by the spirit, only to be overwhelmed by the harsh reality that permeates the world that we reenter. If we bring the spirit into life after such experiences, we may be able to infuse our surroundings with a richer power, but that only lasts awhile.

How then can we permeate the atmosphere with a deeper consciousness? While we cannot immediately change the society, we can connect to the deepest depths inside ourselves, and carry around that feeling everywhere we go. Then as we look out into the world, we will feel the sweetness there, which really does exist below the surface of things. Except we *will* experience it on the surface, even as others do not.

After a while, others can take to this approach, and bring down the spiritual power to the point that the outer atmosphere is as sweet as it is in the subtle plane below the surface. Then we can begin to create a new type of life on earth. Then wherever we travel across this wide planet, we will not just be happy because of the sunshine or

the beautiful mountains and terrain, but because the world around us is suffused by something more substantial, by a quality that cannot be described, even though it can be felt. Then we will know that humanity has taken a great step, for they have brought to the surface the deepest spiritual secrets and feelings of life.

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9/13/06

### **Mr. Darcy's 180 Degree Change**

Those who are dedicated to *personal growth* develop an aspiration to bring about significant change in their lives. That is one level of progress. There is an even greater one. Those who commit themselves to *personal evolution and transformation* have accepted the possibility of reversing their nature 180 degrees from its current status. It is such a stupendous undertaking -- it may even seem impossible to the uninitiated -- that it can only occur by connecting with and making use of the spiritual powers of life. In fact, developing a spirit-based super-Nature is that individual's ultimate purpose and goal in life.

As a result of this staggering commitment, that person may change a dozen plus major character flaws; uplift and perfect all aspect of his physical, vital, psychological, and mental being; overcome a number of fixed habits that drag on him; shed wanting attitudes that demean him, and give up false opinions that limit him -- infusing all parts of his being, and every activity he engages with the Spirit. In the end, that individual comes to surrender his very life and purpose to the Divine Will and Intent. It is a stupendous effort for which he will be rewarded with ultimate pleasure, bliss, and delight (i.e. "Ananda" in the East); an astonishing power over every aspect of life; and the peace and serenity of Eternity.

Against this experiment in transformative living is the life of the normal modern-day individual. If we examine his life, we will see that if he changes but one *single* fixed habit or one virulent attitude, it is considered a significant achievement. In one sense, it *is* quite significant. And yet, it still isn't 1/100<sup>th</sup>, or even 1/1000<sup>th</sup> of what the transformed individual will come to realize in the course of his life. Such are the low expectations we have for people to change.

And yet, on occasion there are individuals who make a *significant* inner change that *far* surpass the norm. For example, when we examine the literature and films of the world, we often see how the plot turns at the point where a person overcomes a critical limiting personal quality -- such as a wanting attitude, or a falsely held belief. As a result, life not only changes for the better for that person, but others are deeply affected as well. That transition and change in that individual's life invariably attract instances of sudden good fortune, bringing the story to a happy and satisfying resolution. It is a mini-episode, instance of human progress.

Perhaps one reason such works kindle our interest is that we subconsciously perceive the need to make related changes in our own lives. Unfortunately, we are not prone to take up that challenge, mainly because (1) we are not conscious of our defects, and (2) we are in the habit of enjoying who we are.

In Jane Austin's *Pride and Prejudice*, we see a dramatic exception to this rule in the person of Mr. Darcy. At first arrogant and filled with pride, by the end of the story he overcomes his limitations of character in full. It is an astonishing and rare change for any individual! As a result, life responds with overwhelming good fortune, as he wins over the woman he loves -- Miss Eliza Bennet. We see how life's circumstances dovetail with his efforts. Through a conscious decision to change an egregious part of his nature, he attracts the right circumstances that afford him an opportunity to save Eliza's family from scandal. As a result, he is able to show her his true, noble character, which in the end wins her over, culminating in their happy marriage. Actually, it leads to much more, as their marriage forges a powerful new alliance between the aristocracy and the gentleman-farmer classes of rural England; where earlier they were in an indifferent, if not contentious relationship. In other words, Darcy's inner-psychological adjustment is so substantial that life not only responds and uplifts his own personal fortunes, but also those of the wider society around him.

Darcy's formidable change is a distant echo of the ultimate transformative changes made by those who take to *conscious* evolution -- i.e. yoga. In one sense, both reverse themselves 180 degrees. The difference is that those who take to personal transformation will attempt to change every part of their nature -- physical, vital, mental, and spiritual, whereas Darcy only seeks to overcome but one or two major character flaws. And yet, what Darcy



has achieved is still formidable, especially for one who is essentially a non-seeker.

His overpowering internal change is also something that we can try to emulate in our own lives. If Darcy can make such a great internal adjustment and attract stupendous rewards from life, then we can at least try to overcome one or two limitations in our own character. *It is the minimum that life asks of us.* Anything less and we could say that we are merely taking up space.

As a result of making that relatively modest effort, life will respond out of all proportion, and we will attract our hearts desire -- whether through the sudden blossoming of our career, or through a kindled romance (as was in the case with Darcy), or through some other area of our life that Nature deems worth uplifting.

The question then is whether we are sincerely interested in such change, and if so, what part of being needs changing. If we take up that effort to change, life will certainly respond. Darcy took to overcoming wanting aspects of his character and attracted the woman of his dreams, and influenced the course of that society's development. The modern, integral yogi seeks to change every part of his nature so he can attain a super-nature -- becoming a harbinger of a new, spirit-oriented way of living. What wanting qualities do we seek to change in ourselves, and what level of effort will we undertake to make that happen?

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9/26/06

### **Spiritual Approaches to Life Response**

People normally relate to Spirit in only one way. It can be summed up as "God, I am having such and such problem; please help me overcome it." It is usually accessed in times of great need. That is not spiritual life, but normal human existence, deferring to the Divine only when we perceive that we are powerless to change things on our own. It often brings the desired results -- especially when the invocation and prayer is sincere, heartfelt, and we are reduced to utter desperation. We see instances of it in the cinema, in literature, and in our own lives.

Of course, that spiritual Power can be invoked at *any time*, enabling us to instantly invoke the infinite potentials of life whenever we choose. However, we are too caught up in our ordinary lives and a limited view of reality to consider the possibility. Nor does the social life around us support such an atmosphere. It is often cold, indifferent, and brittle -- especially here in the West. We thus fail to avail a vast power to move life from within -- instead depending on Nature's difficult course to determine the course of our lives. It is the difference between those who practice conscious evolution -- know as "Yoga" in India -- and the less conscious ordinary individual seeking life's fulfillment through the exigencies of Nature.

We have also come to believe that those who take to Spirit are a breed apart; that spirit is left to those who tend it in a location separate from normal life -- perhaps on a mountaintop, or in a cave, or a monastery, or at least in some place apart from worldly existence. Of course, that is the old way of looking at things, as we now know the Spirit is available at every single moment to every single individual on earth. We can experience that Spirit and Force at this very instance if we choose to. It is in the surrounding atmosphere, moving ever-deeper into the earth's consciousness, and available to every individual who wishes to avail of it. All we have to do is find the best methods to come in contact with It, in order to use It. Which leads to this discussion of the variety of approaches to the Spirit, and how those methods can invoke the instantaneous miraculousness of "life response," -- i.e. the onset of unexpected and sudden good fortune.

One approach to spirit beyond the occasional and the persistent connection to our faith as described above is taking to Silence. Silence is stillness of thought. We come to that state when we remove ourselves from the surface of life, including the sense-data streaming into our minds, and instead turn within and build an inner life. Then silence, i.e. non-thought, takes hold and comes on its own. Until then, we must tend it by overcoming our mental indulgences. We need to learn not to think when it is unnecessary. From that poise, life can respond instantaneously in several ways. E.g., when the mind is silent, one tends to withhold one's point of view in a discussion, which causes the other person to speak it out shortly thereafter. It is mental form of life response, otherwise known as "Silent Will." Try it sometime; you will be amazed when others express the very thoughts you were thinking. In addition, by moving to thought-less Silence, one begins to acquire knowledge and the full Truth of things through sudden descents of light and intuition, rather than through the hard

churning process of thought. It is another form of life response in that life simply sends one answers to problems and issues of existence without having to engage in thinking. To experience this phenomenon several times is to be startled by this higher, spiritual functioning of mind. Einstein experienced such descents -- as do most geniuses. Spiritual practitioners are able to invoke that power on demand. It is said that it will be the way we will come to know and understand things in the future.

As one moves within, one develops not only mental silence, but an emotional stillness, known as Equality. It is the state of *non-reaction* to the intensities of life. From that status, when one meets with aggressive positive or negative circumstances, one does not react, as we are settled in a stillness within. Eventually, the stillness within moves to the surface of our lives, and we become spontaneously equal in *all* circumstances. The obvious advantage of this approach is a life of less stress and anguish. However, I have also noticed that when a vigorous negative event comes one's way and one practices Equality, the trouble has a way of quickly disappearing! It is another instance of life response through a spiritual power.

Out of Equality issues several other spiritual qualities such as Detachment and Non-Initiation. Spiritual detachment is to be involved in life, but not to be egotistically desirous or attached to the object or subject involved -- whether physical, vital/emotional, or mental in nature. It comes from a poise of equality arrived at by living in the depths of Silence down to our connection to our evolving Soul. From that detached status, one avoids all of the negative behaviors, actions, and other pitfalls that can attract negative life response -- such as the sudden onset of a cancelled order or a failed project. Detachment avoids the negative human propensities that cancel a work and attract harmful circumstance.

Non-initiating -- the state of not initiating an act or action, but to wait for life to first come to us -- likewise avoids the negative; even as it tends to more readily attract the truth. True non-initiating relies on, waits on the call of the Spirit's influence before taking action, which means all actions taken tend to have more perfect outcomes. On the other hand, most of us *need* to initiate to achieve. And yet, the individual advanced in practicing spiritual evolution/yoga does not need to initiate actions to succeed, as life continually moves toward him. It is yet another form of life response of the Spirit.

Faith, opening to the Force (consecration), silence, silent will, light/intuition, equality, detachment, and non-initiation are methods by which we can approach and utilize the Spirit in our daily lives. I invite each of you to learn more about them so that you can utilize them to continually attract good fortune in your life.

The 20<sup>th</sup> century was the age of the Common Individual. The 21<sup>st</sup> century is for the emergence of the Spiritual Individual. It is actually the Age of the Spirit for the average person who develops a vast inner power. That person is able to direct the course of life simply through adjustments of consciousness within. As a result, life will come suddenly and abundantly to that individual on its own. Spirit will thus become the critical tool for ongoing, successful modern life, rather than something accessed on occasion in moments of acute stress, trial, and tribulation.

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10/8/06

### **The Mind of the Cells**

Several decades ago, the French author Satprem wrote a book called *"The Mind of the Cells."* It was his interpretation of the experiences of Mira Alfassa -- later known to her followers as "The Mother." In the book, Satprem documents the lifelong pursuit of The Mother to transform her body in order to permanently overcome pain, disease, and even death itself. Satprem's book was entitled 'The Mind of the Cells' because in the process of experimentation and discovery involving her body, The Mother began to realize that the cells had a consciousness of their own, and if their "perceptions" could be reoriented, they would not decay, and fall into disease, illness, and death.

Today if we look around, we see that science may soon be able to overcome several forms of illness, including heart attack and stroke -- leaving only cancer and other major forms of atrophy to be resolved in the future. It is said that individuals could live well into their hundreds as a result. One pioneering technologist even believes that it may be possible to live to 1000 or more through the wonders of modern science. I for one certainly do not doubt that possibility.

And yet, The Mother's approach to the transformation of the body's capacities was entirely different; and I believe, will prove to be far

more effective in the long run. And it is for this reason: the effort she made is in fact the direction that the human body itself is evolving towards. Slowly man's greater consciousness is beginning to have an impact on the cellular matter that makes up our physical bodies. The Mother's effort was an experiment to speed up the process; to overcome tens of generations of evolutionary change in a single lifetime. Though she succeeded only in part, she identified most of the subtle cellular constraints that need to be overcome.

Her approach was to enable unending life by changing the programming of the cells through the influence of the higher consciousness of the spiritual Force. By opening to the wider power and energy of that Force, the inbuilt programming of the cells, which now subscribes to the inevitability of suffering and decay, gives way to a wider "understanding of possibility", including the belief and faith in its own unending health and immortality.

Even now, we are beginning to see the power we have over the body's illness. We have come to understand that the body often falls ill because a person is unwilling or unable to make a certain psychological change necessary for that individual's personal growth and progress. As a result, the body falls in. If that person, however, crosses over that threshold and makes the necessary life change -- perhaps a change in an attitude, or taking to a new level of psychological strength, or takes a new unprecedented action -- the body can relent and health is restored. This is but one of several insights into the subtle nature of health that others are discovering around the world. Of course, many are aware of the power of the Spirit to heal. Done in the right way, and with the widest understanding of the Spiritual Reality and its various powers, there can be ultimate effectivity through this approach.

It is then only a matter of degree for the tissues and cells *themselves* to become conscious and readjust their programming to believe in their possibility of unending longevity. As our bodies become conscious to their own possibility of unending health and life, they may evolve themselves and achieve what they have come to perceive. Yes, we can use medicines and genetic engineering to accomplish similar results, but it would not be the more fundamental evolutionary change that The Mother was after. We have not become more mental and spiritual beings because of technology, but as a result of a development in understanding and consciousness.

So while I encourage all scientific developments that try to improve the conditions for the physical body -- even those whose outcome might be unending life through technology -- I believe that it does not address the fundamental issue of our physical existence; how to reverse the functioning of the cells from its current status of disbelief to one of belief in unending health and existence. It is then just a matter of our becoming more conscious at various levels, which extends to the cells of our body, which then shares that wisdom and perception.

When we take up that challenge and learn to utilize the Spirit to alter the mindset and belief systems of our own selves, extending to the Mind of the Cells, then we will be creating the conditions for a permanent end to suffering, illness, decay, disease, and even death itself. It seems to be an inevitable part of our evolutionary destiny.

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10/11/06

### **Silicon Valley Turnaround and Life Response**

When we take actions in life that end in failure or we otherwise attract ill fortune, one wonders if we have a second chance to redeem ourselves, overcoming the mess we have created. The Bible speaks of redemption. What I am asking is something more pointed: if a negative circumstance comes to us, can we do something to completely reverse that result suddenly thereafter, and turn it into a positive? It sounds like magic, but I believe it can be done.

In the latter 1990s, the Internet was booming, especially here in the San Francisco/Silicon Valley area. Then it began to boil over. It did so because money -- a normally neutral vital force supporting life -- was being used to exploit the situation. People with little interest in the technology but with a lot of interest in making a quick return rushed in from the financial capitals of the world, spoiling the innocents of the Silicon Valley purveyors. That is not to say that the entrepreneurs here were pure, but their hearts were mostly in the right place -- i.e. into their craft, *and* their incessant aspirations to change the world. It is a perhaps a truth of life that those pioneers who try to improve the conditions of the world through their creativity -- especially through technology as demonstrated in America -- attract piles of cash, even billions during these times. Vast sums of money flow in from all quarters -- almost as an afterthought to their own deeper aspiration

for progress. At the start of the 21<sup>st</sup> century, money seems to chase focused, sincere intentions and efforts to improve the conditions of the world through technology.

Still the negative energies outweighed the positive during that late 1990s period, and the infamous DotCom bubble followed an equally famous boom. Nearly an entire generation of stock market wealth/net worth was wiped out -- particularly for the once idealistic Baby Boomers. The question I am raising then is whether there can be a sudden reversal that makes the negative disappear, replaced by a corresponding positive. My answer is yes; however, it only comes only as a *one-time* opportunity. I.e. society, its organizations and institutions, get but one chance to reverse their attitudes and values, which cause, as in this case, life to suddenly turnaround, reverse the bust, and reestablish a boom -- but this time without the deleterious effects.

So far, that seems to be happening in this famed technological center. Life is responding to the play of higher consciousness of individuals in the region and elsewhere -- to a different collective attitude and value about this particular field and trade. E.g. companies like Google have spoken out boldly about "doing no evil" in the world, while financial institutions have become more cautious -- keeping unbridled financial speculation at arm's length. As a result of these changes in the social conscience of the local and extended business communities, life has responded in kind, attracting *another boom* -- but devoid of the freneticism and greed of the previous cycle. In fact, the onslaught of a rapidly-growing Asian market now supports and accelerates this newest cycle.

On the other hand, had the values remained the same, the once boom that went bust would have remained so -- or worse. With a double negative of energy accumulated, any further attempt to change values would likely have produced little effect in the short-term, as the forces and energies of the negative would have been too hard to overcome. Life would have not responded to any positive, preventing the reversal of the previous the negative. The Great Depression had this quality of a perverse, persistent negative force behind it. It took many years, and in particular WWII to overcome it.

Interestingly, we can implement this process in *our own lives*. When we do so, life will likewise respond with sudden good fortune -- replacing the harsh negative that had descended on us with sudden and most unexpected instances of good fortune. The process of

turning a negative into a positive, causing life to quickly, if not instantly respond on its own is straightforward: Take any negative outcome that has come your way, discover the corresponding wanting attitude or behavior within yourself that generated that result, make a sincere and determined effort to overcome it, and watch as life moves towards you with instances of sudden good fortune. From seemingly out of nowhere, what once was destroyed is quickly revived; what brought you down is replaced by a new positive possibility. Life suddenly *cooperates* from all quarters because of your psychological effort to change your perspective and point of view. It is a magical phenomenon that I call "Life Response." It is perhaps the great, undiscovered subtle working of life; one that I believe will be fully revealed and practiced in the decades ahead.

It is worth noting that Life Response is made possible because of the powerful correspondence that exists between the inner you and the outer reality. I.e. if you change your inner condition, life outside yourself will *instantly* respond in kind. It seems like a miracle, but it isn't. I know many who experience it several times a day or more. We just miss this action/reaction because our consciousness is too crude to perceive it, or we have simply not experienced it in our lives to perceive its wondrous results. Experiencing it even once can change an individual's entire outlook on life.

The sage says that you only get one chance to reverse a false action or behavior. If you make the same mistake again, you are done for -- for the energies are now far too negative to attract the reversal of fortune through the miraculous-like response of life. To reiterate: anytime you make a mistake that leads to negative circumstance around you, discover the inner psychological cause, -- perhaps a lack of organization, or a bad attitude, or an unwillingness to accept what life has put before you, or a case of weakness, or an instance of selfishness, etc. -- reverse that element within yourself, and watch in the days and weeks that follow a miraculous-like turn around in your fortunes. Are you willing to give this approach a try? Many have, and have been astonished and overwhelmed by the magnificent results that follow!



10/17/06

## **There's No Success Like Failure**

The Baby Boomer's poet laureate Bob Dylan came up with the following elliptical line in one of his earlier songs. "There's no success like failure, and failure's no success at all." Whether understood by the author, there are several profound truths buried in that remark, one of which is that we profit as much from failure as success. It can even be the key to our next level of accomplishment in life.

In a recent edition of the New York Times, they detail the rather remarkable series of events around former employees of the PayPal online payment company. It seems that after the successful firm was sold to EBay, the (now very rich) former colleagues remained in close touch. What is remarkable is that often when the former colleagues would come together, they would hatch new business ventures from seemingly out of nowhere, and, due to their past experience, the undertaking would invariably be well-funded and successful.

The most notable venture of former PayPal employees was the formation of the YouTube video-sharing Internet site, which was sold to Google, and parlayed into nearly half a billion dollars windfall for each of the two founders. YouTube had yet to generate any profits and had only 60 employees when it was sold, making the two exceeding wealthy. Well, it turns out that this group of former PayPal employees have kept in close touch, and combinations of those individuals have collaborated to develop a stream of new Internet companies. In one instance, several former colleagues got together for a birthday celebration at the Ferry Building in San Francisco, only to develop a business plan for a new undertaking right on the spot! In yet another get together, several former PayPal colleagues hatched another scheme while running along the city's Embarcadero waterfront. Potential billion dollar companies continue to spring forth from the minds of these Idea-hatchers, who shared a common bond during their time at PayPal.

Where then is the failure that generated success in these scenarios? We know that many entrepreneurs in Silicon Valley have failed on the first attempt at success, only to bring about stunning achievement the second time around. Well it turns out that the former PayPal employees who parlayed huge sums and went on to collaborate with

one another, establishing a plethora of new companies, struggled mightily at their old firm. In fact, in its fledgling years not only did the company lose money, but at one point computer hackers were breaking into their systems and stealing the very money that its users were transacting! Add the fact that competitors were everywhere, it only seemed a matter of time before they would fail. However, they somehow were able to keep it together, work their ways through the many difficult problems, learned a great deal from the experience, and formed a very tight social network when they left the company after it was sold. The shared knowledge they acquired in difficult times, and the close bond of friendship that developed while trying to tackle immense problems, were the foundation stones that enabled them to successfully launch successful second-round Internet ventures. The emergence of YouTube was the most notable example of using the knowledge that comes through failure or near-failure to create ultimate success in a new venture.

"There is no success like failure," says the poet. In Silicon Valley, this has become a mantra of sorts -- a human value that people subscribe to. "If we fail, so what; we are young, we now have more experience, we have insight into the next big thing, we can see through any difficulty. Besides venture capital is plentiful, and so this time we will do it right." With such attitudes, how can they not succeed in this very fertile technological environment?

For the rest of us, failure is indeed a bitter pill to accept; after all, who likes to experience bad luck, and who believes that he will easily get a second and third chance to succeed. It takes a lot of energy and enormously positive attitudes to prevail when we have been struck down by life's exigencies. This is especially true for those of us who are outside the prolific environment of a Silicon Valley.

On the other hand, the *enlightened* individual is more like these Silicon Valley purveyors, but more so. For the spiritual seeker knows that the darkness serves the light; that failure is a greater spur to success than ordinary success. That the negative is just a *more intense* form of the positive. He perceives these truths to such a degree that through an inner poise of calm and quietude, he is unmoved by difficulty, failure, and darkness. In this way, he takes on the spiritual poise of "detachment" and "equality," which essentially translates as being fully engaged in life, but not attached to circumstances and rewards.

At a further stage of inward spiritual progress, the aspirant sees that the negative is, in fact, a great *spur* to an *even-greater* emerging positive -- enabling him to embrace, perhaps even "enjoy" the negative as much as the positive; knowing that it will build a foundation for uncharted higher level of success. Ironically, in this and other ways, the *inward-centric* spiritual individual becomes the ultimate Master of the *outer* material life.

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10/20/06

### **Affecting the Problems of the World from Within**

When you observe a politician who is clearly in the wrong, it may be wise to hesitate before condemning him, and consider the electorate that put him in power. It is too often *their* falsehood that fails to gain the public's attention. Not realizing that the newly emerged politician is representative of a certain type, or of a certain movement in society is a blind spot of the media and in our public awareness.

When Jimmy Carter ascended to the US presidency in the 1970s, it was not just because of his energy, goodness, and capacities, but because of fresh, new energies emerging from the society -- in this case, from a more enlightened South (after a hundred years of backwards thinking). We see the same in the reverse, where reactionary forces in the society propel like-minded individuals into the public spotlight, including our office holders.

Interestingly, there is another opportunity available to us when we observe the problems of society, or a wanting leader, or the social forces behind him. We can look at these developments through the prism of our own individual selves. I.e., rather than rail at the problematic developments outside ourselves, we can look inside and discover a corresponding wanting element there, reverse it, and watch as conditions outside ourselves suddenly begin moving in our favor. Through this process, warring nations whose situation we have anguished over suddenly move toward peace; the wanting leader we have railed against suddenly curtails actions harmful to society; an important social or environmental development long-delayed suddenly moves towards fruition; and so forth. It is the power we have to quickly change circumstance outside ourselves from within. It is also an indicator of the profound relationship that exists between all things -- individual, social, national, global, universal, and transcendent.

Let's explore our example a little further. Let us say that we would like to see the conflict between two warring countries end. We have also come to see that their differences are rooted in the virulent hate they feel for one another. If we can discover the corresponding "hate" in our own hearts -- whether in the form of a negative emotion, a hostile attitude, or a hardened opinion -- we are likely to see in the days and weeks that follow an unexpected thaw in relations between the two warring parties.

Or, let's say that we are aware of the falsehood of a particular leader, but through introspection, we become aware of our own life-long tendency towards skepticism and cynicism. Well, if we shed these troublesome qualities, we are likely to see big changes in the corresponding elements and individual outside ourselves in the days and weeks ahead. E.g., the divisive leader might unexpectedly reverse his beliefs and adopt programs more to our favor, or there may even suddenly appear justifiable rumblings for his ousting from office, and so forth.

We believe there is no relationship between the outer life and outer inner selves; that these are two distinct and separate worlds. However, that is an illusion, a distortion of our surface consciousness. From a deeper perspective, we see that there is no separation between the outer and our inner condition, that there is a profound oneness between all things in life. Therefore, if we change our status within, then the outer will quickly, if not instantaneously respond in kind. This is what I call the phenomenon of "Life Response." It is happening all of the time, but we miss its subtle workings!

There is also another way to approach the wanting social conditions we observe. It is this: when something in the outer environment disturbs you, simply withdraw *all* emotional attachment and connection to it. As above, soon thereafter, life will move in the direction you favor. The mere act of disassociating and detaching yourself from your intense feelings enables life in the world to reverse, and evoke results that favor your position. It is an experience I have had a number of times throughout the years, as have a number of my friends and colleagues.

The bottom line is this: if you want to change the world, identify and then change the corresponding wanting quality within yourself. Also, withdraw all intense emotion towards the issue, while remaining informed and concerned. By the way, if you are centered in a deeper poise of calm and mental silence, then you will more easily identify such emerging forces in society -- seeing them in their right balance and perspective; and you will know precisely what you have to change within to trigger the life response on the outside. At that point, you will be living a very different sort of existence; one that I call a New Way of Living.

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10/30/06

### **Personal Values and an Argument for Life Response**

At Growth Online, we address many subjects related to personal, spiritual, business, and society's growth and evolution. We even address the ultimate transformation of humanity through the power of the spirit. Interestingly, however, the most popular articles at the site have been on the topic of "personal values." We know that in the last 25 years, values have been a recognizable and much appreciated subject that has moved to the forefront of life - whether in the classroom or the boardroom.

And so it was then quite surprising that one of our readers informed us that though he appreciates our articles on personal values, he questions our advocacy of the phenomenon of "Life Response" at the site. After all, the reader posits, personal values are something that has intellectual weight and is worthy of serious consideration, whereas life response is something ethereal and unproven. Implicit in the remark is that we should not mention life response in the same breath as personal values.

100 years ago, virtually no one in the commercial sector had heard of, or even seriously considered the notion of utilizing values in the workplace. To succeed in business, one needed grit, steel, strength, capacity, and plenty of resources. Likewise, workers needed to be hearty, dutiful, and capable of doing the job. Other factors, such as an employee's honesty, the company's integrity, the worker's personal safety, etc. were absent from the dialogues of commerce. Rather, work was organized around goals to be achieved within a time period at a certain cost so that the customer got what he wanted. Adhering

to values was considered too subjective -- even effeminate -- to be worthy of management's attention. And yet, today we are beginning to see that values are well on the way to revolutionizing many areas of society. Of late, it seems to be on the lips of everyone; from every sphere and field of life.

Fortunately, in the last 100 years we have seen a gradual movement away from an empirical-oriented commerce to a more values-oriented approach. *What was subjective then -- i.e. values -- has become the objective and concrete now.* What was beyond mind's conception then has now been accepted as a rational and effective method for uplifting all aspects of life. For example, leaders of corporations now engage in strategic planning in which the values of the company -- such as integrity, customer delights, maximum utilization of resources, etc. -- are integrated into its mission statement. No longer are values for the intellectuals or college professors or elites. Values are now lauded as being of great utility throughout society, whether in business, government, education -- even amongst youth. In fact, a good one-half of the readers of our articles on personal, business, and society's values at Growth Online are college students and teenagers! What was once subjective and "not supported by an intellectual foundation" has now percolated up through society, and has begun to be accepted as part of the new objective reality.

The concept of "Life Response" is undergoing the same process of acceptance. It is admired by a few, not heard of or understood by nearly everyone, and disparaged by several. It is in one sense the *new subjective*, the new functioning of life that appears to not have that necessary intellectual weight -- a questionable process of life, without logical, rational, or scientific underpinnings. The truth is that the life response phenomenon is simply a more *subtle* functioning of life than personal values, and therefore escapes the modern intellectual mind. It is more difficult for the average person to fathom because it requires us to go a level deeper in consciousness to perceive its startling workings. Just as we have moved from the empirical to the subtle to perceive the great utility of values, we need to go deeper still to see the overwhelming power of the life response phenomenon. Life response is, in case you didn't know, the condition where life *instantaneously* changes with sudden good fortune due to a change in a habit, emotion, or attitude on our part. It is a miraculous-like phenomenon that can shape the way we look at life in 21<sup>st</sup> century -- even as we began to appreciate values at the end of the 20<sup>th</sup>.

If you consider for a moment the great benefits that values bring us, then you'll appreciate the even greater power of life response. Values, for one, energizes every act engaged in -- increases its effectivity and efficiency perhaps on an order of ten times. If, for example, I speak with the customer with great respect and a caring attitude, then not only will I more likely get the order, but my firm will develop a positive reputation that will cause many to flock to us, catapulting our firm to the top of its field. How does one measure success in such situations? Is it a factor of 2 or 5 or 10 times? We do not really know the full effect of implementing values in our lives because the results generated have not been well understood, documented, and measured -- save for certain pioneer studies such as Jacobs' and Macfarlane's '*The Vital Corporation*,' a profound book that explores the power of values in the business environment.

Though great, we should keep in mind that values bring about unprecedented success *over time*. E.g. applying the value of 'quality of service' has catapulted many companies to the top of their fields in the years and decades that followed. Other corporate values like "commitment to the well being of its people" or "focusing on the emerging needs of society" have done the same; rocketing companies to the pinnacles of success. Life Response, on the other hand, can literally change the conditions of life in a *single moment* -- overcoming limits of space and time, and what we believe is possible. It is miraculous-like phenomenon that overwhelms all previous notions of how life works. E.g., imagine that you change an emotion, and then suddenly two minutes later you receive the biggest order in your company's history, seemingly out of nowhere! It is no wonder that the modern intellectual mind is skeptical. Worse still, in rejecting it outright, the modern Mind never bothers to determine if it is a real phenomenon of life to begin with! In other words, it abandons its own empirical scientific methods in ascertaining if the phenomenon exists!

Fortunately, Mind -- which was not highly developed in man until recent times -- has begun to shed its past folly and moved towards logic and reason. More recently still, it has begun to see that we cannot just measure cold fact and say that is the entire truth of things; that when considering any object of inquiry, we must also accept other influences in the human equation, including the effect of our attitudes, emotions, beliefs, and other factors. Mind is thus becoming more subtle in its outlook and understanding, and thus more capable of perceiving the variety of possibilities that life presents us. One result has been Man's recognition of the value of

values -- that they are not subjective, as once believed, but do objectively influence our lives; often with great power.

Mind is capable of going deeper still. It can be centered in a deeper poise in the depths of consciousness within. From there, mind can perceive new truths and unfoldings beyond the mere material facts. From an inner poise of calm and mental silence, Man opens to new forms of perception -- including the utilization of insight, illumination, vision, intuition, and revelation. Anchored within, one can look out into the world and perceive the subtle workings and unfoldings of life. In particular, from that "witness consciousness" we begin to perceive the phenomenon of life response in action. Experiencing its power on a regular basis, it becomes to us as objective as any empirical or scientific fact.

When we look back 100 years from now, we will see how limited our current view of objectivity is. We will see that it is objective to include the power of values in any analysis of success. *And* we will see that it is objective to include the workings of the life response phenomenon when evaluating the flow and processes of life. Mostly, values and life response will be objective to us because we will be able to summon up its power at will. It will be the very stuff of our daily lives. Except this life will exceed the old way by a factor of a hundred or even a thousand, as we are able to bring the infinite potentials of life instantaneously into the here and now.

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11/2/06

### **The Promise of a Divided America**

400 years ago, newly arrived settlers came to this continent and met with a virgin land consisting of endless forests and lush valleys. And yet, the waves of immigrants who came were able to quickly tame the land. Seeking to replicate Europe in the new homeland, the settlers knew what had to be done. They also they had the life skills of a hundred European generations. The only challenge was how fast and efficiently they could do it.

And so, the immigrant population developed the means to make that happen -- later known as *mass production*. The people were not only able to organize and develop all of the necessities for life on the new continent, but within 100 years were able to produce them for nearly



*everyone* in the burgeoning population. This centuries-long movement peaked with Henry Ford's production line facilities used to build the Model T automobile for the common man.

Waves of immigrant population from a variety of lands, the knowledge of the European homeland in the minds of the settlers, and taking to mass production and organization are several of the keys to the enormous prosperity that came to America. So was the drive and energy of the people motivated by new freedoms unavailable in their previous homelands. Individuality arose in place of the oppression, the greater conformity, and the hierarchical structure of Europe. By the 20<sup>th</sup> century, America, once ridiculed by Europeans as an outpost of savages, had matched and then surpassed economically and materially all of Europe. The old world's cynicism and arrogance was left behind in the dust by a new pioneer society that continues to thrive until this day.

Then there is the other side of the coin. Somewhere along the line, mostly in the last 100 years, a negative conservative strain has entered the body politic and the population of the United States. Where it issues from and what harmful purpose it serves remains to be determined. But its negative effect on the society is well known -- from the Civil War support of slavery in the South; to a reluctance amongst the hinterland peoples to fight German and Japanese fascism that put the nation at great risk; to the support of a war against the Vietnamese people, who were seeking independence from their colonial masters. Worse still, is their antagonism towards virtually every positive value that has come into society, from the rise of woman, to the rise of new, more sophisticated cultural values.

It has its roots mostly in non-urban areas, on the fringes of suburbia where it meets the countryside -- where issues forth an endless stream of ignorance and false knowledge. It originates in a barely-educated ignorant, superstitious rural white population, which in turn creates a blowback to a conservative middle class. Though the rural areas express reasonable concerns about safety and security, and demonstrate kindness toward one another, it is a veneer, which breaks down quickly when these simple people are confronted by the realities of a changing world. This conservative element then reemerges, seeking by-gone eras, unable to embrace the challenges of a modern world. As a result, they become reactionary and anachronistic. Even their religion turns from providing spiritual sustenance and moral direction to a certain narrow-mindedness, a

conformity of belief, and eventually radical reactionary political and social points of view.

There is another problem in American society, perhaps more ominous. It can be stated as its "physical consciousness of violence." Consider the facts in 2006: 200 million guns held amongst the population; \$400 billion a year in military spending, when the next largest nation is spending barely \$40 billion per annum; and thousands of nuclear warheads remaining deployed and ready -- even though the Cold War has now long passed. Add to that the glorification of violence in the culture at nearly every level, and you have ominous incendiary disaster waiting to happen. How has this great country that once sought to avoid persecution and nurtured extreme individuality of the Common Man developed this physical consciousness of violence -- a negative power that can easily, and most dangerously, turn on itself at any time?

Some would say that it is the result of another US problem: a view of life that only sees the physical/material as real; with all other planes - - i.e. the psychological, the societal, the spiritual -- relegated to a secondary or even non-status. One sage has commented that "Americans think with their bodies." This means that they tend to relate to life only through what they see, to what is materially visible; i.e. to what their five senses are absorbing from the environment. Their center of perception is thus in a lower sense-orientation of the mind, instead of the clear thinking, higher functioning or logical and rational mind, where one can more readily perceive the wider and deeper truths and conditions of life.

This obsession with the outer physical realities of life occurs in many ways -- in their obsession with their physical bodies; through a wild, mindless fascination with all things physical; and in their unbound glorification of technology and scientific advancement at the expense of deeper appreciation of human values. Watch any newscast and you will see a childlike fascination with the physically visible. Little seems to be understood by the American viewer unless there is a video or a graph or some other physical object to engage him. Also, the American cannot sit still for a minute, nor take to several moments of silence. He needs to rush off and accomplish, never to consider and be. Too many American finds it difficult to seriously and sincerely address the deeper meaning of things. Except, of course, when Nature forces them to do so; when She pulls them out of their shallow existence through a variety of tragedies.

The nation is thus divided between its positive and negative attributes. Among the positive are the continuous waves of immigrant who bring fresh energies and ideas, an overwhelming capacity for physical organization and mass production, and the enormous power of freedom and individuality in the society. Balanced against these are the virulent strains of anachronistic conservatism, a physical consciousness of violence, and an obsession with the materially visible at the expense of the deeper perceptions of the truths of life.

Usually we think of a divided country as a fissure between different segments of the society, or two political parties. Here I am suggesting that the division lies along more fundamental lines. It is between consciousness and unconsciousness that cuts across all strata of the American society.

By overcoming the negative and reinforcing the positive, America can bring about the synthesis that will enable further progress in the nation. Because America is so full of energy, she is ripe for such change. Because she has the physical means and material prosperity, she is ready to move to the next level of consciousness. *She is the one country ready to make the decisive evolutionary change.*

America has taken on the role as the material leader and pioneer in the world -- despite her known psychological and perceptive limitations. To become the *psychological* and *spiritual* leader beyond the material, she must confront her demons and limitations. Otherwise, she will falter. If so, she will be forced to hand over her mantle as Pioneer and Leader to other nations, perhaps those of Asia, such as India. And yet, she is now ready and ripe to make this decisive change. We will watch closely for such developments as the course of events unfold.

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11/10/06

### **Strength of Young Elizabeth**

In order to accomplish and succeed in life one needs energy, skill, knowledge, right attitude, personal organization, direction, drive, and many other qualities. One additional trait that stands out amongst the most successful of people is *psychological strength*. Those who show toughness, are unflinching in the face of adversity, are willing to take

action when others would shrink demonstrate innate strength that invariably brings success. In fact, those who demonstrate such "intestinal fortitude" not only are more likely to invite success into their lives, but can evoke powerful and most unexpected positive responses from the environment. Sometimes the response to one's exercise of strength -- especially in the face of prior weakness -- can alter the course of one's life and propel one to the pinnacles of success. Such was the case for one young queen of 16th century England.

History tells us that Elizabeth was the daughter of King Henry VIII and Anne Boleyn, the second of Henry's six wives. When Elizabeth was only two years old, her father ordered the beheading of her mother. Then when King Henry died, his son, the nine-year-old Edward, who was Elizabeth's half-brother, succeeded him. After Edward died, six years later, Elizabeth's half-sister Mary became queen of England. Mary, who was Catholic, earned the name 'Bloody Mary' for her persecution of Protestants during her reign. Because Elizabeth herself was Protestant, and because Mary feared Elizabeth might be plotting against her life, Elizabeth was held in prison throughout most of Mary's reign. However, in the end, Mary reluctantly accepted Elizabeth's right to the throne, and after the queen died, the very-young Elizabeth ascended to the throne of England.

As it turned out, just at the time Elizabeth took up the reigns, English society was being torn apart by the conflict between the Catholics and Protestants. With each side seeking to win favor from the young queen -- frequently accompanied by threats of retribution if she did not bend in their favor -- each day Elizabeth lived in fear; not only that her regime would topple, but worse still, that she herself would be killed.

As portrayed in the film *Elizabeth* (1998), one day Elizabeth calls a meeting of the leaders of the two religious groups in an attempt to negotiate a settlement. Though she felt that she was in an exceedingly precarious position, she managed to hold back her fears, and began the meeting by making the extraordinarily bold statement that "no group had an exclusive claim on God". As a result, gasps and shouts of "outrage" and "heresy" were heard throughout the chamber. And yet, instead of cowering before the protestations of the religious leaders, Elizabeth gathered herself and the strength and courage to continue her presentation before the gathering. She then went on to argue that that all sides had to work together *for the sake of the*

*people* of England, not for the narrow interests of a particular religion. In fact, she *insisted* on this point, and would have it no other way. She argued that as representative of the *people's* interests, it was her duty to bring the two conflicting religious parties to a decisive settlement.

Quieted by her persuasive arguments, and her unexpected forcefulness and show of strength, both sides *did* in the end come around to her point of view -- with a majority voting to support her proposal for a common English church. This was in fact one of the great turning points in English history, as it overcame the conflicting sectarian interests, subdued and weakened the power of the church, strengthened the central authority of the monarchy, and increased the power of the people in determining the nation's destiny.

The story did not end there, however. Despite Elizabeth's considerable achievement, dark forces continued to gather around her. For one, the Papacy in Rome was very displeased by her actions, and, at one point, actually sent an emissary to have her killed. Though the plot was foiled, Elizabeth's problems continued, as members of her own cabinet now begun to plot against her. Elizabeth's life was still in grave danger. In fact, she now appeared threatened from nearly every quarter.

With the circle of malice tightening around her, she knew that something had to be done. And so, the queen searched deep within herself to find a solution. Then drawing on an unknown inner strength, Elizabeth came to the one and only conclusion that made sense, considering the current dire circumstance. Making perhaps the most important decision of her life, she ordered her enemies arrested or killed.

Not unlike what Krishna demanded of Arjuna at the battle of Kurukshetra in the Indian epic the *Mahabharata*, Elizabeth did what *had to be done* -- what was right and just, despite its sometimes-brutal nature. As a result of her action, not only did she establish security around her, not only did she establish the solid underlying conditions that would allow her to reign for *forty years*, but she was afforded a lifetime of opportunities to express all of her innate talents. In the end, Elizabeth's reign would come to be known as England's "Golden Age." In the short and long term, life had responded out of all proportion to a young woman's overwhelming courage, determination, and exercise of strength in the face of the most dire of conditions.

In this light, we can examine our own lives and see where we lack strength and toughness; or where we feel helpless, powerless, and not in control; or where we are shrinking, cowering, and overly deferential; or where we are fearful and lacking in courage. If we then reverse that position, taking to the necessary level of psychological strength, life will respond out of all proportion, propelling us to the heights of success, while eliciting a deep happiness from within.

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11/16/06

### **The Evolution of Spirit in India**

100,000 years ago, Man emerged from the savannahs of Africa and entered two landmasses; the Middle East and Europe (the "western wave"), and that of the East, including India and China. The Western wave out of Africa mainly took to religion at first, while the Eastern wave took to spirituality. The Western wave of religion eventually shed some of its falsehood, evolved into rationality, democracy, freedom, individuality, science, technology, and the modern material world as we see in Europe, the USA, and elsewhere. The Eastern wave developed culture, emotion, and the Spirit. Of course, each of the two developed some of the capacities of the other -- e.g. religion developed in India, and there were strains of the Spirit in the West.

My goal here is to trace the Eastern movement that enabled the flowering of Spirit. It originated in the period of the naturalistic life of the Vedas in India. There people connected to the Spirit through the natural forces of the physical world. In the stone, in elemental and environmental forces, individuals felt a connection to an ultimate spiritual Reality. Life was physical then and their connection to that Reality expressed through physical forms of nature, as well as the worship of Gods. Mind and higher emotions had not yet developed to interfere with their pure Divine reverence through physical means. Still, it was a great development in the spiritual history of man -- unprecedented until that time.

And yet, people perceived that life was indeed full of suffering in life, pain, falsehood, negativity, and evil. Since these issues were raised in the subconscious of society, the avatar -- i.e. one who furthers the evolution -- Buddha came along in India and took to a very different path. He abandoned the aspiration and search for an ultimate Reality, indicating that it could not be known, and instead focused on the

causes of evil and suffering in the world. He saw that if we move out of ego, all such negativity ceases. By meditating and reaching the timeless, spaceless Void one realizes the state of Nirvana, where ego, separation, and desire ceases, which, in turn, eliminates all suffering. It was a profound insight and another great development in the history of the Spirit.

Over time Mind developed, and there resumed the attempt to commune with the ultimate Spiritual reality through this newly evolved faculty. As a result, the period of the Upanishads was ushered in. During that time there was a group of individuals who had a deep urge to connect with and experience the Supreme -- i.e. the ultimate transcendent Reality. They began to see that Reality in three aspects; as *Existence* -- i.e. as pure Spiritual Being; as a *Consciousness* that had become aware of its own Existence, and as a result generated a *Force* that became the energy out of which the universe would emerge; and as *Delight*, taking infinite pleasure in being conscious of Its own Existence. (This is expressed by the three attributes of Sat-Chit-Ananda; i.e. Existence, Consciousness-Force, Delight.) This is roughly equivalent to the fact that I exist as an individual; I am conscious of my existence -- which in turn energizes me; and I delight in being conscious of who I am. These ecstatic devotees -- known as the Rishis -- had the spontaneous experience of the Spirit, and saw how it could be brought into the details experiences of one's life. They perceived the spiritual Being emerging into the becomings of life; knew the integration of Spirit and Matter; thus had a vision of that ultimate Reality, which they called "Brahman." In effect, the Rishis of that time were likely the greatest spiritual aspirants of the ancient world.

Though they ecstatically experienced the Spirit by communing with the transcendent Reality, it was left to the Bhagavad-Gita to address aspects the Rishis had not considered. While Rishis were more focused on pure *transcendence* and connection to the spiritual Reality, the Gita addressed the specific methods that would enable an individual to spiritually *progress* -- i.e. grow, evolve, and be transformed. By connecting to the Soul within, one not only begins the process of a change out of our lower nature -- e.g. sensing a oneness with others, controlling negative behaviors, taking to higher emotions, etc. -- but one comes in touch with the same transcendent Reality that the Rishis experienced earlier. Now there was a path of individual progress through Soul, opening the way to the transcendent spiritual Reality. Our ultimate purpose then was to find our individual Soul, discover and surrender to the Supreme, and carry out and fulfill

the Divine Intent on earth. Through service of works, true knowledge of the ways of life, and surrender to the Supreme Intent, one not only evolves, but fulfills one's ultimate purpose on earth. These are several of the lessons offered by the avatar Krishna to the warrior Arjuna at the battle of Kurukshetera, as explained in the Gita.

And yet, it has been left to modern India, in particular, through the spiritual insights of Vivekananda and then Sri Aurobindo to perceive the wider and all-encompassing spiritual picture. Drawing on the Rishis' upanishadic ecstatic spiritual experience and the Gita's methods of yogic progress, Sri Aurobindo put it all in an *evolutionary* context. He gave us the wider knowledge of the creation and unfolding of the universe, as well as the course of human destiny. He described the *involution* of life -- i.e. how the universe came about from a Divine source -- and the *evolution* of life from matter to spirit through individual transformation, culminating in a Divine life on earth. He traced the cause of Ignorance back to the involution of Spirit, showed the way back to Integral Knowledge through Soul connection and surrender to the descending spiritual Force that would aid in the individual's transformation. In this way, he provided a more integral view of the Spirit, embracing the evolutionary principles of modern life.

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11/27/06

## **Principles and Examples of Life Response**

Life Response is the phenomenon by which life suddenly, abundantly, and miraculously responds on the outside to a corresponding change of our consciousness within; defying our ordinary conceptions of what is possible, and the nature of cause and effect, and space and time. E.g., you change a wanting attitude, and suddenly a moment later someone from half way around the world (whom you have never known before) contacts you with news of a big contract, or a huge monetary gain, or a dramatic new career opportunity. Here then are several principles and examples of this miraculous-like phenomenon of life.

- The separation that we perceive between our inner status and the world around us is an illusion. They are in fact part and parcel of the same contiguous reality. Therefore, if you change



your inner condition, life outside yourself will instantaneously change in kind, attracting sudden good fortune.

- A change in attitude will instantly attract sudden good fortune from the environment. E.g., an individual overcomes her sense of psychological weakness toward her ruthless boss, and contemplates addressing the matter in a more forceful way. Before she even acts, someone suddenly steps forward and takes actions that causes the boss to unexpectedly act kindly to the first individual; and, several months, later leads to the manager stepping down from his position.
- If a negative situation suddenly descends on you, discover a corresponding negative propensity that attracted it, overcome it, and watch as the problem suddenly dissolves. E.g., a parent sees her child in great difficulty. She sees how it is indicative of her hostile relations to another. She overcomes that hostility, and out of nowhere sudden good fortune descends on that woman.
- If you want someone else to change, change a corresponding wanting element within yourself. Then life will respond, and circumstances will change for that party. E.g., a mother who is concerned that her son has suffered due to lack of unique skills in life, sees that she is not forceful enough with him, which suddenly causes him to find a position that demands the most talent he is capable of, and provides the most pay of his life.
- If you want to change the world, change the corresponding element in yourself. E.g., if there is hate between two nations, discover what irritates you, and life for those nations will begin to suddenly reverse.
- If you want to change a social problem, take a great interest in it, know all the details, and then offer the problem intensely to the spiritual Force. The problem will begin to give way. E.g., when a man saw that a power shortage, going on for months, was crippling his state, he called the Force, the problem suddenly ended, and has not appeared since.
- If you want a personal problem to dissipate, offer it intensely to the spiritual Force. The problem will begin to give way. If it does not, you must first make an effort to overcome the corresponding wanting element that precipitated or is otherwise related to the problem. Then the previous invocation

of the Force in tandem with your action will cause life to quickly move in your favor.

- Any deep interest in a subject will suddenly attract information of a similar nature. E.g., a man took a great interest in an obscure subject in the news, and in the days that followed, he saw references to that subject from a variety of parties, when not only was that subject not being discussed beforehand, but none of the source providing the information had any idea that this story was circulating.
  - A deep intention to accomplish a thing will attract results very quickly from the environment. E.g., a man took up an interest in a new venture. Suddenly he received response from various quarters of life, even though none of them had been communicated with about his intention.
  - Merely thinking about the reality of inner-outer correspondence and life response, will attract additional instances of sudden good fortune.
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12/5/06

### **Hurricanes, Tsunamis, and the Power of Intention**

Recently, it was announced that the hurricane season had ended for the southeast United States corridor. In the previous year, parts of the region were destroyed by nearly a dozen hurricanes, most notably the infamous Katrina that devastated coastal Mississippi and the city of New Orleans. However, this year hardly a single serious storm passed through the region, leaving it surprisingly damage free.

It can be reasonably argued that such results go in cycles -- e.g. intense weather in one year is followed by benign conditions the next. Or, several seasons of treacherous storms are followed by several of calm. E.g., here in California, we have seen small anomalies where for short spells the weather turns unusually cold, only to be followed by a short burst where the weather turns unusually warm.

Yet I would like to propose another reason for the near-complete disappearance of hurricanes during the past season in the southeast US. People were so fearful that the devastation of the previous year would repeat that they were extremely prepared for the coming

hurricane season. Moreover, those acts of intense focus and preparation attracted positive response from the environment in the form of calm weather. By collectively focusing their intent and taking all measures for such an eventuality, life *cooperated* from all quarters, and Nature, or rather Mother Nature, suddenly became quiescent.

We can see this same phenomenon at work in our own lives. When we focus our attention on resolving a potential problem, the problem tends not to arise in the first place. Even if we have no direct control over that problem, and yet we make that inner and outer effort to do all we can, life will cooperate with us, and the problem will tend not to arise on its own. The mere focus and intention on that which we are concerned with has the effect of preventing its appearance. If, on the other hand, there is little concern, and therefore no intention to resolve a potential crisis, it tends to manifest one way or another -- often with disastrous consequences. When officials of India and other nations of the region were offered the opportunity to implement a tsunami warning system, they refused to take it up, arguing that it was unnecessary since such huge calamities are unlikely to occur in the future. Several years later, the greatest tsunami in modern recorded history hit that region, killing thousands in India and 250,000 overall across a wide swath of Southeast Asia.

When we focus on a potential problem -- or any issue or concern, for that matter -- we invoke the infinite power of intention. That mental focus and vital will releases powerful energies that move out into the field of life, and attract corresponding good fortune from the environment. If we watch closely, we will see that whenever we focus our mind on a thing, life moves *on its own* and draws positive circumstances to us related to the object of our concern. E.g. if I have been avoiding securing a steady stream of clients, but then make the conscious decision to reverse that position and make an initial, token effort to implement my plan, new clients will begin to contact me from various sides, even though I haven't even *begun* to contact them! That is the power of intention that resides within ourselves to move the outer life.

When we concentrate on a problem rather than avoid it, our intention is set loose. This generates a pulse of energy that moves out into the field of life, where it meets up with corresponding forces, powers, entities, individuals, circumstances that appear to move towards us, which we experience as a miraculous-like positive response from life. In the case above, it came as calm weather in the hurricane corridor to the focus and concern of officials and the general population.

The next time you focus your intention on something -- whether an object, a news story, something you want to achieve, etc. watch how in the following hours a direct positive response related to that item will suddenly come to your attention. E.g., a small interest in a subject you had earlier in the day will suddenly come back as a major news story later on. Or, your intention to pursue a new field of work will attract the sudden and most unexpected release of a software program that helps you make your plan come true. These are but examples among infinite possibilities.

To experience this phenomenon even once, you begin to question your old way of looking at things. If it occurs several times in succession, you start to develop an entirely new outlook on the way life works. If you then pursue that knowledge to its end, you can learn the hidden, subtle laws of life behind such phenomenon. Then you will be surely be set on a new course in life -- towards what I call "a New Way of Living."

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12/12/06

## **The Power of Intention**

Life responds to our *intention*. When we *really want* something to occur, life tends to move toward us, fulfilling our aspiration. If our intention is *full* -- i.e. if our energies are intensely directed toward the pursuit of a specific goal over time -- life not only moves towards us, but does so rapidly, fulfilling that deepest aspiration. When Albert Einstein began to focus all aspects of his being -- mental, vital, and physical -- toward the pursuit of his goal of finding work to overcome his destitute condition as a young man, the possibility of working at the Patent Office position began to move toward him. When his intention became full -- i.e. he crossed over a certain threshold of intensity demanded of life -- life responded and the job became his. From that new post, he was not only able to overcome his current predicament of poverty, but it would serve as the platform from which he would fulfill his potential, changing the course of science, and the history of the world.

We begin to see that there is *no greater* human faculty for accomplishment than our intention. When we have a clear knowledge of what we want to accomplish, and our emotions fully endorse and support its achievement, then our intention takes shape. Just taking

to formatting what we aspire and really wanting it can attract powerful response from life. On the other hand, if go a step further and make a determined, persevering effort to carry out our hearts desire, we generate an irresistible power that will quickly attract that which we aspired to accomplish. If that particular desire is not fulfilled, then another one will come on its own.

In fact, if we look around us, we will see that life is *always* responding to our intentions. In *Pride and Prejudice*, Mrs. Bennett intensely desired to marry off her daughters to avoid the pending eviction of her family from their home, and within a year, that is precisely what occurred for three of them. When Erin Brockovich directed all of her energies to getting out of poverty, she quickly secured the job at the law office. That position not only lifted her out of misery, but became the springboard through which she would change the course of victims' rights history. Her ferocious intensity carried her through a challenging legal process that ended in an overwhelming \$300 million settlement for her long-suffering clients, and considerable wealth and a long-standing career for herself.

When we focus on accomplishing something, then our intention takes shape. When our intention is full -- i.e. when we intensely want something to occur, and sustain that urge over time -- life tends to move towards us with abundant good fortune. There is no greater power for accomplishment and success in life!

The ancient Indian texts known as the *Upanishads* declare, "You are what your deepest desire is. As is your desire, so is your intention. As is your intention, so is your will. As is your will, so is your deed. As is your deed, so is your destiny."

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12/17/06

### **Around the World with Phileas Fogg**

There are many keys to accomplishment in life. Vision, organization, and drive are several. Another is the capacity to be calm and equal in the face of difficult circumstances. One false step and one can fall down the latter to success. If however, we maintain the right balance in those situations, not only will we make the best of negative conditions, but life will tend to cooperate and, *on its own right*, right the wrong. It is the phenomenon of life response in action. You

remain steady when life threatens to spiral out of control, and life rights itself as if by magic. Though it seems miraculous-like, it actually happens all of the time, just out of our "field of vision." For one famous character in fiction, that inner poise of equality attracted overwhelming good fortune -- just at a time when all seemed hopeless and doomed to failure.

In his novel *Around the World in 80 Days*, Jules Verne describes the wonderful adventures of Phileas Fogg and his traveling companions. In the story, Fogg has placed a wager of 40,000 pounds that he can travel around the world in 80 days. Though his adventures will provide him with astonishing experiences that take him to distant and exotic lands, his central focus and all-consuming effort is directed toward winning the wager. In addition to his single-mindedness of purpose, several other personal qualities will prove invaluable to Fogg in pursuing his lofty goal.

One of those is the fact that Fogg is an eminently *disciplined* man -- both in his emotions and in his thoughts. He has the innate capacity to accept every difficulty and ordeal that comes his way in a calm and detached manner. No matter how problematic or even absurd the circumstances, Fogg's emotions are always tranquil and calm, as if he were detached from the intensity of every situation. And yet, interestingly his mind is always fully engaged in the issue at hand -- enabling him to rationally and most logically deal with any and all circumstances. In addition, his creative capacities border on genius, as he is able to meld a native intelligence and a broad knowledge of the physical workings of life with insights and intuitive-like inspirations that help him solve nearly every problem.

These qualities are further enhanced by his essential kind nature -- which can be seen in the goodwill that he consistently demonstrates toward his fellow travelers, as well as the people he meets along the way. That helps help him win the respect of others at critical moments on his journey, especially important when he and his comrades face imminent danger. He also exhibits other notable faculties -- including his ability to remain silent without speaking, unless situations dictate that he do so. Together with his utter punctuality and masterful planning and organizing capacities, Phileas Fogg is the very embodiment of stability, rationality, and equality -- making him the perfect candidate to accomplish his ambitious goals.

And yet, this is an adventure story that Verne is determined to infuse with a variety of life's exigencies. And so it turns out that at about the

time Fogg first embarks on his journey, the Bank of England is robbed. Moreover, the robber himself steps forward and maliciously matches Fogg's physical description to the thief, which causes the high-level official, Mr. Fix, to believe that Fogg's wager is a pretense to elude authorities in Britain. Fix then attempts to arrest Fogg in England, but when he fails to do so is forced instead to follow him on his travels around the world.

Though Fogg has astonishing encounters in Brindisi, Suez, Bombay, Calcutta, Hong Kong, Yokohama, San Francisco, New York and Liverpool, he still has to arrive back in London before noon on the 80<sup>th</sup> day to win the wager. Though on his trip he discovers that he has been accused of thievery, he brushes it aside and instead focuses all of his energies towards winning the wager. Along the way, he utilizes his uncanny creativity, ingenuity, and scientific know-how to solve every problem that crosses his path.

However, when he finally arrives in Britain on the very last leg of the trip, he is arrested by the authorities for robbing the Bank of England. Though he manages to escape from prison, he soon realizes that he is 5 minutes too late to win the contest. However, life then responds in his favor when he discovers that he and his party have actually arrived in Britain *one day early!* Because he had traveled *east* from England in circling the globe, he and his party had actually *gained* a day when they returned 79, not 80 days later!

Phileas Fogg's utter calm and equality in the face of extremely difficult circumstances attracted a magnificent response from life that provided him with his greatest moment of glory and success. It is an indicator that life on the outside responds to one's inner efforts or capacities of higher consciousness. Maintaining a poise of inner calm and equality is one method that enables that miraculous-like dynamic. It is in essence a spiritual-like quality that tends to overcome the negative, while attracting the infinite potentials of life.







## 2007 ENTRIES

1/1/07

### **The Determinants of Who We Are and What We Can Become**

There are several factors that shape who we are, ranging from outermost influences to the innermost.

One popular notion, which has a degree of truth, is that we are shaped by our environment -- i.e. we are the product of the society we are born into. E.g. if we are born poor with little opportunity to rise, our character is shaped along these lines. Thus, with this influence, we may have little desire to rise up since all seems hopeless. This is perhaps the most outer determinant in shaping who we are and what we can become.

At the next level "in", it is said that we are shaped by our parents. As they raise us, so we are. It is true that the parental influence is substantial, though I suspect it is more than we believe -- especially from the biased parent's perspective.

At a deeper level still, we are a product of our genetic disposition. This is undoubtedly the case, as when we are born, our lives are already shaped by our inherited character, which shows itself through such aspects of our nature as our psychological strength vs. weakness, intelligence vs. stupidity, aspiration and will vs. dullness, capacity vs. lack of it, and so forth. Of course, that genetic inheritance comes from our ancestors, often our grandparents or other relatives, and not necessarily our parents.

Deeper still we can say that we have come into this life for a purpose, and *that* is shaping who we are. In other words, we have taken a birth to rise to a higher level. We feel compelled to do certain things in life

that almost seem destiny-like. That inner will of our being to move in a certain direction is an even greater determinant of who we are and what we can become. Of course, the more conscious we are, the more we will sense and then fulfill that subtle, driving determinant that wishes to fulfill life's purpose.

This in turn leads us to an even deeper determinant, our *Soul's* purpose. The True Self, the Psychic/Soul Being within has given birth in our self so that it can absorb the essence of the growth we make as individuals in life. That would suggest that an element of the Soul too is evolving. It is through our personal growth and successes, it absorbs new aspects that it sought when it entered our body at birth, and thus it evolves. It then withdraws and rests or enters a new individual for further progress. Thus, the Psychic Being is an ultimate inner determinant of what we are and who we can become which is inextricably connected with the subtle, driving life's purpose. (Beyond the inner Psychic/Soul Being as determinant, there is the universal and transcendent spiritual purpose we serve in the cosmic scheme of things; both as an individual and as a member of the human race. I will leave that issue for another time.)

And yet, the *ultimate* determinant of our lives are the *choices* we make. It is what we choose to become that has the greatest influence. The more conscious we are, the more we will sense our ultimate purposes; including the evolving soul's purpose and our life purpose. If we are in touch with our deeper self within, down to that evolving Psychic/Soul element, and if we are connected to the greater truths of knowledge above through the spiritualized mind of intuition and revelation, we come in touch with the highest possibilities of what we can become. We can then choose to become those things, fulfilling all purposes -- personal, soul, and cosmic. Thus, human choice made through our highest consciousness an awareness become the ultimate determinant of what we are and who we can become.

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1/7/07

### **Discovering the Oneness of Life**

When we look out onto the world, we experience life in dual aspects: day and night, hot and cold, pleasure and pain, positive and negative, good and evil, etc. It is how the mind perceives the realities and unfoldings of life. As we develop more subtle inner capacities, we see

shades of gray in between these polar extremes. As we rise in consciousness, we not only see the entire spectrum of possibilities from one pole to the other, but we begin to lose the entire sense of polarity. When we rise to our penultimate selves, we only see and experience Oneness.

What is Oneness? There are many ways to interpret this term. Let me begin with one: Oneness is non-differentiation. Oneness sees the utility of all things; that everything and every side plays a vital part in the greater scheme of things. Good as well as evil, positive as well as negative; the pleasurable as well as the painful, and so forth. By having the consciousness of Oneness, one perceives the unity of life - - that both sides of any duality are necessary for the unfolding of life. E.g. WWII, in which 60 million died, was the greatest "negative" of all time, and yet it enabled the most positive progress in the history of the world (the UN, the European Union, rapid global prosperity, and accelerated social and cultural integration and unity, to name a few.) Progress that may have taken hundreds or more years occurred in not even 50.

Likewise, when we look back on our own lives, we see that the greatest negatives in our lives were often the spur that enabled our greatest progress and success. Without them, we would never have become who we are. To see the value of the positive *and* the negative, or any other polar set of opposites is to begin to have the perception of Oneness. It is to recognize that all parts serve an emerging purpose - - not merely the good side, but the "bad" as well. To look out on the world this way is to have the vision of Oneness, which is to see life as it really is -- undifferentiated and One.

The problem is that we look out at the world through a divided consciousness, not from the poise of Oneness that perceives nondifferentiation. As a result, we feel pain and therefore suffer. We want this, but not that. We take pleasure in one outcome, but are repelled by another we did not seek. We are disturbed by certain "problematic" circumstances of life, when they are actually an intense spur for progress. Nearly every minute of the day, we look out on the world from our divided self, seeing and experiencing the polar or extreme divisions of life, not its undifferentiated Oneness.

However, if we were more conscious, we *would* embrace everything that we see and comes our way; both sides of the duality; all shades of the spectrum of life in between -- which would in turn enable us to live far happier and more fulfilled lives. Then why do we see duality

instead of Oneness? It is because that is how we were born: with a divided consciousness. When we first became aware, we noticed that our body was separate from others, so we identify with it alone. The same with the division between our own selves and the world around us. When we live in the primitive consciousness of the body that is how we see the world. Unfortunately, many live their entire lives this way -- especially fanatics and other selfish or otherwise negative individuals.

One level up we see the world through our sensations, emotions, and feelings. We are not as brutally separate as when we are centered in the physical consciousness, but nevertheless we desire one thing over another, have endless emotional preferences, which leads to persistent disappointment and pain. Moving up further still, we come to mind, which is more stable than our vital/emotional being, and is not swayed or determined by desire. Still it sees the dualities of life, often taking to one side or the other. Our incessant opinions are proof of this fact. So is our ignorance and lack of integral knowledge on most matters. As we move upward to the more rational mind, we see more possibilities, more shading between the extremes, and we embrace these, which causes us to suffer less and become more insightful. Beyond that, the view of life through polarities all but disappears. In this highest spiritual consciousness, there is the perception of the necessity and utility of all things -- even the integration and unity of elements and circumstance that oppose one another. It is the spiritual perception of Oneness.

Our lower consciousness then sees division and duality; our highest consciousness sees Oneness. Our lowest consciousness is one of separateness that divides life into extreme polarities, and experiences life this way -- primarily as pleasure and pain. As we move to a greater consciousness, those distinctions fall away.

How can we bring this higher consciousness into our own lives? When we move away from our ego-sense, we lose that sense of division. We then see the truth of things in their multiplicity of possibility, making us less prone to favor one truth over another, which means we will not only suffer less, but have insightful into the truths and conditions of life. By suffering less, we will in turn have increased positive energy that will help us rise in our careers, and will engender deep joy and delight in being alive.

How then do we overcome ego? We do it by moving within, to a deeper consciousness, away from the surface bubblings and stirrings

of life. In those calm, serene, undisturbed depths, we look out at the world with clarity, and without prejudice. When we are firmly entrenched in this consciousness, we sense more of the Oneness of life. We become mindful and aware of the multiplicity of possibilities before us, which enables us to make right decisions that lead to actions that end in success. We see all things in their rightful place in the Play of life, which enables us to be in harmony with all of life's unfoldings.

Interestingly -- and ironically -- living our lives this way helps us break down the dualities our higher consciousness perceives as necessary for our progress. Through that deeper poise, we tend to create the conditions of the Good, as opposed to the good that is opposite of the bad. This Good knows no opposite. It is self-existent without a dark shadow. It is a life of spiritual self-giving, gratitude, self-knowledge, silence, wisdom, love, delight, and oneness. No opposite emerges when we take to these spiritual behaviors. Dualities disappear, even at the lower emotional and physical levels of life. We in essence bring undifferentiated Oneness to the surface of life. It is indicative of our own spiritual progress, evolution, and transformation.

Eventually, we can come to experience the Ultimate Reality behind all existence, in which the Spirit and Life are seen as inextricably One. It is the greatest of all spiritual experiences as we see that we and our Creator are of the same reality; that we are One.

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1/14/07

### **Bridging the Psychological and Spiritual Gap**

In one sense, we look on our lives as a constant "becoming." We move from moment to moment, focused on those things coming up, whether it involves dressing for the morning, our next duty at work, an important meeting with a client, a trip across country, a holiday get-together, and so forth. There is a differential in time between the present and the events or activities we perceive coming in the near or distant future. We know it is just a matter of time for that gap to be bridged. It is simply the unfolding of life taking its course.

There is also a differential between what we are now and what we can become in terms of our own inner psychological framework and

status. Here, we are not so eager to bridge this gap, as it requires us to change our nature. Actually, we are hardly even aware of the gap in the first place.

Yet, from one point of view, to fill the gap can be said to be the single reason we are here on earth. We each serve a purpose, which requires us to move from what we are to what we need to become. Not merely in terms of more success and achievement, but in terms of a greater consciousness and higher perspective. In addition, there is the perspective from the soul's point of view. It waits on us as well, and hopes we make the necessary effort to fill that gap. When we do, i.e. when we move higher in psychological and spiritual status, our soul -- i.e. our evolving soul -- becomes more satisfied in its appetite to acquire new knowledge in its journey of fulfillment through time. Or, to put it simply, when we grow by overcoming the differential between who we are and what we can become, our evolving soul within is nourished and grows as well. What can be more important in life than the fulfillment of our Truest Nature and Highest Self.

How then do we bridge the gap? We can be practical and note a series of key deficiencies that will help us overcome that psychological and spiritual differential. Very often the single key is a wanting attitude or two -- perhaps toward work, or others, or towards life itself. For example, one person persistently has problems with certain types of people, while maintaining an attitude of slovenliness and disorganization. Another person is egotistical, and does not readily take to be selfless and self-giving behavior. A third is reluctant to take up new opportunities, is persistently late, and is intolerant of new ideas. Each person in this way has a psychological differential between what he is now and what he can become. When that person overcomes the gap, that individual not only progresses rapidly, but so does his evolving soul within, thus serving an ultimate individual purpose.

There is another way to look at the results that come when we overcome the gap between who we are now and what we can become. Life suddenly and abundantly responds with good fortune. At that point where we overcome that wanting attitude, habit, belief, opinion, motive, etc., life immediately moves towards us with better conditions. E.g., when we overcome our disdain for several individuals, we are suddenly offered a better paying job; or a six-month back pain suddenly disappears; or a love longed for now shows an interest from their side; a long-term conflict suddenly resolves itself; and so forth. It is a subtle phenomenon of life that occurs just beyond the normal

bounds of our awareness. When we make the effort to overcome the gap between who we are and what we should become, life responds with such "instantaneous miraculousness" -- as the impossible suddenly becomes possible, overcoming traditional views of what is possible, and how space and time function. By bridging the gap, the infinite potentials of life replace the current finite that we are experiencing; and a potential future we could have attained over time moves into the present.

The first step then is to recognize that this differential exists. The second step is to list out the deficiencies between what we are what we can become. The third step is to make the attempt to overcome at least one or two of them. The fourth step is to be sincere in our efforts. The fifth step will be to experience the sudden good fortune that comes our way as a result of making this concerted psychological effort.

In addition to crossing the psychological chasm, we can also bridge the gap between our *human* selves and our *spiritual* selves. This is not for everyone, but for those who feel they are inwardly called to do so. One individual feels deeply that he must change from the ordinary propensity towards selfishness, and become selfless and more self-giving. That is a spiritual change. Another person feels compelled to create a deep sense of calm and stillness within so that he can far better meet the exigencies of life in the future. That can mature into the spiritual poise of "equality" -- where one is immune from the negative and positive intensities of life, which is a spiritual change as well. A third person wishes to move his center of consciousness inward from which he can look out on the world as "witness," and thereby be more in tune with the environment. It is the spiritual experience of Oneness with the world and life.

Each individual can formulate his own custom "spiritual portfolio", and aspire to bridge the gap between his current human functioning and that spiritual functioning. When he makes the effort to do so, not only will he be set firmly on the road to a radically different spirit-oriented existence, but life will respond with good fortune all around him, presenting the world as a Marvel, that he takes deep delight in. For example, one person aspired to bring the spiritual Force into his life. He then opened himself to that Power before engaging in activities, and found that nearly every time life would respond with sudden good fortune. In that way, he has begun to bridge not only the psychological between his current and his future nature, but the spiritual gap as well.

1/21/07

## **What is Life?**

Perhaps the greatest question of all time is "what is life?" Scientists have tried to explain it without much success. Religious people have avoided it. Philosophers have grappled with it. Spiritual seekers have touched upon it from time to time. Realized souls have been immersed in its various dimensions, including those that are hidden from us.

I would like to offer my thoughts to this mystery: Life is, in essence, a universal field of energy out of which forms take shape. Life not only ushers in those forms out of itself, but maintains, sustains, and, when necessary, discards them.

It should also be pointed out that Life itself is the final operation of an original movement that is Divine in nature. There is an fundamental immutable, ineffable Omnipresent Reality behind all existence. We can say that this spiritual Reality became "aware of itself", at which point it can be said to have developed Consciousness. As a result of being conscious of itself, it generated a Force. That Force is the source of energy that is the universal field of Life from which all forms take shape.

Then how do those forms of force/energy manifest? At various points, the energy of Life that was at rest begins to move; and consequently reformulate into seen and unseen patterns of existence. Certain forms that emerge are visible and material in nature -- like the plasma, rock, and earth we know in the known universe. Other forms are unseen, including the subtle realms of material reality, such as electromagnetic and sound waves. In addition, there are forces, powers, and currents that are not related to material reality at all. These contain original vital powers and life forces that permeate the universe. These currents and formulations of energy can be said to represent good and evil, positive and negative, and all manner of possibilities in between. There are also currents of mental and spiritual force/energy. We ourselves are evolved forms of these various visible and invisible energies -- e.g. our body is visible; our emotions and thoughts are invisible.



The building up, maintaining, and dissolution of energy-based material and non-material forms can be viewed as a great play -- a Play of Life, if you will -- as they intersect and interact to create a symphony of unfolding. Just as an athletic event consists of a field, the players, and the play, so too Life consists of a field of energy of seen and unseen forms that interact to produce a multiplicity of results. The intricacies of that cosmic Play formulates into patterns, which can be observed by the human mind as *principles* of Life. All of the principles together give life a distinct *Character*, which is not unlike the character of a human being. Life is then a Play of energies in which created forms of that force carry out their conscious or unconscious intention, intersect with one another, revealing patterns and principles that together give it a character.

If Life's character consists of principles our minds can perceive, what is an example of one? Perhaps the central principle of Life is that of *Oneness*. In essence, it means that all forms of force/energy are interrelated to one another in an inherent harmony and unity of being. In other words, everything seen and unseen in the universe and beyond are interconnected and One. We humans however fail to see that Oneness since we live on the surface of things. However, when we move to a deeper consciousness within, we begin to perceive the integral unity of all. I.e. when we plunge within, and discover silence, peace, and equanimity of being within ourselves, and go further still and discover our True Spiritual Selves, we withdraw from our ego and separative consciousness, which makes us much more receptive to the unfoldings of life -- to the full spectrum of truths, seen and unseen -- in the environment. At that point, we begin to perceive that every entity and current of force serves a purpose; that each and all forms are crucial to the Cosmic Play; and therefore that everything is interconnected and One.

One way that Oneness expresses is through a related principle that I call "Inner-Outer Correspondence". This principle indicates that everything that happens outside ourselves is a reflection of our consciousness within. Therefore, if we change the inner, the outer *instantly* responds in kind. E.g., when I change a wanting attitude about a matter, the conditions outside myself instantly become more positive, even though I have not taken any obvious material action. The outer instantly responding to an inner psychological adjustment is the phenomenon that I call "Life Response." I.e., when we shift our behavior to the positive, energies are released, which ripple through space-time, and align with corresponding objects, elements, and

circumstances that suddenly appear before us as instances of sudden good fortune.

There are many principles that indicate the Character and Play of Life. One grouping has to do with the nature of "acts" -- the fundamental unit of life. One extraordinary principle is the notion that everything that happens to us is indicated by a *prior* act or event. For example, if I had a problem with a client I was flying down to see, it is foreshadowed by a difficulty I had in boarding the plane. If this is so, then we can offer the current negative situation to the Spirit -- in this case the difficulty in boarding -- and avoid the problem that would have occurred later on! In this way, we are able to change the course of the future in the present.

Through an inner life of discovery, not only do we see that these understated, yet profound principles of life in action, but we are also able to affect those very conditions by making certain adjustments in our own consciousness -- such as changing an attitude, or taking to inner silence, or by opening to the spiritual Force, to name a few. In this way, we not only become witness to Life's infinite Play, but we can actively participate in it -- enabling its further progress, evolution, and transformation.

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1/27/07

### **Solving the Problems of the World through Spiritualized Mind**

Sri Aurobindo, the great Indian spiritual figure of the last century said that the ordinary human mind, though it has served us well, can no longer keep up with the issues and problems of the world. He suggested that we must move our center of consciousness above mind proper, which is limited and tends to subscribe to one truth at the expense of others in any object of inquiry.

What is then above mind? It is *spiritual* Mind, where all truths -- i.e. all sides and shadings of an object of inquiry -- are known. It culminates in the realm of what he calls "Truth Consciousness" -- aka Supermind -- where knowledge of any matter is not only fully known in all its dimensions, but where that individual or collective holding that knowledge has the full power and will to see it through -- i.e. to make it a living reality. It is the realization of the Truth of a matter, where knowledge and will are fused -- giving one ultimate insight into

a matter and infinite power to implement it and thus rapidly affect and improve the conditions of the world around us.

This is a lofty spirit-based goal that will enable the people of the world to deal with all of its problems and concerns -- and then some --, which it is increasingly unable to do now though the limited thinking capacities of ordinary our human mentality. It should be noted that there are levels in between the ordinary current human functioning of mind and this lofty Truth Consciousness alluded to, including -- (1) moving to rational thinking (something still woefully absent in too much of life); (2) silent mind (i.e. right knowledge and insight that comes through stillness of mind); (3) and intuitive mind (where knowledge of a matter simply descends into one thoughts from the universal plane). These are capacities that any individual can learn to acquire in the course of one's life, so that one can meet the pressing conditions of life. E.g., rather than wait for mental discourse on a matter, a revelation of knowledge can simply descend into the mind that can be quickly used to solve a local or world problem. Rather than waiting years or decades for a solution, this profound unthought of insight simply drops into one's mind in a flash. Geniuses in one's field experience this all of the time; whether a Einstein or a Ramanujan or a Sri Aurobindo. This is the ultimate mental efficiency that the ever-increasing problems and issues of the world cry out for.

How then does one enable such supra-thinking capacity? It occurs by developing a deeper consciousness within. By shifting our orientation from the surface of life to an concentrated poise within, marked by stillness of thought and equanimity in the emotions, the individual's mind begins opens to vast universal planes, enabling truth knowledge to pour like rain. Doing so enables him to be filled with vast knowledge, and thereby far more easily resolve the world's pressing problems. In this way, decision-making is made radically more efficient; as we invite the greatest quantity and quality of insight in the shortest period of time with the least effort. This is the approach Sri Aurobindo was looking for when he stated that our current mentality and way of life cannot cope with the ever-accelerating conditions and exigencies of life in the world. That only through man's inner orientation can he develop the right poise that will let infinite knowledge pour into his mind from the heavens, enabling him to cope with the present, while ushering in a vast new future.

2/1/07

### **Esther Summerson's Goodness in *Bleak House***

Goodness is a spiritual trait -- like Love, Beauty, Oneness, Wisdom, and Peace. It is expressed too little in life, though nearly all acknowledge and admire its appearance in others. When it rises in the popular mind, it is exalted; though for the most part it remains hidden below the surface of popular awareness, taking a back seat to the travails and celebrity status of various personalities. We are too preoccupied with material (or shall we say surface) matters to make it central in our popular discourse.

Charles Dickens was one of the greatest writers in the history of Western literature. He was a novelist who excelled at storytelling, especially when it came to describing the interactions of the classes of 19<sup>th</sup> century England. Often he shows how reactionary forces oppress the weak and the innocent, in the name of power and class maintenance.

One of Dickens greatest characters appears in his most complex and underestimated novel *Bleak House* is the person of Esther Summerson. She is the personification of Goodness -- perhaps the greatest example known in the modern idiom. I say greatest because her Goodness was integrated with other great spiritual qualities -- even though she was not particularly of a spiritual bent. In other words, hers was *integral* Goodness.

An orphan, she is brought into a situation where she is employed as a companion to a young woman who is vying to win an inheritance in a very complex legal case. Raised by her aunt, Esther's parentage is a mysterious secret, which is finally revealed in the course of the story. Let us examine some of the traits that indicate Esther's Goodness and related spiritual qualities:

-She never has a bad word to say about another individual. Even to the meanest and cruelest, she withholds any harsh remarks, unless she is absolutely pressed to.

-She helps those in needs at every occasion.

-She focuses on the other person whenever in their presence -- withholding her own concerns; always deferring to theirs.

- She is quiet and speaks in a soft voice.
- She does not espouse philosophy or points of view, even though she has conviction.
- She rises to great psychological strength when life prods her to do so.
- When she is seriously ill, all she thinks about is others. As they fret over her illness, she is more concerned with their anguish than her misery.
- She is extremely calm in the face of negative circumstance.
- She frequently knows the truer truth of things; and therefore tends to express right thoughts, makes right decisions, and take to right actions.
- She asks for nothing and gives everything.
- She attracts love from all sides.
- She accomplishes greatly through marriage to a doctor she loves, and is given a great house of her own, even though she originally arrived with nothing.

In essence, Esther's Goodness is married to Calm, Equality of Being, Equanimity, Silence, Seeing the Positive in the Negative, Fortitude, Strength, and Right Action. Compassion oozes from her every pore. She is a spiritual individual -- while rarely speaking of the Spirit in her daily life. As a result of these qualities, life perpetually responds in her favor. E.g., when she remains utterly calm when she has come down with a very serious illness, life responds with the greatest boon of her life when shortly thereafter she not only recovers, but discovers the identity of her mother, the single great longing and unsolved mystery of her life.

Goodness is a great thing to behold in an individual. When it is connected to other spiritual qualities like Silence, Peace, and Strength, it becomes integral -- and therefore takes on great *power*. There are many who are Good, but somehow fail or fall back due to deficiencies in other areas -- particularly lack of strength. Jesus serves as a great example as he had no power to overcome his crucifixion and death. When Good integrates with other spiritual qualities, one is capable of accomplishing unfailingly -- e.g. there is the sudden resolution of a great problem, or the unexpected uncovering of a dark secret, or the opening to a vast opportunity, to name a few. These each occur for Esther in *Bleak House*.

Some people are naturally good. The Divine easily comes to them. They are pleasant, expansive, and ready to oblige, anticipating another person's needs. To them, goodness is a way of life, an instinct, an article of faith. They cannot refrain from being good. Dickens' lovely character Esther Summerson is a prime example from whom we can learn several of the great lessons of the Spirit.

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2/7/07

### **Inner & Outer Strategies to Cope with the World's Problems and Potentials**

Life is too complex to be handled through the current ordinary mental functioning of Man. He must rise to a higher form of mind, a *spiritual* mentality to deal with the plethora of problems confronting him. Only then can he grasp all of the issues from its multiplicity of sides, and only then will he have the intuitive capacity to invoke creative, right, and necessary solutions to problems and issues that confront him. E.g., I open to the higher sphere, and the answer to a problem just drops into my mind as illumination or revelation; thereby transcending my own prejudices, limited knowledge, and other personal forms of falsehood, while providing the answer to a pressing problem in the community.

That effort is enabled by an inward movement, to a deeper consciousness that establishes a subtle orientation toward life -- instead of the gross material poise at the surface that we normally have. From that deeper and wider poise, we are able to overcome our ego-sense, i.e. our sense of separateness, enabling us to far more readily make the connection with others, and thereby establishing a greater level of harmony and oneness of purpose. From that wider and more intense confluence, level of integration, and cooperation, more dynamic solutions to the problems of the world are made possible. In addition, that inner orientation also instigates descents of the very intuitions of knowledge that resolve world problems.

If the individual needs to rise to spiritual mind and greater collaboration with others through inner orientation of consciousness to cope with the ever-widening problems of world, then so does society itself -- particularly its *institutions*. If we examine the effectivity of current global social organizations, we will see that they are wholly inadequate to meet the needs of a vast, changing, and ever more

complex world. In essence, society's problems are outrunning Man's capacities to cope with them. What is therefore required is the establishment of the *next* level of global institutions. Just as the individual needs to establish a new basis of consciousness to meet this challenge from the individual perspective, so to the institutions of society need to be made more comprehensive and effective. The current institutional framework to deal with the world's problems is wholly inadequate, and in that vacuum, there is an ever-increasing sense of insecurity, chaos, and ineffectivity to deal with the increasing pressure of world circumstance.

One solution that would be of immediate help is the establishment of a *World Army*. Perhaps we can call it a 'Rapid Reaction Force' that can easily be deployed to meet the crisis and hot spots that erupt around the world. Deployed to overcome areas of terrorism is one area that comes to mind, but there are many other crisis and circumstances where this force/army can be utilized. This will help establish the fundamental building block of any civilized society -- security. Life cannot function without a essential level of order and harmony. While life is certainly hard pressed to thrive without bare necessities like food and jobs, it cannot function *at all* without security among its people. There is no institution currently serving that purpose; save the exercises and random outburst from power nations like the US, or the weak or not properly organized institutions like NATO. *A centralized, agreed upon global force that can be rapidly deployed to maintain the security of the world is something the world is ready for.* This World Army can readily be established through a modest amount of collaboration and diplomatic effort amongst the nations of the world.

Another global institution certainly worth considering is the development of a *World Parliament* -- which is, in essence, the infrastructure of *world governance*. Humanity is showing signs that it is ready for this development as well. It is becoming increasingly obvious that there is a need for a governing body to provide a level of oversight for the problems of the globe. In addition, that organization can serve to develop and implement plans for rapid economic and social development. It would not only formulate policies for this purpose, but also have the *power* to implement them. This is, in essence, a strategic-oriented and empowered form of world governance that the earth secretly calls out for.

Moving beyond ego and irrational mind, opening to intuitive mind and above, and taking to new global institutions like World Army and

World Parliament will fill the gap that exists to resolve the problems and confront the issues of our collective existence. It can fill security gaps, gaps in economic development and poverty, gaps in cultural and social integration, and even gaps in psychological and spiritual well-being. In tandem, these two developments -- from the individual and for the collective -- can enable a far better world, free of most if not all of the current ailments, in record time. It will also enable new possibilities and opportunities now unimagined. This is, by the way, not an invitation to socialism or central domination, but an open and fair system that allows all institutions -- whether education, business, science, etc. -- to achieve their full flowering and potential. It is time to consider these new possibilities for a new, emerging, dynamic world that will elevate the individual to his or her full and ultimate potential.

Beyond this, there is a vision of a spirit-based Divine life on earth. After a while, certain individuals will begin to transcend the old human functioning of ego, desire, brutality, and sense-based thinking to name a few; and develop an inner, spirit-based orientation. Discovering their souls within and rising to these higher realms of spiritualized mind, their very beings will be transformed into a new human functioning. When a number of such individuals appear and then coalesce, it may give rise to the beginnings of new type of human existence -- i.e. a heretofore-unknown New Way of Living. These people will not only have a continuous connection with the transcendent spiritual Reality, and have a deep inner life, but as a result, they will have deep compassion for all around them. Out of their intuitive knowledge will spring forth endless solutions to life's problems.

Some of these individuals can become visionary leaders of society, who see solutions where the current leadership, mired in divisive and prejudiced mind, cannot find them. Open to the ever-more powerful descending spiritual Force, they will have the power to quickly meet and alter all of life's conditions -- even as they envision new possibilities that would have taken society hundreds or even thousands of years to arrive at on its own. This is the new world beyond that awaits us at the crossroads of a New Age now emerging in the 21<sup>st</sup> century.



2/14/07

### **Moving Life from Within as Harbinger of New Way of Living**

Normally to achieve in life we develop a level of intent for something to come about, and then act on it. Without following this process of inner intention followed by *outer* activity, little is accomplished. This is the method we have instinctively learned for a thousand generations. And yet this approach may not be the preferred approach in the future -- at least for a potential group of emerging individuals whose orientation is no longer determined outwardly by social influence, but inwardly as a Spiritual Individual.

For the person of the future will move life from *within* himself, as he will be able to harness vast inner powers and in effect dramatically reduce the amount of outer action required on our part to produce a result. In addition, the outer results that do come from this inner orientation and approach will unfold miraculous-like -- i.e. suddenly and abundantly. Let me provide a simple true-life example.

An individual is frustrated that a friend of his does not readily take to higher levels of cleanliness and orderliness. He has suggested to her often that organizing her papers will improve her life -- i.e. attract sudden good fortune -- but to no avail. One day, he is about to make that same suggestion again after several untoward minor events, but instead he withholds his insistence. He then goes a step further by releasing the intensity and emotions behind his intent, to the point where he is able to forget the matter entirely. Soon thereafter, he is stunned to find out that the woman has suddenly begun organizing *all* of her business papers -- a highly unusual occurrence -- without any prodding on his part. In fact, this behavior would continue on in the weeks ahead. Somehow, she was moved to carry out his *inner*-directed behavior of non-insistence. Life then responded to his effort of self-control, which brought about the object of his desire. (It also brought good benefit for her as well, as she now has a more organized environment, which itself has the potential to attract its own sudden good fortune.)

The life of the future man is then to move life around one's self *from within*, with minimal communication of one's intention or other forms of outer action.

There was an Indian saddhu who lived alone and apart from normal life, and yet maintained a deep concentration within, taking fully to the life of the spirit. There was also a beloved king who was nearly

the opposite -- as he had vast influence, power, and fortune. One day there arose an opportunity to build a great temple in honor of the spiritual personality of Krishna. From his side, the king marshaled all of his resources to plan the temple; while the humble saddhu -- deeply devoted to an inner life of the spirit -- imagined from his deepest consciousness within what the edifice should be like. At no point did he reveal his conception and intentions to others.

Five hundred years ago, a wealthy, noble and enlightened king in South India decided to dedicate the last years of his life to the construction of a magnificent temple to Lord Krishna. The task involved the labor of thousands of workers and skilled artisans over a period of more than 10 years. As the work progressed, the king turned more and more to prayer and meditation and gradually withdrew from day to day affairs.

One day while the king was meditating, he had a vision of Lord Krishna. Krishna appeared in a resplendent form and asked the king what boon he would like. The king asked Krishna to install his spiritual presence in the new temple on the auspicious day selected by the astrologers for anointing the inner sanctum. Krishna smiled benevolently at the king and replied, "I am sorry, but I have to sanctify another temple that is being completed on that day at a far off village in your kingdom." Then the vision vanished.

The king awoke and was startled to contemplate what the vision had told him. It was almost unthinkable that anyone but a king could have the resources needed to build a temple and it was inconceivable that any temple could be constructed in his kingdom without the king's knowledge. The king called his ministers and inquired about the other temple. No one could provide any information. Then he called for a retinue of horse guards and immediately set off to the distant village to inquire personally.

When the king reached the village he called the head man and asked about the temple. The village elder looked puzzled and assured the king that no temple was under construction in the village. Indeed, in such a poor village it was simply not possible. When the king persisted, the elder advised him to consult a wise old hermit in the village. The king asked to be taken to the hermit.

The king entered the man's hut and found him sitting on the ground in mediation in lotus position. When the king knelt before him, the hermit opened his eyes and bowed humbly to his monarch. The king explained the reason for his coming and asked the hermit if he could explain the strange vision of Krishna. The hermit nodded and smiled. "Yes, great king, I can explain it. It is I who am constructing a temple

to Lord Krishna and sanctifying on the very day you mention. I prayed to Krishna to consecrate my offering on that day and he has consented." The king was baffled by the hermit's words. After a few moments, he asked, "But where is this temple you speak of? How is it that no one has seen or heard of it? How could one single man construct it?" The hermit smiled again and then replied, "Oh King. I have constructed the temple to Krishna in my heart, stone by stone, brick by brick for the past 10 years." Then the man fell silent.

The king sat in bewilderment. Then knowledge dawned upon him. He realized suddenly that the temple he was constructing in the capitol was the yogi's temple. He was only the outer instrument. The true creator was this poor, humble devotee. The yogi created the temple within. Life, in the form of the king, responded to his aspiration and fulfilled it in the external world.

Over the years I have made an explicit effort to capture incidents where individuals were able to instantaneously move life outside themselves from within -- experiences that I call instances of "life response." There are a variety of ways this phenomenon can occur. As we see in one episode above, it can happen by withholding our insistence on a thing, which involves blocking a demanding emotion and not expressing it on the outside. Life response can also occur by simply not expressing a thought we are eager to communicate to another. Doing so causes subtle, invisible thought and emotive waves to be generated, which then move out into the field of life, are picked up by another individual, who express it as if it were their own. To withhold verbal expression of our intent and another suddenly express it is to practice the discipline of "Silent Will."

There are a number of other such laws and principles that generate life response -- where sudden good fortune comes to us as a result of taking to certain inner behaviors. Perhaps the most powerful one is to identify and then change one of our negative attitudes. When we do so, life suddenly springs into action and attracts overwhelming good fortune -- often arriving from the most unexpected of quarters. E.g., A huge order is placed by a client whom we have never contacted; a job offer doubling our salary rolls in from out of nowhere; a dispute we thought was hopeless, suddenly gets resolved; a project delayed unexpectedly gains transaction, and so forth. Life responds to us because we shifted our negative point of view to the positive, which mysteriously attracts life on our behalf.

Though on the surface this does not seem plausible, yet *it is the way life works*. This miraculous unfolding is constantly occurring just below our surface level of awareness. When we move our center of consciousness to a deeper poise, and examine the world from this

state of "silent witness," we see that our movements within are *constantly* evoking a response from the world outside ourselves

Refraining from expression our intention is the very opposite of what we have been taught about human achievement. Through hundreds of generations, we have been told to acquire a skill, seek out the object of our desire, and when we discover it, do your duty practically and diligently. And yet, directing the course of life from within is a far more effective and efficient overall approach to accomplishment. It enables the greatest result in the shortest period of time with the least effort.

Individuals who have this inner-orientation have been known to evoke miraculous-like results -- such as suddenly ending a serious energy crisis, or even resolving conflicts and wars. Sounds far-fetched? Once you have had the experience of achieving without having to move a muscle or communicate a thought, then you begin to see life with very different eyes. Then the world is perceived as an endless opportunity awaiting our beck and call; all instantaneously accessible from within. At that point, we will have taken a decisive step toward a very different sort of existence -- one that I call a "New Way of Living".

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2/21/07

### **Incident at Hearst Castle**

At a renowned historical monument in California, people are waiting for their tour bus to take them to the top of a nearby mountain where they will visit a beautiful estate -- Hearst Castle. There in the waiting area below are machines that imprint a likeness of the castle on a coin that the user inserts. An energetic man, who is leading a group of young boys on the tour, walks up to the machine, and examines it very briefly. He is then joined by one of his followers -- a young man of perhaps 10. The boy is looking at the device trying to understand its workings so that he can create an imprint. The man briefly looks at the machine, and then conveys his understanding of its operations to the boy -- insisting on his own method.

The man puts in the required coins, helter-skelter pushes several parts of the machine, but then is dumbfounded when *nothing* happens. Desperately searching for the right button or lever, the man cannot find the way to make the machine operate. However, a

moment later, the young boy tells the man that he must use the *very large crank* at the front of the machine to create the image on the coin. The boy then shows him how by gripping and then pushing the crank round and round in a circle. A moment later, the coin appears in the return slot with the image of the castle imprinted on it. With a smile on his face, the boy looks at the beautifully engraved coin. The man looks away sheepishly, bewildered, and feeling a bit foolish that a young boy showed him something *so obvious* that he was unable to see it himself.

All of human ignorance can be seen in this one event. It is, in fact, a microcosm of the way we all live our daily lives. An unbiased observer would surely notice our own perpetual error-prone and other false behaviors if he were watching us on a moment-to-moment basis at a close distance. I had the opportunity to do so for an instant in this case.

At any point, we think that we have the knowledge of a thing; that we are acting in truth; that we really know what we are doing -- when in reality we are living in a state of perpetual error and falsehood, i.e. Ignorance. We are not only ignorant of the *best* way to do a thing, but worse still we are ignorant of the variety of ways that are open to us in that moment in time. Rather than embrace these various truths in that moment, we perceive only one truth, a single approach amongst a myriad of possibilities that life has put before us. *And* that lone, single approach we subscribe to may be utterly flawed! In the case above, we see that clearly, as the man knew only had one bit of knowledge from the totality of truth of the procedure for accomplishing the act. And the one thing he purported to know was completely flawed. The boy, on the other hand, perceived a variety of truths, and so was successful in his effort to secure the imprint on the coin.

Let us return then to our little episode to show you what I mean. When the gentleman approached the machine, he saw a device of a certain size, shape, color, and contour. He made the quick, impulsive decision that all he needed to do was put in some coins, and take some action thereafter which would give him the desired results. At no point did he take to *conscious thinking*. Rather he was in a mode of *unconscious reacting*. More specifically, he relied heavily on his the input of the *five senses* to arrive false, error-filled conclusion. He utilized his senses of sight and touch to absorb the sense-data streaming in from life, which did not provide him with the necessary information to make a realistic assessment. He saw images -- which

is "sense thinking" -- instead of engaging in *logical* thought. That inadequate sense data was in turn transmitted to his brain, after which he was stimulated to react (instead of think) which led to a decision and a corresponding action that turned out to be mistaken.

The key is that at no point did he consciously engage in *deliberative thinking*; of true rational thought about the possibilities before him, and the way to address a common problem. Instead, he semi-consciously *reacted* to the visual sense information streaming into his mind, and made a decision based on this inadequate sense data. This is the key to the whole misguided affair, and is at the heart of why we make so many errors and take so many missteps in our daily lives! Rather than functioning from the *higher* logical or self-conceiving aspects of mind, we function from the *lower* sense-reactive part of mind. The trouble is that when you function from the "sense-mind," you invariably cut yourself off from the full truth and knowledge of things that are offered to you at any moment of time. Unfortunately, this is our normal state, whether we perceive the fact or not.

Why then do we, in a thousand variations, miss the vast truth knowledge available at any moment in time -- only grasping a tiny part, which itself may be misguided? It is quite simple really: we live too much on the *surface* of life. Our center of consciousness is always focused on the frothings of what is in front of us; drawn to and overly stimulated by the surface bubblings of life beyond our skin. When we live this way, we function in *reactive* mode -- constantly responding to the push and pulls of sense data coming in from the outside. As a result, instead of having true knowledge in that moment, of perceiving the many-sided truths related to the object before us, we see only a *part*, a very limited part through the clouded and skewed lens of our limited surface consciousness. And from that woefully inadequate perception, we have extremely limited and often false knowledge about a thing, which in turn causes us to come to erroneous conclusions, which lead to misguided decisions and failed actions.

The solution to this thousand-generation dilemma is to shift our consciousness to a deeper poise -- to move our center of awareness inward, and remain there whenever possible. Gradually a stillness will begin to take over our being, and we will begin to look out on the world as "silent witness," instead of as "intense reactor." From that poise, we tend to think less with the body -- i.e. through our senses -- and more with the mind proper; i.e. through logic and rational thinking. As a result, we have a more comprehensive sense of the

object we are engaged in or are otherwise pursuing. As a result, with a fuller array of knowledge grasped in that moment, we perceive the right thing to do or say, which invariably leads to right decisions and successful actions.

When we live from a deeper poise of calm, silence, and equality of being we avoid dozens of such misperceptions in the course of our day. Living in that consciousness also enables us to overcome our ego-sense that separates us not only from the truths of life, but from other people around us. Centered more in the depths within the depths, we overcome our ego-sense and separateness, and become more aligned with the concerns and interests of others. As a result of this harmonic status, we not only have a broader array of data and inputs from which to act, but we attend to attract the cooperation of life.

In the end, each of us is no different from the man at the coin-imprinting machine -- continually misperceiving and taking to wrong behavior and action. We just are not aware of the fact. However, if we were to watch a movie that kept track of the thoughts in our minds throughout the day, we would see a continuous *misreading* of reality; a continuous obliviousness to mistakes we are making as the conditions of life unfold. However, we can change that reality by establishing a deeper poise within, which more readily enables us to think things out and deliberate on them in a conscious manner, instead of merely reacting to them on the surface. Then we will continually absorb the right knowledge demanded of every situation, which will enable us to move in the right direction, taking us to the pinnacles of success in life, which will be accompanied by a deeper sense of joy and happiness within.

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3/2/07

### **The Wonder of a Conscious Act**

Just as the unit of thinking is the individual *thought*, so too the unit of living is the individual *act*. Moreover, it is an act that is executed *consciously* that has the greatest tendency to produce the greatest results in the shortest period time with the least effort. It is that vast efficiency that is realized by consciously executing an act. It does not merely create powerful practical results, including more accomplishment, but *miraculous* ones as well, as consciously

executing an act has the peculiar tendency to attract sudden good fortune from the environment.

Let us say that I about to begin a task. Ordinarily, I would just rush into it, without any serious deliberation of the fact. Maybe the act involves something I have done dozens of times before, and so I am confident that I can do it again without the need to contemplate it beforehand. But to execute an act in that way is to go about doing it *unconsciously*, which in turn produces little of the practical and miraculous-like results described above. If I merely head out to a meeting without thinking about its various aspects, sides, and implications beforehand, I will tend not generate significant practical or cosmic results from my efforts. The mental and vital energy within me will not have become concentrated enough to move out into the field of life, align with and attract corresponding positive circumstance. If, on the other hand I first envision the act, deliberate on it, develop the emotion and will to see it come about, organize the details, and then carry it out through determined effort, internal, invisible energy is organized into a power that tends to attract instances of sudden good fortune.

A *conscious* act thus has several components. The first is that we have a clear *vision* in our mind of what we aim to accomplish. Second, that idea should be something that we *really want* to achieve -- i.e. our emotions endorse it. Third, we *organize the details* and develop a plan of action to execute it. And fourth, we *carry out* our plan with determination, right attitudes, and our highest skill. Only at that point does the act begin to be a *conscious* one. When we follow these precepts, then not only do we achieve the act's intended results, but we also attract miraculous-like "life response" results as well. E.g., our acceptance to attend a university -- that we envisioned, had the will for, planned well for, and carried out in timely manner -- comes not in six months, but in a *week*. This is astonishing enough, but when it also comes with a *full scholarship*, when we expected to pay the normal four year fee that seemed beyond our means, -- then we aware that there is an overwhelming power at work. It is the infinite possibilities of life opening up through the development and execution of a conscious act.

With these four components -- vision, will, organization, and effort, -- the act releases powerful energies, which attract corresponding powerful, miraculous-like results from the field of life. Whether the act is a small one, like brushing our teeth, or a large one, like meeting with an important client, the conditions for it being consciously



applied are the same. (It is also interesting to note that even the smallest of acts done consciously can elicit powerful response. This is the case because at the subtle plane the universe does not distinguish between the large and small -- as each has a soul essence, an inner power capable of attracting the infinite potentials of life. Which means that brushing one's teeth in a fully conscious manner, can literally attract response that can change the course of your life.)

And yet having said this, the results of an act we engage is often limited by our own individual consciousness -- including our wanting attitudes and questionable motives. The seemingly conscious act described above thus does not generate the instantaneous results in all cases. To make an act *fully* and *perfectly* conscious, we need to not only follow the four precepts described above, but we will need to overcome the wanting elements in our character that surround the act. E.g., when one person changes his attitude from reluctance to acceptance, and another reverses from ill will to goodwill towards others, we release an irresistible power that attracts the immediate cooperation of life.

And yet, for the most part we are ignorant of our own deficiencies -- including our fixed habits, wanting attitudes, and questionable motives. Is it not therefore asking too much of us to change as people in order to make a single act conscious? Of course, it depends on the act. If the activity is rise to the pinnacle of success in our field or profession, then we must consider the matter of overcoming a related inner deficiency seriously. If we want to attract the infinite to the here and now, we must go beyond the four precepts and consider own limited nature. If, on the other hand, the matter is small, then we might not have the concentration of thought to identify and rectify a limiting quality for the purpose of producing such a small result. It is a worthy thing, but to realistically evolve our nature could take months, if not years of inner psychological effort. Therefore, one wonders if there is any other power that can bring us the vast results we seek in the interim; that can enable the act to be a conscious one despite our current deficiencies.

I believe that such a thing does exist: it is the power of the spiritual Force. When we open ourselves to the Higher Power before engaging in any act in life, it is infused with spiritual Force. As a result, everything related to that activity tends to work out right, as the Spirit tends to set all of life's conditions in order, while attracting powerful positive circumstance from the environment. E.g., the task at hand unfolds in an atmosphere where everything unfolds smoothly;

where new possibilities and opportunities are revealed; where benefits move towards us from most unexpected quarters. In addition -- and perhaps most magnificently -- by "consecrating" the act before hand, spiritual-like qualities suffuse the atmosphere, as we feel immersed in calm, serenity, and well-being.

At the point where the four precepts are applied, our attitudes and motives are purified, and the spiritual Force is brought to bear, the act reaches its penultimate status. At that point, what would have taken a lengthy period to complete occurs in a *single moment* -- as life cooperates from all quarters.

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3/9/07

### **Subtle Principles of Life**

Perhaps the one principle of life we readily agree upon is the law of cause and effect. E.g. if I do something, there is an effect. Unfortunately, we only see this principle at work the *physical/material* level. E.g., when I hammer in a nail, the wood splinters and it is penetrated. This physical/material causality is obvious for every human being. However, that is only a small part of the life picture. There is also the cause and effect at the *non-material* plane -- i.e. *subtle* level of life. E.g., if I feel an emotion, someone else in the next town subtly perceives it. When they then receive my phone call, they comment that they were thinking of me. An even less known example: I change a negative attitude, and suddenly someone from half way around the world that I have never known before contacts me with an offer of a job of a lifetime. This is a subtle principle of life called 'inner-outer correspondence'. I.e. there is a direct connection between the inner me and the outer life. Therefore when I change a wanting aspect of myself consciousness within, such as a negative attitude, life outside myself instantly responds in kind -- even though I took to no perceptible outer action to make it occur. This stunning unfolding defies our normal perceptions of what is possible, and how space and time unfold. Yet this principle is always at work, just beyond the bounds of our normal state of awareness.

There are many other subtle principles of life. One is that everything that occurs in life is indicated long before it occurs; i.e. by a "predecessor event". For example, an individual is eager to come to a meeting that could change his life, but then gets very lost while

driving around in a huge housing development -- though eventually he finds his way. Years later, he goes out of business when in his relationship with the very people he tried to meet at that earlier difficult-to-arrive-at, fateful meeting. The earlier negative event of getting hopelessly lost was the predecessor of the later negative circumstance of meeting with financial disaster through that same party.

It is also interesting to note that there are no exceptions to this rule: *everything* in life is indicated earlier by a predecessor event. Or to make it more personal: everything that is currently happening to your life -- whether great or small -- has been indicated by a predecessor event beforehand. Here is one other example of the phenomenon. A young man comes to India and meets with a teacher. Years later, they would be involved in a difficult trial against another person in which they (temporarily) lost a considerable financial judgment. At the very first instance when the two individuals met a decade earlier, the young man had asked the elder for a small loan to pay for a taxi. That sorry request was a predecessor of the near-financial ruin suffered by both. If we were to go back and trace the events our lives, we would see this same principle at work in our own lives. Something to think about: the things we are doing now will become signs and predecessors for future events.

Inner-outer correspondence and predecessor events are two startling subtle principles of life. How can the average person who only sees the obvious causalities of life perceive them? It is a matter of living a more concentrated existence, where our focus in life is more inward, and less outward where we are caught up in the surface unfoldings of life. From that deeper poise, we more readily perceive the subtle movements of life around us.

Let me add one other subtle principle -- one I have mentioned frequently in this column. It is that the negatives we experience in life serve the greater good. Or to put it another way, negatives are just as good in the creating the greater Good as the ordinary good is. Consider how the central episode in *Pride and Prejudice* unfolds, and you will see what I mean. In the story, Darcy is in love with Eliza, but she has rejected him due to his prideful ways. There appears on the scene an old nemesis of Darcy, Mr. Wickham. He runs off with Eliza's youngest sister, precipitating a scandal. Darcy then takes it upon himself to overcome the predicament, and succeeds in bringing Wickham and the younger sister back to the community married, thus avoiding the scandal. As a result, Eliza perceives Darcy in a new light,

they reconcile, she expresses her love, and they marry. Cannot we then say that it was *because* of the negative Wickham that Darcy is given an opportunity to act in a way that wins over the love of Eliza? Put in philosophical terms we could say that Wickham appeared on the scene in order to bring about the marriage of Darcy to Eliza -- even though that was not his conscious intent. Thus, life progresses very quickly through the unfolding of negative circumstance, adding to the greater Good. It is one of Nature's profound methods.

The most extreme example of that would be the startling statement that the ultimate evil represented by Adolph Hitler and the Nazis *unified* Europe! Without their treachery, it may have never happened, or it may taken hundreds of years before an EU was created. Because these nations had to jointly oppose the Nazis in WWII, instead of acting selfishly and separately apart as they did in the years leading up to the war, they developed the beginnings of a unity of purpose. Then at the end of the war when the devastation was complete, the nations knew that they had to come together, or face similar consequences once again. They then went on to see their shared values and purpose. It was a vast evolutionary movement of hundreds of years through the misery of a few years of extreme negative unfolding.

If we think about it, each of us can identify extreme negative circumstance that precipitated a great advancement forward in our own lives. It is unfortunately too often the case that only through the shock of negative circumstance does our lives make the necessary leap forward. It is the cause because our habitual nature and our virulent attitudes and beliefs do not readily change on their own to allow for such progress. It is know by the spiritually wise man that the Divine itself *sanctions* the negative, including evil, as a radical means of moving forward -- at least until we develop the positive means to do the same. Thus, this negative unfolding that serves the greater Good, can be thought of not as a negative at all, but as a *more intense* form of the positive. It is a form of the positive that is not easily recognizable, and bitterly accepted if at all. This is Nature's difficult method -- though in the future we will discover the inner, spiritual means to move life forward without the need of pain and difficulty. It is called the way of Soul.

I have mentioned a handful of subtle life principles -- though there are many more, each more remarkable than the next. Though laudable, the goal is not simply to be aware of and occasionally experience these startling unfoldings of life, but utilize their power to

raise our consciousness, while bringing about progress in our lives. Then life will become an endless adventure, a “thrill ride of the within”, which will not only take us to the heights of any endeavor we engage in, and allow us to make remarkable personal progress, but will fill us with an ongoing deep joy and delight of being. At that point, we will stand on the shores of a New Way of Living.

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3/20/07

### **The Response that Changed My Life**

Life Response is the phenomenon that occurs when an individual alters his consciousness on some way, and as a result, sudden good fortune descends on that person. E.g., as a result of overcoming a negative attitude, an ongoing problem suddenly disappears, or a golden opportunity suddenly and most unexpectedly presents itself. It occurs quite often in people’s lives, though we are normally unaware of its occurrence. The key however is to invoke it *consciously* so that we are able to elicit these miraculous-like results *on demand*. We can evoke life response in this way by first developing an understanding of its subtle workings, and then by applying the right inner and outer behaviors that tend to attract these miraculous-like results. Sometimes the response that comes alters the very course of our lives, as I believe the following incident will attest to.

By December 1974, I had graduated Syracuse University and was living with my parents in New York City. After working as part of a group of four house painters, who also happened to be close friends, I headed west to California by van. When I settled into the San Francisco Bay area, I was free, but as yet unable to sustain myself due to lack of work. The truth is I made little effort to secure that work, since I was enjoying my freedom too much!

Soon thereafter, I met a woman there with whom I got involved. I drove back to New York, and from there flew to Brussels, Belgium where I met up with her. Together we then went on a wild bus excursion across the continent, from Amsterdam to Athens. After enjoying Athens and having a mystical experience at the Acropolis, my friend informed me that she planned to continue on to the Middle East in order to visit Egypt and Israel. However, realizing that I had strayed too far off the path, I informed her that I could go no further. And so in a dramatic scene worthy of a romantic film, we said our

tearful goodbyes and separated at the Athens airport. From there I flew on to Geneva, Switzerland and then across the Atlantic to New York.

A year earlier, I had intended to go to the Graduate School of Journalism in Berkeley when I first ventured to California months earlier, but on arrival there, I decided not to attend. Nor, did I take to *working* in order to support myself, as mentioned before. Therefore, I floundered on my first stay in California. This time, however, as I mulled over my future from my parents home in New York, I was determined that if I returned to California, I would make a serious go of it -- i.e. I would *seriously seek out and secure work to sustain myself*.

As it turned out, a friend of my family had moved to California years before, and now was a very wealthy businessman in Southern California. From New York, I called this gentleman by phone, and he offered me a job at one of his giant Lumber City retail outlets in the San Fernando Valley in Los Angeles. And so once again, I headed across country, this time by Greyhound bus, and arrived once more in California. (I accumulated a lot of road mileage during these years!)

Before I headed south to Los Angeles, I met up with old friends in San Francisco, and stayed at their home for several months. During that time, I painted the large house we all lived in, and then I used the money I earned to purchase a used car. With a means of transportation, I then drove down to Los Angeles with a friend to work at one of the Lumber City outlets run by the (previously alluded to) wealthy friend of my parents. After several months, I settled in and worked every day -- driving from my Santa Monica beach home to the inland valley suburb where my outdoor retail job was located.

One day I decided to drive to an area not far from downtown LA, and visit the "East West Center", a sort of mini ashram dedicated to a blending of eastern and western spirituality and culture. That day I met a woman there who told me of people living in the nearby San Fernando Valley who were importing gift items from the Sri Aurobindo Ashram in Pondicherry India. I had a keen interest in the sage and seer's teachings for several years and was looking to find an outlet to pursue them in the LA area. I hoped that the East-West Center would serve that purpose, which was the reason I visited that place that day. However, I was also looking to blend my spiritual interests with real *work* experience. I.e. I wanted my work to be an application of -- an extension of -- the spiritual knowledge I had begun to embrace.

Thus, when I learned of the potential opportunity of working with the devotees who lived in the Valley, I was eager to meet them.

Shortly thereafter, I set up an appointment and visited their home. It did not take but a few moments to see that there was a powerful connection between us. Realizing our great mutual interest, we quickly arranged that I would begin selling their products by going door to door at appropriate retail outlets in the LA region. It was not only fun and invigorating being outdoors in the warm, golden sunshine during the winter months, but financially and spiritually rewarding as well. Most importantly, I had now established an *entirely new direction in my life*.

As it turned out, I would continue selling and working with these same individuals in a variety of capacities for the next 30 years. In fact, Growth Online itself began as a collaborative effort that was a direct outgrowth of that relationship.

And so it was on that day so long ago in Los Angeles that I made the connection with the people at Mother's Service Society that changed the course of my life. That relationship not only aided me in my spiritual pursuits, but also provided me with a practical outlet by which I could apply these inner principles. In that way, I had finally melded together two cornerstones of my life -- spirit and work -- creating a new unity of purpose.

However, none of this would have happened if I hadn't made one critical decision. It was when I decided to *seriously work*. When in New York and later in San Francisco I *committed to working* at my parent's friend's Lumber City outlet in Los Angeles, I set in motion events that changed the course of my life. It created the vast opening that allowed me to come in contact with the Aurobindo followers in the San Fernando Valley. That inner and outer commitment to hard work attracted the fulfillment of my heart's desire. Or to put it another way, overcoming my poor attitude toward work brought me my very life's purpose.

In fact, everything that has happened to me over the next 30 years -- the sales company I built in the San Francisco Bay Area, the computer training and consulting company I founded there (Guru! Software), the birth and development of Growth Online, the books I have written on Life Response and other subjects -- all emerged from that fateful time in December 1975 when I decided to seriously work, which attracted the individuals who would shape my life.

3/30/07

## **Nature Works On Many Fronts Simultaneously**

There are many principles that describe the subtle, profound workings of life, though we are aware of very few. Perhaps the law of karma or "what you sow is what you reap" is the closest we come to perceiving a law of life in effect. Even there it is vague for the overwhelming majority of people.

However, over the years, several colleagues and I have tried to organize a set of life principles based on the teachings of Indian seer and sage Sri Aurobindo. Beginning with the highest level of Reality, he revealed a series of universal laws that explain the process by which the universe emerged from a Divine source, and how life in the cosmos, including the life of man, intersects with and is affected by those laws. Most of these cosmic principles are captured in his great work *The Life Divine*. It has been up to individuals like ourselves to take those First principles and interpret them in terms that are identifiable in the life of the collective (i.e. society, business, etc.) and the individual. It takes a subtle eye and the right contextual knowledge to perceive these profound principles at work. However, with the Master's original insights and the pioneering work of Mother's Service Society (MSS), that task has been considerable eased.

Perhaps the widest universal principle is the notion that *life itself has a character* -- just as you and I have one. There are then in turn dozens if not hundreds of sub principles -- both material and subtle -- that describe the many dimensions of life's character.

The argument could be made that we already have principles in place that describe the unfoldings of life in the universe. True enough, but those are mostly at the *material* level -- i.e. they are laws of life based on empirically quantifiable physical properties; which in essence leaves out all other planes of existence -- including the vital/emotional, social, psychological, mental, occult, metaphysical, spiritual, etc. It is like trying to understand the motives of an individual by watching his gait as he walks. It is merely a superficial view of things. While science has provided an understanding of the material process and principles, the non-material ones -- which is 90% or more of the processes in life -- remain unknown to the general public; even to the experts in their respective fields of



sociology, psychology, history, social development, etc. It is a revelation of knowledge that awaits us in the 21<sup>st</sup> century. From that perspective, existing 20<sup>th</sup> century knowledge of what truly determines in life and brings about outcomes that unfold before us will seem stilted and shallow.

If life unfolds in these subtle ways that defy our normal perceptions, what is an example of a principle? The one I would like to suggest here relates to the functioning of "Nature." Nature is in essence the way life unfolds in the universe. The principle then is this: that "Nature works on many fronts simultaneously." This means that when a life event unfolds, many parties are affected in different ways, enabling *progress for each* through a singularity. Furthermore, Nature is somehow "aware" that it can enable progress on multiple fronts through a common event -- such as a major great development, catharsis, or upheaval. The reason Nature can elicit progress on multiple fronts simultaneously is that it is "conscious" at some level of its being. It is conscious of its workings because behind its own internal "knowledge" there is the determination, influence, sanction, and support of an underlying Divine Intention. Nature is in that sense is an instrument of the Divine Will, which unfolds and progress on multiple fronts simultaneously through these shared singularities.

An example will illustrate. A teacher arrives at a 2-day class to teach several students features of a software application. In the course of the classes, he recognizes that all is going awry. He sees many causes that have led to the current situation. He even notes his own irritability and weakened nerves in the unfolding of this difficult singularity. Eventually the situation comes to a head, and the instructor cancels the class because he believes it has gotten completely out of hand. Many people are upset, including the trainer, the students, the people in the company who arranged the class at the company, the agent of the trainer, and so forth. Each, in fact, managed to foul up in ways that contributed to the disaster. Each misstep is in turn related to a limitation in character or capacity of that person or related system.

Now each major individual involved in the episode is forced or even shocked into confronting his own responsibility in bringing about the unfortunate event. Each is compelled to examine his or her own self to discover where they had failed in the process. It is usually indicative not only of a small problem in the procedures of that event, but of a significant limitation of character of that individual. The defect ranges from a limited skill, or missing knowledge, all the way to a

profound psychological weakness and limitation, such as a negative attitude, a false belief, an inscrutable motive, etc. From there each person decides to make the necessary inner and outer change to the degree he is compelled to do so. Those who take to change, invariably bring about their own progress. Those who let it slide will normally have to go through a similar-type episode again in their lives. In other words, each person will progress to the degree he is open to do so. The collective effect is the awesome power that Nature brings to enable multi-faceted change around a shared singularity.

For example, the teacher realizes that he has been too stressed during recent classes, and takes actions thereafter to rectify the source of that problem. The person in charge of the group of students in attendance realizes that she was too disorganized to establish the right agenda beforehand. The members of the training department at the facility realize that their procedures for such a one-time training event, as was the case here, is faulty. And the agent of the instructor realizes that the procedures to handle such situations need improvement.

In each case, an individual learns something about himself or the procedures of his job through the singularity that Nature has issued forth as an event. That generates a pressure to make a certain level of change. That change is essence what we know as "progress." Thus, due to the difficult situation, each is forced by life -- i.e. Nature -- to make the necessary corresponding change. It is interesting to note that there was in essence only *one* event that caused *many* to change -- each in their own *unique* way. Thus, Nature, through a single event works on many fronts simultaneously to bring about creative, integral, many-faceted change for the parts as well as for a wider whole.

This principles of life can be seen everywhere. It is especially noticeable when such things as scandals or wars or other forms of upheaval take place. It brings out the need for simultaneous change to rectify problems raised by that singularity. Life progressing on many fronts simultaneously through a single, shared event or circumstance is Nature's stupendous, miraculous-like Efficiency. The vast Tsunami that rippled through the Asian pacific is an example, and the fallout in produced and the pressure it brought to bear across a thousand domains -- from economics to politics to social life across a myriad of nations -- is one example. So was World War II. As a result of the vast pressures of the war, not only was Europe organized into a union thereafter (EU), but a tottering British Empire also collapsed. Even the great depression in America finally came to an

end as a result of the jobs generated and the production needed to meet the demands of war. In a similar fashion, we can examine recent circumstances after 9/11 to see similar multifaceted change brought about by a single event. It does not only occur at the national or international level, but at the local or group level as we saw in the training episode above. It also happens at the *individual* level when something very trying, extremely difficult, or even tragic forces that person to change at several levels of his being simultaneously. E.g., an illness can cause a person to strengthen his body, reevaluate his lifestyle, alter his beliefs, and even look at his life overall in an entirely different light. Life itself can thus be thought of as a vast unfolding at all of these levels --- collective and individual -- bringing about change through this startling Efficiency of Nature.

As I suggested earlier, Nature is ultimately an instrument of some Divine intent. If that is so, then one question naturally arises. Does the Divine wish to bring about progress -- even simultaneous efficient progress -- only through difficulty? The answer is that we can also progress though positive means.

The positive means is the way of the Good, i.e. through a *self-existent* positive unfolding that knows *no negative side*. Can something unfold that is void of negative elements? Let us take a step back and examine the issue. The sage and seer perceive that Life actually divides into both Nature and Soul -- i.e. they are two methods of the unfolding of life, of progress. In the lower consciousness, life unfolds through the slow and difficult methods of Nature. In the higher consciousness, it evolves through Soul, which is in essence the higher consciousness infused with the higher values and expressions of the Spirit. Developments from the poise of this higher consciousness and Good tend not to release negative consequences. This is another, even higher principle of life -- i.e. of *existence* in the universe that emerged from a Divine source.

The key then is to take to the methods of higher consciousness in our lives that brings about the Good that is devoid of the negative. Interestingly enough, life can progress simultaneously on multiple *positive* fronts as well. For example, if I call to the Spirit before engaging in an activity or become self-giving in a critical situation or reverse a negative attitude in a moment of crisis, I generate energies that not only attract better conditions for myself, but can also produce positive results for others as well. In this way life progresses on many fronts -- individual or collective -- through the movements of the Positive. It is an indicator that we have freed ourselves from Nature's

difficult course; that we have taken up the way of the Good, of Soul, of an evolving consciousness. It is the way of progress of tomorrow; an indicator that we are on the threshold of a New Way of Living.

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4/7/07

### **Incongruities and Dualities of History that Defy Normal Mind**

There are many incongruities and dualities of history that show false or evil men acting good, and good men acting foolishly. It defies the mind, which likes to have a single view of things – including the main characters and events of history. Mind that is flexible, rational, and spiritualized *can* however embrace the many sides simultaneously. Here are some examples of incongruities and dualities of people in history:

- Stalin helped save his country and Europe from the onslaught of Nazism, even as he had 30 million of his own countrymen shot (as expression of his own extreme paranoia).
- Hitler marched across Europe, perpetrating the greatest evil in history, which ironically helped bring about the unification of Europe very soon thereafter, an outcome that might have taken centuries if ever to have come about.
- Saddam Hussein brutalized his people and neighbors, even as he was the chief leader advocating non-religious governance in the Middle East, who's opposite is now one source of its scourge.
- Gandhi brought independence to India through non-violence, even though his action delayed the exit of the British, which enabled the partition of the country, leading to the death of millions, and bringing about two nuclear foes across the border from one another.
- Nixon, who brutalized nations of the world including Vietnam, and sought to oppress forces of freedom and progress in his own country, went to China and helped open up that land to modernity.
- Churchill saved the world from fascism, even as he advocated the imperial power of the Empire, which collapsed in the wake of WWII.
- Gorbachav saved the world from nuclear annihilation by ending the Cold War from within without a single casualty -- an event

unprecedented in world history -- and yet he is eminently unpopular in his own country!

- The British who are genteel, are extremely dignified, and demonstrate culture on the surface have been diplomatically insincere to the extreme for the last 100 years.

There is Truth in life, which expresses not through a single side of an issue or matter, but includes all aspects that make up its Whole. To perceive all sides of an issue or personality is to open to the wider, truer truth of things. Being ideological or intellectual is to engage the primacy of the lower aspects of mind, which sees only a part not the Whole, believing that single part to be the Whole of the truth. This is the case of our ignorance.

True Rationality on the other hand, has an integral vision of the many-sided details of the whole of the truth of any matter. It even sees each detail relative to the Whole. This is, in essence, the expression of a *spiritualized* mind -- i.e. the ability to perceive all truths of an object that resides in the universal plane of Mind. To see history, an event, or even the circumstances of our own lives from the many-sided integral truth of things is to become a true Rational Individual that has a spiritual quality.

We can begin to develop the capacity to absorb the many-sided truth of things (and the perception of the Whole which they reflect) when we move to a deeper consciousness within. From that deeper status, we are able to perceive the multiplicity of truths unfolding around us, rather than the surface truths we perceive or the limiting attitudes and habits we are attached to. From that deeper poise of calm and silent mind, of "witness consciousness" to the unfoldings of life, we have greater access to integral understanding, insight, knowledge, and truth, as we are more in touch with the multiplicity and integrality of that that truth that is here behind at the level of the universal plane of Mind.

In this way, we can begin to perceive history in its integral truth, from which we can derive universal principles of life that we can readily learn from in our own times. Through such integral insight, we can accelerate progress in our times by a factor of ten or more. We can even take to decisions that can attract the "instantaneous miraculousness" of life response – i.e. of the onset of sudden good fortune.

4/14/07

## **Solving the World's Problems through World Parliament**

Recently statesman Henry Kissinger proclaimed that the problems of the world are so great that they can only to be solved at the *global* level. He explained that when the citizens of a nation ask its leader to solve incessant national problems, that leader throws up his hands, proclaiming that they do not know what to do, that it is beyond them, that it can only be solved at a global level. This was Kissinger's message: that ever-increasing local problems can only be solved globally.

And yet in recent years we have heard of and seen the opposite; that the key to resolving global problems must be done *locally*. For example, the environmental movement has been successful because it took root locally, expanded out, and then gained traction at the wider national and international, i.e. global, levels. Surely, environmentalism began in part by the efforts of the much maligned hippies, the boomers, and their descendents from the 1970s onward. Then the society as a whole embraced it, as we see when householders throughout the world separate the recycled from the non-recyclable trash. Even leaders, business, and the nations themselves are speaking out as if they invented the concept! They were merely followers of movements that began locally and spread globally.

Thus, even as Kissinger has made his plea of top down approach to solving national problems globally, we know that the very movements that advocated the solution to many of the current problems of the world through this global means came from visionaries and pioneers at the local level. The process of unfolding is often the same. The advocacy of the local is at first ignored or rejected by the global, reaches a tipping point (usually because of difficult situations), and then it moves into the mass where the leaders claim its origin, ignoring its true roots. It is a great irony of progress.

To return to Kissinger's urging, how then do we resolve local problems globally? For one we need the institutions in place with *power* to implement them. Few of these exist now. The United Nations has served a great purpose, but it has no power to legislate changes in the world. Besides, it is an undemocratic institution due to its

insistence on allowing the Veto power that enables a single nation to cancel the will of the majority, even the overwhelming 90% majority. How can they be a vehicle for fair change when they cater to the powerful?

This suggests that something *more effective*, with more *power* needs to be set in place. That overall solution is *world governance*, and the specific organization can take shape as a *World Parliament*. Such an institution would have the power to legislate and solve the problems at the global level, which will in return also resolve the local problems that could not be settled by an individual nation's leaders.

The Indian sage and seer Sri Aurobindo has spoken of the evolution of society that has taken place in the course of history. That movement is not only an upward movement of progress, but is secretly a movement toward *world unity*. More precisely, it is actually *unity in diversity*. I.e. greatest diversity of cultures and viewpoints that work together to bring among harmonic outcomes that affect all members including the whole itself. Through this great diversity, more creative insight is brought to bear to create the most dynamic solution to the world's problems. A World Parliament can be the instrument to solve local problems globally, and all problems of the whole of the world through the infinite diversity of solutions provided by its members.

There has been a steady movement toward world unity; one that has in fact accelerated in the last fifty years. As nations give up their ego (i.e. their sense of separateness) and embrace the needs and concerns of other nations, world unity takes place. As wealth spreads around the world, and cultural influences move out from the source nations to other nations, the possibility of world unity takes shape. As common purpose is necessitated by events and circumstance, the need for and the pressure that brings about world unity in diversity accelerates.

The environmental movement is the most obvious example of this phenomenon. This is not only a compulsion of Nature that is forcing us to deal with a problem that affects our common environment, the earth, globe, but is also Nature's secret way of bringing us closer together, to creating more world unity – i.e. to create Oneness. It is an outer pressure put upon us that we are reacting to avoid potential catastrophe, but it is secretly a pressure to advance the course of our human destiny of Oneness.

4/25/07

### **A Captain's Change of Heart**

In the movie *Master and Commander: The Far Side of the World*, based on one of a series of novels by Patrick O'Brian, we see a powerful example of how change in attitude can bring an overwhelming response from life.

During the Napoleonic Wars, the British naval frigate HMS Surprise is pursuing the Acheron, a large and powerful French war vessel that is sailing off South American. The Surprise, commanded by Captain Jack Aubrey, is then attacked by the Acheron, and the ship is badly damaged, with many of its crew wounded. Even though the Acheron is a far more powerful ship with many more men aboard, the Captain still decides to try to capture it at all costs.

At various points, the Captain is torn between his own ambition and the views of his close friend, Stephen Maturin, who is the ship's doctor. Martin thinks that the Captain is needlessly endangering the lives of the crew by perusing the Acheron.

At one point, Maturin wishes to stop at the Galapagos islands in order to gather some of the rarest animal and plant specimens on earth. The Captain insists there is no time, and they sail off. Thereafter, the doctor is accidentally wounded, and the ship is forced *back* to the Galapagos so he can heal. With Maturin near death, the Captain senses that he should have listened to his friend in the first place. After a while, the doctor recovers, and the Captain guardedly allows him to go on an outing to gather the specimens he so longed for. At one point, Maturin climbs a hill, looks out to sea, and then sees of all things, the Acheron, the French ship they are after, sailing nearby! The crew then immediately sets sail after the ship, and destroys it!

In other words, because the Captain saw the error of his way, and accepted the fact that he should have listened to his friend request in the first place, his friend suddenly finds the enemy *for* him. It is a wonderful example of how life responds in overwhelming fashion to a change in attitude.



5/14/07

## Power of Values to Shape Our Lives

In the mid 1970s, I made a decision to move to California from New York City, where I was raised. Why I did so, and why I made other decisive turns in my life is the subject of this essay. My first thought on the subject is that I took these actions simply because I was *motivated* to do so. And yet, what really motivates us in life are the things we truly *value*.

Then what were the values that compelled me to move to California -- in particular to the San Francisco Bay Area -- where I have resided for these last 30 years? Well, it is true that after five years attending college at frigid Syracuse University in upstate New York I was compelled to seek the warmer climes of California. But I could have moved south to Florida or to the Southwestern parts of the US. However, having been raised in the urban/suburban environment of New York City, I valued culture and a certain type of urban sophistication I might not find in those other locales. I also enjoyed being near the water, not only because of its shimmering beauty, but because cities at the edge of the great oceans tend to attract a diversity of people and a richness of culture from around the world.

Though climate, beauty, diversity, and culture influenced my decision, there must have been something more specific that compelled me to move to this region. Looking at it in retrospect, I have concluded that I came to the area because of the existence of Marin County -- the progressive community that lies directly across the Golden Gate Bridge from San Francisco. Marin County at the time (and still is) was the prosperous land where many of the creative musicians, artists, and thinkers of the 1970s lived. From the articles and reports I had read while living on the East coast, the people who lived in that region were involved with matters that meant a great deal to me -- i.e. aspects of life that I truly valued. And because I deeply believed in those things, I wanted to be near them; to somehow participate in their way of life. And so I headed out to the SF Bay Area in 1975 in earnest -- and never looked back.

But I have still not identified the *specific* values of the Marinites that compelled me to join them. Let me try to list them for you. For one, the residents were in the vanguard of the changes going in society at

the time -- including an appreciation of Eastern culture and spirituality, a concern for the quality of the physical environment, a dissatisfaction with the mindless materialism of modern life, the rejection of conformity of the previous generation, and the development of new forms of music that expressed their new world view. These were the underlying values that drove me to the region. These were the ideals and beliefs that shaped my life at the time, compelling me to venture across country.

Each of us is motivated to move our lives in certain directions. That motivation is determined by the values we subscribe to. Our values are thus the formations and ideations of thought, the distinct formulations of understanding that express what we perceive to be important truths about life. These ideals are then reinforced by our emotions and feelings, which turn those mental perception into a vital *passion* that we hope to realize in our lives. Whether we actually make the effort to implement them is another matter.

Without values or beliefs, we would be mechanical-like beings, driven here and there by the vicissitudes of life. Without values, we would be creature-like, compelled to action solely by our urges and passions. In this inhuman existence, there would be little consideration for truths we hold dear, let alone implement them to ennoble and enrich our lives. In this reality devoid of values, we would live unconscious lives, without meaning or purpose. On the other hand, when we take to values, we live a purposeful and dynamic existence -- i.e. we become *truly human*.

This being the case, what are the truths of life, i.e. the personal values that you believe in? What are the cherished ideals and beliefs that have shaped your life; that are motivating and driving your life today? Why not take a little time and come up with a short list, and then consider how each has or currently is shaping your life.

If we think about it, we will see that people relate to personal values in a number of ways. *Thoughtful* people are continually thinking about those things they cherish and believe in. *Powerful* people are also motivated and driven to *implement* them in their lives. In fact, the most successful people are constantly evaluating their values, and are continually driven to turn them into a living reality. For these individuals, values are an inexhaustible source of inner power that energizes them to no end; driving them to the heights of success, while bringing about deep fulfillment in their lives.

Interestingly, not only do values energize us, but when we implement them, it energizes everything they come in contact with! If I apply the value of *customer service and delight* when I speak with the client, I energize the conversation, which leads to greater response from the person on the other end, who is now motivated to purchase the services I am offering. Also, if I am truly *sincere* in my belief in customer satisfaction, I create an *added* value that reinforces and builds on the first one. A combination of values applied to a situation dramatically energizes circumstances, which not only increases the likelihood of success, but turns the interaction into an enjoyable, even thrilling experience. Thus, implementing values have an innate capacity to create more energy, accomplishment, and joy in living.

Values are actually a very special power in the universe. It is one our minds can grasp for the purpose of *uplifting* life. Values are actually *spiritual skills* -- a divine gift that comes to us from the infinite Source of things. The highest of principles -- such as Oneness, Love, Beauty, and others -- descend from the heavens, and are reinterpreted as values by our minds. For example, the spiritual principle of Oneness is recognized by our minds as values of cooperation, integration, teamwork, and others. Likewise, the universal principle of Love expresses through values of goodness, selflessness, self-givingness, openness, tolerance, respect for others, and a number of others.

The last twenty-five years has seen an explosion in an interest in values. Tom Peters' book 'In Search of Excellence' started the ball rolling for values in the workplace. Religious leaders speak of family values, nations speak of moral values, spiritual teachers speak of the highest values of gratitude, benevolence, and self-givingness; even self-surrender to the Divine. Values drive us, motivate us, move life, move us forward -- enabling progress even evolution. Values are what enables life to take the Next Step -- whether they drive our own individual lives in a positive direction; improve the economic, social, and cultural conditions of a nation; or move society forward in its never-ending ascending path of progress.

Tolerance, openness, respect for the individual, and teamwork are several great *human* values, while Oneness, Love, Beauty, and Truth are some of higher *spiritual* values that they derive from. At certain points, the human and spiritual values come together and blend into one another, expressing through *spiritualized human values* such as selflessness, self-givingness, and gratitude.

Values are expressions of emotionalized truths that when implemented energize whatever they come in contact with, enabling the greatest positive results with the least effort in the shortest period of time -- whether it is for the individual, a collective, or society as a whole.

Values are the nexus to our future progress. It is the call of the Divine to the minds of men to seek a better life -- to pursue ultimate delight and fulfillment in life.

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6/1/07

### **Purity of Values Wins Case in Film 'A Civil Action'**

In 'A Civil Action,' based on a true-life story, a highly successful personal injury lawyer Jan Schlichtmann, who likes to negotiate big settlements for his clients, represents the families of several children who died of leukemia. Jan is touched by several parents' pleas, and decides to check out the polluting factories that might be responsible. When he discovers that one of them is a subsidiary of the big conglomerate Beatrice Foods, Jan convinces his partners to take on the case. During the trial, Jan contends not only with his well-financed judicial adversaries, but with the fact that by taking on the case he is forcing his own associates into deep financial debt, threatening their very livelihood.

It turns out that he not only loses the case, but his associates abandon him, and he himself is forced to move towards bankruptcy. However, in that impoverished state he perceives a new way to pursue the polluters. Then through a series of events, the case is renewed through other advocates, the victims win, and they are compensated by the courts for the amount of \$69 million.

We can look at the outcome of the case as life responding to the purity of Jan's values. He was at first an intelligent and clever attorney, driven by money. His higher values and idealism were buried beneath that attraction. He then however, takes on a case -- i.e. the plight of the victims of water pollution -- that moves him emotionally and idealistically.

And yet here too he is at first motivated by the possibility of a big settlement in order to make a personal fortune. Though he is tempted, his ideals of justice for the victims prevents him from doing so. Yet, interestingly he is at the same time destroying the people who are working with him, forcing them into near financial ruin, in order to pursue the case against an opposition with deep pockets.

It turns out that he loses the case in part because though his idealism is strong when it comes to the victims, he is still insensitive toward the plight of his own people. In other words, he is still exhibiting negative, even mercenary attitudes when it comes to money -- despite the fact that he has refused a settlement with the opposition - - and therefore life responds negatively in kind. I.e. life does not cooperate and he loses. In fact, the irony is that denying a lucrative settlement for the victims, while idealistically positive, causes his own staffers to suffer. And yet is only when he himself is driven into near bankruptcy that he is able to come up with the solution that leads to the resolution of the case in favor of the victims.

With his associates abandoning him, and now reduced to poverty, he is able to more fully and finally act from his idealism, i.e. his sense of justice, which are in essence his deep values. With the money taint gone, his consciousness was free to deal more purely with the issues at hand.

In that state, he was able to perceive a new strategy to solve the case. By moving away from money influence, he could think rationally, even intuitively, which enabled him to quickly come up with a plan that enabled him to find the man who provides the damning evidence that enabled him (through the EPA) to win the follow-up case. Life had in essence finally responded to his untainted idealism, by presenting his mind with a new perspective and insight on the direction to take the case.

Since he now had no money of his own, he was not able to pursue the follow-up case that he initiated though his intuition. Rather he had to send the new evidence he had gathered to the EPA (the Environmental Protection Agency), who then instigated the follow-up case. They then won a vast settlement for the victims -- even though Jan was no longer directly involved. Thus, life brought a huge settlement to the deserved victims only when the case was taken out of his hands. (That way his idealism could shine through and pave the way to a new strategy and new evidence that paved the way for victory. His old consciousness of money taint would not interfere.)

When a value is pure and perfect, life will respond to it. Jan valued that justice come to the victims, and with great passion was able to devise an intuitive strategy that won the day. Overcoming his mercenary attitudes toward money enabled him to overcome a wanting attitude that had once disturbed the purity of ideals.

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6/10/07

## **Journey to the Heart of Life Response**

In 2001, I began perhaps the greatest journey of my life: to discover those human qualities and powers that enable sudden good fortune -- i.e. luck -- to come our way. Having had these miraculous-like experiences of 'life response' often over the years, I wondered if I could analyze and codify them in such a way that I could offer it as profound new knowledge to the public. I.e. I hoped to provide the secrets that would enable any person to evoke such luck at any time and for any purpose.

To the skeptic that might seem like a preposterous undertaking, for how can one attract luck since by very definition it is a random, fortuitous event! What I discovered was that the sudden onset of luck was not "luck" at all, but the end result of a process that occurs whenever we shift our consciousness to the positive. As soon as we do so, life *instantaneously* responds with sudden good fortune. For example, when I shift my attitude towards someone from hostility to goodwill, within *five seconds* I receive a call from someone from half way around the world with word that I have been hired on to do a world tour -- when only a moment earlier I hadn't a jot of work in sight! There clearly was something profound at work in these incidents -- some unknown process and causality that was generating these remarkable results.

The challenge then was to discover what exactly were the inner shifts in behavior that were precipitating these life response events. Though I and others had experienced this phenomenon many times in the past, I still did not know precisely what was causing it -- i.e. what were the *variety* of internal changes in behavior that were attracting these astonishing results.

Then one day my spiritual teacher -- who was in fact the person who coined the term "life response" 30 years earlier -- suggested that I

make an effort to gather 100 of these events from the experiences of friends, associates, and other sources. From these incidents, I could discern patterns, and then develop a set of guiding principles that governed this phenomenon.

And so in the Spring of 2001 I began to collect the experiences of individuals around the world who were willing to participate in this ambitious undertaking. For example, one approach I took was to set up a web site where people could easily post their life response stories. I asked friends and colleagues to be vigilant and watch out for such occurrences in their daily lives, and then post in to the site. Though I gathered a host of life response episodes -- many of which were simply beyond belief -- I still felt that unless I had the experiences *myself*; unless I could perceive their nuances and subtleties on my own, I would not be able to understand the true nature of this miraculous-like phenomenon of life. And so at that point I decided to make myself the main case subject of the study.

As it turned out, just at that time I had planned to make a whirlwind tour of the American West with a friend of mine -- which included visits to Arches and Mesa Verde National Parks. However, instead of merely driving from one scenic wonder to another, I decided to keep track of every life response event that occurred during that two-week period. These incidents would augment the dozens of life responses experiences I had already garnered from other sources.

And so I began in earnest the investigative phase of the book on Life Response. In essence, I went through a process not unlike what Charles Darwin experienced when he did his field research in preparation for his most famous work 'Origins of the Species.' Like Darwin, I not only went through a period of intense investigation and analysis of the facts, but I also came to a number of profound realizations. In my case, I was not of course trying to determine the cause of animal survival in the wild, but why *life itself* unfolded the way it did. What my fieldwork entailed was nothing less than the tracking of the deepest mysteries of existence!

Along the way, I had also begun to look into various sources of spiritual wisdom -- in particular, modern spiritual evolutionary thinking -- for guidance on what might precipitate these incidents looking at it from a cosmic perspective. Having been a devotee of the Indian sage and seer Sri Aurobindo -- who had earlier revealed many of these processes from the highest spiritual perspective -- I had a particularly rich set of material to draw upon.

Once I developed a comprehensive list of the inner and outer human behaviors that triggered these events, as well as a solid set of underlying life principles that enabled these events to happen, I felt I was ready to move onto the next stage and write a book on the subject!

The end result of that long and arduous effort is the new book just released by Lulu Press entitled 'The Miraculous Phenomenon of Life Response.' It is the culmination of an astonishing personal journey that began nearly a decade ago, that brought me to the heart of and deepest mysteries of life response ... and of life!

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6/25/07

### **The Power of Intention on the Eve of the iPhone**

When we focus our minds on a thing, we are generally unaware that we have set in motion a process in which knowledge and circumstance related to that object will suddenly come back to us, entering our field of awareness from seemingly out of nowhere. These sudden, unexpected echoes or reverberations of what we originally perceived are truly a miracle to behold -- an experience of an instance of the phenomenon of "life response."

Recently one evening, I woke in the middle of the night and thought about possible solutions to a technical problem I had been grappling with. Since my mind was now fully engaged, I thought about other matters as well. One subject that came up was the pending release of the Apple iPhone. The thought I had was that this was indeed a monumental undertaking -- where everything needed to go just right to insure its success in the marketplace. It occurred to me that this was especially true in three areas. First, the device needed to function as advertised for the user. Second, the actual purchasing of the device through phone centers and other outlets, -- where accounts and multi-year contracts were established -- needed to go smoothly. And third, people needed to know how to use the product once they purchased it.

I felt confident that the first two areas would work out reasonably well, but I had questions about the third. Yes, I thought, it was an Apple product, which is generally easier to use than the technology of



competitors, but this was still a powerful integrated device with many sophisticated features. Would people know how to use it right out of the box after purchasing it? Apple, as well as their competitors, have rarely included training with their products, but instead require the user to fend for themselves by purchasing a book on the subject, or go to a training class, or use on-line training of sorts if available. How then was Apple going to provide user help with its fledgling, yet sophisticated iPhone product?

The next morning I turned on my computer, and then went to Apple's site. Normally on the startup page, there is information about new products -- such as new models of computers released, an ad about an operating system upgrade, or a presentation about a new technology breakthrough -- such as the iPod, or even the iPhone. Well to my surprise on the start page for the entire site was an invitation to watch a 20-minute video on how to use the iPhone! There in front of me was a huge graphic imploring the audience to watch this video in preparation for purchasing the device so that users would be up and running from day one!

This was an astonishing development because just the night before I had thought of this very issue. In decades of watching Apple and their site, I had never once seen the subject of training presented so prominently -- whether in anticipation of a pending product or even after its release. Training was normally addressed on the back pages of their enormous site. In addition, I had not seen a *single* article in the technology-oriented press on the subject of learning to use the iPhone in the run up to its release. And yet there in front of me, the morning after I had thought about the matter, was an ad imploring the world to watch a 20-minute video on their upcoming, new product! It was a startling experience, which appeared to be a direct response to my previous night's keen interest in the subject.

Wherever we put our focus on something, it tends to quickly come back to us in the form of related information, striking us as nothing less than miraculous. Hence its moniker of "life response." E.g. one thinks about a subject, and ten minutes later, newscasters are discussing that very topic on TV -- when in fact that person has never *once* seen that subject discussed in 40 years of television viewing! What occurred is that life responded to one's focus and interest in a matter with related knowledge, information, and circumstance. Sometimes, the response comes as more *information* on the subject; other times it also brings practical *benefit*, such as it did in the iPhone

episode. Let's explore this a little further, by considering three scenarios.

Scenario one: I think about a popular music group, and an hour later I suddenly encounter several people discussing the band on TV -- when in 20 years I had not seen a single mention of them until that very moment. In this case, life responded to my *mental interest* in the matter, which in turn attracted more *information* about that group. I.e. I had a passing mental thought, to which life responded with more data and information related to that subject.

However, if I not only show an interest in a subject, but have a *deep desire to see something come about* in terms of that item, then life responds with *tangible, beneficial results* as well. In the above iPhone incident, I not only thought about the idea of the user being educated on the device, but I aspired for there to be a way for it to happen. I.e. I had the *desire and will* for tangible benefit. As a result, the next morning life responded with a video that in fact brought them such tangible, beneficial results to that collective of individuals. In other words, not only did I have a *mental* interest in the matter, but my *vital* wants and desires were also engaged, which in turn attracted mirror-image utilitarian results from the vital field of life.

There is yet a third scenario involving our intention. It is when we derive *personal* benefit through response from life -- contributing to our own personal success. This type of response comes not from a mere *interest* in a matter, or even a yearning for something beneficial to come about for any and everyone, but to a decided, deep aspiration for *personal gain*. For example, I have a deep aspiration and yearning to be directly involved in educating people on the iPhone, and suddenly thereafter, I receive an unexpected call from my broker informing me that I have been offered a contract to train hundreds of high level executives around the world on this new device. That deep, abiding interest in personal gain attracts a powerful personal result, contributing directly to my success in life.

Thus, we can thus say that life responds along a "continuum of intent" -- from a mere interest in a matter, to a general desire for benefit to come about, to an intense aspiration and yearning to directly gain and profit from a situation. Understanding these shadings can help us in our efforts to consciously evoke such powerful response from life, whenever we choose to do so. It not only gives us a great insight into an important secret of life, but puts at our disposal a vast power to quickly attract the infinite potentials of life!

7/3/07

### **Shifting Our Time Perspective and the Response of Life**

The other day I drove to nearby Palo Alto, home of Stanford University and the surrounding wealthy community in the heart of Silicon Valley. My plan that afternoon was to get hands on experience with the iPhone, which had been released the day before. After a wonderful experience using the device, I exited the store and sauntered up lovely University Avenue, a tree-lined street adorned with dozens of shops, ranging from boutiques and cafes to bookstores and technology centers. As I walked up the boulevard, I felt quite happy and relaxed. Adding to the lovely atmosphere was the perfect, cloudless, mild weather that graces the region this time of the year.

In the back of my mind, I thought about the idea of obtaining some form of sweet -- perhaps a candy bar. And yet I was enjoying my slow amble up the avenue too much to want to disturb matters. A few minutes later, I thought about the fact that I had 30 minutes or so remaining in my parking slot, which still gave me enough time to continue my leisurely walk. And so I continued happily on my way.

Then at one point, I realized that though I had walked a ways, I had still not yet found an outlet for the candy bar I was after, which in turn caused slight consternation. It was at that point that I decided not to waste any more time, and instead focused on finding a store that had the object of my desire. Not a second later, I looked up and saw a large Walgreen's outlet directly in front of me. It was precisely the store I was looking for, since it had the greatest variety of candy in the entire area! I was amazed that as soon as I thought of doing something about my situation, the store immediately appeared in my line of site! In fact, out of dozens of stores in the area, it was the *only* one that my eyes fixed upon when I lifted my head! And so without hesitation, I quickly headed over to the store and found what I was looking for. In fact, I was so excited about the subtle 'life response' experience that I just had that I also purchased a small pad and some fancy pencils in order to capture the event that just transpired!

In essence, what happened was that when I changed my perspective about *time*, life instantly responded with sudden good fortune. When I shifted from allowing time to *leisurely* go by to focusing on creating results *as soon as possible*, the store instantly appeared before me.

By changing my intention about time – i.e. to create quick results -- I attracted a result that itself abridged time, as the store suddenly came to my attention.

When we make an effort to focus on, conserve, or condense time, life immediately responds with improvements in its conditions. In the above incident, I consciously tried to narrow time, to focus it, concentrate it, and life instantly moved in my favor, enabling me to obtain the object of my desire. This suggests that there is a profound relationship between our perception of time and our ability to accomplish in life; or, more specifically, our ability to accomplish suddenly and abundantly through the onset of a life response event.

Let me give you another example of this phenomenon. A number of years ago, the Christmas/New Year holiday season was fast approaching, which ordinarily meant that my contract consulting and training work would slow to a trickle. However, this time rather than accepting the social norm that business invariably must decrease during this period, I decided that it should flow like any other time of the year. Immediately after changing my psychological position, I was *flooded* with new work -- completely filling my holiday schedule! Keep in mind that I did not make any outer effort to precipitate this most unexpected turn of events. Life simply responded *on its own* to a change in my attitude. When I shed the old habitual belief, and embraced the idea that work could come at *any* time -- including the imminent holiday season -- life immediately moved in my favor. Or to put it another way, by conquering my own view of time, I opened the portals of possibility, enabling vast results to descend on me in virtually no time at all!

Most of us have perceived the *subjective* nature of time somewhere along the line. Though the clock may tick in regular, fixed intervals, in reality time is a rather subjective experience for us. Sometimes time appears to move quickly, while other times it can seem to last forever. Even modern science – including Albert Einstein – has told us that time is relative. For example, one day a friend tells me that she was bored at work, and so time seemed to drag on forever. Another day, she tells me that she was very busy, and so time seemed to just fly by! In this way, our experiences of time seem to depend on the quality of our perceptions and the way we interact with life. Here's another example: have you ever had a wonderful conversation with a person and then realized that several hours had passed by, when it only seemed like minutes? The enjoyment and mental stimulation affected our perception of time. In each of these experiences, the way

time unfolds for us depends on our psychological state. When our emotions and thoughts are fully engaged in a work or matter, life seems to move swiftly, but when we are locked in a room with nothing to do, it seems to last forever.

My goal here is not so much to analyze the nature of time, but to show that through our psychological relationship with time, we can attract powerful positive results from the world around us. When I shifted my perspective and tightened my time perspective in the candy bar incident, life *instantly* responded with positive results. Likewise, when I shifted my time framework by embracing the idea that work could occur during the holiday season – expanding my notion of what was productive time -- life also instantly responded, and brought work that filled up that completely filled up that timeslot. We see from such cases that *whenever we shift our time perspective to the positive – through more focused intent, by aspiring for its maximum use, or by expanding its productive capacity -- life tends to immediately respond in our favor.*

For example, consider two other aspects of time that we are all familiar with – punctuality and patience. If, I shift from being habitually *late* to work to being *punctual* -- a decidedly different relationship with time -- life quickly responds to that effort. E.g. out of nowhere, I am suddenly offered a higher paying position, or an email arrives informing me that a long delayed project has suddenly come to fruition. When we change our attitudes about time, time begins to work in our favor, by attracting the infinite possibilities of life into the here and now!

Likewise, if I shift from being *impatient* to being *patient* in a given situation -- another form of “time shift” -- life will also quickly respond. For example, just recently I was on line at the supermarket, and perceived that I was becoming slightly irritable due to the length of the check out procedure. However, being mindful in that moment, I was able to catch my disturbed feeling, and instead focused on being patient. Hardly a moment later, the woman in front of me bolted out of line when she realized that there were other items she needed to shop for, substantially shortening the line in front of me. In similar situations, I have seen a second bagger suddenly appear on the scene to speed up packing, or a stuck checkout conveyor belt suddenly start moving! In each case, the response from life came after a change in psychological reference -- from being caught in time (i.e. impatience), to moving outside the bounds of time (i.e. patience).

These episodes give further proof that that when we move to a higher plane of consciousness relative to time, we immediately gain the cooperation of life. In fact, the life response themselves come in a form that overcome the limits of time, as they rapidly, even instantaneously descend upon us!

The key to eliciting these powerful results is to be stationed in that place within where we are able to make the right psychological adjustments concerning time. When we shift our center of consciousness from the surface of life to a deeper poise within, we not only become mindful of the possibilities and choices unfolding before us, but we are able to make the right decisions in those moments – including the right time-related decisions – that quickly attracts powerful positive results.

There is also something we might call the “final frontier of time”. It is where we are able to bring the timeless dimension of life into the time-bound plane we live in -- changing the very nature of our existence. When we move away from our surface preoccupation with the visual and auditory sense data, and discover our deepest poise within -- culminating in discovering our very souls -- we reach a plane where time ceases to function. When we then act from that plane, -- i.e. when we bring the timeless energies into the details of our daily lives -- we become complete masters of the outer life. We have conquered time from within, and through that process, unleash the infinite potentials of life.

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7/16/07

### **Benefits of Living a Life Response-oriented Life**

Life response is the phenomenon where sudden good fortune comes your way due to shifts in one’s consciousness within. For example, when a challenging situation arises, instead of being skeptical, cynical, or vindictive, you look on the bright, optimistic, positive side of things, which quickly attracts a spate of good news thereafter. There are many inner and outer behaviors that elicit such miraculous-like results – such as overcoming a negative attitude, focusing one's intention to accomplish a thing; even taking to higher levels of cleanliness and orderliness.

In addition, as a result of having these miraculous-like experiences, your view of life begins to change. If you then orient yourself around this new understanding, you begin to live a very different sort of existence -- one that I call a "New Way of Living." Here are several benefits-

- You constantly attract good fortune.
- It descends on you suddenly; and from seemingly out of nowhere.
- It unfolds as a miraculous-like experience.
- It often comes without making any outer effort
- Whatever you want to achieve quickly comes to pass.
- Life continually cooperates with your efforts.
- Everything tends to work out.
- You attract vast success, wealth, health and well-being.
- You are able to control the outer life from within (this is key!)
- Routine life becomes thrilling existence.
- You are energized to no end.
- Joy and Delight of being is your normal state of being.
- Difficulties tend to quickly dissipate; often turning into vast opportunities.
- There is a continuous sense of calm and well-being.
- You are continually in harmony with the unfoldings of life.
- You constantly have the knowledge of what to do; and what not to do.
- Whenever you take action, it tends to result in success.
- Your relations with others are harmonious and joyful.
- You constantly look out for others; you are selfless and self-giving.
- People are attracted to you, and want to be near you.
- Everything and everyone you are in contact tends to make progress.
- You have a deep faith that all will work out -- and it usually does.
- You have profound insights into and a comprehensive knowledge of how life works.
- You perceive your deepest purpose in life.
- You have a profound understanding of the meaning of life.

- Your days constantly unfold like a miracle.
- Every day is occasion for great inner and outer discovery.
- You are able to create the greatest results with the least effort in the shortest period of time.
- You are constantly growing and evolving as a person.
- You are able to think for yourself -- without being influenced by the herd.
- Your inner orientation consistently reveals the truth of things.
- Your days are filled with illuminations, intuitions and revelations of knowledge.
- You feel a deep connection to the universe and the spiritual Reality.
- You feel connected to your True Self and Soul.
- You perceive how your own life fits into the wider, universal scheme of things.
- Your existence is very different from anything known before.
- You are the Master of your life.
- You are a pioneer and harbinger of a New Way of Living.

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7/25/07

### **A New Way of Living**

We wake up from our sleep, and greet the day. We dress, have our breakfast, and head out for work. We experience the beehive of activity around us, and perceive it as somehow *external* to our own selves. At one point, we see people we know and the activities they are engaged in, and yet still we sense that their domain is somehow apart and outside of our direct influence. As we gaze out on the proceedings, we perceive that life seems to simply unfold on its own - - independent of our ability to influence and control it.

Finally, that morning, we come upon things that we *do* seem to hold sway over. E.g., an email arrives, and we know it has come in response to an earlier inquiry we made of that person. I.e., we initiated an act, which was in turn perceived by another, who then reacted in kind, and precipitated the message that arrived in our



inbox. This is our normally accepted view of how life works -- i.e. the obvious, practical, material, mechanistic view of how circumstance unfold.

Then there are other outcomes in life that seem to have a very different and unusual dynamic. We recall sometime last week that we received a phone call informing us that we have been invited to bid on a very important new contract, when it was plain as day that we never initiated that inquiry. This fortuitous event clearly descended upon us on its own, from seemingly out of nowhere. But did it? If we think back on what took place, we will see that there was a direct relationship between our psychological condition at the time, and the sudden arrival of this most fortunate circumstance. But what was that condition, and how did it precipitate this out-of-the-blue result?

You then recall that at one point before this great opportunity arrived, you had changed your attitude about getting involved in this sort of work. For the longest time, you were opposed to offering these sorts of services, even though it utilized skills you already had. But then when you thought over the matter, you saw the light, and thus had a change of heart. In fact, now as you contemplate how that incident unfolded, you realize that your shift in consciousness occurred the day *before* this great opportunity unexpectedly arrived on your doorstep. Hmmm, you wonder aloud, perhaps there really is a connection!

Then you recall a friend's remark that there is a direct correspondence between your inner, psychological state, and the conditions of life around you. Moreover, he said that if you shift that position to the positive, life will *instantly* respond in kind. You recollect that he referred to this as "the principle of inner-outer correspondence." As you further reflect on the incident, it becomes abundantly clear that when you shifted your attitude from reluctance to acceptance of this type of work, life *immediately* responded and offered you the project of your dreams.

After coming to terms with these startling insights, you return to the ordinary chores of the day. However, just before you begin that effort, you stop and ask yourself, "does it really have to be ordinary?" Can't I experience these serendipitous-like events throughout the day?" Suddenly, it dawns on you that instead of merely perceiving the obvious cause and effect events, today you will focus your attention on the more *subtle* movements of life: in particular, the sudden onset of positive conditions. In addition, you will watch to see how changes you made in consciousness precipitated them.

You then recall several methods for bringing about these sorts of miraculous-like results from a book you read on the subject of "life response." You remember that the simplest approach for eliciting these startling outcomes is to look around, and see how you can improve the *physical* condition of your environment. When you then go ahead and make a determined effort to straighten out your desk, as well as sort out all of the files and folders in your drawers, not two minutes later, you receive word from a client that a long-delayed, critical payment has arrived! Once again, you are startled by the instantaneous power you have to change the outer conditions of life from within. You shift some aspect of your being, and, voila!, life on the outside -- which has no obvious connection to what has just transpired on your end -- instantly responds in kind!

You then recall another principle mentioned in the book -- this one involving the enormous power we unleash when we focus our *intention* in life. As a result, you decide to concentrate on completing a software manual that you have long neglected. And what do you know, within five minutes of completing a large portion of that work, an order comes in for that *very same* application! It strikes you as a particularly stunning development when you consider the fact that you offer a number of different products. It is even more startling when you add the fact there had not been a single sale for this particular software application in the past six months!

As a result of these startling outcomes, you begin to perceive a subtle shift in the rhythm and orientation of your life. You sense a new understanding taking hold -- a new dynamic in how you approach life, and what you expect out of it. It is now patently clear that what is unfolding around you is indeed a reflection of your inner condition. That life not only responds at the obvious material/mechanical level, but at the *subtle, non-material* level as well.

Now you step back for a moment and look at the bigger picture, and begin to reflect on the entire arc of your life. Here too you begin to see things in a new light. In particular, you wonder if the successes and failures you have had along the way were directly attributable to your inner condition at the time. As you strain to recall your past history, trying to match important outcomes to your thoughts and feelings at the time, you begin to have one revelation after another. Through the haze of time, you make the connection in two critical instances: one in which you committed to hard work, which instantly attracted a dramatic business opportunity that completely turned your life around; and in another where you committed to paying off an old

debt to a friend, that instantly attracted an offer that changed your living situation forever.

You also think back to the *negative* circumstances that descended on you along the way; and here to you clearly see the correspondences – i.e. how your wanting attitudes and beliefs precipitated several unfortunate outcomes. In one case, you see that the hostility you felt towards another individual immediately attracted an abusive boss. In another, you recall how a lack of psychological strength kept you tethered to a single agent, whose clutches you were unable to break out of. You then perceive the possibility that had you only reversed your consciousness in those situations, life would have quickly dissolved the negative, and replaced it with a positive!

Now you begin to see the warp and weft of your life: the thread of circumstances that reflected your inner condition at the time. Then a new thought enters your mind, as it suddenly dawns on you, “but what about the present: how does inner-outer correspondence apply to what is happening to me today?” And so you then begin to think about recent events in light of this new understanding. Immediately, you perceive why an important pending project has failed to materialize. It becomes painfully clear how certain limiting beliefs on your part were preventing the project from coming to fruition. It also dawns on you why negative developments unexpectedly emerged during a conversation you had with a colleague last week. You see the corresponding wanting attitude there as well.

Now at every turn, you are able to correlate positive and negative outer circumstances to corresponding qualities inside yourself -- to your attitudes and beliefs, to the level of your intention, and to the capacity to exercise psychological strength, amongst others. As a result, you now make a pact with yourself to be vigilant, and examine what is in your heart and mind whenever positive and negative conditions come your way.

Then another insight takes hold -- one that takes you into an entirely new domain of understanding. You realize that if you were more *conscious* and *aware* of what was going on in the first place as these situations unfolded, you would have been able to make the right decisions that would have avoided onsets of the negative, while still attracting the positive. But how can one be conscious and aware in a given moment if we are caught up in the flow of life; when our consciousness is dominated by the intensities of circumstance unfolding around us? It then occurs to you that if you had more of an

*inward* orientation, you would not only be more mindful of situation as they unfolded, but you would be “detached” and more equal in the faces of life’s challenges.

You then have one final insight, which comes to you in a flash. You perceive that not only do outer circumstances instantly change when you shift your consciousness within, but that the outer and the inner are really one and the same thing! I.e. what you perceive as your own self and what is outside yourself, are not two separate divisions of reality, but rather share a continuous stream of existence. In other words, the inner you and the outer world are One. That would in turn suggest that the entire universe is at one’s disposal from within. Or, to put it another way, that the entire cosmos resides within one’s own self!

As the day passes into evening, you continue revel in these profound, cosmic-like thoughts. Later on as you sit there propped up in bed, you wonder what it all means, and how you can use this knowledge in a practical way. A moment later, as these thoughts begin to fade, a gentle smile forms on your lips, and a light washes over your face. Soon thereafter, your eyelids grow heavy, and you drift off into a dreamless sleep.

The next morning when you awake, you recall the new vision you had the day before. It dawns on you that you now have an infinite power at your disposal -- one that can be used to quickly elicit powerful positive circumstance from life. After arising from your bed, you walk over to the window and gaze out on the lovely hills in the distance. Now as you are warmed by the morning sun, you realize that you have taken a decisive turn in your life: that you have come upon the shores of a New Way of Living.

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8/17/07

## **Power Over the Subconscious**

In business-related matters, as in life, there are always several qualities that we are deficient in -- perhaps a missing skill or an inability to organize, or a questionable attitude that prevent us from accomplishing. Each of us are aware of our deficiencies to a degree, though others can see them far more clearly. If we have a spouse, then they continually experience it firsthand!

Because we are capable of being rational, we also have the capacity to right what is wrong -- in this case, overcome our deficiencies, whether they are in work or life in general. All it takes is a clear perception of the problem within, and the will to improve ourselves. Many have taken this approach and have seen wonderful results. Sometimes they even experience miraculous-like instances of sudden good fortune – aka “life response” – as a result.

More difficult to isolate are the limitations we have as a result of simply being human – i.e. the effect of the generic limiting traits that we inherit from the past as human beings. I am not so much referring to negative psychological traits such as jealousy, greed, and a thousand other faux pas which we each experience to a greater or lesser degree, but rather to the moment-to-moment limitations that rise up in our being from our subconscious parts. Let me explain.

Imagine that you have just gone to a restaurant, where you have enjoyed a satisfying meal. You then walk towards home, and enjoy the bright sunshine and the smell of spring flowers in the air. Life seems close to perfect. After a while, you pass several businesses, and notice other individuals engaged in their work. Suddenly, a chilled thought rises in your mind for a reason you are not quite cognizant of. In that moment, a small darkness overcomes you, as you then contemplate having to return to work, or an all too familiar fatigue descends on you, or other matters that weigh on your spirit. You then ride that negative wave of thought and emotion to its own logical conclusion, until it runs its course.

Never does it occur to you that these are negative influences rising on their own from your subconscious being. Nor does it occur that you have the ability to stop such incessant negativity; that you can control these uncontrolled waves of pessimism that emanate from the darker regions of your being within, blocking them from influencing your moment-to-moment life.

Negative thoughts, perceptions, and feelings rising from our subconscious to our conscious parts, darkening one’s mood, is the modus operandi of every human being on earth. It is occurring all of the time, on its own: a vestige of from our ancestral heritage – human and primeval – down through the ages. Locked into our subconscious, there are thousands, if not millions of years of animal and human suffering, which are passed down and stored in our genes. They continually rise up from the depth to the surface that is our conscious level of awareness in the course of our day.

E.g., we walk down the street, see something insignificant, which suddenly triggers a doubt. We are about to embark on a meeting, and we are seized by fear. We think of an issue, and immediately focus on its negative potential. We see something new, and recoil out of habit. This virulent, low-level negativity of fear, doubt, pessimism, springing from the undertow of our psyche, knows no resistance from our conscious nature. It simply rises on its own, unencumbered -- spreading and influencing our thoughts and emotions – until it runs its dark course.

Imagine however that we could change this deep-seated habit; that every time such thoughts and feeling arose, we could catch it, stopping it in its tracks. Then instead of continually being influenced by these negative qualities, we could live a freer existence, allowing our brighter nature to take hold; releasing our natural inclination towards cheerfulness, optimism, and a positive perspective of life. What approach or method would enable this to come about?

The answer is that if we lived in a deeper conscious within, we would be more mindful of the negative influences rising from the subconscious. From that deeper poise, we would constantly recognize the pessimism and doubt rising from that psychological underworld, and do something about it. For example, we will have the wherewithal to reject it outright; or to remain utterly still in the face of it; or to offer it to the Higher Power so that it will tend to dissipate over time.

By living in a deeper consciousness and taking to these inner techniques, the subconscious negativity is not only held in check, but gradually gives way to a more natural sunny and cheerful disposition. As we continue along that road, it will become abundantly clear that we do indeed have the power to control our inner condition. In addition, each time we reject the negative and allow the positive to shine through, sudden good fortune will tend to move in our direction. At that point, we can be sure that the subconscious is beginning to become conscious.

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8/25/07

## **Harnessing Will-Power**

In discussions about the deteriorating infrastructure of the world – such as highways, bridges, waterways, etc. – pundits suggest that

there are two factors that bring about change: *calamity*, such as the collapse of an overpass, or the explosion of a gas pipe which compels people to finally act; and *money*, i.e. having the resources in the first place to solve the problem.

It is an unconscious society that waits for disaster to strike before acting. It is a poor one, or a strained one that concerns itself with having the resources – i.e. the money – to resolve the problem. Of course, these are both inadequate approaches to progress. What brings about the solutions to such problems is in fact our *will* to do so. Will, or intention, or aspiration to improve things, and the ability to collectively exercise it is the solution to any problem – infrastructure or otherwise. Marshalling will -- from the individual up to the widest collective, including large companies and national governments -- is the key to solving such problems.

The influence and power of human will to move life, rather than focusing our supposed lack of resources, is largely missing in today's debates regarding improvement in society. Consider the experience of China. For a hundred years or more, she was destitute. Then in the 1970s and 80s she changed direction. It happened not only at the level of the government, but at the level of the community and the individual as well. The deep aspirations of that society that were blocked for hundreds of years were let loose, releasing a tidal wave of energy at all levels. Several decades later, China was evolving into an economic colossus – perhaps the greatest material reversal in world history. There were few resources, hardly any money available to begin with – and yet a vast will for change occurred, driving the society to infinite-like accomplishment. A Himalayan change was underway through the power of human will that in turn produced infinite-like resources in that society. All other factors were secondary.

The question for societies is how to release the will of the people at all levels, from the individual to the collective in order to solve its ills and to expand its capacities – economic through cultural -- to the next highest level. We know that will comes from *aspiration*. If that is so, then how does one instill an aspiration for a thing to be accomplished. It is different in every case. In China, it began at the top, having a clear perception that the individual was being held back; that life could not go on the way it had. We could also say that the aspiration began amongst the people, who were fed up with the past, forcing the government to move in a new direction.

In every situation, the key will be the dynamic that releases the aspiration of various segments, and how to then link ever-widening segments to release a vast integral will that becomes a torrent of energy that moves the society forward. How governments and community leaders release that aspiration, and how individuals themselves develop their own aspiration, requires an examination of individual and collective *motivation*. We could call it the "psychology of aspiration."

If energy to move forward comes from will, and will comes from aspiration, then aspiration is a product of individual and collective *values*. The values available to society are endless. It can take form as a deep belief in more security, greater prosperity, more freedom, more openness and tolerance, sincerity and honesty in government, a focus on the dispossessed, or on culture, or any of a thousand things. Out of these physical, vital, and mental values, spring forth our individual and collective aspirations.

And yet values in of themselves are just beliefs. They don't have power of effectuation, unless they are spearheaded through a plan of action. For that to happen, there needs to be a mechanism or process to bring it about. That process that enables values and aspirations to become living realities in society is the *process of creation and accomplishment*.

That process begins with a vision we have for something to come about – whether it is an objective goal like increasing GDP by 2% or doubling our personal income; or a subjective one, like the values of honesty and integrity, or increasing the frankness of government. That in turn releases the will for its creation. This overall aspiration is then organized into practical strategies for their accomplishment, which is then carried out in a timely manner through a persevering effort, our highest skills, and the most positive of attitudes. The end result is that we release a titanic concentration of energy that tends to quickly attract the object of our individual and collective desire. By organizing our motives, values and aspirations this way, we can accomplish in 5 years what it would normally have taken 50 --- just as we see in China.

An individual, collective, or society that is *conscious* is one that perceives its values, makes them instrument for aspirations for change, and follows the process to quickly convert its energies into living realities. By perceiving and utilizing the process, we no longer have to wait for disasters to strike before taking action; nor do we



need to wait for resources to be available before springing into action. A conscious society knows that its *will*, and the energy released, is the ultimate determinant of its success. All other factors are secondary.

The ancient Indian texts known as the *Upanishads* declare, "You are what your deepest desire is. As is your desire, so is your intention. As is your intention, so is your will. As is your will, so is your deed. As is your deed, so is your destiny."

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9/1/07

### **The Pioneer who Expresses the Subconscious Urge of Society**

When an innovative individual captures the imagination of the world, we believe it is his genius alone that has brought about a contribution to society. Little do we realize that this pioneer individual is actually expressing the subconscious will of that society. By subconscious I mean that the society wishes something along those lines to come about, but it is not yet conscious of the fact. The pioneer captures that subtle energy wave inside as an intuitive vision that he manifests through his product, service, insights, skill, etc.

Society is evolving. It is constantly seeking new avenues for that growth. It is growing materially, psychologically, mentally, even spiritually. A child of that age looks out at what is possible in the world, and perceives an opportunity for improvement along this life scale. He then goes out and creates his invention, or issues forth a new theory, etc. and the world around him perks up, lifting that object or idea to the masses. It does so because subconsciously the community was already predisposed to it. Now however that subtle social intention has coagulated into something tangible through that individual's efforts. The possibility gets further organized, it hits a critical mass, and it is then fully embraced by all facets of society.

Let me provide several examples that will illustrate:

*The Internet* -- Man is mental -- or at least he is moving in that direction -- as he begins to shed his lower nature and embrace rationality, which is the perception and acceptance of the many-sided truth of things. As that movement toward rational mentality has matured, he is ready to be filled with the knowledge of the world,

including organizing mechanisms that can provide, distribute that knowledge. That organization has come to us as the Internet. I.e., man who is organizing his consciousness by embracing the multiplicity of truth, now subconsciously yearns for a mechanism to serve its purpose. The Internet comes along and fulfills that yearning. The pioneer individuals who saw opportunities to deliver it -- such as Berners-Lee's World Wide Web -- are expressing the subconscious will of society for an ultimate tool to organize and distribute the multiplicity of knowledge it is now ready to embrace.

*Overnight Shipping* -- The world is moving faster and faster. In that process it has begun to fall over itself. Society subconsciously wants to move forward in a more harmonious manner. Because the society is becoming mentally aware, it yearns for tools to organize this rapid speed up of life. A pioneering individual Fred Smith comes forward and advocates a seemingly irrational way of organizing express packaging. It is the overnight approach. You bring all the packages to one point and then redistribute for one-day delivery. On the surface, the world doubts it can be achieved, yet as pioneer he does not listen to the doubting herd and pushes forward. Through vision, will, and perseverance, an organization -- Federal Express -- takes shape, enabling the businessperson, or any other individual or organization to maintain harmony and efficiency in a sped up world. In fact, it enables even greater success.

'*The Secret*' -- Life has evolved on earth materially, particularly in the West, and increasingly in the East. Inwardly -- i.e. emotionally, psychologically and spiritually -- it has made far less progress. It has exhausted the materialistic, mechanistic view of how life unfolds, and subconsciously yearns for a deeper understanding. From time to time -- as in the Hippy era -- there is a breakout of a new understanding, and then it closes up. Rhonda Byrne now circa 2007 steps forward and creates a DVD and book 'The Secret,' which shows us how we can instantaneously attract the object of our desire. It is based on a cosmic principle known as 'The Power of Intention.' Other books, like 'The Miraculous Phenomenon of Life Response' by this author go many steps beyond, showing us an entire new way of living based on perceptions of the subtle workings of life.

Pioneers have once again forged a new possibility; one that has been there lurking below the conscious layers of society. He or she captures the wave, which appears to that individual as a vision or opportunity, and runs with it. If it is not too in advance of or radical for the society -- it is embraced fully through organizations that become the means

of its mass distribution. Now that the global community is exposed to this new reality, it uses it for own benefit, which in turn enables its further progress, releasing new subconscious possibilities. The society then 'awaits' the next pioneer to take up the quest to bring about what it subconsciously yearns for.

There is something even beyond this dynamic. Behind the collective aspiration is a universal, cosmic Intent that aspires for earth's progress. Its Desire is fulfilled in society through the effort of pioneering individuals. In that way, the individual, the collective, and the Divine power behind work hand in hand for progress and evolution in the cosmos.

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9/15/07

### **Another Road Taken at Fort Mason**

Have you ever considered the extraordinary power of changing or discarding a routine or habit of yours? When we perceive something we have been doing repeatedly in the past, envision a new or different way of doing it, and then willfully carry it out, life tends to suddenly cooperate with our efforts, producing results that can border on the miraculous.

One day not too long ago, I decided to break one such routine. On this occasion, I decided not to walk through a large hilly park that overlooks San Francisco bay, which would have deposited me in the touristy Fisherman's Wharf area. Instead of climbing through that elevated park with its lovely view of the Golden Gate, I decided to explore the three long piers known collectively as the Fort Mason Center. These edifices, left over from Civil War days, are now divided into dozens of sections -- including headquarters for renowned dancing and theater troupes, offices for environmental and global movements, various California cuisine restaurants, and other interesting and unusual facilities. It has become a kind of mecca for the cutting edge, and the sometimes far out.

The first place I stopped at Fort Mason Center was a store that was dedicated to presenting the concept of time -- in particular, to showcasing a number of magnificent, unusually large timepieces. For example, prominently displayed was a 10-foot computerized clock that was created to be accurate for up 10,000 years. It, like others on

display, consisted of an astonishing array of gears and other moving parts.

At the time, I was the only one in the center, aside from the host. As I walked around the facility, I could hear soft, ethereal-like music playing in the background, which added to the already mystical atmosphere of the museum. Other than presenting these marvelous futuristic devices, the intent of the facility ([longnow.org](http://longnow.org)) was to capture the feeling of time itself -- or perhaps the *timelessness* of time. In fact, throughout the facility were posted a number of elaborate statements describing the nature of time -- including how we interact with it, what it really is, and others. There were also a number of books prominently displayed for sale on the subject. The entire experience was not only fascinating and thought provoking, but haunting and serene.

When I left the center, the guide asked me if I had any questions. However, finding myself in trancelike state, I could barely answer. As I exited the facility, I felt myself moving from the timeless like quality of that place back into time -- i.e. into ordinary life. I then looked around to get my bearings, and continued on my walk. Not a minute later, I came upon San Francisco's most famous and venerable New Age restaurant, Greens. Now over 25 years old, it is recognized as the home of the vegetarian movement in America, and one of the pioneer restaurants in the use of locally grown produce in the preparation of its meals. This very large restaurant has a spectacular view of the Golden Gate and environs, and is one of the main gathering places for the intelligentsia of San Francisco and Silicon Valley.

When I walked into the facility to see how things had changed, I saw that it pretty much looked the same; except it was a bit more modern, and the people were younger. As I contemplated entering the enormous main dining area, a man standing a few steps above me suddenly interrupted and called down in my direction. "Excuse me sir," he said to me, "do you have the time?"

Indeed, I was bowled over by the question, when you consider where I had just been! I then quickly responded that it was 2pm. Then I looked at my watch once more and called out that it was actually five minutes to 2. (I guess I felt compelled to be accurate since I had just been in a place dedicated to the specificity of time!) Shaking my head and smiling at this extraordinary little response from life, I then headed out of the restaurant. As I looked around, I could still feel that sense of timelessness and peace enveloping me.

Now in the bright light of the day, I noticed that I could walk completely around the 300-meter pier, which would in effect deposit me at the bay's edge. And so I did just that, discovering one of the most spectacular views I had ever seen in this city of many such views. Also, I noticed that the weather was somewhat unusual, as it was overcast directly above me, yet the entire bay – with its shimmering hills and mountains in the distance -- was crystal-like, bathed in brilliant sunshine. The contrast was at once breathtaking and surreal, which was for me yet another response on this startling little 'road not taken' adventure. As I stood there all alone at the end of the pier with its magnificent view, I felt the wonder and magic of life compressed into a single moment.

After that stirring, almost cosmic-like experience, I headed back inland to explore the other two piers. In fact, I was really looking for a special place that I believed was located somewhere in the third pier. A moment later, I came upon the bookstore that I was looking for: one that I had visited once previously nearly a decade earlier.

When I looked around the large facility, it looked at once familiar, yet somehow different. As I am want to do, I then immediately headed over to peruse the books on spirituality and religion. This time however, after rummaging through the shelves, I found nothing that caught my eye. Slightly disappointed, and without much energy to peruse the plethora of other bookshelves, I decided to leave the facility. However, just before I exited the front door, I noticed a section of books prominently displayed that were marked down to half price. Immediately, I found an interesting book that I thought a friend of mine would enjoy. Then something very special happened. I found a book on the subject of how to write spiritual books, and, in particular, how to submit them to literary agents. In fact, the book contained a listing of a number of agents -- with explicit, detailed information about each. I found this utterly astounding because in the last several weeks I had been constantly thinking about how to find an agent and publishing house for my new book! Now in one fell swoop, all my prayers were answered! In fact, as I walked out of the store, it occurred to me that this book could turn out to be one of the most important discoveries of my life!

Like shifting away from a negative attitude, changing a long-term habit tends to attract sudden good fortune. When I decided to get out of my usual walking routine and try something different, I was set on a journey that unfolded like a dream -- with unexpected occurrences, mystical like experiences, and infinite-like results.

Likewise, each of us can identify one or more dead or dull routines and habits in our own lives, and experience that same sort of magic. If we come upon a habit or ritual that has no life behind it, and then try to do it differently, life will suddenly open up before us. What was once limited and finite will suddenly blossom. What was dull and unexciting will instantly energize us. In that way, our old ways will begin to give way, not only attracting startling positive results, but bring us moments of great happiness and joy.

That is precisely what happened to me on that mystical-like, sun-dappled afternoon at the shoreline at Fort Mason!

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10/06/07

### **The Life of Spiritual Adventure that Attracts**

The overwhelming majority of the time life is routine – i.e. what we do and what comes to us is what is expected. Other times, life suddenly descends on us and offers up the unexpected, -- often taking the form of sudden good fortune. The latter tends to occur in response to our efforts to meet life's challenges, or by taking life by the horns and living it to the full. Here is a recent real life case in point:

One man I know of had not left California for 30 years -- save for two relatively short driving vacation trips across the western United States. For this individual then, the state of California had essentially become his entire nation!

One day recently, he was asked to fly down to San Diego in the southern part of the state near the Mexican border to perform some work for a client there. In the three previous decades, he had never once ventured further south – in California, or anywhere else -- than the Los Angeles area. He was therefore both excited about the trip, and concerned about his ability to navigate this new area.

When he arrived from San Diego on a flight from San Francisco, he discovered a very pleasing landscape, including a beautiful, warm coastline, soaring mountains, and a growing downtown skyline. Though he struggled at first to get his bearings, he was in the end able to navigate the freeway system and make his way to the client,

who had their offices in a spectacular valley town north of the city. In the next several days, our friend successfully completed his work, while still having time to explore the coastal region and its sun-splashed beauty. After three days, he returned to his residence in the San Francisco area, with both new insight and an abundance of new energy.

Shortly after he arrived back at his home base, something peculiar happened -- his computer began to die. After very four very productive years of use, the computer suddenly and most unexpectedly ceased functioning. Since his entire business -- ne, his whole *life* - was contained on the machine, he was shocked by this sudden turn of events. He felt overwhelmed by the fact that without a computer, he was not only out of touch with the world, but all of the documents and programs he needed to get through the day were no longer available. Add the fact that this individual's profession was in the computer/software field, and that a major vacation to Hawaii loomed on the horizon -- his first travels outside of the United States in 33 years (!) -- you could imagine why he suddenly felt the weight of the world on his shoulders!

And yet despite this impossible, pressure-filled situation, our friend was able to conjure up the right attitude. Specifically, he viewed the turn of events as part of one great adventure that begun when he first embarked on his trip to San Diego, and was now continuing through these latest difficult unfoldings. He sensed that there was a purpose in what was occurring: that life was somehow trying to push things forward, and that he was willing to be a full participant in this latest adventure. It was with that attitude that he tackled the current problem of the expiring computer.

In the next several days, he did everything he could to get the machine up and running. However, for each step forward, he seemed to go two steps back. For example, he bought a new large external monitor because the built in one on his laptop had failed, only to discover that it distorted the screen, making all the web sites he created over the last decade unrecognizable. Because his old computer had so many connections with other add-on devices, and had so many wires running in and out of it, that when he changed one part, other parts would begin to fail. When the situation became intolerable, and his very lifestyle and businesses came into jeopardy, our friend perceived that a new approach was in order: that he go out and purchase a new machine.

That morning he arrived at the electronics mega store to purchase the computer. There he saw one that he liked, and a moment later a young man came up to help him. Our friend noticed that the salesperson had a soft and quiet nature. He then proceeded to tell the salesperson which machine he was interested, after which the clerk walked over to the giant metal cage to see if the item was in stock. Our friend, now desperate for any good news after days of incessant trouble, took the only course of action he knew: he opened himself up to the spiritual Force, and with great intensity offered the entire situation to the Higher Power.

After a considerable delay, the salesperson finally returned from his search. But would he have the computer that our friend wanted? It turns out that the salesperson was indeed holding a computer, but it was not the one our friend wanted. Instead, the salesperson found a different one that contained a microprocessor that was nearly double the speed of other one -- *and* at a lower price! At that moment, our friend knew that the Higher Power had surely worked on his behalf. Thereafter, he felt grateful to the spirit that helped bring about this stunning turn of events.

When our friend arrived back at the office, he unpacked the machine and turned it on. He was instantly dazzled at how beautiful the screen image looked; how quickly the software loaded; and how many astonishing new features were already built in. He was particularly amazed that he could easily connect to the Internet through a wireless connection. One after another, he discovered new features that he was certain would make his life easier. As each new feature revealed itself, he felt as if he were on a magic carpet ride -- taken on a journey that transcended his experiences using his old, outdated machine.

Dazzled by these state of the art features, not only did he truly recognize how utterly out of date his old computer was, but now he saw that its death knell was actually a blessing in disguise; one that ushered in the wondrous new computer before him. He perceived that the failure of his old computer was no failure at all, but an opening to vast possibilities that arrived in the form of the new machine!

In addition to the computer episode, something else occurred after he returned from the "distant lands" of San Diego. He now perceived that he could take his long desired trip to Hawaii. Before going to San Diego, he was not sure. Now, however, after the trip, and particularly after he saw that he had a new machine that was reliable, he was



sure. In fact, his trip to Maui – his first trip out of the US in three decades -- was an equally great adventure, bringing as astounding array of additional life response experiences too innumerable to describe here!

When we live a life of adventure, life tends attract the positive. When we break out of old habits, when we embrace to the new, we release powerful energies, and as a result, life tends to respond positively from all quarters. When our friend journeyed to San Diego to meet with a client, it was the furthest he had journeyed south in over 30 years. For him, it was a great adventure to a foreign place in which he was required to solve the problems of others. As a result, powerful energies were released, which returned to him in spades in the form of an exciting new computer, and the realization of a dream vacation. Even when the computer died along the way, he saw it as a continuation of a natural and organic adventure that was in the process of unfolding.

The more we brave to go beyond the ordinary and routine; the more we embrace the possibilities that life presents us; the more we aspire for the heights -- the more energy we release that tends to attract very positive results fortune from our surroundings.

Life lived in its fullest is then the seeking and experiencing of Adventure. Through that dynamic, we not only attract the miraculous, but as a result are energized and delighted to no end. It is through such Adventures in Living that we experience not only the thrill of the journey, but the ecstatic fulfillment and enjoyment of the reward!

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10/20/07

### **The True and the Spiritually True Individual**

Recently the state of California bet on the future of stem cell research in the United States, while most other states hedged their bets for what they considered moral and other considerations. California looked out into the world of possibilities and perceived that this new technology had great promise. Most others were unwilling to make the commitment for a variety of reasons. Rather than listen to the herd (of states), California thought the issue through and made the decision to move forward. As she has done countless times in the past, California thought for itself, rather than follow the pack. As a

result, infinite benefit has followed for her and the world in a plethora of domains of life -- including environmentalism, the personal computer, the Internet, biotechnology, the human potential movement, and many others.

The 21<sup>st</sup> century has been marked as the era of the True Individual – i.e. the age where people truly begin to think for themselves. This Individual is no rebel, taking to his own position simply to part with the herd, but is rational and balanced; open to and perceiving the *myriad* sides of any issue. As a result, that person takes to truth-filled decisions and actions that tend to attract positive outcomes. By making rational decisions based on the *multiplicity* of truths -- rather than guarding a *single* truth related to that issue -- that person is far more likely to have an array of facts and insights at his disposal that enable him to rise to the heights, show a particular genius in a field, or be creative in ways unknown in that field.

Whereas the 20<sup>th</sup> century saw the emergence of the Common Man, the 21<sup>st</sup> opens the way for this True Individual. Utilizing that earlier-gained freedom, this new person chooses to go further and be rational in the extreme -- thinking for himself beyond the herdal view; seeing all sides of an issue, excluding none; and making judgments that flow from the true truth of things. The emergence of such individuals will not only open the way for accelerating insight, knowledge, and accomplishment, but portends an evolutionary leap for humanity.

And yet, to truly perceive the myriad of truths surrounding any object of inquiry requires a consciousness that is *open* -- that is *truth-seeking* in the extreme. That capacity however is not readily available when one lives at the *surface* of life. At that level, one tends to focus on the superficial and mundane; to what is pleasing rather than what is necessary; to what corroborates our own limited opinions, instead of what is true. As a result, we miss out on the preponderance of insight and knowledge that can lead us in the right direction. Or, to put it another way, surface living -- dominated by the auditory and visual inputs from the world around us -- leads to limited perspectives, miscalculations, and error-prone decisions and actions that thwart success and achievement in life.

And yet, if one is centered in a *deeper consciousness within* – in mental and emotional silence; as detached “witness” looking out on the world – then we will be far more receptive to what is unfolding around us; to the wider possibilities in the environment; to the insights and position that others have to offer. As a result, we will

have the necessary knowledge to make the right decisions that attract powerful positive outcomes; accelerating both accomplishment and happiness in life. This movement toward a deeper consciousness within that is able to open to vast knowledge and insight is another hallmark of the emerging True Individual.

In addition, the way this new person absorbs that knowledge is quite different from the ordinary human method. Not only is information absorbed and processed into ideas and understanding through the normal channels of rational and logical thinking, but it also descends into this person through *illuminations* and *intuitions* of thought. Because our consciousness is deeper, wider, and more open, we continually develop new insights; continuously arrive at "aha moments" -- as a myriad of intuitive and revelatory knowledge-experiences enter our minds from the universal planes. As a result, we are able to acquire a many-sided, deep, penetrating knowledge of any matter, which becomes the basis for very right behavior and action in life. This ability to attract knowledge and truth in a flash from the universal domains of life is another hallmark of the True Individual.

Yet another dimension of this person is that he or she is constantly creating *the new and the dynamic*. Through a calm poise, that perceives a many-sided knowledge; through a persistent openness to the life's possibilities, the True Individual is opened to the portals of creativity -- enabling him or her to become *the dynamic leader, the ultra-artist, the pathmaker to future realities, the visionary who carries others into a most unexpected future*.

As this individual moves deeper still to the True Self – i.e. to the Evolving Soul within -- the descent of truth-knowledge and these spontaneous eruptions of creativity will only *accelerate*. In fact, whereas the True Individual derives his power predominantly by opening to the myriad of possibilities before him, the True *Spiritual* Individual opens the doors to the vast array of possibilities of the universal and cosmic planes. The more this person encounters his Soul and True Self, the more knowledge rushes in from the heights; the more creative possibility reveals itself; the more positive outcomes to situations rush to his doorstep. Thus, if I want to know the solution to a problem, I center myself in the deepest depths within, aspire for the solution, and offer it to the Higher Power. As a result, answers quickly, if not instantaneously, pour in from all quarters, as I am able to engage those higher planes *directly*. At that point, I am not only miles beyond the limited view of the herd, but I

have even surpassed the multiplicity of truths that I can garner from my own personal vantage point. I now have a *direct, continuous link* to the highest planes of consciousness, with the infinite possibilities it continually offers. As a result of these developments, I am no longer just the True Individual, but I have entered the realm of the True *Spiritual* Individual.

The question then is how can we make this somewhat abstract vision of our future real and concrete? We can begin the process of becoming a True Individual by considering any issue that comes before us from *all* possible sides. As our mind focuses on a subject matter, we should actively seek to know as many sides as possible, while giving up our tendency to focus solely on our own dogged viewpoint or limited perspectives. By taking this approach, we will constantly absorb the necessary knowledge that will enable us to live more dynamic and successful lives.

The second step we can take to become a True Individual is to develop a deeper center of consciousness. We can begin to do this by moving our central focus away from the surface of life – from the visual and auditory influences of the surface of life that impinge on and overwhelm our thought processes. Through concentration, meditation, and other means of drawing our focus inward, we are able to shift to a deeper center of awareness from which we are able to perceive the wider possibilities, the multiplicity of truths unfolding around us. As a result, we begin to become free thinkers -- unfettered by the influence of the social imperative; unshackled from our ego sense that is attached to one position at the expense of others; unburdened by our wanting, limiting attitudes and opinions. Through this deep basis, we deep insights continually unfold, we perceive issues from a variety of sides, enabling us get at the heart and essence of any matter. We do so not only through rational, logical thinking, but also through descents of knowledge from the universal planes of life. As a result, we become free thinkers, dynamic creators and great accomplisners, which in turn energizes us in the extreme -- filling us with deep delight and joy in being alive.

By taking these steps, we have the opportunity to partake in a noble experiment. We have the chance to be forerunners of a new type of person, whose existence is not determined by the outer conditions and influences of life, but by one's inner status and being. By taking up this golden opportunity, we can become the pioneers of the 21<sup>st</sup> century, the pathfinders of tomorrow -- helping humanity take the next decisive, evolutionary step.

11/1/07

## **The Internet and the Emerging True Individual**

Many think of the Internet as mere technological marvel -- a form of organization that is simply an extension of the electronic products and services that came before it; in particular, the computer and various communication devices. However, the Internet is more than that. It is an outer form and expression of our individual need to explore, discover, and achieve in life. It is a social structure that allows our individuality to ripen by connecting us the wider knowledge and wisdom of society so we can thrive and fulfill our deepest aspirations in life.

If the Internet is an indicator of new developments in the "support systems" of society, the individual himself is also undergoing a fundamental change. First of all, his life is becoming more oriented around his mind – i.e. he is becoming more mental. Because he is more educated, because he is more aware of the world around him, and because is more conscious of his ability to direct the course of his life, his mental bent is in ascendance -- i.e. it is becoming the true leader of his being. As a result, he perceives that he truly has the inner resources -- the knowledge and power -- to become anything he so chooses.

One way this inner-directed person fulfills his deepest aspiration is by making full use of the information and knowledge available to him. As it turns out, the Internet serves this function perfectly well, as it supplies an infinite supply of facts, ideas, and insights to support his ever-deepening aspiration for self-knowledge, individual expression, and greater success. Though the Internet is an outer vehicle, still it serves an inner need -- as this vast organizational system provides truths from every segment of society so that the individual can consciously choose the future direction of his life.

In addition to this mental bent that fosters a truly conscious inner-driven existence, a second contributing factor to Man's increasing individuality is the availability of ever-greater levels of freedom in life. Unfettered by the demands of the old hierarchical order, unrestrained by old, outworn moralities and customs, the individual now feels freer than ever, even compelled to explore the vast array of possibilities available to him. This person perceives that he has full independence to become anything he puts his mind to. Once again, the Internet

serves him well by providing a vast array of knowledge that he can choose from that meet his own particular needs and interests so he can reach his maximum potential. Thus, the Internet enables Man's newly inherited freedom to mature into ever-increasing levels of fulfillment in life.

A third fundamental change the individual is going through -- one not readily perceived by society, since it is more subtle and difficult to fathom -- is that he is beginning to move out of his essential Ignorance. By that term, I am not referring to the ignorance of the poor farmer or the individual who is without education, but to an intrinsic unconsciousness that is there in every person at birth: that we inherit simply by being human. We live in what can be called the egoistic ignorance, feeling separate and cut off from the rest of the world, living for ourselves alone, when in fact our fulfillment is predicated on a positive relationship with the rest of humanity. All we possess, all we achieve is based on what we have acquired from society. The Internet offers an unparalleled means for the individual to reconnect and more fully connect with the wider humanity of which we are a part.

In addition, we tend to perceive only a small part of any issue or matter, rather than the multiplicity of factors that make up that object. Dominated by our fixed habits, our virulent attitudes, and our hardened opinions, we tend to guard what little we know of a matter, and shun the wider and deeper knowledge available to us. Holding on to our limited perceptions, we make faulty assumptions that lead to error-prone, misbegotten behaviors and actions that result in difficult, pain-filled lives. The Internet puts us in touch with an unlimited variety of viewpoints, perspectives and aspects of truth. Our emerging individual embraces the wide variety of truths, including the multiplicity of details, as well as the essence that make up the Whole of any matter or concern. The Internet, with its vast array of information and knowledge, serves Man's purpose, as it provides a more integrated, many-sided view of things. The Internet is thus a social power that forces us out of our false, limited view, and gives us the opportunity to embrace a fuller, more balanced, and integral knowledge. It moves us out of our limited subjectivity and brings us to deeper and wider objectivity rooted in truth. From that vantage point, we have the necessary insight and wisdom to redirect the course of our lives so that we can fulfill our fondest hopes and dreams.

As we look out at the arc of our human existence, of the progress we have made over the millennia, and, in particular, the rapid changes in human consciousness that are occurring today, it seems only right

that this self-empowered, inner directed, highly conscious new type of person should appear. The emergence of this True Individual is the logical consequence of everything that has come before. Because of the freedom we have acquired, because of our ever-increasing mental bent, and because of our yearning to know the many-sided, true truth of things, there is a compulsion of Nature to produce the next iteration of human life. It is the True Individual.

In parallel and concord with these developments, we see a powerful new system of society taking shape -- the Internet --, which is serving this New Individual's needs in the extreme. Together they indicate that a new form of human existence is forming that is at once dynamic, creative, and spiritual in nature. It is a sign of the next stage of human progress: a signal of our evolution into a new way of living.

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11/15/07

### **Environmentalism and the Future Evolution of Man**

The Indian sage and seer Sri Aurobindo envisioned a future divine life on earth, which would in essence be the culmination and ultimate achievement for humanity. He calls for our collaboration in this endeavor by opening up to and drawing in the spiritual dimension into our lives in order to divinize it -- i.e. bring out its infinite potential.

Before that could happen, however, he suggested that several other developments had to take place, one of which is the movement toward human unity amongst the people of the earth. Already this process has begun, especially in the last 50 years with the emergence of the United Nations, the European Union, global economics, the Internet, and the cultural cross-pollination and integration we see in the major urban areas of the world, to name a few. It should be noted that much of this was presaged in the 1960s during the Hippy era when the youth of the world took to greater freedom and creative expression, while exploring a variety of cultures and forms of spirituality, including those of the East. What is occurring now is in one sense a ripening of that dramatic, through relatively short-lived pioneering effort amongst that generation's youth.

Yet another way world unity is emerging is through the rapid expansion of the global environmental movement. Because of the

misuse of the resources of the planet, the people of the world have been galvanized to change those dire conditions. On the surface, the degrading of the environment might appear to simply be the byproduct of an industrial society, or the dark side of prosperity, but more fundamentally, it is a reflection of the very way we humans think. Let me explain.

Though scientists, researchers, engineers, and others in the West and elsewhere are able to conceive of an infinite variety of material forms which comfort and benefit us, we are unable to control the negative side of this creative, developmental process. For example, we discovered and unlocked the power of the atom, yet we were unable to contain its byproduct of atomic weaponry. That wanton result has become the greatest evil ever devised by Man -- casting humanity's very future in doubt. Likewise, we have developed infinite manufacturing capacity to meet the needs of an ever more prosperous and growing population, yet we cannot control the array of forms of pollution it has engendered. Similarly, we have developed powerful automobiles that glide along super highways, but cannot control the hundreds of thousands of deaths from car accidents every year. Thus, for every positive that science and technology devises, one or more very dangerous negative consequences are unleashed upon the world.

Which leads me back to the essential reason this occurs. It turns out that environmental degradation is the end result of our *uni-dimensional* view of life. It is the result of our mechanistic, empirical, material-only approach to the creative process, which excludes other dimensions -- including the psychological, the social, and the spiritual. Environmental degradation itself thus a product of having left *Man* out of the developmental equation. The scientist, engineer, or other professional is too preoccupied by the joy of discovery in matter; by what can be seen under the microscope; by what can be resolved into a neat equation to address the subject from its deepest and widest context. Operating from within a constricting, exclusive box of a materiality, the discoverers and implementers are insulated from the wider truths of life, which allow falsehood, and, yes, evil to be set loose on the world.

We could therefore say that this material, empirical, mechanistic approach to discovery is one of *Ignorance*, since it is separated from the true, wider, multi-faceted, all embracing *Knowledge* that is being addressed. Because the work professional sees only a small *part* of the whole picture, decisions made and actions taken are based on a



material, mechanistic, empirical superstition, releasing negative outcomes that become the basis for social strife and danger in the world. In fact, one subtle principle of life is that when we embrace only a part of the Whole of any object of inquiry, all of the *other* parts tend to express negatively. Pollution, nuclear threat, and death on the highways are but several ways the unaddressed Whole, this missing multiplicity of understanding expresses when we look out on the world through these limited blinders. Even now, the unaddressed truths related to any number of subject matters are producing negative side effects in a host of fields that we are summarily unaware of.

Thus, though the world has now begun to perceive the dangers of the degradation of the environment, it has not understood the *process* by which it occurs. It is not simply a product of modern life, or of a developing economy, or even the foolish ignorance of a few men, but the way we put Matter before Man in the discovery process. It is the root cause of the dark consequences that threaten or otherwise degrade our daily lives.

And yet no matter what its origins – material or otherwise -- environmental degradation is a reality and fact of life. Moreover, that issue is galvanizing the peoples of the world into action. In that process, connections are occurring amongst individuals, associations, and organizations, which, in essence, occur as movements of cooperation, integration, and harmony. Such integrative and harmonic associations are but another way that human unity is taking shape.

We could even say that these harmonic developments are reflections of the Spirit itself – particularly the Divine aspect of the Oneness of life. When we protect the planet we share, and when we do so through deep cooperation and connection, we are experiencing several aspects of the Oneness of being in life. If this is so, then environmentalism may be looked upon as a kind of shared religion; or better yet, a first form of common spiritual experience shared by the peoples of the world.

Through our ever-increasing mentality, through wider circles of culture, through the integration of citizens and nations, human unity is beginning to take shape in the world. Environmentalism is a particularly powerful catalyst because it addresses a fresh new way of relating to our common experience, enabling people to participate and interrelate in ways that transcend one's backgrounds and culture. The environment is not alone in this regard, as the Internet has a very similar nature. It is a most unexpected manifestation of the new: an

organization that not only supports ever-greater knowledge and individuality, but ever-greater unity and harmony of purpose amongst the people.

These ever-new, unexpected forms of commonality of purpose are sure signs of an emerging World Unity. We can look around and see many such signs in the arts, politics, economics, the media, public discussion, and so forth. Most of all they subtly reside in the new perceptions of the individual, in the way he or she relates to others as well as humanity as a whole.

And yet this slow but steady emergence of World Unity presages an even greater eventuality for humanity: the emergence of a common spirit-oriented life on earth. It is a human existence where the Spirit is brought into every activity of our lives in order to bring out their infinite potential. It is a new world unimagined where we experience our ultimate psychological fulfillment, while perceiving the deepest truths of life, including the Spiritual underpinnings of all existence. That ecstatic vision and possibility is also now beginning to appear on the horizon: a sign of humanity's ultimate destiny and purpose.

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12/1/07

### **Louis Pasteur and the Power of Inner Equality**

There is a wonderful moment in the 1935 film *The Story of Louis Pasteur* that I doubt hardly a critic would notice. It is an expression of the miraculous-like phenomenon of "life response" -- i.e. the spontaneous arrival of sudden good fortune. In particular, it is an example of how taking to calm and equality in the face of great difficulty can elicit powerful positive response from the world around us.

In the incident in the film, the famous scientist Louis Pasteur has been trying to discover a cure for hydrophobia -- i.e. rabies -- that ordinarily comes through a bite or contact from a rapid infected animal. It is Pasteur's belief that if he gives a mild dose of the disease to an animal, it will build up a resistance to it when it actually does have the illness. This is the approach Pasteur develops to cure rabies and other infectious diseases. I.e. give the sick patient a mild form of

the disease, and the body will spontaneously generate a resistance to it, which will push out the illness when it enters the system.

In this particular episode in the story, Pasteur believes he has a cure for hydrophobia/rabies, but many are skeptical. In fact, one key member of the scientific establishment, Dr. Charbonnet of the French Academy, is so sure that his cure is wrong that when in Pasteur's lab he grabs a syringe filled with a dense concentration of the virus and injects it into his arm! Pasteur is mortified, as he believes that Charbonnet has sealed his own fate. Not only was it not intended in such concentrated doses, but it was meant only for sickly individuals.

As it turns out, Charbonnet not only survives the inoculation, but the next day seems perfectly fine! In fact, after 30 days he shows no signs of the disease. While Pasteur is baffled by this outcome, Charbonnet flaunts the fact by parading around the Parisian scientific community, as well as high society circles, proudly pointing out how healthy he is. At one point, he boasts that the more he takes of the allegedly lethal serum, the healthier he feels! As a result of his public posturing, Pasteur's image is greatly tarnished in both scientific circles and amongst the general public.

One day an associate friend of his rushes into Pasteur's home to notify the great chemist that he has been made a mockery of throughout the country. Pasteur however *does not react at all* to this news. A moment later, however, his wife Marie has the thought that perhaps the dosage the doctor took was of an *old* batch, and therefore had no potency to affect him. Pasteur then rushes into his office to test out the hypothesis, which he then verifies to be true. A second later, it occurs to him that that he could give infected animals with the disease a low dosage of the serum and then gradually increases the dosage, thereby creating immunity without killing them. The idea has sprung into his mind like a revelation.

What does this story then teach us? From the point of view of life response – i.e. the onset of sudden good fortune due to changes in our consciousness -- it is rather straightforward. Because Pasteur did *not* respond emotionally to word of his public humiliation, his wife Marie came forward and made her statement about the old serum, which set in motion events that led one of medicine's greatest discoveries. It is an illustration of how *inner calm and equality* in the face of negative circumstance attracts powerful positive conditions from the world around us.

If we think about it, we will see that being calm and equal is more than an inner psychological technique, but a spiritual one as well, reflecting the universal spiritual principles of Peace and Silence. Other principles, like Love, Oneness, Truth, and Goodness have their psychological equivalents as well, such as self-givingness, willingness to embrace the other person's point of view, generosity, gratitude, and others. Each time we take to any of these, we release powerful positive energies that tend to attract life response results.

Practically then we can do the following: when difficulties descend on us, we can try to move to a state of absolute stillness and calm. When we do, the difficulties will tend to quickly evaporate, and unexpected positive conditions will also tend to take their place.

But then a question arises. How can we turn ourselves on and off like a spigot as such situations arise -- i.e. readily shift from our normal psychological state to this poise of inner calm? One answer is that we can simply remember to put aside our emotions and take to that state when these intense situations arise. It does work for those who have trained themselves to do so. And yet this may not be enough, since we tend to be overwhelmed by life's outer conditions to have the wherewithal to move to this higher status on demand.

A more certain approach is to establish a more *permanent* inner poise of stillness and calm, which will spontaneously refrain from reacting to life's intensities. We can begin to produce this affect by moving our center of awareness back away from surface of life to an inner poise, marked by inner concentration marked by stillness, and silence. Through this approach, we develop an inner orientation, a "witness consciousness" that silently, calmly, and patiently looks out onto the world. Then when severe conditions cross our path -- whether as intense negatives, or even intense positives -- we will not be disturbed, as they will fall off us like the proverbial water from a duck's back. In other words, life will respond, and those severe external circumstance will tend to quickly subside on their own. In addition, an entirely new development might arise, outside the current situation, as a further positive response. Such unexpected developments can be so powerful that it can change our lives, as it did for Mr. Pasteur and the world.

12/15/07

## **The Road to Hana**

In Hawaii there is a place that has captured the imagination of adventurers, tourists, and lovers alike. It is the mysterious island of Maui. While many come to vacation, snorkel, golf, and wander its endless palm-lined beaches, others come to have an experience in nature that will be moving -- perhaps even enlightening.

But where would one find such a place on this allegedly enchanted island? Probably not in the big, luxurious hotels lining the shoreline of Lahaina; nor the exceedingly wealthy gated communities on the gently sloping hills overlooking the spectacular beaches of Wailea. Rather one tends to look up to the two great volcanoes on the west and east sides of the island that soar majestically 10,000 feet above the sea -- often covered by a mysterious fog that lures one to the top where the cones and crags puncture an impossibly blue sky.

In my case, something else had that effect; or rather seemed to have that effect on others. It is an area on the northeast side of the island, hugging the shoreline, and just below the towering volcano of Haleakala. There resides a spectacular tropical forest of unfathomable beauty. It is not however the usual type of rainforest -- hidden in some deep valley; shrouded in mist, moisture, and mystery. Rather it is located *astride* the coastline -- on the hillside and mountains overlooking the stunning Maui shore. What makes it particularly interesting for the first time visitor is that you traverse this tropical wonderland via a one-lane byway known as "The Road to Hana."

As you drive this mountain highway, you pass through 30 miles of what can only be described as the world's largest and most magnificent plant store. An astonishing array of tropical plants, flowers, and trees pass by as you traverse the steep, winding road on the slopes of an impossibly beautiful shoreline. As you make your way through the sun-dappled region, navigating the 50+ hairpin turns, on a road that is often a single lane shared with oncoming traffic (!), you feel as if you have arrived at Eden -- to a real, not a mythical paradise on earth.

And yet despite the 1 to 2000 cars that navigate the difficult-to-travel road on any given day, you are enthralled by the green landscapes,

the endless cascading waterfalls -- not to mention a spectacular 1/4-mile arboretum with plants, flowers, and trees so beautiful, strange, and mystical-like that you want to cry.

The Road to Hana is a journey through the physical beauty of life -- a tour de force, magical place dreamed up by some God-like artisan. In addition to the enjoyment of the ride, there is the added promise that you will find something special when you arrive at the mysterious town the road is named after. You imagine a village of artists, poets, and seekers of the New; an ideal world, of happy, contented individuals, expressing themselves through their strange and beautiful art, or musing on the nature of life in the cosmos.

However, when you finally arrive at Hana after a grueling 2-3 hour drive, you see that there is hardly anything to be found. There are a few buildings, a few shops -- even a few places to lodge; but that is all. Sure, the hillsides are dotted with spectacular homes tucked away in coastal forests overlooking the ocean, but what you find in Hana is a little underwhelming, despite the promise of its namesake road. How odd, I thought at the time, that after this thrilling but arduous journey, so little was to be found.

And yet, there was no point in dwelling on misgivings, since there was still much to see. In particular, I was eager to drive on beyond Hana, and traverse the eastern side of the island below the great Haleakala volcano. My goal was to work my way all the way around the eastern side of the island to the southern town of Kihei where I was lodging. Though I began that effort with enthusiasm, after 10 miles I came to a sign indicating that that the road ahead was closed. Undeterred by the marker -- which I rationalized as likely being out of date -- I forged ahead. After all, I was certainly not ready to go back and navigate 50 hairpin turns, impossibly difficult one-way roads, potholes filled with rainwater, and gawking, camera-toting tourists looking for beautiful shots of road-hugging waterfalls. And so I plowed ahead, seeking my next adventure.

Unfortunately, after several more miles, I came upon yet another sign indicating the same thing: that the road ahead was blocked. Pursing my lips, and letting out a sigh, I now realized that my vision of driving around the deserted part of the island below the Great Volcano for 20 miles on a dirt road crossing virgin, untrammelled, hardly-navigated and inhabited spectacular scenery would have to wait for another day.

And so now I was forced to contemplate the journey back to Hana and then further on back to civilization. It was not the happiest of thoughts, considering my physical exhaustion and my frayed nerves. However, after grumbling about the situation for a minute, I gathered myself, took a deep breath, and accepted my fate. I then shifted my orientation inward, and psychologically prepared myself for the grueling 3-hour return drive. And so I got into my car and joined the foray of vehicles that were returning to the populated areas of the island.

Then something very unexpected happened. Instead of being in a slow procession of vehicles working their way along a difficult to navigate 1-lane road, I found myself in a small caravan of cars that was moving quite swiftly! "What was this," I thought, as I sped along at the tail end of a 10-car procession that were moving at perhaps 4 or 5 times the speed I arrived at. How was this possible?

As I revisited the same winding road traversing gorgeous rainforests above spectacular seashores, I perceived several things going on. First, I saw that there were hardly any cars coming from the opposite direction. Second -- and this was particularly striking -- I did not have to concentrate intently while I was driving. All I had to do was watch the one car ahead of me, follow behind in tight formation, and I would be swiftly swept along with the pack!

I then realized that I would now make my way across the road in less than an hour, instead of the expected 2-3 hours. As I whizzed by familiar landscapes, I was utterly dumbfounded by this change in circumstance. However, soon after I understood what this was all about. It was simply life responding to my change in attitude. I.e., the moment I accepted in full that I would not be able to drive around the island, and would instead have to turn back, life cooperated from all quarters. When I shifted my attitude from reluctance to acceptance, and embraced the given that life had put before me, everything began to go well for me, as I was whisked across that landscape at the tail end of a swift-moving caravan!

In the end, the Road to Hana really was a profound experience for me -- even if it did not unfold as I expected. In fact, that lovely afternoon turned out to be not only an exhilarating *outer* experience, but an enlightening *inner* one as well. Outwardly, I was captured and enthralled by the physical beauty of a once in a lifetime locale. Inwardly, I was reminded once again of the vast power we have within ourselves to alter the conditions of life around us. In that way,

The Road to Hana revealed several of its hidden mysteries to me -- providing another extraordinary moment on an unforgettable, once in a lifetime trip.





## 2008 ENTRIES

1/1/08

### **Moving from the Part to the Whole**

We perceive life as a part, not as a whole, in an endless variety of ways. For example, we readily accept life in the form of matter -- as material formations such as the earth and our bodies -- but we tend to close ourselves off from the non-material existence, including the subtle and the spiritual. On the other hand, there are spiritual aspirants and seekers who live a cloistered existence and commune with a Higher Reality, but are unable to integrate their experiences into normal, everyday life -- i.e. in the world of matter.

And yet we are fully capable of bringing the parts together and living the life of the Whole -- of an integral existence; of full knowledge that when applied tends to attract vast success and individual fulfillment. For example, in the example above, if I were to connect with spirit, and then bring that truth and power into my work, I would accomplish it much more quickly, and far more effectively. When we embrace all sides of a matter or subject or aspect of life, we have far greater insight and knowledge, and are therefore able to produce infinite-like results. On the other hand, when we embrace only the part -- i.e. the limited view -- we constrict life; we reduce our effectiveness, blocking true insight that can breed abundant success.

We can see this principle at work in many areas of life. For example, at the level of society, we value progress -- in particular, *economic* progress and development that brings material well-being. We -- especially Americans and Westerners -- like anything that speeds up that process; while disdaining things that slow it down. Thus, we rush to market an ever-growing array of products and services. This acceleration is a fine development at the material level, but it

embraces only the Part. The Whole includes consideration of the effect of that process on the well-being of Man. E.g., when we bring products to market rapid fire, we would also consider whether the workers are being treated right; whether the products safe; whether the environment is maintained or degraded; whether it is creating disruptions and displacements in society; whether it meets the real needs and aspirations of the people; whether it reflect important individual and social values, and so forth.

The Whole then addresses not only material, but the psychological and social factors as well. It considers and embraces all sides, all interests, all concerns -- not just the limited things we are aware of, or are overly attached to. It in essence includes the gamut of *human values* -- from the material to the spiritual. Interestingly, when we widen ourselves and embrace the multiplicity of truths related to a matter, we not only understand it better, but when we act from that knowledge, what we produce is of a far superior quality. In addition, negative outcomes are avoided.

Here's another example. America is a great country with powerful material values. Through those values, she has brought out the infinite in matter, and enjoys unprecedented economic success. It is also, however, an example of the limitations of the part. As a result of focusing on the material alone, she struggles at the non-material level -- including the psychological, the social, and the political. Her limited view not only creates harmful side effects such as pollution and proliferation of weaponry, but psychological instability as well. If she were to embrace the full spectrum of values beyond the material, she would not only expand on her physical abundance up to infinity, but would enjoy profound social harmony and deep psychological fulfillment.

To see the Whole is the integrative view of life. It creates the most benefit with the least negative effect. If this is so, then why are we not able to embrace this many-sided, integrative view of life? It is because we are limited in consciousness. Driven by our negative or false attitudes and beliefs; by our ego that creates rampant selfishness; by our preoccupation with the surface of things, we are cut off from the many-sided view of life. We miss the variety of truths that surround any subject or matter that are essential for integral, moment-to-moment comprehension.

The truth is that we like what we know, and are indifferent to or reject what we don't know. As a result, we live in ignorance and falsehood.

I.e. we have an exceedingly limited understanding of a matter, which limits our scope for success, while also attracting unintended negative consequences. (One principle of life is that when we embrace the part instead of the whole, the parts we overlook manifest as negative outcomes.)

One way out of this conundrum, is to step back and look at any endeavor or matter, and consider it in terms of four essential aspects -- *the material, the vital, the mental, and the spiritual*. Doing so will tell us if we are embracing the whole or just the limited part. Let's define each and see how they serve our purpose.

By the *material*, I mean matter -- i.e. the physical component, in any subject or undertaking. The *Vital* is the movement of life, including the effects on our emotions and feelings; our desires and needs; as well as our associations and interactions with others and the world around us. The *mental* is knowledge and understanding; our ability to comprehend; the thoughts and ideas we have; the values we cherish and the goals we subscribe, to name several. The *Spiritual* is beyond all of these. It is a subtle power that permeates all the other planes, and can be experienced as Oneness and Unity with environment; as feelings of Love towards our others; as creations and expressions of Beauty; as utter Delight in being alive; and as Timelessness, Infinity, Silence, and Goodness.

Let's say that I am embarking on a project. At various points, I decide to evaluate the undertaking from each of the four planes. For example, I have obtained all the material resources required to get the work done -- including machinery, funding, etc. Thus, the *material* view of things is in good order. However, when I consider the work from the *vital* standpoint, I realize that I have been unwilling to listen to others; that I guard my own entrenched view of things feverishly; and, in general, I am not very communicative. In addition, when I consider the social aspect, I realize that I have didn't really consider the impact of the project on the people who were working on it. These are additional vital aspects or parts at the social plane that haven't received proper attention.

Then I consider the next plane up -- the *mental*. I wonder if the essential assumptions I have made about the phases of the project are accurate; or whether the completion date is reasonable; or whether its achievement will truly meet the goals and values of the company. Finally, there are the spiritual aspects to consider. For example, I wonder if I have been self-giving on the project; and

whether I have demonstrated a level of gratitude towards others for the work they have done; and whether I have been calm and equal when big changes come, or when difficult situations arise.

As I consider my reality from each of these planes -- material, vital, meant, and spiritual -- I begin to move out of the limited part view, and embrace the whole. Along the way, I even come to perceive the true Essence of the matter – including the true purpose of my undertaking has served; what it indicates for the future; even what it has brought out about my own character and what that means in terms of my future progress.

As a result of making this effort, I acquire a more integral view of the things I am engaged in. Through my comprehensive understanding and knowledge, I become more aware of the multiplicity of truths I am grappling with, of the variety of factors that are at play in any given situation. This in turn gives me the knowledge power to make the right decisions that lead to powerful positive results.

As I follow this thread and seek out the multiple dimensions of any matter, I begin to truly value the power of the Whole. Also, as I obtain vast positive results by acting on that knowledge, I feel a deep sense of fulfillment and joy in life. As a result, I am energized to no end, and eagerly look forward to the next challenge.

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1/15/08

### **Keys to Infinite Success in Life**

Often when people reach the pinnacles of success it is because of a special gift or talent -- such as the ability to lead and inspire, or the capacity to develop a breakthrough product, or because they are driven to succeed. Other times, people reach the top simply because they make a steady, plodding effort in the course of their careers.

In research on what enables achievement in life, I have identified three levels of determining factors. The first contains the foundation - - i.e. the essentials for success. The second contains the more subtle, psychological factors that bring it about. And the third are the inner spiritual-like determinants of achievement. Let's examine each of these more closely.

The first level contains the foundation and essential determining factors for success in life. They include our ability to target specific goals we aim to accomplish; our intense desire and will that they come about; our level of personal organization; the talent and skill we bring to bear; and the psychological strength we demonstrate in the face of life's challenges. *Aspiration, focus, will, organization, skill, and strength are thus the basic building blocks of success.* Together they release enormous physical, vital, and mental energy that tends to attract vast success for that individual. Let's examine several theoretical examples.

Consider the case of Eliza Gonzales, who currently demonstrates these capacities in spades. She has a keen interest in becoming a project portfolio manager; has the intense drive to make it happen; is fully organized in all aspects of her life; has all the necessary skills to accomplish; and has an innate ability to persevere in the face of life's challenges. As a result, she has reached the very top of her field.

On the other hand, her colleague David Montaigne has not risen very far. Though he has had the aspiration and drive, he never developed the skills required of his position. Likewise, Sandra Lee, a co-worker of his, had the skills, but lacked the will and drive for achievement. Sanjay Aziz, a fourth member of the group, had the will and determination, but lacked focus in his life, as he was unable to formulate what he really wanted out of his career. Thus, where Eliza succeeded beyond measure, David, Sandra, and Sanjay plateaued at only modest levels of success.

The second group of factors that engender success are even more subjective and psychological. They take shape as our *attitudes and personal values*. In fact, if we examine Eliza's great success, we see that she excelled in both areas. E.g., colleagues often described how positive her attitudes were -- in particular, how she always looked on the bright side of things; how full of self-confidence she was; how she always took responsibility for problems rather than blaming others; and how she always happily accepted what life had put before her. In this way, her attitudes -- about herself, about others, and about life -- will exemplify.

That cannot be said of the others in the group, each of whom had one or more significant wanting attitudes. One colleague had problems getting along with several staffers; another was consistently unhappy with the work assigned to her; and a third had a cynical, constricted view of what he could accomplish. As a result, each were burdened by

psychological constraints that prevented them from reaching their full potential.

In addition to her very positive attitudes, there was something else Eliza had in abundance -- highly developed personal values. Everyone noticed how tolerant she was; how she encouraged others' to express their opinions and make contributions; how committed she was to bridging the gap between the company and the surrounding community; and how dedicated she was for social change and improvement. Eliza's values and beliefs sharpened her aspirations in life, gave her focus and energy, and enriched every activity she engaged in. On the other hand, her colleagues had trouble formulating their guiding principles and values, which created an intensity and energy vacuum in their careers. This conspicuous absence of clearly defined and applied personal values kept these members of the group from ever moving beyond the mediocre.

Finally, the third group of factors that determine our success level consists of *spiritual-like behaviors and values* that tend to attract *ultimate* achievement. Among them are-

- Our capacity to consciously seek out and embrace all sides of an issue, rather than just the one we are attached to.
- Our ability to respond calmly and with equal poise to the difficulties and challenges that come our way.
- Our ability to see negatives as positives in disguise, and adjust our behavior accordingly.
- Our capacity to be selfless and self-giving towards others, instead of acting out of ego and selfishness.
- Our ability to express our gratitude to others and towards life for all they have given us.
- Our faith that all will turn out well; that in fact a Higher Power is working on our behalf.
- Our ability to open to the spiritual Force before engaging in any act, which has the effect of bringing life under our control.
- Our ability to think for ourselves, instead of being influenced by the herd.
- Our capacity for self-scrutiny; i.e. our aspiration for personal growth and improvement.
- Our desire to seek out life in full, and live a life of adventure and challenge.

All of the factors described above have one thing in common: they lead to ever-greater success in life. Taken *together* however, they generate an *overwhelming* power that brings about ultimate, infinite-like achievement. In fact, if we examine how such success comes to us, we will see that it arrives in two distinct fashions -- through the "to-be-expected way" and through the "life response way." The former means that as we embrace these achievement factors, we move ahead in a logical and practical way. E.g., people will take notice of our new behaviors, skills, actions, etc., and we are rewarded through the to-be-expected channels and unfoldings of life.

The *life response* method on the other hand operates much differently. In this reality, when we embrace one or more of the success factors -- particularly ones we are deficient in -- life *instantly* responds in kind, i.e. the very moment we change our inner orientation, life suddenly moves on our behalf, bringing us overwhelming good fortune. For example, if I shift away from my hostile attitude towards a co-worker, my boss suddenly appears in my office with word that I have been promoted to a much higher paying and satisfying job. This indicates the subtle, miraculous-like relationship between our inner selves and the world around us. When we change the inner, the outer instantly responds in kind.

If we can attract such powerful results by making these changes, then it only makes sense to take up the challenge. Therefore, why not review the success factors listed above, and come up with several areas where you are deficient. Then make the concerted effort to implement that change in your life. If you do, life will immediately start working on your behalf. That's precisely what happened to Eliza when she made the decision to both improve her level of cleanliness and orderliness, as well as reverse her negative attitude toward her boss. From that day on, her career began to really take off. You can do the same thing in your life, and you too will be taken to the stars!

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2/1/08

### **How Life Responds to Focus, Interest, and Aspiration**

Every day I have one or more "life response" experiences -- i.e. startling instances of sudden good fortune. Sometimes the miraculous-like result comes because I had earlier opened to the spiritual Force, while other times it comes because I had earlier

reversed a wanting attitude or habit. Just as often, it comes as a result of taking an interest in a matter or focusing on a thing, or having an intense desire and aspiration for something to come about. It is the last three -- interest, focus, and intention -- that I would like to concentrate on here.

One day recently while surfing the Internet, I learned about Google's new initiative Google.org that has been established for investing in worthy global and regional causes. One such cause is called 'RechargeIT,' in which Prius and other high-mileage automobiles are modified to collect the sun's energy through solar power modules mounted on its roof, enabling the car to extend its mileage capacity. This unusual technology enables the car to get 100 miles to the gallon, while becoming an energy *giver* to the electric grid, rather than a taker -- reversing the normal relationship between vehicle and society. As it turns out, solar energy is an area I have had a deep interest in for quite some time, beginning decades ago when I first researched the subject at Temple University for an article I was writing for a major youth-oriented magazine. To see a major innovative company like Google getting behind an innovative initiative like RechargeIT is in one sense the fulfillment of a long-time personal dream. I was therefore thrilled when I watched a Google YouTube video on the subject.

Then something interesting happened. When I got up from that energizing experience, I looked outside my office window. Across the way, there is usually a series of cars parked in parallel formation in front of a number of businesses. However, this time I noticed that there was only one solitary car parked there. It was a shiny new red Toyota Prius!

Such miraculous-like experiences happen to me with considerable frequency -- perhaps 3- 10 times a day. And those are just the ones I notice. As I mentioned earlier, these startling life response results normally comes as a result of offering an activity to the Spirit, or shifting from a wanting attitude to a positive one. Yet other times they come as a result of focusing on a subject or taking an interest in a matter. The Prius incident I just described is a case in point. When I focused my interest on Google.org's initiative to retrofit Prius car's with solar collectors that feed rather than take from the energy grid, life conspired to present me another iteration of it in the form of a sole bright red Prius parked in an area normally packed with vehicles.



If that is an example of life response through mental focus and interest, then, then what about a life response that comes as a result of our aspiration and desire for something to come about? It turns out that a close friend of mine had one just the other day; mirroring similar experiences I have had many times along the way.

In this instance, it turns out that my friend was listening to a local radio show. In a particular daily segment, the host plays songs in alphabetical order. That is, the first day he plays songs that begin with A, the next day the B tunes, and so on. On that particular day, he was going through the G selections. In fact, when my friend tuned in, they were playing 'Goodbye Yellow Brick Road,' a song from the 1970s by singer-songwriter Elton John. As a result, she realized that she had missed the Beach Boys song 'Good Vibrations,' also from that era, which disappointed her. Later that day she settled down to watch a movie. About half way into the middle of it, she realized that they were playing 'Good Vibrations!' Out of the millions of songs in the world, it was this one that had come up! Then later on, she settled in to watch the finale of the 3<sup>rd</sup> season of the ultra-popular TV series 'Lost'. In the episode, a man sacrifices himself for the welfare of his compatriots on the island. To do that, he taps in a code into a power system. As it turned out the code was based on the notes of the song -- you guessed it -- 'Good Vibrations!'

When we focus on a thing, take an interest in a matter, or desire for something to come about, life tends to conspire with our thoughts and emotions by attracting iterations of it. Very often, what comes is pleasing to us and brings substantial benefit -- material or psychological. That benefit is proportional with our desire for something tangible to come about. The more intensely we want something, the more likely we receive back substantive and beneficial results. When it comes in the form of a life response, we are utterly dazzled.

The other day my friend was attending a three-day workshop where she was required to travel daily over 50 miles round trip in the pouring rain. I wanted to tell her that rather than make the commute back and forth in the downpour, and particularly at night, that she should try to stay overnight somewhere. Unfortunately, at the time, I was ill and could not communicate with her; plus, I did not have the phone where the affair was taking place. Well wouldn't you know it, shortly after I received a call from her informing me that someone had invited her to stay over at their home! I had not even conveyed my intent to my friend and yet she informed me that she was going to

do the very thing I had hoped for. That is the power we have to attract the very things we yearn for without the need for any outer action. It is the inherent power we have to move life outside ourselves from within.

In the end, what will make these possibilities real to us is to have these sorts of experience ourselves. Once we begin having them, we will see that they are a real phenomenon of life, and therefore we will look out for them in the future. We will also begin to develop the subtle sense to know how to invoke them on demand.

For nearly a week recently, I wanted to inform a new client that the training session we had planned would require more than the normal 7 hours to complete in order to accommodate all of the items on the agenda. I felt that it needed to be longer, although I could probably make do with the current allotted time if I had to. I did not raise the issue with the client. Suddenly the next day, I received word from her that she felt that the hours need to be extended a bit, and didn't I agree with that idea! I nearly fell over as I saw that she had read my mind; or rather she had picked up my vibration of intention. She had responded to my aspiration, though I had never expressed it to her in any way. It also demonstrates the power that silence generates. That when we withhold a thought from expression, it causes others to speak it out. It is a magic-like power that I call "Silent Will."

And so another 24 hour period had come to an end with a blizzard of life response events, too numerous to enumerate here. Once again, I was reminded of the power we generate from within by focusing and taking an interest in a matter, or aspiring intently for something to come about. It was further demonstration of the subtle power we have within to attract the infinite potential of life to the here and now.

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2/15/08

### **Becoming the Master of Time**

We all live in time – i.e. the unfolding of moments. When we are gripped by time, it is an indicator that we are living in our lower consciousness. When we become masters of time -- i.e. we are able to control and overcome it -- we are living from a higher level of awareness and power.

Normally, we perceive that time has to run its course. Yet a conscious individual knows that he can control and overcome the duration of time. For example, if I decide to increase my level of organization through greater orderliness and systemization, I gain control of time because I am now in a position to accomplish more quickly. In fact, everything I do to organize myself at a higher level, improve my skills, uplift my wanting attitudes and beliefs, focus on something to accomplish, etc. tends to bring more of time under control. Through such conscious efforts at improvement, time becomes less an enemy but a friend -- as I now live under a greater efficiency in which I produce greater results in a shorter period of time with less effort. Through such efforts, I reduce the time it takes to accomplish, and thereby increase my level of success in life.

And yet if we so choose, we can also *completely* overcome the constraints of time. From out of nowhere, we can *instantly* attract results that would normally have arrived after the to-be-expected lengthier period. It is the cancellation of time expressed through the phenomenon of Life Response -- i.e. sudden good fortune. For example, let's say I want to earn an additional \$100,000 per annum. I then take up an initiative that will bring me that result through hard work and effort -- hoping it will be achieved within six months. Eventually, I may accomplish my goal in that period. And yet if I were to access the right *inner* lever, I can literally attract that result *instantaneously*. E.g. somewhere during my effort to achieve the additional \$100k -- maybe right at the beginning -- I realize that I have had a negative attitude toward a co-worker. When I then overcome that attitude, within 24 hours I receive word of a job offer whose starting salary is double my current \$100K remuneration, thereby achieving my goal nearly instantaneously! In this life response scenario, sudden good fortune has overcome the constraints of time, as I have essentially accomplished future-intended results in the present. Thus, by uplifting our consciousness in a certain way in a given situation, we gain control over life, overcoming the duration of time. It is a miraculous-like power that is available to each of us every minute of the day. It is just a matter of being aware of the possibilities, and making the right, conscious choice in that situation.

Here is another approach to ultimate Time Efficiency. Normally, we live in the present, in the sense that we are preoccupied by what we are doing now. In our normal existence, the past appears ever-receding, and the future a distant dream. And yet if we were to experience life not in the momentary present, but in the *Ever-Present*, we would gain access to the power and knowledge of the past and

future to create the time and space negating results in the here and now. Let me further illustrate.

Imagine there is an arc of time that ranges from the past to the present to the future. Normally our mind compartmentalizes these into three divisions of time, not perceiving that they are really a single continuum of existence that we have complete access to. I.e., from a higher state of consciousness, I can have constant intimations of knowledge of the influences of the past on the present. And from the other side, I can have continuous revelations of future possibilities and its implications on the now. In this way, the past and future is fully incorporated into the present moment; in the current activity I am engaged in. Thus, at any moment in time, I can know all things of the past pertaining to the present, and know how the present will project into the future. In this Ever-Present consciousness, I gain ultimate power over life. It is this life and time power that humans of an inner psychological and spiritual bent will increasingly possess in the future. And yet it is a functioning that we can each live now by elevating our consciousness -- i.e. by overcoming our personal limitations and coming in touch with the spiritual Reality.

Though I have spoken of two powerful approaches for overcoming time -- utilizing the right inner triggers to trigger invoke sudden good fortune, and bringing the knowledge of the past and future into the Ever-Present -- we have not yet considered the nature of time itself.

Imagine that there is no universe -- only an Unmanifest that is immutable, ineffable, timeless, and spaceless Being. Now imagine that there emerges a universe out of this reality, and in it, there is now *extension*. That extension in the manifest universe is what we know as Space. Now, within that still, extended space, *movement* and *change* takes place. I.e. the objects of space move, creating a differential between what was, what is, and what will be. *Time is that measurement or perception of change that occurs through motion within extension.*

Then how does this relate to our own lives? We humans are fully influenced by Space and Time. In fact, we are a product of it. We ordinarily function from a limited consciousness in which we are ruled by the exigencies of Nature, including its slow and difficult methods of progress. However, we can overcome the influence of Nature -- including its unhurried, deliberate unfolding; its slow ticking and marked out moments of time -- and greatly facilitate our progress. How can we do this? One approach is to bring duration under control

by using our inherent organizational and psychological powers. E.g., I can plan my future so that it occurs much faster. More particularly, I can organize my disorderly files so I create greater work efficiency that speeds up my level of success in life. And yet it is not until we go *beyond* our normal mental functionings that we can truly overcome the grip of time. How do we do that?

If I live on the surface of life, I will surely be caught up in time. I will tend to be preoccupied by the superficial events occurring around me -- in particular, the visual and auditory sense data that is streaming into and filling up my mind, keeping me from perceiving the big picture, the subtle possibilities unfolding in that moment. As a result, I will be entrapped in those moments of time. However, if I move to a deeper consciousness within, I develop a "witness consciousness" in which I more readily perceive the subtle unfoldings of life, the variety of possibilities around me from which I can make the best, the most conscious choices. With this deep moment-to-moment knowledge, I am far more likely to take to right decisions and actions that produce the most efficient results -- hence abridging time. Interestingly, included in these result will be powerful instances of sudden good fortune, where positive outcomes arrive instantaneously from out of nowhere, overcoming the drawn out unfoldings of time. From that deeper poise, I also have intimations of the past influence on the present, deep insights into present conditions, and intuitions and revelations of future possibilities. I then have an arsenal of insight that enables me to move quickly, and in the right direction, attracting rapid and powerful positive results.

There is one other aspect of time I would like to share with you: that our perception of it depends on the consciousness or plane from which we are perceiving it. The higher the plane we are in, the quicker time seems to unfolds; the lower, the slower. Have you ever sat somewhere with nothing to do -- perhaps waiting for an important client who is very late to a meeting, or you have run out of things to do on the job? In those physical-like scenarios, time seems to slow down, unfolding at a snail's pace. On the other hand, when we are very busy, time seems to fly by. It is particularly true if our minds are engaged. E.g. if you driving a long distance with a friend, and engage in a stimulating conversation, time seems to pass by very swiftly, as if several hours went by in half that time.

In general, time moves slowest when we are in the physical, material consciousness; somewhat faster when we are in our vital, emotional center; and faster still when our minds are fully engaged. For

example, I am often amazed at how fast a class I am leading unfolds when I lose myself in the needs and thoughts of my students.

Interestingly, there is a mode of being in which time moves faster still. When we experience Spirit -- either within, or opening to it above -- the drag of time all but disappears. Those who take to deep meditation know very well that after coming out of that state, several hours will have seemed like minutes. It is the experience of the timelessness of pure Being within. Likewise, those who have taken to spiritual technique of "consecration," in which you open to the Spirit before undertaking an act, life tends to quickly come under control, cooperating with you from all quarters. It is the ultimate power of the spiritual Force that overcomes the constraints of time.

Finally, it is worth noting that our moment-to-moment experiences of time originated in the Timelessness of the Infinite consciousness. We miss that timelessness behind the moment because we live in our lower nature. However, when we move to our higher and deeper nature, we feel that timelessness in every moment. We then experience the deep bliss that is inherent in the unfoldings of time.

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3/31/08

### **Nature Works on Many Fronts Simultaneously**

Nature works on many fronts simultaneously. I.e. it seeks to accomplish several things -- even matters that seem to contradict one another -- through one central circumstance. Take the Tibet situation. Most of us are aware of China's tyranny that began in 1958 when she drove out the Dalai Lama and killed perhaps millions. Yet for all of China's heavy-handedness, Tibetan culture and its Buddhism in particular there had become crusted over and outdated. By being pushed into India the young Dalai Lama initiated revolutionary change in its teachings, embracing the modern way, which has very much changed the nature of that culture. Had China not oppressed the Tibetans, it might have taken centuries if ever for this progressive change to take place. And, of course, China too is being taken to task for its continued oppression of the Tibetans at a time it is economically and culturally emerging in the world. It too is being forced to change in the bright light of public opinion.

Thus we see that Nature works on many fronts at the same, defying mind's normal view of things, which tends to see only one part or

aspect of any thing. However, when we develop a higher consciousness and rise out of linear, static mentality -- enjoining the higher intuitive and spiritual dimensions of life -- we can begin to see the variety of unfoldings and influences that emerge from any central circumstance. These startling, confounding, and often contradictory outcomes indicate Nature's Ultra-Efficiency that seeks and establishes progress along multiple lines simultaneously. It is a true wonder of life.

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4/1/08

### **Taking Another's Point of View**

There are endless occasions to express our own point of view. It is invariably limited, a mere part, maybe even false. Others can fill us in with the missing truths and parts of a matter, enabling us to know the Whole. It is always available if we are willing to take another's point of view. Mind is exclusive; it does not want to hear other sides of a matter. Hence our essential Ignorance. When we take another's position, however, we move out of Ignorance in that moment and embrace the wider truths. Even if that person seems dead wrong in our eyes, we should consider the truth behind the words. There is always something to be learned, so we can attain the many-sided knowledge. Each time we do, life will move in our favor.

A man didn't want to work weekends at a retail store when requested to by his boss. He thought he was already working hard during the week. One day he shifted and accepted the boss' point of view. When he arrived that weekend, he was suddenly greeted with the biggest sale of his life.

We know the part, not all truths of a matter. If we open to what others say. we not only gain a far greater knowledge of a matter, but sudden good fortune moves in our direction. Often it is life-changing.

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4/2/08

### **Moving the World from Without and from Within**

The pioneer westerner seeks outer action to change the course of life, away from disaster and suffering. He seeks ending nuclear proliferation, environmental degradation, disease, poverty, etc. He is a man of outer action. The eastern pioneer -- i.e. the yogi -- seeks to

change himself within, causing corresponding life on the outside to instantly change. He is a man of inner, soul-based action.

Churchill rallied the people at the retreat at Dunkirk, a masterly outer action that saved the world. Meanwhile Sri Aurobindo from within invoked the fog there that shrouded the forces and saved humanity. Even His force was behind the ascent of Churchill to lead the world in battle against the Nazi oppressors, only to withdraw it when the prime minister resumed his colonialist activities. Once again, we see the outer man of the west and the inner man of the east in action having an equal power over the outer reality; with each seeing the world from their unique vantage points.

We too can follow in their footsteps and change the outer world through these two entirely different approaches. Which one we choose or how we integrate them together in our own lives depends on our mind's intention and the deep aspiration of our soul.

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4/3/08

### **Acts of Goodness Instantaneously Attract**

There are several key factors that attract luck in our lives -- one of which are acts of goodness. When one engages in selfless and self-giving behavior, life tends to respond with overwhelming good fortune to our person. In each of three novels by author Jane Austen, an act of goodness changes the life of the heroine forever through the institution of marriage.

Near the end of *Pride and Prejudice*, Eliza Bennett shows her gratitude to Fitzwilliam Darcy for the effort he made in saving her family's reputation. He in turn most unexpectedly responds with a proposal of marriage, when she thought her family's behavior had disgusted him and he therefore no longer had any interest in her. They are thus happily married, and as a result her family come into a huge fortune.

In *Sense and Sensibility*, Elinor Dashwood showed an act of kindness very early on in the story by relieving a servant girl of unnecessary work that instantaneously attracts Edward Ferrars for the first time out of nowhere -- not two feet from her (!) -- who would later marry her.

In *Persuasion*, Anne Elliot shows deep empathy for Captain Harville's love for his beloved wife whom he must return to on occasion after long, one year commissions at sea, which instantly attracts a completely unexpected love letter from Captain Frederick Wentworth,



which leads to their sudden engagement and marriage. Again, she thought he had no interest in her anymore.

In each case, a profound act of gratitude, kindness, and empathy -- three forms of goodness -- attract a powerful response that instantly turns the entire story -- leading to the joyous outcome of marriage for each of the heroines.

Life for us in the real world is precisely the same. When we look out at life through the eyes of others, sudden good fortune moves in our direction, as we now have shifted from the limited plane of ego to the universal plane, where our deepest aspirations are instantaneously fulfilled.

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4/4/08

### **Experiencing Oneness in the Depths**

*RP:* When we go within we begin to overcome our divided nature that perceives dualities of pleasure and pain. Instead, we see the oneness of life; all things in their essential unity. That includes the unity of the inner and outer, and of spirit and matter. We see all things that appeared as contradictions on the surface as complementary in the depths.

*Question:* How can we then move to this depth to see life this way?

*RP:* Imagine you are going for a walk. At first, you perceive a busy life that is beautiful to the sight. You also hear a variety of sounds. Now you withdraw your attention from the things that catch your eye; as well as the sounds. You blur your eyes so you are not preoccupied by the visual sense. You withdraw to a secret place inside, and the outside becomes a misty dream.

You march on silently with a heart and mind empty and still. You then briefly perceive several thoughts inside, which you let go of, and then slowly fade and disappear. Now you are walking briskly, yet silently; still and free, and empty within.

You walk this way for several minutes. Up ahead you notice a commotion. You see people who appear to be in conflict, yet you sense that they are working things out underneath, despite the outer division. As you walk on you turn around and see them shaking hands. You sense that they now have much to think about and improve on.

You are silent in thought, yet mindful and aware. When you examine your inner conditions, you perceive no division anywhere within. All is clear and smooth.

Inside there is a solidity of stillness. There are no emotions. No desire. There is only flow, and calm.

Still concentrated within, you feel the first stirring of spirit. Then you gaze outside, and you sense that the world itself is a vessel of it as well. As is each person. You are no more important than they are. That they are an extension of you, and you of them.

As you walk on, you feel non-separation between you and life; a single continuous existence that flows from within outward, and from outward to within. All separation and division between you and life has disappeared. It is peaceful non-dual existence that extends forever, and returns to a vast stillness inside.

Now you feel your being extending outward to ends of the universe. You are in silent communion with the All and everything.

You sense that all division, conflicts of life are only surface occurrences; mental views of things. That underneath all is deep harmony and oneness.

You look out onto life and perceive stillness and peace everywhere. All is but a golden light.

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4/5/08

### **Experiencing the Reality from Within**

There is an ultimate Reality. It is beyond our normal conceptions of God. It is timeless, spaceless, immutable, indefinable. It is the Unmanifest as well as the Manifest. It is the Absolute of the West; Brahman of the East.

How can we know this ultimate Reality? Not when we live ordinary lives of the surface. Only when we develop an inner poise and orientation can we begin that journey. From there we can begin to get intimations of this Reality.

As we plunge into the depths within, we become silent witness to the world. Deeper still we come upon our True Self, our personal evolving soul. There we constantly perceive the multiplicity of possibilities unfolding at any moment in time. We always know in which direction

to turn, to act; what to avoid; what elements in our being need improvement, uplifting. There we feel connections to the universal and transcendent planes. We also now have direct intuitions and intimations of the forces and truths of the universe which enter our minds without thought.

In that status all conflicts, divisions, and dualities that we experience, such as the apparent incompatibility of Spirit and Matter, or the dual life experience of pleasure and pain, begin to break down.

From that deep poise, the contradictions of life resolve into their natural complementary status. From there we perceive that the inner and the outer are one; that in fact, the entire universe is contained inside ourselves and if we change the inner, the outer will respond in kind.

As a result of these harmonic experiences, we perceive the unity of the manifest and the unmanifest, which is the omnipresent Reality, the ultimate vision and experience of life.

We can begin approach this profound inner status through meditation, deep concentration, consecration of activities (i.e. surrendering all actions to the descending Force), and other methods.

As we make deep inroad into our inner being, we feel the divine presence within and above compelling us to Surrender to it. We perceive our role in the comic scheme of things. We become instruments of the transcendent and universal intent. We begin to offer our very existence to the Higher Purpose.

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4/6/08

### **Nature, Soul, and Human Progress**

When the Manifest emerged from the Unmanifest through the willful action of the latter, Life divided into two aspects -- Nature and Soul. (In Indian parlance Prakriti and Purusha). Nature is Life's slow and difficult way, and is the normal way humans experience the world. Soul (or spirit) is Life's method of progress through higher consciousness -- producing only positive effects without any negative. (I.e. it is Self-existent.)

Man is dominated by Nature. He evolves along with it slowly and painfully through division and duality; and pleasure and pain. He can however evolve through Soul/Spirit instead, rapidly, with no negative outcomes.

Nature's difficult method was sanctioned by the Divine to allow for the greatest multiplicity of possibility of forms, of forces, of aspects in creation that would allow for the greatest variety of Delight.

When we humans move from Nature to Soul by discovering our highest nature, we experience the Delight for which this life was created. I.e. the Divine willed to extend its static Delight into the dynamic Delight through self-discovery of forms of creation -- i.e. we -- fulfilling the intent of the Infinite.

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4/7/08

### **Beyond the Avatar to Personal Realization of the Many**

The avatar comes to bring new spiritual insights to the world or region that was not there before in order to bring progress for the society. Jesus taught a new level of universal and divine Love that had not existed before. Buddha for the first time addressed the issue of suffering, death, and impermanence head on, and devised a way out. Krishna presented anew the nature of the Soul and how it can be a conduit to the experience of the Divine Reality. Sri Aurobindo and the Mother came recently to usher in the new age of human progress through conscious evolution, culminating in a Divine Life on earth.

And yet, we cannot just wait around for great personalities to forge the path of our future. We must do it ourselves. It is after all the age of spiritual *experience and realization*, not that of merely following the avatar in the form of religious worship.

The 20th century was the age of the common man, where the average person secured rights once reserved for monarchs and kings. The 21st century is that of the True Individual, where we become anything we set our minds to -- unfettered by the opinions of the others and the culture we belong to. It is also the age of the True Spiritual Individual, where the person takes his cues from his inner being and soul, moving through life armed with the deepest and most profound of practical and cosmic insights. He in turn is able to become the true spiritual pioneer; perfecting, uplifting, and divinizing life around him, ushering in a new age of human progress.

In the new age, there are fewer and fewer great spiritual personalities. Instead, the realization moves down into the populace where there is an explosion of spiritual realization amongst a considerable number of individuals. The realization of spirit reverses

from top down influence to bottom up experience. There is less following, and more becoming, allowing for sustained personal realization. It is a decentralized movement that will lead us to the next stage of human evolution on earth.

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4/8/08

### **Money Power that Comes through Trust and Detachment**

People are beginning to understand that the journey is the reward. That can be interpreted in one sense is that the things you accomplish is all important, not the money. I.e. the money will follow if you focus intently on what needs to be done to lift up yourself, the world.

E.g., the more you innovate and catch the emerging waves of society, the more money will follow in the wake of your efforts. Silicon Valley companies like Apple and Google are examples. They just want to change the world through innovative, breakthrough products and service in the computer and Internet domains. As a result, money follows them in buckets! They are garnering infinite-like cash on hand without any long-term debt. It shows the emergence of self-multiplication power of money in society.

Money is a power of trust. The more trust, the more it circulates. The banking system is one example when they lend out money. One extension of this trust power is the availability of micro credits to poor women in Asia. Money's ultimate power comes through ultimate trust. When we connect to the deepest realms within, and thereby move away from ego and separateness, we enable the greatest trust. I.e., we have the trust of the divine in action. In between, many stages and manifestation of trust will appear in society. Those who tap into that will prosper beyond their wildest dreams.

Money comes to those not attached to it. Man is mostly a slave to it. It is mostly in the hands of dark forces, but that is changing. We can overcome the situation by changing our consciousness, including our relation to and view of money.

Money is a vast social power that the world misses. If we align ourselves with that emerging social power, we align with the infinite money potential.

4/9/08

## **Consecration and Spirit-based Living**

One of the choices that we have available to us is whether we or not we wish to move to the Spirit. If one does, then we can begin with one essential approach to life -- consecrated existence.

Normally, when we take up an activity, we just do it. Usually there is some thought involved, perhaps some planning, a certain will to achieve, and the physical effort to make it happen. This is the way we normally accomplish our objectives in life. However, if we choose to live a spirit-oriented existence, this approach will not suffice. In a spirit-oriented life, actions are taken not merely for our own sake, but for the Divine's sake -- fulfilling *Its* will, purpose, and intent. When we focus our intention to accomplishing an act for that Higher Purpose, we are in essence *consecrating* the act. When we do, stunning developments are likely to follow, as the act is infused with the spiritual powers of the Divine. Consecration in this way is then the central method that distinguishes a spirit-oriented existence from an ordinary one.

How then do we consecrate? It is actually rather simple. Before we begin any activity -- such as reading an email or meeting with a new client -- we can pause for a moment, concentrate ourselves within until we are somewhat still, and offer that which we are about to undertake to the Higher Power. When we do so, we not only give what we are about to embark on greater purpose and meaning, but what takes place thereafter will tend to have the stamp of the Divine action upon it. The act that we have consecrated will tend to unfold better, as positive situations and circumstance unexpectedly arise; where previously problematic circumstances will begin to dissipate; and where a feeling of calm and well-being will permeate the atmosphere. In other words, by consecrating the activity, life will begin to cooperate from all quarters. It is the power of the spiritual Force in action.

Let's consider an example. Say that you are about to begin an important activity. Before beginning, close your eyes, quiet your mind a bit, and then list out in your thoughts some of the details of what you are about to embark on. Now try to come in contact with the spiritual Force in the atmosphere. Then say something like "Oh Divine Force, I offer X and Y [the things you are about to embark on] to You. I do this work for Your sake, so that Your power, force,

energy, wisdom may suffuse the work." Then let go of that deep aspiration, and continue on with the activity.

Sometime thereafter, notice if anything special has taken place. Perhaps an unexpected positive development has come to your attention, or you have experienced an unexpected instance of good fortune. If you see the benefit, consider if and how it is related to your effort at consecration. Try consecrating in this manner several times in the course of the day, and see what results come your way. At the end of the day, tally the benefits that you have received as a result of your inner effort to engage the spirit in the activities of your life.

As you experience the wonder of these powerful results, you will be energized to no end. You will begin to see the power of spiritual magic at work in your life; that life operates in ways you would never have thought possible; that you have an awesome power at your disposal to direct the course of your life. In addition, as you consecrate activities on a regular basis, you will have taken the first decisive steps towards living a spirit-oriented existence.

At a later stage, you will feel not only this sense of wonder, but begin to develop a certain desire to *surrender* to this Power. You will begin to see that you are making the effort at consecration not so much for your own personal achievement and success, but to fulfill the Divine purpose and intent. You will begin to feel that you are becoming an instrument through which the Divine Intention and Will can flow. At that point, you may begin to surrender your very life's purpose and existence to the Divine. Then your own individual soul purpose and the Divine purpose will begin to merge. Such spiritual experience and realization in the activities of life is perhaps the greatest joy known to Man.

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4/12/08

### **Following the Process of Accomplishment in Problem Solving**

There is one fundamental process of creation in the universe. The same process that enabled the universe to emerge from a Divine source, is the process by which we create and accomplish in life. For us the process is to envision a goal, willfully want to accomplish it, organize the details and strategies and carry it out with skill and right attitude. If we do so, we will accomplish our goal and then some. We

will also garner the sudden cooperation of life for our efforts. Sudden good fortune will descend on us from all directions.

This same approach can be applied to problem solving. Once we focus on a problem to be solved, intensely want to solve it, consider the details from all sides, and act skillfully and consciously to find solutions, they will quickly begin to appear. Even if we struggled with solutions earlier, now they will suddenly arise before us. They may arrive through intuitions of thought, where the solution simply springs into the mind from out of nowhere; or it may come in the form of a response from life, where good fortune suddenly comes to us from unlikely sources, such as a sudden phone call from an unknown party providing the complete resolution to our problem. The latter is what I call the miraculous-like phenomenon of "Life Response."

The key in solving the problem is to really forces on it, want it, and examine it and staying positive at every step. If we do that, life will cooperate and brings forth solutions from all sides, from outside, as well as from within.

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4/13/08

### **The Complete Act in the Process of Creation**

Every day you are afforded the opportunity to create something perfect. When we follow the process of creation from vision to manifestation, we create such perfection -- and then some. This universal process can be seen in the largest of undertakings, as well as the smallest of acts. An example will illustrate.

You prepare breakfast every day for yourself. One day you have the will to make it, though you are a little fuzzy on the precise entity you want to create. Another day you know exactly what you want to create, yet you are not all that motivated to prepare it. A third day still you know what you want and have the will to create it, but have not thought through and organized the details of its execution. In each of these cases, --and there are a myriad of combinations -- the process of creation is not being followed, which leads to perfect outcomes; even the cooperation of life.

The process of creation in the act requires a vision of what you want to create, which is the conception of the undertaking. For it to actually take shape, it requires your will, desire, and drive. You then need to organize the details so that it can be created as intended. Then you



carry out your organized plan through right skills to get the job done, and determination and positive attitudes to prevent any back sliding.

In the case of the breakfast, you know that you want eggs and toast, but the eggs need to have peppers and mushrooms in them. Your conception is clear. Now you have to have the energy, drive, and will to prepare the food. You also need to consider the details of the undertaking, such as which item to prepare first and other aspects of the organization of the cooking process. Along the way, you must have the necessary physical skills to make it happen. In addition, you need to feel positive at every stage, avoiding any negative attitudes or feelings that might retard the operation.

There is thus focus, intensity, organization, skill, and right consciousness in the process of creation and accomplishment. To start in the middle of the process (e.g. with will, but not goal and vision of what is to be truly achieved), or leave out one aspect, will create wanting results. To follow the process in right order and meet all its conditions will create a perfect outcome. Often it will be accompanied by instances of sudden good fortune, where positive developments from the surroundings suddenly and most unexpectedly move in your direction. It is the miracle that unfolds when we follow the process of creation in a given act -- large or small -- bringing out the infinite potentials of life to the here and now.

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4/14/08

### **Opening the Locked Box**

Each of us have perhaps half a dozen cherished beliefs we subscribe to. It can be about life overall, or in a given field like economics. One well known financial expert who has a syndicated radio show believed in low interest rates by the Federal Reserve, the anathema of taxes, and safe, incremental investment. Some seemed true, others decidedly not so. We each then advocate those views unchanged throughout our lives. In essence, we take those half dozen positions, opinions, and put them in a box that we then lock tightly. We then subscribe to none others. As a result, our thoughts, opinions, and attitudes are fixed and false. In addition, we never venture to open the box and consider their veracity - i.e. by excluding the wanting ones, or adding new ones of truth.

The truly Rational Man however operates much differently. Logic dictates that he continually examines his positions and points of view.

He continually opens that box and lets in the light of day; or rather the light of truth. He does not keep that box shut for a lifetime, as every one of us do, refusing to absorb new knowledge and insight.

By considering its contents, that man fulfills his life's obligation to grow as an individual -- giving his soul nourishment in its evolutionary ascent. When we keep the box locked, we waste the precious life that has been given us. On the outside, we live lives of error, falsehoods, and evil. Inside the box, truth calls out for its release, yearning for the Light.

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4/15/08

### **Holding a Thought in Our Mind and Its Opposite**

It is difficult to hold two thoughts in our mind that contradict one another. If they are opposite, how can we subscribe to one or the other? And yet the spirit-oriented individual who has transcended ordinary thinking tends to embrace *all* sides of an issue that make up the Whole, rather than the exclusive part ordinarily subscribed to. By moving our center of awareness inward away from the surface, we enable such multi-opposing perceptions of truth.

Mohandas Gandhi was the redeemer of India, bringing her to independence in 1947 after years of hard-fought battle. Can anyone but admire; no, *revere* the Mahatma? And yet his practice of "Ahimsa" -- non-violent action -- caused a 30 year delay in Indian independence, the partition of the nations into two (including Pakistan), with nuclear missiles pointing at one another. Also immediately after Partition, millions died in the separation. When the British were on the ropes years earlier, and were on the verge of leaving the country through Indian *force*, Gandhi stepped in and halted that action because it was not derived through non-violence. Thus, independence was delayed in the name of the gimmick known as Ahimsa, bringing great suffering and problems in its wake.

It is difficult for the mind to hold these two apparently conflicting ideas -- Gandhi's greatness and his tragic error -- together. And yet that is the truth that overcomes our propensity to see only one side of an issue. For example, China annihilated the Tibetans in the 50s and 60s when she tried to make her way towards independence. The Dalai Lama and followers were forced into India. China had undertaken the most despicable actions to defend her territory: an abuse of the collective ego. And yet at the same time, the Dalai Lama realized that

Tibetan Buddhism had become crusted over. In India and his travels around the world, he came to perceive a modern, new evolutionary perspective that he never would have enjoyed if he remained with his people in Tibet. Because he was forced to run, life compelled him into a new, dynamic perceptive of the religion he led. It is an irony of history that only an open mind -- i.e. a multi-side perceiving spiritualized mind -- can fully appreciate.

Each of us are tethered to a limited view of things. We stick to it fiercely. Yet Nature works on multiple fronts simultaneously -- enables what seem to be contradictory occurrence to happen at the same time. E.g. the EU might not have ever come about, or if so in hundreds of years, if the Nazis in the guise of evil hadn't rampaged through Europe.

Man in the 21 century and beyond will begin to unshackle the propensities of exclusive mind, and embrace a true hyper-rationality of spiritualized mind, which is willing to look at all sides of an issue, and embrace each of those truth, no matter how contradictory they may seem on the surface.

Even the brute Nixon went to China to open up that once-closed land.

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4/16/08

### **The Power of the Spiritual Force**

At the turn of the 20th century, Sri Aurobindo fought to throw off the yoke of English oppression of India. But then one day while in jail he had a vision and gave up the outer effort completely. He decided to free India from within -- i.e. through an effort in consciousness; by bringing a spiritual force to bear. On August 15 1947, India gained its freedom. It occurred on Sri Aurobindo's birthday. He had worked in the subtle plane all those years to bring about her independence.

Sri Aurobindo is better known however for his discovery of what he called the "Supramental" power. In his view this is the plane that enabled the universe to come about from a Divine source. It is also a plane that we can rise to in our own lives to bring about ultimate practical and spiritual progress. This Force has been pressing down and entering the earth's atmosphere, though in the last 25 years, its strength and influence has rapidly increased. Practically, the most important factor is this: when we open to its power, life's conditions are instantly brought under our control; sudden good fortune moves

towards us from every direction. For those who have already surrendered to the Force in their daily lives, they have experienced one miracle after another. Among them are-

People long ill suddenly return to perfect health; those at the bottom of their fields rise to the top; items lost are unexpectedly found; families near ruin experience a boon; groups about to come to blows, relent; a decade's long feud is finally diffused; impoverished individuals come into wealth; tornadoes destroy every other home but theirs; pilots shot down miraculously float to earth; nations about to go to war are mollified; the many-years sick become well; the physically unattractive becoming good-looking; a court case hopelessly lost is reversed; oppressive bosses act softly; hospital emergencies turn out to be nothing; those ready to die suddenly have reason to live; babies with defective hearts are healed; criminals on the loose are apprehended; college rejections are reversed; golden opportunities appear out of nowhere; violent arguments turn peaceful; oppressive armies retreat at the border; cash poor businesses find huge hordes of money; near bankrupt individuals come into windfalls; families in discord find harmony; men at the bottom are lifted to the top; enemies become friends; the forlorn find reason to live; the unloved are loved; heavy rain replaces drought; unprecedented solutions arrive for unsolvable problems; resources appear when there is extreme scarcity; individuals are saved from great embarrassment; a great energy crisis is cancelled; electrical power suddenly comes on; a new life's work presents itself; individuals hopelessly lost come upon their destination; small sales turn into huge ones; wallets and purses hopelessly lost show up; long empty stocks of inventory are filled; difficult medical operation go smoothly; people near death come back to full health; a raucous training session turns smooth; difficult to sell properties are purchased; rejections turn into acceptances; disagreements into agreements; obstacles of every manner and type disappear; dark conditions brighten, etc. etc.

By opening to the power of the spiritual Force, we can have anything we want in life. All we have to do open to that power and ask for our heart's desire. Life will then quickly move in our favor. The result will be a wonder to behold, changing our lives for the better, while altering our view of what is possible. Won't you try it out yourself?

4/18/08

### **Evoking Luck**

What humans call "luck" is not the conscious evocation of it; but its unconscious form. I.e. it is fortuitous, but unintended. Instead we want to evoke luck on demand -- shifting from the unpredictable luck of ordinary life to the persistent Luck through the conscious, evolved personality. This is the higher form that we can be masters of, and evoke when we so choose.

How then do we create this Higher Luck? The Higher Luck issues forth as a result of the following: a clear idea of what you want to achieve, a great will and determination to make it come about, the organization of the details through strategies, including the adoption and implementation of appropriate values, a full persevering effort that is matched by skills of execution and a supremely positive attitude. To insure the cooperation of life, you offer the matter to the spiritual force. Then you will produce luck, i.e. Life response, i.e. Instantaneous miraculousness.

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4/21/08

### **The Spiritual Essence and the Process of Creation**

The essence of Indian spiritual thought rests on several principles. One is that the Spirit is One. I.e. that there is one plane of universal existence. However, because we live on the surface of life, we perceive separation between our own individual existence and the outer universal reality, when in fact they are One. And yet, when I move to a deeper consciousness, I experience the spirit directly without the separative Me blocking that identity. I come to know that Oneness, which gives the greatest of Joy. A second precept is that if I go deep enough within, I will discover my true self' my Soul. And that soul is a spark of the divine; a nook of the spirit that is harbored for the individual, though its source is everywhere.

Thus in the depths of consciousness, I discover that I am one with all things in the cosmos, including my environment and other, and that there is a Soul in the deepest parts that is my own representative of the transcendent divine within. This means that in fact there are three

essential spiritual principle: a transcendent divine reality, a universal reality in the cosmos that is One, and a personal True Individuality and Soul being. When we move away from the surface, of sense, and discover our deeper consciousness, we move into identity with all three.

In the modern era however this understanding has begun to shift; or rather add another dimension. It also includes the *dynamic* dimension of life; otherwise known as the evolutionary principle. Thus the transcendent Reality is not only a spiritual essence, a being, a witness, but is also a creator Force; a power that enables *forms* of that spiritual Force to unfold in the universe. From out of the Reality emerged a Conscious-Force that then emerged as an invisible Energy in life out of which forms of it took shape -- from matter to human -- through a process of involution and evolution. Thus we see the dynamic, creative power of the transcend divine unfolding in time and space through matter, life forms, and mind, culminating in the human being.

It should also be pointed out that there is only one process of creation in the universe -- one that that we share with our Creator. Just as the universe emerged from a Divine source through a process, so too do we create and accomplish in life through a similar process. We humans envision what we want to become, willfully seek it out, organize it in all aspects, and carry it out with skills and right attitudes. This is the same process by which the universe emerged from a Divine Source.

Together the underlying spiritual reality and the process of creation work together to enable an underlying stable existence as well as a creative, dynamic existence in space and time.

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4/22/08

### **The Divine's Power of Creation that is Available to Us**

There are many properties of the Divine Reality. One is its poise as silent Witness of its creation. Others are its poise of supreme Love, ultimate Delight, infinite Wisdom, and Oneness and Unity of being. Another aspect of the Divine is its capacity to Create. Out of a conscious Decision of an Infinite Reality emerged a universe of Forms. Out of nothingness came an entire cosmos, demonstrating the Divine's infinite capacity to create.

What I would like to bring out here is that as forms of the body of the Divine, we have that same infinite capacity to create in our own lives as that of the Infinite Reality. We too have the ability to envision something unprecedented in our future and follow a process so that it manifests just as we intended. Just as the universe emerged from the Real Ideas of an Infinite consciousness, so too our heart's desire can be realized through an conception and idea originating in our minds.

I am not simply suggesting that we have the power to create, but we have the power to create *perfect* outcomes that come about instantaneously or *very rapidly* -- overcoming normally perceived limits of what is possible, and how cause and effect unfold. If we envision what we want, have the deep aspiration and will for it to come about, organize it in its details, carry it out in a timely manner with consummate skill and the very best of attitudes, and bring the spiritual Force to bear, we will evoke sudden good fortune that will descend on us like a miracle.

In this way, the process by which a universe of forms emerged from the Supreme is also available to us in our own lives. We are therefore also the Ishwara, the divine Creator in potential. We here in the body of God are capable of doing the same as He. In the end, that might be the greatest gift that the Supreme's has endowed us with.

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4/24/08

### **The Oneness of Adams and Jefferson**

In the 8-part series on the life of the second president of the United States, John Adams -- a man who helped forge the nation -- there is a startling finale. For several years after his loving wife's death, he kept up an intense dialogue with Thomas Jefferson via post. Though they worked closely on bringing the nation together, and collaborated in their respective presidential administrations, they were also rivals. They even ran against one another for president. Sometimes their philosophies would converge; on occasion, they would clash.

What then was the startling finale? Because their correspondence was so intense, they ended up dying on the very same day. Not only that, but it was on July 4th, the birthday of the nation. Moreover, the day they died was the 50th anniversary of the birth of the nation! On the surface, it seems like a startling coincidence, yet if you see how closely they were in their correspondence, they had almost become two halves of the same person. The energies, forces, and vibrations

were so intense; and their interlocking relationship so powerful, that they deceased on the same famous day. Because they were so far apart -- one in Massachusetts, the other in Virginia; and were too old to visit one another regularly -- they each had a bust of the other in their room to help them envision one another. We can imagine them each looking at, talking to their respective friend's bust as they penned their plethora of letters.

Two men had thus practically become One -- in mental thought, in spirit, almost in body. In our lives, the Oneness between ourselves and others also beckons us. However, we are too caught up in our separate selves to perceive those outside our own physical being. Though we do come together intensely in love --whether for spouse or children or friend -- that in part merely fulfills our ego. It is more difficult to experience that oneness with other people we come in contact with, where a business associates or a casual acquaintance. To share that Oneness in that way would mean that we have abandoned our separative nature, our ego, so that we are able to bridge the divide between us and move in harmony; experience oneness and unity with our environment and those around us.

However, we can only reach that state when we move away from the surface of life and discover our deeper parts within. There we find silence, and further still our own True Nature and Soul. From there we experience a universal state in which we feel deep commonality with the world around us, including the people we come in contact with. It was there that John Adams and Thomas Jefferson met and found harmony of being, despite their being so many miles apart.

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4/25/08

### **The Privilege of Paying Our Taxes**

America came into being when the colonists refused to pay unfair taxes to their British lords. Through their rallying cry of "no taxation without representation," they eventually threw out their colonial masters. Therefore, until this day the average American citizen loathes taxes. Corporations seek every legal means of avoiding it. Also, in a society of freedom, having to pay taxes seemed counterproductive. The citizens of many of the other countries of the world share this same view. It is unfortunately wrong-headed.

In life, we form contracts with others. One example is the contract we have with the government. We may not realize we have one, but we



do. It is that they will take care of us -- provide security, infrastructure, et al -- and in return, we will pay our taxes. Thus paying taxes can be considered an act of patriotism. It can even be argued that one who distains taxes is deserved of losing his citizenship since he has broken his essential contract with his government. He is not holding up his side of the social bargain.

When we pay our taxes, it should be an act of gratitude, indicating our deep thanks and appreciation for the benefits the government, the society has provided us. When we move from distain to consciously express positive attitudes of sincere gratitude, we move away from our egocentric view and open to a wider field of existence. It is from such a poise that sudden good fortune arises.

So when we pay our taxes, let us think of the nation, state, or community that has provided the great foundation that enabled our life to thrive. Let us give deep thanks to those who have come before us, who have helped shape our world, and to whom we are paying back through an inner debt of gratitude. Paying our tax then becomes a profound act that cannot help but release powerful positive energies that will keep the wheel of inner and outer success turning.

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4/29/08

### **The Potential Positive Power of Negative Life Response**

Life responds positively and negatively; i.e. with good or bad fortune, reflecting your inner condition at the time. It is the phenomenon of "life response" in action, which is predicated on the principle that the outer is a reflection of the inner.

When a negative circumstance comes your way, it can be tied to one or several wanting qualities on your part -- perhaps a wanting habit, a negative attitude, a wrong-headed belief, a wrong decision or action, or any of these in combination. One man had his car towed and perceived a plethora of wrong attitudes that attracted this negative circumstance from life. It indeed consisted of a combination of the previously alluded to factors.

The key of course is to avoid such attitudes in the past which will prevent life responding negatively. It will also be an opportunity to come to grips with limitations in your nature; i.e. it is an opportunity to grow as a person. In that sense every negative that comes to us is a positive in disguise.

5/2/08

### **Converging Views of Science and Spirit**

In recent years, the scientists and spiritual evolutionists are coming to a common understanding of the nature of Matter in the universe. The inevitable realization of scientific inquiry is that the basis of all material existence is Spiritual, while the inevitable result of spiritual experience is that Spirit reaches its full flowering and apex when it is expressed through the details of material life.

The recent discovery by scientists of Dark Energy in the universe confirms this trend. Invisible Dark Energy is now believed to be the source of all forms in the cosmos. The Indian spiritual sage and seer Sri Aurobindo came to the same conclusion, but from a different angle; namely that this subtle, invisible Energy is an end product of a Divine process. In fact, the Dark Energy of material science and subtle Energy of the modern spiritual metaphysician may simply be the same thing.

Let's examine this invisible Energy from the spiritual perspective, since the scientific one is more commonly discussed. Sri Aurobindo says that there is an ultimate Reality -- ineffable, immutable, timeless and spaceless. At some point that Reality took its first step toward manifestation when it became conscious of itself and as a result generated a Force. Conscious-Force thus became the original non-substance "substance" of creation. In reality, that Conscious-Force split in that creation process, leaving only the Force component. That Force became the invisible sea of Energy that permeates the universe, and out of which all forms come into being.

As science continues to explore, it finds itself in endless conundrums; at dead ends, as their discoveries confound their minds. That is because the Reality is beyond the normal functionings of mind. It only can be perceived through intuition, revelation, and supra versions of mentality, which is precisely the way the spiritual seekers of the modern era are beginning to perceive the world. They sense this Reality, and are thus coming in touch with it, and by identity explaining it. Sri Aurobindo has provided this profound knowledge in great detail, saving humanity perhaps 1000 years of spiritual and metaphysical inquiry. Scientists are merely coming to the same understanding through the faulty logic of empiricism, of the material view, which sees only the part, not the Whole; and surely not the Essence.

Life is more than matter. It contains vital movement, energy and force; mental knowledge and awareness; and spiritual expressions taking shape as Oneness of being to Infinite Creation Power to Divine Love to rhapsodic Delight of Being. Science can learn to embrace these other dimensions of the Cosmos. When they do, they will perceive a core Spirit behind all things. Then they will be on their way to a true understand of life in the universe.

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5/3/08

### **Less is More**

When a writer comes up with an idea, he initially expresses it boldly, albeit through limited beauty of expression. He then expands on the matter to bring out the fullness of the idea, only to realize that the expression is too broad and expansive. As a result, he rewrites what he has written before in a concise way. What comes out of this process is a small jewel, a beautiful expression of a profound idea.

Life does not seek out quantity as much as quality as an end result. It looks for the perfect expression, perfect outcomes that reflect concise truths of consciousness. The world can be said to be moving in that direction. Though we go about accumulating many things in life, we are ultimately seeking happiness. In spiritual terms that is called "Delight of being," which is an even higher form of happiness because it never deserts us. The essence of gathering together of things in life -- material objects, wealth, family, power, position, and so forth -- is a means of creating One Small Thing, which is happiness, or better yet Delight of being. The quantity matters less than the quality. If it can be obtained through a small vehicle, then that is sufficient. What is important is the value, which is small and precise. It is Less than the sum of all things.

Each of us can look at our lives and determine what that essence is; what that True Thing consists of. When we know that, we can condense down all other things in pursuit of that deepest of personal values. By discarding, we move to the Essence. By abridging, we move to our Truth. By focusing and simplifying, we move towards our heart's desires in life. In that way, less is more, and more is less.

5/5/08

### **Several Principles of Truth and Knowledge**

- Man knows the Part. He needs to know the Whole, which is the multiplicity of parts and the essence.
- To know the truth, accept the other man's point of view.
- A thing is true. So is its opposite. A thing and its opposite are true.
- Negatives are positive in disguise. They are more intense positives.
- An irrational man knows without mind. A rational man knows through his opinion. A spiritually rational man knows through Truth that embraces all sides and all opposites.
- Higher consciousness sees contradictions as complements.
- Life moves forward through the dance of opposites.
- Ignorance is to perceive life through contradiction and division. Integral knowledge is to see life through complementariness and oneness.
- Mind knows through division, by breaking the whole of existence, matters into parts.
- Division is an illusion of the mind. There is only Oneness.
- The inner and the outer are One. They share the same continuous stream of existence. Therefore, if I change the inner me, the outer instantly changes.
- Cosmic Mind existed previous to human mind. The mind of God originated as Consciousness that produced the force of creation.
- Cosmic Mind divided the force, and produced Energy that was/is the basis of the universe and all its forms.
- We can rise from ordinary Mind to spiritualized Mind and be in touch with Cosmic Mind.
- Through spiritualized Mind we know directly, without the churning of thought, through light, illumination, intuition, and revelation.

5/6/08

### **A Thing and Its Opposite are True**

Man is filled with endless opinions. He is more than happy to express them to any eager ear willing to listen. Literature is full of such characters, and we laugh as they extol the virtue of their ignorance. Mrs. Bennet in *Pride and Prejudice*, the mother of five unmarried daughters is a prime example.

The foolish person who acts from his whims and urges is not a rational person. Like Mrs. Bennet, she thinks with her body; not her mind. She follows her needs and desires, and avoids rational thinking. This is the irrational individual. The rational person is different, as he thinks before acting, or at least considers an idea through a thought process. The trouble is he too is irrational in his own way because he comes up with one opinion through that thinking process and sticks to it virulently, avoiding all others. The *spiritually* rational individual is different still. He too uses the power of reason to consider a matter, but is willing to examine all sides. His goal is to embrace the Truth from all angles -- i.e. to seek the Whole that contains all its constituent parts, as well as the Essence. He has shed mere opinions of the irrational and even the rational individual in his pursuit of truth. Armored with that Truth, he is well positioned to act rightfully and forcefully. He will never fail this way, while the irrational and rational are constantly meeting with failure.

In the process of becoming the Spiritually Rational, he embraces one overwhelmingly powerful principle. *It is that everything and its opposite are true.* He knows that any opinion he extols can be challenged by the reverse. From that poise, he has a fully open mind. From that poise, he is able to move beyond the limits of mind -- which guards its own limited truth -- to *spiritual* mind, which opens to all position, including the very opposite of what one believes. It is thus supra-mental truth perception.

Richard Nixon was a brute as president. His social views were anachronistic. His political ploys poisonous, and his foreign interventions tragic to say the least. We have strong opinions of him in America. Yet he went to China and helped open up that country to the modern world. We see the emergence of this great country now on the world stage. The fixed view of Nixon is challenged. The opposite of what we thought he was is also true.

Everything we believe about a matter somewhere has its opposite. The spiritually rational man knows this, and uses it as one of the great tools for knowledge acquisition, problem solving, decision-making, and right action (or inaction). Seeing and embracing the opposite is spiritual technique based on a spiritual principle of life, that lies beyond any opinion, any thought, any reasoned argument; actually beyond the bounds of Mind's capacities. It is there in the Cosmic Mind; in the unitarian consciousness of the Divine Creator.

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5/9/08

### **Considering the Plane from which We Act**

Any action taken in life can be done with the physical, vital, mental, or spiritual plane of our being leading. The uncontrolled urge to move is physical, the will and drive to take action is vital, the thought-filled analysis of the situation before moving is mental. Opening to the Higher Power or taking to silence before doing anything is spiritual.

Where our center of consciousness resides when we engage in acts determines not only its immediate outcome, but the psychological and physical baggage we accumulate over time. If it is performed at one plane when we are capable of doing it at a higher one, we break down in various ways. E.g. if you are compelled to merely act (i.e. physically without thought), though you are capable of considering the matter beforehand (mental), then you will tend to attract physical problems, such as illness.

It is therefore always worth considering the determining plane you are at before taking any action in work, play, etc., see where you can improve, and act from that new poise. Doing so will not only enable you to avoid accumulating negative propensities and wanting energies, but will tend to quickly attract very positive conditions thereafter.

Over time you can evolve your entire being upward to the point where your central personality is poised in that higher plane. It would be a vast growth: in essence, personal evolution in a single lifetime.

5/10/08

### **Thoughts on the Nature of Time for the Spiritual Individual**

*An Introduction to the New Spiritual Perceptions of Time* -- We can have a variety of experiences of time, from the normal view, which itself is highly subjective, to the spiritual view, in which time has a radically different perspective -- even very different from the fantastic views described in science and science fiction. The spiritual view of time described by Sri Aurobindo has no precedence in human history. It is where all understanding of time and beyond should begin to understand its ultimate frontiers.

*Ordinary vs. Spiritual View of Time* -- The normal experience of time is one of limitation and duality. The spiritual view of time is one of infinite oneness and potentiality.

*The Limited vs. Elevated Consciousness and the Experience of Time* -- The limited consciousness of the average person experiences ignorance, ego, and time. The higher consciousness of the spirit-oriented individual experiences integral knowledge, oneness, and (a) the ever-present and (b) timelessness in time, which produces instantaneous miraculousness.

*The Experience of Time that is of the Divine Consciousness* -- The Divine consciousness is infinite, and when we experience the ever-present and simultaneous time, we come in touch with that Being and Power. As a result, we can access to the power of Creation and Eternity the Infinite Consciousness.

*Conquering Space and Time through Higher Consciousness* -- In the higher consciousness we move beyond the normal bounds of Space and Time. They can eventually be conquered, like Ignorance, ego, and limitation.

*Methods of Higher Consciousness that Overcome Time* -- Higher Consciousness comes by elevating all parts of our nature, moving away from the surface of things to the depths, discovering the evolving Soul within, opening to the spiritual Force, and surrendering to the transcendent Divine. Any such action will tend to overcome the limits of time. It is abridged or cancelled, enabling Instantaneous Miraculousness.

5/11/08

### **The Ever-Present and Simultaneous Time**

A spirit-oriented individual does not dwell on the past, except what can be used of it in the present. Though he may aim to change the future, he is fully absorbed in the present. He applies his full consciousness to the needs of the here and now, without concern about rewards for the future or influences of the past. The individual living in the ever-present is not engaged in needless thinking, or caught up in desire -- focusing only on the demands of the present. Interestingly by living in the Ever-present he knows full the effects of the past on the present, and anticipates the arc of unfolding that will take the current matter to the future. Past, present, and future are thus experienced in the here and now; in the Ever-Present. The result is that one continually experiences a profound sense of well-being.

There is even a state beyond the Ever-Present available to the spirit-oriented individual. It is the experience of "Simultaneous Time." The ancient Indian rishis of the Vedas experienced the timelessness of the infinite Divine away from life. It is one way to relate to Time. Then there is the time that we experience normally, which is a limited perception of reality. To bring the ecstatic, blissful Timelessness of eternity into the unfoldings of Time we move through is to experience Simultaneous Time. In that state where Timelessness and Time meet, we experience instantaneous miraculousness -- i.e. instances of sudden good fortune. There duration of time is overcome, as results come instantly; space is abridged, as the object at a distance is brought down to a single point before us; and the current limited finite reality is replaced by infinite results, in terms of quantity/abundance, quality, etc..

We evoke Simultaneous Time when we move away from the surface to the depths within, culminating with our discovery of our Personal Evolving Soul. It also occurs when we surrender to the Divine Reality in the becomings of our lives. It is a state reserved for those willing to engage in Conscious Evolution -- i.e. Yoga.



5/12/08

### **Making Higher Consciousness Choices in Our Daily Lives**

Every day we are confronted by the same or similar set of inner challenges. Normally we simply react to them without thinking. However, if we stopped for a moment and considered the situation, we would see there an opportunity to express our higher consciousness. If we do, life will immediately respond to our reversal with good fortune. With that in mind, consider the following moment-to-moment strategies:

- At each point you are tempted to complain, be still. Better yet, count your blessings.
- At each point you are ready to blame others, hold your tongue. Better still, take responsibility.
- At each point you are tempted to react, control yourself. Better yet, be at peace.
- At each point you focus on yourself, give up ego. Better yet, concentrate on another.
- At each point you are compelled to speak, restrain yourself. Better yet, simply listen.
- At each point you judge things by what's seen, reconsider. Better yet, discover the truth.
- At each point you assert an opinion, stop yourself. Better yet, embrace the other's point of view.

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5/13/08

### **The Token Work: Finding the Keys that Continually Evoke the Miraculous**

There is an extraordinary technique that we can use to rapidly propel ourselves to the pinnacles of success. Interestingly it is based on our own, individual, unique capacity to evoke the miraculous. It is a matter of identifying what that propensity is, and then repeating that behavior continually to evoke a steady stream of good fortune. Let me explain.

Every one of us irregularly and unconsciously evokes sudden good fortune from life. The trouble is that we don't perceive the qualities we possess and express that attracts these instances of the miraculous. If however we were to isolate those specific capacities, we could repeat them and thereby evoke a continuous stream of luck in our lives.

How then can we indentify this luck-generating trait so that we can repeat it often? We can do it by undertaking what I call a "Token Work." Imagine in the next two weeks that you carefully observe the relation between the sudden onset of good news and a previous expression of higher consciousness or effort that precipitated it. E.g., let's say that you discover that a very positive development came your way immediately after you gave up a hostile attitude toward a co-worker. Now you can duplicate that "life response" outcome by continually identifying all such wrong-headed attitudes in your life. The result is that you constantly evoke the miraculous, leading to vast success and great happiness in life.

One man I know if closely watched the correlation between sudden good news and his previous inner and outer behaviors. He saw that when he overcame his lethargy and made the effort to get in contact with publishers of his book, money started pouring in. He also saw the same effect when he took to higher levels of cleanliness. In fact, when he took to both together, it all but guaranteed the sudden cooperation of life. As a result, now he had the key to continually evoke the miraculous. He thus now saw his own personal path to ultimate achievement and success in life.

We too can each take that very same approach and likewise attract an endless stream of good fortune. We can tie the sudden arrival of positive circumstance in our lives to one or more of the following items that tend to trigger it: Focused intention, making hard decisions, making an effort, overcoming a wanting attitude, higher level of cleanliness and orderliness, accepting what life put before you, being selfless and self-giving, and exercising our psychological strength to mention a few. Through examination of the correspondence between the outer life and our inner condition, we can discover our own personal keys to continually evoke the miraculous.

5/14/08

### **Restoring Our Physical Health**

Energy is the source of everything in the universe. So too, all of the forms in the universe release energy to survive. We humans release physical energy when our bodies take to movement. We release vital energy when we are stirred by our emotions; when there is a will and drive to accomplish something; and when we interact with others. We release mental energy when thoughts enter our mind and when we think. And we release spiritual energy when we connect to our deeper spiritual selves or to the transcendent spiritual reality, or we move to selflessness and self-givingness.

When we are ill, there is an inadequate or unbalanced amount of energy generated in our being. It is indicative that something is amiss. To correct it we need to know the inner source of the imbalance. More often than not, there is a psychological issue at play -- e.g. a wanting habit, attitude, emotion, etc. Attacks of illness can also come to us externally from adverse forces in the environment, including the influence of others through the subtle plane.

Once we discover what that is, and then make the concerted effort to overcome the limitation, the right quantity and balance of energies are restored in our being, enabling the body, the psyche, the emotions, the spirit to become well and whole again. Interestingly the restoration of health can literally happen instantaneous to the discovery of the source of the problem. That is life responding at the physical/bodily level to our change of consciousness within.

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5/15/08

### **Intention that Attracts Instantaneous Luck**

As soon as you focus on a matter that was not earlier garnering your interest and attention, life instantly responds with good news concerning that matter. It is the miracle of "life response" in action. In particular, it is the power of Intention to attract sudden good fortune.

For example, an individual decided to study a program he has been avoiding for weeks if not months, and within five minutes of taking up that effort, from out of nowhere he receives word of a big opportunity

related to that specific matter. In the previous weeks, where he did not focus on that issue at all, life did not respond.

When we focus our intention on a matter, we send out a pulse of energy that moves out into the field of life and aligns with favorable circumstance that we then experience as an instance of sudden good fortune. In other words, by focusing our attention on a matter, we attract instantaneous miraculousness. The fact is that luck is not arbitrary, but is something we can attract to us instantly when we make use of the inner levers that bring it about. Intensely focusing our intention is one such lever that instantaneously attracts abundance.

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5/17/08

### **Ancient & Modern Spiritual Wisdom Emerging in the World**

India and China have cultural and spiritual values that are deep, penetrating, and profound, and yet the West caught up in its semi-rational modernity can hardly perceive it. The Upanishads, the Vedas, the Gita, the Tao te Ching, et al, plus all of the spiritual evolutionary Eastern teachings of the modern era can allow the world to fulfill the individuality that the West championed for humanity.

Asia will outgrow its current superstitions -- religious and material -- and discover the profound basis of culture that is at its roots. She will also take the evolutionary Science and perceptions of the West and integrate it into their subtle, spiritual view, opening open up a new era of consciousness and awareness for humanity.

The Indian sage and seer Sri Aurobindo presaged this all 50+ years ago, and the world is now taking its first small major steps in that direction. Cultural, social, and spiritual integration will follow the current economic basis of unity rising in the world. When the spirit is applied to the details of life, then the ancient wisdom and modern evolutionary spirituality will begin to take hold, ushering in the next stage of human evolution.

5/18/08

## **The End of Suffering and the Spiritual Evolution of Man**

The great spiritual teachers and avatars in history have confronted the issue of suffering in a variety of ways. Krishna who was to his followers God incarnate said that suffering was part of the Divine plan - i.e. it served a useful purpose in creation. Buddha was shocked by suffering and death, and saw life as impermanent as a result. He therefore sought a way out of this state by moving within where he found permanence in the eternal-like bliss of Nirvana. Jesus said the way out of suffering was Love. However, the church turned him into an icon of suffering -- i.e. that he suffered for our sins so that we could live in life after death heaven without suffering.

Each of the insights of these great beings are profound; yet each inherently are lacking in something. Krishna has the most profound view, though suffering and pain still remains unsolved. Buddha addressed suffering head-on, but found no solution other than being detached from it in silent bliss within. Jesus' followers twisted his message; that the end of suffering could only be found in heaven, not on earth.

The Indian sage and seer Sri Aurobindo agrees that suffering is part of the Divine plan - i.e. it creates more diversity/multiplicity through which Divine action can unfold. But he also acknowledged that we needed to *overcome, abolish* suffering, disease, and death in life once and for all. He said that this was accomplished by bringing the Spirit into the becomings of life; by opening ourselves to the spiritual Force which would overcome all human limitation, including suffering and death.

As he indicated, this Force is the Creator power that enabled a universe to emerge from a Divine Source and Reality, and it also available to us to overcome the limitations of life, including disease, suffering, and death. When we open to that Power, they begin to quickly give way. Sri Aurobindo thus brings the evolutionary spiritual process of Creation to bear to overcome the limitations of humanity, ushering in a new stage of life on earth. He links consciousness and spirit to the modern evolutionary evolution to overcome suffering in life. He asks us to bring the spiritual Force and Being into the becomings of our life to transform humanity.

5/19/08

## **Applying the Subtle Principles of Life to Attract Infinite Success**

When the American settlers gazed out on the virgin land, they knew that a clean slate was before them -- i.e. there was a land of infinite possibilities that they could make into their own image. We too have a life of infinite potential before us that we can shape into our own living reality.

And yet the American settlers created ultimate success because they already had the knowledge of how to create a civilization, i.e. having lived there for generations they knew how to recreate Europe in the New Land. Thus, they knew the world they wanted to create, and had the skills and knowledge to do so. In our lives, we too have a certain knowledge passed down through the education system, which give us the capacities to succeed. In addition, we have our own native abilities inherited through our genes and acquired through social interaction. Yet there is one other power that stands above all for shaping our success -- knowing the true Workings of Life. There are a series of previously-unknown, hidden laws and principles that describe the subtle manner through which life unfolds. These are startling unfoldings that hardly anyone knows. And yet if we learn what they are and apply them, we harness a vast power that enables us to instantly bring the infinite potentials of life to the here and now.

One of the principles of the subtle workings of life the power of Intention: that what we intent releases energy that moves out into the field of life and brings us in return that which we aspired for. It is a miracle to behold. Another miraculous-like principle is Inner-Outer correspondence: that what is happening on the outside is a direct reflection of our inner condition, and thus if we change the inner to the positive, the outer instantaneously responds in kind. This miraculous-like result I call a "Life Response."

When we know the dozen or so hidden principles of life then the infinite potentials of life instantly turn into a living reality. Not one in a thousand knows these laws. When the world realizes them, we will see the beginning of a new reality, a new life on earth. We will be able to truly make the world into our own image in no time at all, just as the settlers did after they first viewed the infinite virgin land before them.

5/21/08

### **Inner Life that Prevents Reaction**

Question: How can we avoid reacting to the negative influences and stupidity of others?

Answer: We have many fixed habits. It is hardwired into our being. It resides in the subconscious, even in the body. When we lose touch with our consciousness, we fall back to that lower state, including that of reaction. It is primal. The purpose of Yoga is to overcome that; which takes time. The spiritual Force overcomes time and can also bring an end to all such feelings of the need to confront or scold others for their foolishness and stupidity. Yoga is a process that is long-lasting, requiring time and dedication that serves to overcome the limits of the subconscious; of the physical mind that wants to react, lash out.

Life too is unconscious, and we easily get caught up in it – whether from the social collective, the media, or certain other individuals. Negative vibrations quickly spread to us when we get absorbed in their negativity. It touches the unconscious parts of us and we react.

We are trying to overcome a million years of unconsciousness through conscious evolution, made simpler through deep spiritual knowledge. We can do it in 30, even 3 years if we are dedicated.

The more you grow, and progress, the more you see such negative. The more you are challenged not to get caught up in it. When the consciousness is settled deeply within, there is less reaction. You just smile, and quietly walk by without thought when such nervous challenges to our system arise. You become immune to stupidity. When we reach the Soul within there is always a Guide that tells us not to be caught up in this and that behavior.

It comes down to how serious we are to make the inner change that will bring about the elevation of our consciousness that will keep us fully immune from negative influences.

Yet another approach is to offer to the spiritual Force the sensitivity we have to such things. In combination with moving to the depths, we develop inner strength that is unaffected by the negative.

5/23/08

### **Avoiding Negative Life Response**

We are constantly attracting negative life response to ourselves -- i.e. the sudden onset of ill fortune, though we don't know why. It's simple really: every negative bit of luck that comes our way can be directly attributable to a wrong attitude or action expressed previous to it. For example, we express hostile feeling towards someone, and 10 seconds later from out of nowhere, we receive news that an important business contract of ours has been cancelled. In essence, our negative energy moved out into the field of life and aligned with corresponding negative circumstance that now appears before us as ill-fortune.

We can observe this phenomenon by watching the simplest of TV shows, knowing that what is in the mind of the author is a subconscious awareness of how life really operates. For example, in one episode a partner A plays a practical joke on the other B, much to the detriment of the latter. Within 10 seconds of the conclusion of the matter, A receives word of bad news via post. Or, in another episode C scolds his partner D, when he could have been more understanding, and D immediately is confronted with ill fortune on a related matter.

While it is fairly simple to observe this subtle phenomenon of "Life Response" in the attitudes and behaviors of others, it is more difficult to see it in our own lives – i.e. trace back the negative fortune that has just come to us to a negative propensity expressed or felt moments earlier. And yet we can train ourselves to do that as well.

It can actually be quite useful to detect this cause and effect relationship because if we know the cause of the sudden onset of ill-fortune, we can avoid such wanting attitudes, habits, and opinions in the future, which will mean that our fortunes will continually move to the positive. If we do this on a regular basis, life will unfold as an endless procession of good luck. For example, accomplishment and success will not only double, but increase by 10 times or more. And it will come by sudden burst of unexpected good fortune. It's the secret miracle of life that awaits us all when we become conscious in every moment and avoid the negative.



5/26/08

### **Gratitude that Attracts Good Fortune**

One way we express the spirit in life is through an act of gratitude. When we offer our thanks and appreciation for the efforts of others -- whether individuals or organizations or society -- we move from the ego plane to the universal and transcendent planes. It is that movement that releases concentrations of energy that align with powerful positive conditions that come back to us as instances of sudden good fortune.

An individual was having a conversation with another where he expressed his admiration for Microsoft, who have bent over backwards to make each new iteration of its software backwards compatible with previous versions. It has sacrificed even its own state-of-the-art developments to insure that it is compatible with "legacy" systems. This individual went on to express his gratitude that Microsoft had thus performed a great service for society -- i.e. enabled organizational data to carry forward from the past so that it could be used in the future. At that very moment, another individual appeared on the scene with a check to pay the consultant for services rendered, when he thought that he might not be paid for a month. In addition, he was paid an amount that exceeded his expectations. It was life responding to his expression of heartfelt gratitude.

At each point where we express gratitude for those who have helped us -- including the divine Spirit itself -- life moves towards us with instances of luck. If you perceive this miracle even once, you are more likely to express your gratitude in the future. Even dark thoughts, such as perceptions of one's own failures in life, will give way to offering one's thanks and appreciation for current positive conditions. That gratitude will in turn have the effect of cancelling future failure, while attracting additional positive outcomes.

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5/31/08

### **Levels of Collective Change in Consciousness in the World**

Is there a collective movement in higher consciousness under way?

Undoubtedly we are in a new age where a new consciousness is emerging. It is happening in ways that for the average person are too

subtle to be perceived. Even for the conscious person, it is happening in ways that are beyond the spiritual traditions or even the New Age movements. That is why Sri Aurobindo's perceptions of this new world are so helpful, because he lays out the general parameters so clearly. Karmayogi has extended this knowledge into the major fields of life.

If it is a collective movement, it is certainly not a conscious one. That is why I listed out several of the outer manifestations of collective change, because it can be more readily seen there. For example, people are speaking about the environment with one very strong, even loud voice. It is a great development, but only the most surface form of collective unity. It addresses the purely physical plane of existence. When humanity address the psychological issues -- i.e. the fulfillment of the individual, the encouragement of his full potential, the overcoming of all problems that impede his progress, etc. -- then there would be real collective progress. In other words, we would be collectively sharing the need to embrace the deepest of human values. Environmentalism addresses physical values of cleanliness, security, etc., not the deeper psychological values, let alone spiritual values. Still it is a significant step.

Spiritual values of Harmony, Unity, Oneness, Love, Wisdom, Delight, Timelessness, Infinity, Peace, et al are the deep beliefs that would be embraced for a true spiritual evolution. That is an evolutionary leap beyond; though it can infiltrate earlier forms of collective progress.

We can also see evolution along a spectrum from political to economic to cultural to spiritual unity. We are well under way towards economic unity, with the others hardly addressed.

It is in outer events/unfoldings that we can see the inner appreciation of values. The Internet is a perfect example, as it embraces the deeper aspirations of man. The common man does not see the deeper values that the Internet represents.

Perceptions of deep human values at the collective level would be a great sign that human evolution is on its way, and is being shared, communicated, and embraced. It would be a great step in human evolution.

Of course, the overcoming of ego, ignorance, exclusiveness, possessiveness, separateness, et al; plus the purification at the physical, vital, mental, and spiritual levels of the person are the essential steps of progress for the individual. They would readily contribute to the general collective movement forward; to the progressive evolution of humanity.

6/1/08

### **Becoming Truth's Instrument**

When we watch a play by Shakespeare, we see life presented from many perspectives. We see it through the life experiences of the individual characters, as well as the through their interaction. Through this myriad view, we afforded the opportunity to know the totality, the Whole of what is unfolding at any moment in time. We could say that it is the total or near-total Truth of life presented to us through the poetic genius of Shakespeare.

If life is this perpetual unfolding of this totality of truth, the individual experiences nearly its opposite. He perceives through the small perspective of his own consciousness, through the clouded lens of his limited knowledge. We call this the "essential Ignorance of Man," where Man cannot fathom the totality of truth unfolding around him, as Shakespeare is able to express in his plays. In fact, the individual cherishes his part knowledge, relishes it, adores it, as his emotions get wrapped up in the limited truth he perceives. It is falsehood that can even lead to evil.

We each live our lives from a very limited perspective of the truth. It almost seems pathetic, as we are limited creatures far removed from the totality of knowledge in the domain we are addressing. It is as if the details of truth were all around us, but we have attached ourselves to one small thread.

However, humanity is evolving, and we are capable of becoming more than we are -- including the capacity to know the multiplicity of truth unfolding around us at any moment in time; or knowing all sides of an issue rather than the one we are overly attached to. If we move to a deeper consciousness, our mind expands. When it expands, it becomes hungry to know all sides of an issue or matter. As a result, we then restrain ourselves from defending what we already know, while aspiring to know to know more -- including the details, the totality, and the Essence of any matter. From that deeper poise, we constantly open ourselves to another's point of view, no matter how at odds with our current viewpoint. We hunger to get at the truth of things. We may even aspire spiritually to become an instrument of cosmic-based Truth itself.

So when we go about our daily lives, we should stop and think if we are truly aware of all perspectives of a matter, and consider what it will take to garner that wider, detailed perception of the truth. If we

do, we will be creating the very solid basis for right decision-making and action, which invariably leads to very successful and happy lives.

If we take this approach, then the Truth inherent in creation can become something we constantly aspire for in our lives. Then we will also serve a divine purpose, as Truth's human instrument.

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6/2/08

### **New Planetary Change in Consciousness**

Question: Will there be a vast spiritual shift on our planet, a new consciousness emerging on earth in 2012, as some have predicted?

Certainly, there is a progressive movement taking place of higher consciousness, of evolution, even spiritual evolution gradually over time. It is possible that there will be a spiritual shift on the planet as some have suggested for 2012, or for any year for that matter.

In the 1960s, there was the greatest spiritual alignment in history as the Force descended into the earth's atmosphere. Hardly anyone noticed, yet many were affected, particularly the Hippies. (They too did not know it.)

Movements of spirit are normally inward, unseen, subtle. These are realms unperceived in man. Does it break out on the surface? The Hippies was definitely a breakout. The Force was so powerful, and the instruments of the people so limited that for every step forward the Hippies made there was a step backwards. (They could not hold the force despite their profoundly new perceptions in the world.) Then it all disappeared as if they never existed. The environmental movements, the computer, and the Internet are just a few of their legacies.

Whether there will be another such breakout (itself due to inner spiritual changes in the cosmic realms) remains to be seen.

The interest in "The Secret" is to me the most powerful development I have seen along these lines. It is 75% of what Life Response is. It knows the effect well (i.e. the response that comes), though it is lacking in the integral view of the cause. The Secret's approach is to achieve a goal. Life response is more than that, being a comprehensive view of a new way to live our lives. An evolutionary leap. The Secret/Life response and its offshoots have the potential to

change the course of spiritual history. It is a step in the stages of yoga I outlined in the previous entry.

To return to the original question. We cannot know for sure if such a spiritual breakout will occur in society. As the sage says, "Ours is not to predict, but to anticipate." Yet anything and everything is possible. As Sri Aurobindo said: "It is the Hour of the Unexpected."

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6/4/08

### **Rapid Evolution of Society in Recent Decades**

Normally when we think of the term "evolution," images of how humans emerged from the plant to the ape come to mind. Yet evolution is also occurring in the present, though few have tried to map it out. It is occurring predominantly through human evolution, which can be seen at the level of the individual, or at the level of society, or at the point they intersect. Interestingly, evolution is speeding up in the last several decades. Some have even suggested that evolution is moving into a phase of exponential growth. Consider the events of the last two decades, indicating the evolution taking place in society:

- The Cold War has come to an end, ending bi polar conflict that threatened to end the world, opening the door to more integrative, collective developments in the world.
- The European Union has taken shape, creating a model for forms of political unity in the future.
- Asia has risen out of its moribund state, bringing entire new cultures into the forefront.
- A global view of the earth and environment has emerged, which is a kind of collective world "religion."
- A new world of possibility has opened up with the emergence of the computer, telecommunication devices, and especially the Internet.
- The education of humanity is radically accelerating, contributing to vast new knowledge and insight.
- Man is becoming more aware of other cultures and spiritual traditions.

- Man is becoming more mental, rational, and open to a variety of perspectives.
- We are moving from the rise of the Common Man to the rise of the True Individual, who is able to express his true individuality, not determined by the view of the herd.
- Increasingly it is the era of Rising Expectations where everyone expects their fair share in this world.
- We see individuals all over the world taking to personal growth and new forms of spiritual identity.

From these developments it is not too difficult to envision further steps towards Inner Fulfillment and World Unity, including deeper associations between nations and cultures, the development of a World Parliament, the movement from economic to political to cultural to spiritual integration, the emergence of new insights into the nature of spirit and spiritual progress for the individual, and endless other possibilities. We are just at the very beginning in the next stage of human evolution, just as startling a change from what we are now as the human was from the ape.

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6/5/08

### **Predicting Life Response**

Life response is the arrival of sudden good fortune. If we are conscious of its laws, we can make it happen on demand. We can even know precisely when it will occur.

On this particular morning I had been working diligently, but was now feeling a little tired, and so needed a break. I was ready for my afternoon walk. However, rather than take the walk, I had to wait at home for my FedEx package with my new HP laser printer to arrive. In essence, I had nothing to preoccupy myself with.

For several days, I had tracked the package and knew that it would likely arrive sometime that day. Yet at that point in time, the delivery still hadn't come.

Then it struck me that I now (at 2pm) needed to vacuum the floor a bit. And so I took out my new, month-old vacuum cleaner and began the task. Unfortunately, the dirt was not being sucked up into the machine. Then I recalled that the previous three or four times I used the machine, the same thing happened: i.e. it was spitting out dust

balls even as I seemed to be picking things up. I figured on these earlier occasions that this was the sacrifice I had to make for buying such an inexpensive machine; and that was probably why the store sold it so cheaply. This was my rationale!

Then I thought that cannot be the case, and so I opened up the machine to see what was going on. Lo and behold I saw that the bag inside was not collecting any of the dirt. I therefore hunted down the manual and went searching for the problem. It turns out that I had not put in the hose properly when I first assembled it, causing a lack of suction. When I then went ahead and fixed it, it worked perfectly.

Now comes the best part. I vacuumed for ten or fifteen minutes, but I was concerned that I would miss the delivery of the printer since the vacuum would be too loud. Then it occurred to me that when I finished the cleaning, the delivery would come.

I had been waiting for delivery during the entire course of the day, and now at 3PM, it still hadn't come. Still I suspected a relationship between the fixing of the machine, the completion of the vacuuming, and the arrival of the printer.

As I finished vacuuming, I was almost certain the delivery would arrive as soon as I completed the task. A minute after I was done, I walked over to the window, had that thought again, and instantly saw the delivery boy with the FedEx package containing the printer walking up the pathway! He arrived right on cue!

In essence, I had predicted the exact moment down to the nanosecond the delivery would take place based on the flow of previous events, as well as a knowledge of the workings of life response. (What attracted the delivery was at once the attention I gave to the machine, the willingness to get at the heart of the matter and fix it, and the physical effort of cleanliness.)

Interestingly, this is the third or fourth time this has happened in the past month. Such incidents show the power we have to anticipate, even predict the future down to a level of micro prevision. It is a harbinger of a new way of life that awaits those who wish to explore the subtle unfoldings of life.

6/6/08

### **Vast Accomplishment by Following the Flow of Life**

Watch life closely, there is a marvelous flow to its movements -- in particular, to the unfolding of events. To be in touch with that unfolding is to experience the Marvel. When we are in our higher consciousness, we recognize this flow in all its wonder. When we are in a lower state, we miss this miracle.

If a computer operating system requires an online upgrade, we initially balk and anguish at the fact, as it blocks us from following the normal routine we are attached to. But when we are in a higher, more mindful and sensitive state, we recognize its need, release our distress, and take up the necessary activities and actions that life is now pointing to. Then when we return to the fresh, new things that had to unfold, we see how necessary it was in the larger scheme of things.

In addition, each substitute task we are asked to undertake -- such as cleaning the kitchen while the OS installs on the computer -- will produce important results. It may even attract an instance of sudden good fortune. E.g., while cleaning, a friend you haven't heard from in years suddenly contacts you with excellent news.

Lao Tzu wrote the Tao de Ching. It concerns itself with the true Flow of life, the unfolding of events that we can recognize and partake it at any moment in time. When we are in touch with that flow, it unfolds like a miracle, as we know precisely in which direction to turn, and as a result are constantly securing life's cooperation. When we are inwardly anchored from a silent poise, we are more conscious of the subtle needs of our surroundings. That enables us to know which direction to turn, which allows us to make right decisions that lead to perfect outcomes. From that poise of silent mindfulness, we engender vast success, which tends to take shape through incidents of sudden good fortune. This continuous luck flows in our direction, and in return we ourselves contribute to and augment the Flow of Life.



6/12/08

### **Life Response Power of Self-Givingness**

Life response is the phenomenon where sudden good fortune descends on a person due to an elevation of consciousness. It can come from a change in attitude, an intense aspiration for a thing to be achieved, to a decision, and to an action. One other way sudden good fortune comes is through acts of kindness, generosity, and goodness. We can sum them up as "self-givingness."

The other day I attended a meeting where people were gathered to watch a presentation. Sitting next to me was an individual who like me was eager to learn new things from the speaker. At one point, my neighbor turned over several leaflet pages to their blank side. I thought this indicated that he wanted to take some notes. I then wondered if he even had a pen to write with, since there was none present. A few moments later, he pulled out a tiny, thin pen from his Swiss Army Knife. It seemed a rather anemic writing utensil. I then offered him to use one of my pens, which he gladly and appreciatively accepted.

At the end of the presentation, gifts were handed out to lucky winners. Interestingly, the man next to me to whom I gave the pen won one of the larger prizes. Then astonishingly the next person counterclockwise to him at the table won the next prize. (There were a number of tables, mind you.) Then utter astoundingly the next person sitting counterclockwise still won the following prize! Now, I was the only one left at the table. As they were drawing, the astonished participants in the room were looking at me as the logical next person to win the prize! And wouldn't you know it, that is exactly what took place! *And* it turned out to be an expensive gift that I needed for my work!

From the standpoint of life response, an inner cause creates an outer effect. The cause on this case was my concern for the person next to me and his lack of writing utensil. When I observed his situation and extended myself by offering a pen, I performed a very small act of generosity that precipitated the astounding series of events that followed; breaking all odds. That is the life response power we generate when we practice self-giving behavior.

Here's another example I witnessed recently. In the film 'The Savages', we watch as a son and daughter care for their elder ill father who has Parkinson's. They (the Savage children) are both

struggling artists, who have yet to make a breakthrough in their creative fields. The son is a writer, the daughter a struggling playwright. As it turns out the son is satisfied that they have put their father into a nursing home for care. The daughter however is not happy with this dismal arrangement, and seeks something better. Along the way, she discovers a much nicer home in a rural area. She then makes the journey to find out about it and apply for her father's transfer there. Most interestingly, however, is that when she arrives home, she receives a package in the mail with word that she has been given a very large grant from the government. It provides her with the money by which she produces her very first play – on Broadway no less. From rehearsals, it seems it is going to be a big success.

In this instance, we see how an unsuccessful woman on the verge of poverty with no work in site is catapulted to a completely new life. Her act of generosity of seeking out better conditions for her father has attracted an overwhelming response in the form of the grant that provided the funds by which she would change the course of her career. It is the overwhelming life response power generated by sweet acts of self-givingness.

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6/13/08

### **What Happens at the Start Indicates the Outcome**

Life expresses through a series of laws and principles that few of us are privy to. In recent years, The Law of Attraction has come to the attention of the world through the book 'The Secret.' It indicates that when we focus our intention on something, it tends to come about on its own. I have described that as the phenomenon of "Life Response," that is itself based on the phenomenon of "Inner-outer Correspondence." I.e., when we shift the inner to the positive or more positive, life outside instantly responds to our inner change.

Another subtle principle of life is that every outcome of an event, circumstance, undertaking, social movement, etc. is indicated at the very beginning. It occurs positively and negatively. Let me focus on the latter. When Nixon and Kennedy vied for the presidency in 1960, it was extremely close and contentious, with Kennedy winning by a hair. Kennedy was later assassinated, ending his administration. What happened at the start was an indicator of the final outcome. Recently Bush junior won by an extremely small amount after an overwhelmingly contentious dispute in Florida settled by the Supreme

Court. It appeared that his side did all to block the truth from emerging. His administration ended in near disaster for the country and the world. In the Russian Revolution, a group of serious-minded thinkers ended up resorting to slaughter of the aristocracy it wished to replace, which culminated in years of rule by the devil-like Stalin, who had 30 million shot to death. In these cases too, events at the outset indicated an outcome that was to come.

Why life happens this way is certainly worth investigating. To do so one has to understand the subtle nature of energy and how it circulates and returns; how past, present, and future are truly related; the intention a higher force working in the world; and many other subtle, indeed cosmic forces at work.

If we look closely at our own lives, we will see the same phenomenon at work. For example, one man I know was desperately trying to meet some people in a suburb of Los Angeles for a crucial meeting. He ended up being utterly lost in a maze of suburban streets. Though he would later find the place and create a business relationship that would last several years, that undertaking ended in bankruptcy. In another case, an individual was desperately trying to get some sun tan lotion before taking a cruise on a tiny riverboat in Sacramento. His effort was intense and confused, though he and his friend managed to get on board just a moment before the little boat embarked. Twenty minutes into the trip a super, modern speedboat zoomed by; nearly cutting the boat in half. What happens at the outset indicates the thing to come.

To prevent such results, we can offer the original disturbance to the Higher Power, which will eliminate the chance of negativity expressing itself in the outcome. In that way, we have the power to overcome the existing subtle principles of life, even as we are in awe of their miraculous-like ways and their cosmic significance.

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6/14/08

### **Overcoming the Unique Contradiction of Who We Are**

Every person is a contradiction waiting to become whole. And each person is a *unique* contradiction, whose greater success, progress, and happiness on life depends on overcoming a unique set of wanting characteristics. In can even be said that is the very reason we are individually here on earth: to overcome the unique differential between who we are and what we can become; to bridge the gap

between our inner light and the darkness, in order to create a higher Light. If we seek to overcome the dark elements inside, we grow and evolve. If we don't, we fall back and regress. To the degree we take to that inner adventure, we are alive and live dynamic lives. To the degree we don't, we wither and die.

Consider the fact that the Soul has taken birth within us with its Own aspiration to acquire something more on its own journey through space and time. It aspires to learn that Something New through that the individual it inhabits movement out of its particular contradiction towards one's Higher Nature. When that person discovers what those lacking elements are, the evolving Soul gains some unfathomable sustenance it did not have before in its cosmic journey through space, time, birth, death, and rebirth.

It is actually a two-way collaboration between the individual, who can move out of his or her contradiction, and the evolving Soul, which seeks subtle sustenance in its voyage in and out of creation. When we move away from the surface of life to a deeper poise, we become more conscious, mindful, and aware. When we go to the deepest place, to the evolving Soul behind the heart, our consciousness develops the most. We perceive our purpose; we discover becomes our Inner Guide, and we feel connected to others, to the universe, and the transcendent Divine. The Soul is then the ultimate touchstone of our growth, progress, and evolution. And yet as we grow, we give the soul what it yearns for in choosing this life, our life. It us a two-way collaboration and fulfillment.

To put it simply, we can discover the half dozen aspects of our nature that are wanting, and make the effort to change the. They are usually found from amongst the following: (limited amounts of-) energy, will, focus, direction, psychological strength, skills, wisdom, positive attitudes, givingness, love, calm, organization, and personal values. It is mostly there in our wanting attitudes and beliefs. When we overcome what is limiting in our character, we move from our unique contradictory nature to a Higher nature, fulfilling our potential to be whole. The evolving Soul within us waits on us to make that change. If we do, both we and our Soul gain inner nourishment, and in that process experience the ultimate purpose of Life – to experience intense Joy and Delight in being alive.

6/15/08

### **Parallel Events in the World**

If we look closely and examine life we will see how two events, miles or even continents apart will arise at the same time related to the same matter. Normally we do not perceive these parallel events, but if we do, we pass it off as mere coincidence. Rather they are related by their shared vibration and energy.

Recently in the US, beloved TV news interviewer and reporter Tim Russert died a relatively young man. It was a terrible blow for the US and shocked the nation. It was the main, bold headline in the New York Times accompanied by a striking picture. Next to it was another world headline, this about Ireland's rejection of new standards for the European Union, perhaps the most important change for that institution in a decade. When I saw the two stories side by side, I sensed a connection. I then went to Wikipedia and discovered that indeed Tim Russert was of Irish American parents. The connection Irish between the two events was unmistakable.

If we exercise our minds a bit, we can find such associations everywhere -- especially in the news, in history, in literature -- even in our own lives. Even when we make this astonishing discovery, we can probe deeper and see further parallel associations. E.g. when I thought further on the Russert-Ireland connection, I saw yet a third connection. I realized that at the very same time, the Boston Celtics had for all intensive purposes secured the National Basketball Association (NBA) championship the night before, their biggest breakthrough for the team 22 years. The motto of the team is "the luck of the Irish," and their mascot is a leprechaun. (Boston is the predominant home of the Irish American community in the US.) Thus, the parallel events are extended a step further.

Powerful but subtle, unseen energies are released by a central event, and related matters spontaneously arise with them in time. Deeper insight and the discovery of guiding principles of why this occurs is worthy of a great study. For now, we can speak of energies that move out into the field of life and align with corresponding circumstance that causes this synchronistic, parallel effect. If you are an avid reader of newspapers and keep an eye out, you will see this occurring quite frequently. Do not, however, consider these random events and coincidence, for there is absolutely no such thing. They are deeply connected associations that are integrally related.

There is something deeper still going on. Are ability to associate these connection is an indicator that Man is ready to go beyond the limiting logic of his current exclusive mind. That he is ready to perceive the deeper laws of life, such as life response, the power of attraction, and the synchronicity and parallelism that this article addresses. It is in fact a harbinger of the transition being from our current human functioning to a supra-human existence. It is but one of several signs of emergence of a New Way of Living based on integral perfection and the spiritual dimension of life.

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6/18/08

### **Perceiving All Sides of a Matter**

Man is not inclined to embrace all sides of an issue, only the one that meets his current attitudes and beliefs. A San Francisco newspaper recently published a letter to the editor from a nearby Berkeley group indicating the displacement of people and corruption involved in building dams in Burma and Guatemala. On face value, who can argue with such sentiments? Unfortunately, they conclude that the dams cannot be built; in fact that dams overall are not a wise approach to meet the needs of the public. Somewhere else, people argue vehemently for the need for new dams in parched areas -- a noble and useful aspiration indeed -- yet ignore the problems generated, including the effect on people and the environment.

The truth is that we rush to protect our side of the argument, failing to embrace the *totality* of truth available to us. Why not see the benefit of dams to help the flow of water around the nations for agriculture, the poor, the cities, etc. while acknowledging that tactics being used in their development may in fact be harmful. The Berkeley people see little benefit in building dams; the other side is blind to corruption and negative influences of such construction. A rational mind embraces all sides, and comes to the right conclusion. Liberal democracy has its roots in such a many-sided view. It is also a spiritual capacity for the mind to embrace all sides, while also seeing the Totality and the Essence. I.e. it is a spiritualized, mindful, open, and aware.

Mind is a dividing mechanism. It also tends to be exclusive. I.e. my truth and understanding is the best and I will defend it. We each do it all the time. We defend our point of view instead of learn, seeking out all sides of an issue. It is the vital ego that asserts the side it knows,

not perceiving its essential Ignorance in that matter. We are like this in endless way – as we are unwilling or uncurious to know all sides of an issue; where we so certain of our position, even though the multiplicity of truths both beckons and eludes us.

And yet we have the capacity to develop an inner poise from which we can develop a level of mindfulness and awareness that has the natural tendency to seek out all sides of an issue. It is Inner Curiosity that is spiritual in nature, as the Mind rests in quietude, open to and allowing True Knowledge to descend into it from all sides. Practically speaking, each time we are in a meeting, or reading a paper, or taking in information, we should be willing to absorb the multiplicity of truths of a matter, holding back that tendency to look for the ammunition of fact that supports our own limited attitudes and beliefs. A true rational person absorbs knowledge in mental silence, perceiving the possibilities, the deep arguments, the justification and flaws in logic, the Essence behind, as well as the Totality. It also includes our ability to have illuminations and intuitions of truth and knowledge that come into our minds without thought from the universal spheres. This is the next level of human consciousness beyond Mind proper that we are evolving towards.

Floating in the universe is the complete Object of Knowledge that we are addressing; its essence from all sides, its totality and details integrated. Our higher, spiritualized mind is capable of being in Identity with that integrally complete object. It is our evolutionary destiny to move out of Mind's exclusivity through inner spiritual means and continually grasp that total object of knowledge on any matter or subject that comes to our attention. It will be a sign that humanity has risen to the next stage of evolution. That at any moment in time we are able to grasp the totality of knowledge of a matter, enabling deep, integral understanding that leads to perfect decisions that result in extraordinary outcomes in life.

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6/21/08

### **US Presidential Insincerity**

Though an individual takes action that appears positive on the surface, he may be masking insincerity that has long term negative effect.

Nixon had expanded the war in Vietnam, played dirty tricks domestically, and was embroiled in Watergate. With his fortunes

sinking, Kissinger offered the possibility of going to China. It was not China's benefit that was the motive, but a way to create a wedge against the Soviets. Even the Mother commented on these nefarious tactics in the Agenda, hoping instead for reconciliation between the US and the Soviets. Insincerity was thus there behind.

Reagan was burdened by Iran-Contra scandal. His legacy was also much in question. When he saw the opening through Gorbachev to end the Cold War he went for it, saving his legacy. Even his moronic wife advocated he take it up as a way to save face. Once he left however there was no desire to eliminate the rest of the missiles. All that mattered in the negotiations was getting the upper hand for America. There was no sincere effort to complete the process, which lingers ominously to this very day. Again, insincerity was there behind.

Bush now in power is the latest manifestation of insincerity. It expresses in so many dozens of small and large ways that it borders on the absurd. (McCain has perhaps the most confused and contradictory outlook in modern presidential history. Obama was unconscious of the fact that he was being used by conservative independents to humiliate Hillary Clinton, and thus women.)

America is looking for advantage not cooperation and communion, demonstrating its adolescent, independent-minded immaturity. How can it lead the world when its self-interests trump the movement toward world unity?

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6/23/08

### **Greater Intensity of the Positive through Its Opposite**

We hope for the very best of circumstance to come our way, avoiding the negative. And yet life progresses, evolves through the interplay of the positive and the negative. Without the negative, the intensity of more and greater positive circumstance cannot be generated.

We can see this in terms of life, love, and knowledge; and their opposites of death, hate, and ignorance. Living, loving, and understanding are things to aspire for, but they are normally enhanced through their opposite experience, death, cruelty, and ignorance. Let's say that I am trying to discover the truth of a matter, but then realize that what I have discovered is utterly false. As a



result, now I have more interest, intensity, and drive to get at the truth. Thus, my ignorance drove me to greater knowledge. In the same way human cruelty and unlove creates the push for greater, more lasting love, and death itself creates the urge for immortality in life.

This is the present condition of progress in life: a movement to the opposite in order to move the positive forward to a greater degree. This is the way of Nature – known as 'Prakriti' in Sanskrit or the flow of normal life in the universe. But is that the only way to greater intensity of knowledge, love, life, and delight? No it is not. We can progress in another way that is beyond the slow and difficult method of Nature. It is the way of Consciousness -- also known as Spirit or Soul. When we take to it in greater measure, we generate the intensity that takes knowledge, love, life, delight, and creativity to their higher status. We move there without experiencing their opposite.

It is our choice: progress through opposites or through higher consciousness. The universe stands back and accepts either decision.

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6/27/08

### **Overcoming the Vitriol of Fans**

Can a negative attitude precipitate and elongate a problem -- i.e. attract persistently negative circumstance?

For 50 years, the Giants have played baseball in San Francisco after moving from Manhattan in the late 1950s. They have not won a single championship, having an almost unmatched record of futility. One of the mantras of the team is "Beat LA," meaning Los Angeles. Actually, it is expressed in terms harsher than that. Interestingly, in LA they rarely say anything so scurrilous as the fans in San Francisco. Could this negative attitude on the part of fans in SF attract persistent negative results that have deprived them of a single championship in 50+ years?

Consider the results. There have been many instances where the Giants were in the pennant run, only to be knocked out at the end by the LA Dodgers. When the Giants finally made it to the World Series several years back, they were poised to win, only to be deprived of the prize by the Los Angeles Angels at the last moment! This dynamic has occurred repeatedly over the years. The fans' vitriol always seems to rise before they are about to play an important series with their

Southland rivals; and invariably the futile results follow -- often in the most "creative" of ways.

And yet there is a solution. If the fans and media can learn to control their LA contempt, shed their inferiority complex, and take to playing solid ball, conditions will quickly arise that will put them in contention; even in a position to win a championship. Sounds far-fetched? It is precisely how life works. The very same dynamic holds true for each of us in our own lives. If you discover and overcome a wanting attitude, areas of failure you have experienced will quickly turn successful, as positive circumstance will appear out of nowhere. Why not test out the theory?

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6/28/08

## **India Rising**

Several weeks ago, I was very surprised to read that America's most famous film director Steven Spielberg had considered selling his film company DreamWorks to a Bollywood company. For me this was another sign of India rising, but perhaps not in the way we normally think of it.

In recent years, I have taken a great interest in non-Hollywood films, and have really appreciated efforts from Iran, China, and now India. In 2007, I viewed many highly rated Indian and American films, and recently came to a startling conclusion: the top half dozen rated Indian films were preferable in my mind to the five nominees for best picture at the Oscars, which were Hollywood-based. Indian films like *Water*, *Guru*, *Chak de! India*, *The Namesake*, *Gandhi My Father*, *Peck on the Cheek* and others were very strong, if not excellent. When I thought about it further, it struck me that India has passed a threshold. They were not only rapidly becoming economic equals of the West, but cultural ones as well.

Now there are those who will say that India already has a great culture, and that in fact recent developments in Bollywood cannot compare to the great music, dance, architecture, and other cultural forms of the country. However, I took these developments as first signs of the emergence of the *spiritual* culture of India. Why spiritual? Because the *new* spirituality begins by first embracing the modern notion of rational thought, and then moves upward from there to insight, illumination, and intuition. It culminates in the many sided, integral knowledge of any object or matter of inquiry. India through

her prosperity is beginning to shed old superstitions and is embracing the modern thought processes of the West. It reflects in these fine Indian films, and then goes a step further by bringing out a subtle presence that resides in this Spiritual Land.

Again, there are those who will point to the Vedas, the Upanishads, and the Bhagavad Gita as the greatest of all spiritual wisdom ever devised, and I would not disagree, but the current spiritual emergence is something quite different, having a different character. It adds *evolution* to the equation. India through her prosperity is emerging into a new mentality that is the first step to a spirituality that embraces the progressive, evolutionary movements of life. That mentality expresses in these very fine Indian films, and then suggest something more, some unique Indian quality that has yet to emerge. For me it is the progressive unfolding of spirit in the details of life; a hallmark of the emergence of the spiritual individual and the next stage of life on earth.

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6/30/08

### **Individuality and Collaboration**

Perhaps the most interesting rivalry in the business world over the last generation has been the competitive battle between Apple and Microsoft. The twists and turns that these two companies have gone through are legend -- as have been the experiences and action of their leaders, Steve Jobs and Bill Gates. One interesting way to look at their success is to examine some essence, quality, and core value that was critical to their accomplishment.

On the Apple side, it has been the ability to express people's individuality through breakthrough technology. From the very beginning, Apple has seen itself as a company doing battle with the establishment, embodied in the perceived IBM-centric world of hierarchy and conformity. With breakthrough, easy to use, people-oriented products, Apple has aimed to break down these barriers, allowing the individual to express his capacities in full. This ability to bring out human individuality is one of the hallmarks of Apple's values, drive, and success. The result has been products that have revolutionized the computer world, and indeed the world at large.

In the years I have observed Microsoft's success, an almost opposite quality, essence, and value stands out. It is an extraordinary ability to collaborate with its partners and users. Microsoft at every stage has

sought to open itself to creating relationships with hardware vendors, corporations, and users in order to extend its technology into the wider sphere. When Microsoft developed its original DOS personal computer operating system, it encouraged dozens of PC manufacturer to use it. That more open-ended model continued with the release of Windows and then Windows Mobile. Likewise, any developer who has worked with the company knows how they have bent over backwards to forge relationships with partners, while expanding Microsoft's market. The result has been a 90% market share in PC operating systems, creating a company that is a virtual money making machine.

These same two factors -- individuality and collaboration -- are central dynamics of life itself. On the one hand, there is the need to express one's self and individuality in life, even as there is the necessity to cooperate with others. This is a central dynamic that is perpetually working itself out in society. For example, in America, individuality is there everywhere, almost in the extreme; and yet its collaborative capacities -- i.e. its ability to work for the common good, and to cooperate with a collective of nations -- is often sorely lacking. If the US embraced collaboration as much as individuality, it would almost certainly maintain its role of evolutionary leader of the world. In Asia, we see more of the other side, where collaboration is at the forefront, and true individuality is too often missing. That too is working itself out.

Of course, each alone -- individuality or collaboration -- is limited; but a part, not the whole of what is necessary for human progress. However, working in tandem, these two dynamics are fully capable of harnessing the best of society, and releasing the infinite potentials of life.

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7/3/08

### **America's Entrepreneurship and Leadership**

America's is not essentially an economy of capitalism, but of entrepreneurship. Most of its prosperity has come through that entrepreneurial zeal -- from Ford to Gates to Jobs to Brin. When it becomes more capitalistic -- i.e. focusing only on money -- it begins to fail, as in the Great Depression when financial speculations ran rampant, and in a milder form as we have seen in recent global speculation and failure related to the housing industry.

Almost all economic growth in America's history -- and it is the world leading nation by far -- has been fueled by individuals deciding to take up an idea or possibility and run with it. That entrepreneurial zeal produced the overwhelming majority of the great companies, industries, and material benefits in the US -- and is still generating the same today.

Now if only America can have that same impact at the higher psychological and mental planes, it could ignite another, even greater revolution. It can move from its current status as world economic and military leader to pioneer and guide of human potential in an ever more unified world.

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7/4/08

### **Will America Continue as the Evolutionary Leader?**

America has become the leader of the world -- particularly in the area of the economy and through its military power. Her status as "evolutionary leader" came about because she took to freedom, individuality, organization, mass production, and waves of immigrant population, to name a few. Every individual also had the knowledge of how to recreate Europe in the new virgin land. Thus, America enabled the infinite to emerge out of the physical plane; producing endless material well-being, becoming a model for the rest of the world.

Now the world is catching up, particularly in Asia. New interests are emerging in the world. Will the US continue to be the world evolutionary leader in this new environment? She will have to take to several steps to maintain that status, otherwise some other nation(s) will take up the mantle. First, she needs to overcome her reactionary, conservative tendencies that go back 150 years. Second, she needs to go beyond the material to the psychological, mental, and spiritual view of the world -- holding the individual as sacred and supporting him every way possible. Third, she needs to join the world community as an equal, cooperative partner, not as a renegade looking out for her own self-interests. The era of go-it-alone power has come to an end. World collaboration is the order of the day.

If America moves in these directions, she will maintain her status as the evolutionary leader, and play the central guiding role in society's further progress and evolution.

The test of her collaborative effort will come in two areas: how she takes up the issue of the environment, and whether she radically

reduces her nuclear weaponry. If she is to maintain her mantle of evolutionary leader, she will need to move in the right direction on these two issues at least. If she fails, the baton will be passed on elsewhere; to those can lead the world through its next stage of ever-increasing human unity and integration.

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7/7/08

### **'Witness for the Prosecution'**

There is a wonderful scene in the film *Witness for the Prosecution* that shows how selfless and self-givingness can evoke the miraculous.

Sir Wilfred Robarts, a master barrister and an elder man in ill health, takes Leonard Vole on as a client over the protestations of his nurse. Vole is accused of murdering Mrs. French, a rich, older woman who had become enamored of Vole, going so far as to make him the main beneficiary of her will. Thus, strong circumstantial evidence all pointed to Vole as the killer.

When Sir Wilfred speaks with Vole's German wife Christine, he finds her rather cold and self-possessed, but she does provide an alibi for Vole's innocence. Therefore, Sir Wilfred is greatly surprised when she is unexpectedly called as a witness for the prosecution. On the stand, she testifies that Vole admitted to her that he had killed Mrs. French, and that her conscience now forced her to finally come forth and tell the truth.

As a result, Vole is likely to be found guilty and sent to the gallows. And yet Sir Wilfred, loyal to the end, presses on despite the futility of the situation, and despite his rapidly deteriorating health. At one point, someone asks him if it is worth pursuing the case any further because it could jeopardize his life. He answers that the life of his client is more important than his own life, and he will do everything he can to pursue the truth.

Not a few seconds after he makes that remark, he receives a phone call. It is from a mysterious woman who says she can produce shocking new evidence that will lead to the reversal of the case, which is in fact what occurs.

From a consciousness point of view, the phone call and presence of this woman is something more. It is a direct and immediate response from life to Sir Wilfred for having placed the life of someone else above his own. It is an astonishing act of self-sacrifice for which he is

instantaneously rewarded with information that suddenly reverses the evidence and wins him the case.

This is no clever ploy on the part of the writer to create dramatic effect, but is precisely how life works. When we take to selfless and self-giving behavior, life *immediately* starts working on our behalf. Negative situations dissipate, unthought of opportunities arise, and other forms of sudden good fortune come our way. It is in essence the phenomenon of "Life Response" in action. When we change our inner condition, life outside instantly responds in kind.

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7/10/08

### **Merchants of Death**

In the fine French film *Persepolis*, a little girl grows up in Tehran amidst vast changes in her country. First, the Shah comes into power, then he is disposed, then the religious government emerges, and then there is a terrible war between her nation Iran and rival Iraq. Often her family find themselves hunkering down during Saddam's air raids.

At one point in this animated film, the little girl almost casually says that the West is supplying both sides of the Iran-Iraq War with arms. They do not care about the destruction they are wreaking on their countries. The same dynamic was occurring throughout Africa and other conflicted regions of the world. Every one of these nations became the victims of the evil perpetrated by the Merchants of Death.

America will do nearly anything in the name of profit. Great Britain when she oversaw an Empire where the sun never set would do anything to expand trade. Other nations in Europe from Germany to the Czechs to Russia were not much different. Unfortunately, in these situations there is little concern about the aftermath of these transactions, only the quantity of weaponry itself. The human suffering it creates is a mere afterthought.

America is supposed to be the world leader, but she only has sense to be the economic leader. Her values essentially stop at that point. She may publically advocate freedom, but deeper down she is enamored with profits, which includes the transfer of arms shipments to any willing buyer. Nearly all harsh news America reports about its enemies can be traced back to its past insincere diplomatic efforts, its support of the types of leaders it publicly condemns, and for being distributors of small and sophisticated weaponry. And then she nervously calls out, "see, there are terrorists everywhere!" Is it any wonder?

Let the nations of the world through new institutions agree to halt these harmful transaction. Let the world leaders embrace deeper human values, not merely economic ones. Let the superpowers take down their nuclear arsenals, lest they too are one day used against them, or their friends and allies. For after all, unintended consequences is the logical outcome of the activities of the Merchants of Death.

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7/11/08

### **The Meaning Behind the Offending Phone Call**

It is said that the Lord works in mysterious ways. They are mysterious because we do not understand them, and yet we are fully capable of doing so. I believe it is His wish.

Have you ever received a phone call at exactly the wrong moment; e.g. when you are about to settle down for a dinner or at an important moment in a film you are watching. Have you ever wondered why? Normally we consider it mere chance or bad timing or ill luck. There are many rational reasons that explain the cause. If the party on the offending line is engaged in an intense vital pursuit, such as wanting to desperately sell you something, and do so at all cost, you will tend to receive that call at precisely the wrong moment. Their negative energies burst through your own defense lines, spoiling happy moments with their own needs and desires.

Interestingly, it also works in the reverse. You will receive an unwelcome phone call at precisely the wrong moment because of something you have neglected in the past or otherwise precipitated on your own end. They are expressing their right action, but you are attracting them at precisely the wrong time because of the negative energies you released previously.

There are two examples of how the Lord -- or rather the cosmic unfoldings of life -- works in mysterious ways. To recognize the underlying intent and background is to ascertain the meaning in the offending call. And therefore know what they or you have to overcome to move to the positive to avoid repetition in the future.

Life is full of such lessons, if we only penetrate the surface. It is a study I have engaged in for decades, the results of which can be found at the Growth Online web site. We welcome all who wish to learn the subtle secrets of how life unfolds in the universe.



7/13/08

### **A New World Emerging**

There is a new world emerging from the old. There is a new consciousness being born on earth that has never existed before. People are en masse becoming aware of the subtle unfoldings of life. Many are coming to understand the phenomena of "Life Response" and "The Secret." They express the fact that we can instantly change the conditions of life around ourselves from within. E.g., you change an attitude, or aspire for something intensely, and then within days, hours, minutes, even seconds good fortune arrives on its own.

This is being accompanied by another movement: the psychological development of the individual. As we become more self-aware, as we shed out negative propensities, as we embrace higher human values, we begin to change and evolve our nature.

Then there are the pioneers who are opening to the spiritual Force, which brings the conditions of life under control, while evoking results that are dynamically creative and unprecedented in quality.

All of these are steps on the road to the spiritual awakening of humanity. It is the promise of a New World emerging from the old.

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7/14/08

### **Moving from the Part to the Whole**

In any object or matter, there are two elements -- the various parts, as well as the whole of those parts. The Mind of man is limited. It only sees a Part, not the Whole. It divides and grabs onto the part it finds convenient, missing the other elements, not to mention the overall Whole or the deeper Essence. As a result of missing the Truth of any matter, Mind resides in a perpetual state of Ignorance. To perceive all of the parts, the Whole, and the Essence of any object or matter at any moment in time is to perceive the Truth. To ascertain it we must rise above Mind moving to intuition and an ultimate Truth consciousness. Sri Aurobindo calls it the Supramental Consciousness.

Life has a peculiar way of evolving. It moves from the part to the Whole. Nature's (i.e. Life's) great method is to find two parties that each know a part and have them come together in contradiction and

conflict. Each side knows what the other does not. Still each knows a part. Through their mutual contradiction, they move from the exclusive belief to the other side's understanding; i.e. the greater truth, which is the Whole. As a result, there is a further progress in life, which is Nature's intention. They have moved through their conflict; resolved their contradiction. Interestingly, from the perspective of the Whole, there was never contradiction, only complementariness. I.e. they helped one another in their progress, to enable the Whole to emerge, which is the further progress in life.

To see how conflict is the method by which we move from the part to the Whole, we can examine any event in life. Say I go for a walk and come upon what looks like a disturbance, with police cars and fire trucks. My senses tell me one thing. I come to a conclusion. I walk away from the scene having this perspective. It is the part. The reality and truth of the situation was not at all what my senses indicated. The security teams have merely come together to devise various strategies. There are other reasons as well. That is the Whole. We knew the part, through the false impression the visual sense drew into the Mind. It is our essential Ignorance born of creation. However, when we move to a deeper consciousness within, we separate from sense and from within perceive more of the possibilities unfolding around us.

The scientist sees matter. He believes in the empirically true. He understands the mechanistic workings of life. He does not see the influence of emotion, psychological movements, the power of ideas, the subtle workings and principles of life, not to mention the Spirit that is the source of all, and to which we are evolving. He is blind to all of these. He thus sees the part. Life however is a Whole.

Spirit and matter are integrated and makeup a Whole. We believe in matter. Some of us believe in the Spirit. Each us a part. The whole is to perceive the Spirit moving in the details of life, through matter. To perceive not just the spiritual being and the Becomings of life, but the Being in the Becoming. The One in the Many, as well as the Many in the One. It is to perceive the ultimate Reality, Brahman, the Absolute. The Creator and Creation as One Integrated Whole.

7/15/08

### **The Divine Sanctions Progress through Darkness or Light**

Perhaps the main philosophical conundrum facing man is the question of why the Divine allows evil in the world. If He is the ultimate Good, how can He sanction such darkness? It is Man's anguished cry in the dark.

At the end of WWII, the world was left in shambles. The war seemed so futile, without much purpose. Yet there was a purpose, other than defeating an evil enemy. From the highest perspective, the reason for WWII was to enable the further evolution of life on earth. It was the quickest means by which we could take a further step towards human unity. The United Nations, the EU, the Euro, the global economy, the WTO, the World Wide Web (WWW), and the untold other economic, political, and social agreements amongst nations and continents are all the bi-product of WWII. Without the horror of the war and the need to compensate for all that was wrong or missing in the world, it might have taken centuries, if ever to have brought about these harmonic institutions and developments.

From a metaphysical standpoint, we can say that the Divine sanctions those methods that bring the greatest progress in the shortest period of time. Whether that progress comes through Ignorance, Falsehood, or Evil, the Divine endorses that method. It is same in our own individual lives. What brings the greatest change for us, the Higher Power supports -- whether it comes about through suffering, illness, or tragedy. The Divine knows that in their wake will come the greatest progress, and hence the quickest and most formidable movement towards the Good.

Does this mean that all progress has to be through suffering? Not at all. The Divine also sanctions evolution through higher consciousness. Europe and the world did not have the higher consciousness to evolve collectively before WWII. So she did so through conflict and suffering. As individuals, we progress through torment because we do not have the consciousness to evolve through more positive, harmonic means. Yet if we developed our higher nature, we can progress without the dark, conflicting element. If we continually improve our character, overcome our limitations, find a deeper center, and open to the spirit we will foster constant progress without the need for the negative side.

This then is the challenge before us: to progress and evolve through higher consciousness, or through the suffering and conflict. For the Divine, both are acceptable means of moving forward. The choice is ours.

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7/18/08

### **The Middle Path between True Individuality and the Social Imperative**

There is an interesting path that we continually navigate through in the course of our lives. On the one hand, we wonder if we are really thinking for ourselves and express our individuality, or are instead following the ignorance of the herd. On the other, we ask ourselves if we are following the truth of the social right and imperative, instead of following some misguided perception we individually subscribe to. Striking the right balance between these two paths is what the individual of high consciousness seeks in life.

Here then is a little guidance that can help us follow a Middle Path. Not a path of compromise, mind you, but a dynamic, integral view. It is this: whatever understanding generates an instance of sudden good fortune through a reversal will be the right direction to have taken. I.e., at the point you shift from one position to another and a positive response from life suddenly occurs, then you are taking the right tact.

For example, let's say that there is a true, important social development emerging in society such as global warming, and your mind is skeptical of the fact. Let's say that you change your perspective and embrace the position because you have come to realize that it is a Social Imperative unfolding in life. Immediately after doing so, you will see life responding in your favor. One person I know recently had this experience when confronted with the issue of global warning. When he reversed his opinion on the matter, sudden good fortune enveloped him. First, he felt a surge of mental energy. Then when he got involved in a research project on global warming, he experienced the total cooperation of life; in ways he had never witnessed before in his life. That is the power of giving up a limited attitude in the face of the emerging truths in society – i.e. the Social Imperative.

Of course, life responds on the other side as well. When you think for yourself rather than follow the herd, life propels you into the future. The founders of Microsoft and Apple found that out, who transcended

the prevailing hierarchical view of computers when they took to its personal form. The same was true for other innovators -- from William Shakespeare to Martin Luther to Michael Gorbachev. When you are a proponent of the new -- following your own deepest instinct -- you are quickly driven to the stars. That is especially true if you gain the tacit support of your peers and the community at large. You in essence have become the pioneer, the secular avatar, who moves society further along. Even if it is in a smaller domain, you are propelled to the heights of that field. It is life responding to your true individuality -- to an essence that aspires for something originating deep within but projected powerfully on the world around you.

To find that right balance between living through your true self and being, and being in touch with the social imperative is a fine balance that takes discipline and psychological and spiritual insight. Only good can come of it. Whether we shift from its opposite or take to it in greater degree, life will surely respond in our favor.

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7/20/08

### **Life Divine ... Here on Earth**

People go about their lives. When we reach a state of desperation, we exercise our faith; otherwise, spirit is a distant dream. Faith works more often than not, depending on the intensity and surrounding circumstances. The result is even impacted by the yearning and status of our evolving soul.

The other way we relate to the Divine is through death. When someone we know passes from this earth, we imagine a heaven where they reside in a bodiless state, but similar to life as we know it. Who can say what the truth is. On the other hand, we rarely consider the possibility of a Divine life *on earth*.

For millennia, we related to spirit as something "up there", or "out there", or beyond the beyond; a release into an eternity, or as the ancient Rishis experienced, a merging into the transcendence. The possibility that it is "right here" was rarely considered. In addition, there was no compulsion to bring that spiritual power down into the details of our lives, because life was considered if anything a barrier to connecting to spirit.

Now that is no longer the case, as every individual can find fulfillment in his or her work, indicating that there is less time to commune with the divine apart from life. Now if we want to experience the Grace and

Power, we have ample opportunity to practice it while fully engaging in the details of our lives. It is right here now; all we have to do is open to it. In fact, more and more we are compelled to do so because the human mind alone can no longer resolve the ever more complex problems of the world. Spirit *can* however because it is capable of moving in multiple directions simultaneously attracting instantaneous positive results -- abridging space and time, and defying normal causality and possibility. In that way, it is the ultimate Problem Solver.

The end result of this movement is that we are all moving to a new stage of human development and consciousness. First, we have arrived at the first great point in our ascent: to mentality and rationality, which is an enormous development and sign of human progress. This has particularly been the case in the last 50 years. Then we move higher to the next pinnacle of consciousness and discover and utilize the power of the spiritual Force that is there in the atmosphere -- especially so in recent decades. We then apply that Power to the details of life, perfecting and divinizing it. As more and more individuals take to this approach, we see the first signs of a new type of existence emerging; a first glimmer of a new spirit-influenced and oriented society. It is the ultimate destination in our ascent to the Heights as a species.

This is indeed a radical departure in spiritual history. It is no longer a life of spirit apart from life, or a Death Divine of eternal comfort in the afterlife, but the emerging of Divine Life right here on earth. In the interim, we are taking intermediary steps to raise our consciousness. Higher attitudes, purifying and perfecting our behavior, emerging higher personal values, a mind that embraces all sides of an issue, and the ability to open to the spiritual Force are several of the bridging steps to the collective emergence of the spirit. They are not movements apart from life, but taken here in preparation for something new and unique in human history -- a Divine Life; but here ... on earth.

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7/23/08

### **California Fires and the Response from Life**

Approximately three weeks ago, a very small weather system passed over Northern California. It produced no rain, but much lightning, an extremely rare phenomenon in California (i.e. the lightning). As a result, over 500 fires were started in the Northern and Central part of

the state. They raged for several weeks, and produced abundant smoke throughout the region. Every day the sky would turn brown and you could smell it day and night. It was very concentrated in the Central Valley of California, which sits between two mountain ranges with no easy outlet for such smoke. Every day during this 2-week period, the smoke would drift into the SF Bay Area where I live. In combination with an intense heat wave where the temperature went above 107, the physical atmosphere was turning poisonous. Even I was affected despite air conditioning and other attempted remedies.

Over 1000 square miles of California burned and the air was getting worse with every passing day. The chance of rain or another system moving through was virtually zero since this is the dry season in the region. At one point, I thought back to last year when California hit nearly 120 degrees for several days, including my area. Over 300 people died and thousands more were taken ill. What is not generally known however is the fact that had the heat remained for another several days, thousands, maybe as many as 10,000 could have died. Fortunately, the weather cooled somewhat, averting the tragedy.

With this in mind, plus the fact that I was having headaches and felt I was slowly being poisoned by the air, and the fact that the skies were worsening and the fires were getting completely out of hand, one night before I went to sleep I felt an overwhelming aspiration for it all to end. I then explained the situation in detail to The Mother, and with an intense prayer asked that the situation cease. I then fell asleep.

The next morning I opened the curtain and looked at the sky. I noticed that there were several small high clouds. I looked out the window from the other side and saw the same. I then thought that these are produced when a weather system passes through. But these were tiny clouds, and I wondered what good they would do. Then as the morning progressed, I noticed that this was indeed an upper atmosphere disturbance (not unlike the earlier system that created the lightning strikes, but smaller and completely benign; i.e. a few tiny clouds but without the lightning). Then at one point, it was clear that the sky was no longer brown, that in fact the normal deep blue skies of California returned for the first time in several weeks. Still I wondered if the Central Valley smoke would drift over and return; but it never happened.

It turns out that this virtually cloudless upper level weather disturbance/front had miraculously cleared out all of California. A day or two later 460 of the 500 fires were under control. The smoke had virtually disappeared. Life returned pretty much to normal.

The Divine Mother had altered the course of reality, and saved myself and countless others from what I believed was a looming catastrophe. I could only feel awe and eternal gratitude.

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7/26/08

### **Timelessness in Time**

Have you ever meditated before; say for an hour or longer? Those who have experienced this inner approach to the spirit often claim that it felt as if 10 minutes have gone by when it was in fact an hour. That is the difference between one's experience of time (1 hour) and timelessness (10 minutes). Time is the unfolding of moments in duration. Timelessness is its reverse -- the absence of time; i.e. no time.

One time I was driving along a wide-open highway from Los Banos in the central Valley of California towards the coastal mountains. For half a minute, I experienced what felt like a point in the future on earth where time no longer existed -- though space was still there. Can you imagine such a thing? Was this a prophetic vision of life in some distant time-less future or an experience of timelessness in the Now?

When a human goes into outer space at the speed of light and returns a year later, for him 1 year has passed. But now when he looks around at the earth, dozens or even hundreds of years have passed. The people of his generation are now old or long gone. In one sense, he has experienced timelessness relative to the people who have lived in time.

When I change an attitude or focus my intention on something or open to the spiritual Force, something equally astonishing takes place. Sudden good fortune rushes toward me. What would have taken place in the future (if at all), suddenly occurs in the present. Again, the limits of time have been overcome -- replaced with no time, i.e. timelessness. Or to be more accurate, timelessness has occurred within the becomings of time, releasing the infinite potentials of life.

God, the Divine exists in timelessness; Life in the universe is in Time. His aspiration is for us to experience His Timelessness in the details of our lives, i.e. in Time. It is the destiny of life on earth. Perhaps that is what I had a glimpse of on the road from Los Banos nearly a decade ago.



Whatever you raise your consciousness -- whether by meditating, improving your nature, opening to the Spiritual Force, or moving to the depths within to your evolving soul, you move from the finite plane of Time to the infinite plane of Timelessness where it has entered that Time through the becomings of our lives. It is where time and timelessness meet, and thus where sudden good fortune (i.e. life response) arises. It is the plane of instantaneous miraculousness. Where the finite is replaced by the infinite.

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7/29/08

### **Carrying Forth**

We all live on the skin of the earth.

We all dream in the sky of mind.

Down the dark corridors, and up the white path,

We journey on roads to unknown places.

On the chapel hill, beside the broken urn,

In the hourglass of eternity, we slip through forests of dreams.

Incalculable unknowns, incandescent notions,

We carry forth the ideal of the past,

Discarding it at the foot of the Golden Hill.

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7/30/08

### **The Divine-Net**

What if you needed to know something and that knowledge simply appeared in your mind. What if you needed to know what to do next and an inner voice compels you to move in a particular direction. What if you needed to know the future direction of things and it is revealed in the present. The Internet will hardly help you in these areas, but the Divine-Net will. The former is a great 21<sup>st</sup> century tool; the latter a tool for all time. Why not then use the latter today?

An individual is walking down the street and is considering a problem. Where would he look on the Internet for the answer? It is unique, complex, and personal. The solution is however available on the

Divine-Net. You still your thoughts, move to a deeper poise within, and open to the spiritual Force. One more thing: you forget about the matter. Two minutes later an intuition of the complete solution to the problem appears in your mind from out of thin air. It is the power of the Divine-Net in action.

Another individual is about to make a sales presentation to a client. Through the Internet, she can find out about their needs, what is in stock, where they fit in on her schedule, and so forth. Beyond that, the transaction depends on her skills, persuasiveness, will, energy, et al. What seems beyond control is the outcome and fate of the event. What is needed is luck. With the Divine-Net this same person opens to the Higher Power. As a result, the conditions of life are immediately set in order; i.e. luck is created. E.g., the client who said he would be 1/2 hour late is actually 5 minutes early. The \$5000 hoped for order becomes \$20,000 when the owner reveals that he has opened three new locations. In addition, when this woman returns to her office, she experiences a revelation of an entirely new marketing scheme, which she adopts and revolutionizes her business. These miraculous-like events took place because she concentrated a moment and tapped into the infinite power of the Divine-Net.

Then one day a third individual comes up with a brilliant idea. Why not combine the Internet and the Divine-Net. Why not gather the knowledge -- including its principles and methods -- of the Divine-Net in a central location for all in the world to access. This enhanced Supernet even has algorithms that take into account a person's current situations, demands, and state of mind. It is thus cosmically intelligent and aware of the Flow of Life for any and all persons. It can therefore be broadcast instantaneously to each specific user, providing a highly personalized solution. It allows any person to tap into Its power and become the Master of Life -- i.e. to bring about the greatest results in the shortest period of time with the least effort.

The source of this enhanced world wide web is the Divine-Net, which through its actions transcends limits of space and time -- as the future continually appears in the present, and the infinite instantly replaces the current finite. It thus transcends all known notions of causality and possibility. It puts all of the conditions of life in perfect order, while revealing knowledge and right course of action that lead to perfect outcomes. The Divine-Net is always there at your disposal, ready to work its magic, drawing from the Infinite consciousness of the divine Reality.

Are you ready to make use of this Ultimate Resource of life? If so, why not tap into the instantaneous miraculousness of the Divine-Net today.

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9/5/08

### **Signs Along the Way**

Today I brought in my car for a bi-annual oil change. When I arrived, the person in front of me had lost his wallet and was frantically searching for it. The fact that he was before me, I found significant, but how?

I then had some lunch at McDonald's. I then returned, but before I retrieved my car, I went into a Long's Drugs to purchase some fruit and nuts for my salads. I saw two different products next to one another. Both were marked 2 for \$4. When I went to pay for it, the checkout person said that the one I selected was not on sale. I know it was because it was marked so. In fact, both the products were marked so. The cashier then spoke to a stocking employee who ran it through her handheld computer and it indicated it was not on sale. It was clear then the big label next to the product I purchased indicating 2 for \$4 should not have been there. I informed the cashier on the way out that the item was marked wrong, after she gave me my money back. (I did not buy the item.)

When I went to pick up my car, I was surprised that they charged \$79 instead of \$29 for the oil change. I asked why. He said it was due to the fact that I agreed to synthetic oil. I assumed synthetic was the lower grade and thus \$29, but I was misinformed! I forgot that the last time I was there I purchased the higher grade, i.e. synthetic oil for the oil change. So he was right. He saw my past transaction and assumed I would understand. I just didn't remember, however. I then told them they should explain clearly the difference each time we purchase it, for after all we only come twice a year. (I was making a practical suggestion, yet somehow an anguished one.)

At each point, I saw the connection to the other events. To the man who was there with the wallet before me when I checked in to get the oil change one hour earlier; to the problem with the purchase of fruit and nuts for my salad five minutes earlier. And also the fact that the day before I went through precisely the same situation at another location when I went to purchase a candy bar. I.e. marked as cheaper, but not in the computer as such!

As I walked out of the Quality Tune-up, I felt emotion, yet I tried to keep calm. I was relaxed soon after. In the past, I would have been three times as mad as I was after making the \$79 payment for the oil change. Now I have the mental knowledge of the flow of life to get too riled up. Besides, I took responsibility for everything under the assumption that the outer is a reflection to the outer.

I started to write up this entire affair. Within one minute, I got a call for a potentially very lucrative business arrangement involving project management. My reasonably rational approach to the situation attracted. I held back blaming, and the response came. The energy could have been dissipated, but it still remained. A phone call of an old business associate suddenly came out of the blue with a great opportunity.

PS Consecration (i.e. offering the matter to the Spirit beforehand) and inner status of living in the depths and therefore calm could have eliminated all of the problems to begin with, indicating the scope of my further growth.

Update to the story: Just a few hours after this story occurred, I looked in one of my kitchen closets and found a bag of nuts/fruits that my roommate had just purchased! It was the only new thing in the closet!

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9/20/08

### **America: Embracing the Other Side of the Coin**

Life appears as opposites; hot and cold, night and day; truth and falsehood good and evil, to name a few. Mind normally prefers one side over the other – e.g. beauty over ugliness. But life is not so simple, as these opposites are in truth complementary pairs; i.e. they need one another. We however prefer the side that meets our preference, opinions, and beliefs.

One of the great dualities, which are really complementary pairs is freedom and cooperation. In America, we enjoy our freedom; cooperation is secondary. And yet we cannot have true freedom unless we learn to live together. In Asia, cooperation is paramount; and yet how can one collaborate if one is not free to express one's true individual position in life.

To be successful in life, we must understand and embrace all sides of an issue, including the pairs of opposites, as well as the shadings

between the two. The South Korean flag's Yin-Yang symbol indicates the unity and integration between the two. It is a deep value worth embracing.

After great economic expansion during the Gilded Age of the 19<sup>th</sup> century, America experienced the great depression. After decades of unbridled material-based individuality, the reality of lack of cooperation reared its ugly head. Unfettered speculation and greed ushered in an era of unprecedented poverty in America. Material-oriented Individuality had gone too far, as all efforts to create rules and regulations – a direct implementation of the value of cooperation and harmony – was ignored. The US pulled itself out of its misery through WWII, itself caused by a lack of cohesiveness amongst the nations of Europe before that conflagration.

Sixty years later America forgot all of those events and lessons to be learned and embarked on unfettered material-oriented individuality again. After the Cold War, it saw no need to cooperate with other nations, hence the disastrous Iraq war, and saw no need to put in place regulation for economic control and development. Hence the current financial crisis that threatens the very makeup of the free-market system. In America, a reactionary conservative philosophy that sees government as evil, rather than the complementary force she is has led the country once again down the road of excess individuality at the expense of the harmony and well-being of its people. In the absence of self-control and limited values, life has moved forward and pressed upon the nation the importance of cooperation. If Man won't move in the direction of truth, Nature will. And that means suffering and pain.

America was founded on the premise of individuality and freedom. Instead of true individuality, it has embarked on unfettered *economic* liberty. That translates that in the field of economics we do not want any chains on us; no watchdog organizations to observe us; no government regulation. We want to do as we please. But life cannot succeed unless the other side of the coin -- cooperation -- is adopted. Though at first perceived as opposites, Freedom and Cooperation are in the end complements of one another; that depend on one another for overall success in life.

9/23/08

### **Life Responds Negatively to Outworn Values**

The book 'The Secret' has taken the world by storm. Its central message is that we attract that which we are psychologically inside. When we are positive within, conditions that are favorable present themselves on the outside. When we are negative, the opposite takes place. I have presented this to my readers as the principle of "inner-outer correspondence." That the inner and outer are interrelated; therefore as soon as we shift to the positive, favorable conditions suddenly present themselves. again, the opposite with negative shifts in consciousness. The result is what I call a "Life Response" event.

This phenomenon of life response can happen to an individual or a collective of individuals, such as a business, community, or nation. In the years 2001 to 2008, George Bush, Jr. (#43) has led the US. In the wake of the end of the Cold War, he saw little need to collaborate with the other nations of the world, adopting a go it alone policy, particularly in the wake of 9/11. Unfortunately, the laws of karma, also known as Sow/Reap in western parlance, created conditions in direct opposition to his original intent. First, the war in Iraq turned into an unmitigated disaster, while attracting the hostility of many nations, including the disenfranchisement of our friends. Secondly, the Russians who were shamelessly ignored in the wake of the Cold War, awoke to directly challenge US power in the world. Life was in essence responding to Bush's narrow, ignorant view of conditions and the actions he took to make them real. These results to his narrow view and action is what I call Negative Life Response.

Likewise Bush and his adherents believed deeply in unfettered, free-market capitalism. He believed that government should not interfere in a market fully capable of acting on its own. The result of this narrow view has been near collapse of the financial system of the United States, including the organizations engaged in speculative transactions. Echoing the days of government-free financial speculation sponsored by the Coolidge administration, which precipitated the Great Depression, Bush was doomed to similar results. His life view was out of step with the progress of the society, which was seeking higher social values, not the laissez-fair, free-market, every man for himself business values of the jungle.

Life responds negatively when we try to foster outworn values. When they are reactionary, then calamity or something similar ensues. Just

now we are seeing the negative life response of a completely outworn philosophy that is at odds with the aspirations of the world.

And yet it is a strange thing that it in the final analysis it was absolutely necessary in the greater scheme of things. It was necessary in order to shine the light of day on these false beliefs so that they will not show themselves again. It is Nature's secret way of progressing through the negative conditions of life. We can choose to progress through higher consciousness or through those who are proponents of the opposite. Nature is happy to progress either way. She is neutral, awaiting the decisions of Man. Whichever path we take, She will enjoin us with the right type of response thereafter. It is one secret of her subtle and profound methods.

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10/4/08

### **The 1000% Solution**

Ever since I purchased my new computer with Windows Vista a year ago, I have been very pleased with its performance. There has been one little quirk however. Every time I start up the computer, it creates a new version of the printer driver through a series of dialogue boxes that I have to click my way through. It was not only an annoyance that occurred every time the system loaded, but it would cause me to have to pick the right driver before I printed any document from the computer.

It turns out that I purchased this printer several months before I purchased my new Vista-based computer. Since Vista generally works best with new hardware and software built for it, the fact that I had these quirks with the pre-Vista printer was not surprising. Still I managed to muddle my way through over the past year. Recently however I decided that it was time to eliminate these minor but annoying quirks by purchasing a new printer that would be fully compatible with Vista.

At the same time there was another situation going on. It turns out that I refer potential project management software clients to a local technology company in my area. They are a fine organization with great expertise and goodwill, but are generally lax in making their payments. It is not that they are unwilling to pay, but they seem to be unable to keep their records up to date. Plus, they seem to have problems communicating necessary information to the right person. In any case, it is always up to me to remind them of the money they

owe me. This even after we recently had a lunch meeting where they told me about a new system they were implementing to tackle this very problem! Well it turns out that they owed me a relatively small sum of around \$350-\$400.

Now back to the printer situation. Recently I made the decision to purchase the new Vista-compatible printer from Amazon, and unload my older printer. I expected the new printer to arrive in about a week to 10 days, but instead it arrived sooner. In fact, when I came home from some chores last night, I was surprised to see the printer delivered at my doorstep. And so that night, though late, I decided to install the printer. After unpacking the box and setting up the hardware, I had serious trouble installing the software. When I ran it from my CD-player, it made a terrible whirring sound, and then five minutes into the installation, it came up with a fatal error message. I restarted and tried again, and it failed once more. That meant that I had to call technical support late into the evening to resolve the problem.

When I spoke with the woman there, it did not seem very promising, as she seemed to be merely following a script. As I was tired, I thought to myself: "Oh the HP printers just don't work right with Vista, as do many other things." In anguish I even said this to her at one point. Fortunately, she did not react to my cry in the dark, and calmly continued with her work. Skeptical and anguished, I decided at one point to give up all my negative attitudes about the matter, and surrender to her capacity to resolve the problem. She then had me download the software over the Web and install it. Though it took a while, it worked flawlessly. Not too long after, the printer also worked perfectly. Plus, I now had none of those irritating dialogue boxes at startup that plagued me for the past year, nor any of the printing issues related to having multiple drivers. I clearly saw how my reversal from the negative to a right attitude had attracted these positive conditions.

The next morning I got up and then checked my email. It was a message from the company I make referrals to; the one I described above. It was a note from the president, who told me that everyone there had been busy and only now had they gotten around to paying the bill they owed me. That was encouraging. However, when I examined the amount more closely, I saw that it was not for \$350-\$400, but it was for \$3540! I.e. 10 times the original amount! I wondered what could have caused this, and then saw that the work I had referred them for one of the largest companies in the US had unexpectedly increased tremendously in the last several months!



Instantly I understood the real cause of this extraordinary response. I saw that the vast increase in the amount was directly related to my change of attitude the night before; when I calmed myself, shed my angst and cynicism, and surrendered to the capacity of the technical support person. By shifting from doubt to faith, life responded not only by easily resolving my printer problem, but by attracting a payment the next morning that was 10 times the amount I expected. Life not only fulfilled my aspiration for payment, but exceeded it by 1000%!

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10/13/08

### **Consciously Abridging Time**

Because I had problems with Internet communication on my computer the other day, I had a little extra time on my hands. I then thought that rather than waste it, why not take care of one of the items on my long-term agenda -- upgrading the memory on my computer.

When I arrived at the service area at the local electronics superstore, I was greeted by four individuals in line ahead of me. Though that might not seem so bad, consider the fact that they were there to have their laptop computers serviced, and at the time, there were only two technicians on duty. Since each customer took ~15-20 minutes to service, I was looking at a half hour or more wait. I had been on this slow moving service department line before, and I had seen the look on the faces of the people "patiently" waiting. Well this time it was no different, as the person in front of me had that same silent, but frustrated look.

Because I had lost landline DSL connection to the Internet, I was forced on that day to use a wireless Wi-Fi connection at McDonald's and Starbucks. Now as I stood in this slow moving line, I thought that rather than stand around nervously for half hour waiting for my turn, I could make use of the wireless service that might be available in the store. And so I pulled out my computer from its case, and awakened it from sleep mode. I then discovered that a free Internet connection was indeed available in the store. However, when I tried to connect to that Wi-Fi service, it did not work. And yet when I put the computer back in its case and looked around, I noticed that the line in front of me had suddenly moved two spaces. That normally would have occurred over 15 minutes, but instead it happened in fewer than 5. I then understood that because I shifted my attention away from the

“problem” of the line, life responded and moved it along overcoming the duration of time.

Now I sensed I was in one of those moments where I had the presence of mind to overcome and master life’s conditions. Taking that cue, a moment later I made the conscious decision to give up all concern about the lengthy wait. As a result, the line moved again two places in less than 5 minutes. When I was then called to be serviced, I had in essence been served in less than 10 minutes, when it would ordinarily take 30 or more.

When I first explained my need to the technician, he said that the added memory could be installed within two or three hours. I thought that was too long, and asked him if it could be done sooner. Sensing my time constraints, he then said his tech people could do it in 45 minutes. I thought that was fine. I could after all go out to get something to eat and return in the allotted time.

He then told me it would cost around \$140 for 1GB of memory, which was the maximum additional amount my computer could hold. After filling out the paperwork, I was prepared to leave, but then stopped myself from assuming that our communication was over. As a result, I held my ground and waited for him to speak. He then proceeded to tell me that if a technician didn’t return within the next ten minutes, he would install the memory himself. I naturally accepted this new course of action.

Now sensing that time was disappearing before my very eyes, I again held myself back from rushing off. He then said he wanted to check the memory configuration in my computer before he did the work. After a quick check, he told me that the computer would only take a 2gb chip, not a 1gb one, though either way it would only add 1gb of usable memory to the system. For a moment, I thought that would mean that the price would now double, but he surprised me by saying that it would cost *less* for the 2gb chip because it was on sale! Thus, my bill now went *down* by nearly \$50, despite the fact that I used a bigger chip. In the back of my mind, I thought that small wonders were rapidly accumulating through my conscious effort.

When I then finally went off for the allotted 10-minute period, I came upon and watched a beautiful video on one of the flat-panel TVs called ‘Above California.’ When I arrived, the film was just showing my favorite spot in the state -- Mt. Shasta, the 13,000-foot snow-capped cylindrical peak in the north. I saw that as a good omen now, even as I have often thought of Shasta peak as a symbol of ultimate aspiration in life, including my own. Feeling light, lilting, and joyous because of all these events, I then returned to the technician who was

in the process of completing the installation for me. At that point, I did not want to force the conclusion of the transaction, for I knew that right inner attitude could attract additional small miracles.

A few minutes later, the transaction was completed and I got the additional memory that would speed up my computer. In addition, I was equally happy because a potential half hour or more wait in line had been cut by over 75%; that an originally proposed 2 to 3 hour installation was reduced to a mere 10 minutes; and that my bill was substantially reduced from the original quote. I clearly perceived that it had all happened because I made conscious use of time through efforts of inner detachment, calm, and patience at various points along the way. It was a powerful reminder that if we make use of our inner power, time will shift from being an obstacle and adversary to becoming an ultimate instrument and ally.

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10/17/08

### **Cosmic Accounting**

Whenever we move our consciousness to a higher level, life responds to that effort. Whether it involves a small or great matter, sudden good fortune will arrive in response to any movement to the positive.

Today I had my eyes examined for the first time in seven years at Lenscrafters. Like going to the dentist, people do not normally look forward to such events, unless they are compelled to do so -- i.e. when life forces one to change through difficulty, pain, or some other compulsion.

On this occasion, I wanted to pay for service rendered half by credit card and the half through my debit (i.e. bank) card. In essence, I did not want to run up my credit card more than I had to. As it turned out, I was unable to make this arrangement, instead paying \$300 via credit and the remaining \$100 through debit.

A half hour or so later after returning to my office (with my eyes still dilated and as a result my vision still blurred), I went to my American Express account to see if I could make a compensating payment to offset the extra amount I paid using that credit card at Lenscrafters. Unfortunately, when I tried to access the account, it was unavailable. I took it simply as a sign that my desire to make an additional payment to compensate for overuse of my credit card was not necessary; i.e. demanded by life. And so I forgot the matter.

However, when I then went to my mailbox, I found an unusual letter. It was from the state informing me that I had some unclaimed money due, which required additional identification papers on my part. As you might have guessed, the amount was virtually the same as the amount I wanted to pay on my credit card account! Life in essence compensated me for my aspiration to draw down on credit card payments by "sending me the balance." It would turn out to be the only other money related matter that came to me by mail or otherwise that day.

As we see, life will respond to any shift in consciousness to the positive; even the most subtle of changes. Because I felt it was the right thing to not overextend my credit card and pay half of Lenscrafters bill via debit card, life itself made up the difference. In essence, by taking a higher order decision based on a practical value, I aligned with conditions that brought the transaction back into balance. Thus, through some cosmic-like accounting, the equilibrium of life was reestablished.

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10/19/08

### **Perceiving Parallel Events**

Synchronicities, simultaneity, and parallel events -- names for same basic phenomenon -- are happening all of the time, every minute of the day if we only choose to observe them. For example, just today I was looking up the site statistics for the Growth Online site. One area that intrigued me was the pages or graphics that were being accessed the most in terms of the total bytes downloaded by the visitor. I was surprised to see that one of the graphics had the greatest total bytes downloaded in the recent period. It was for an embedded ad for the Kindle book reader sold by Amazon that is displayed on a number of Growth Online pages. I had never noticed that in the statistics reports before.

At nearly the instant I noted this fact, I received a call from a colleague who had not contacted me in over a month. Immediately I saw the connection between his call and the Kindle statistic I had just noticed. Why did I make this association? It was because it was this friend who informed me of the Kindle reader in the first place a year or two ago! And now he calls instantaneous to my seeing the data for that item. A coincidence, you ask? Of course not. It is a connection that was made previously that now presents itself once again. This shows how corresponding pairs related in space and time move in

tandem, overcoming normally perceived boundaries of cause and effect, and space and time.

Thus, the universe is constantly separating and rejoining those pairs to the degree that we focus our attention on one of them. It is a phenomenon that is constantly occurring just below the radar of our consciousness. If, however, we are alert, we can observe a steady stream of simultaneous and parallel events throughout our day.

Consider several similar examples:

- We take an interest in a subject, such as a music group we had not thought of in years, and a report about them appears on the TV 10 minutes later, even though they have not been heard from for 20 years.
- A man received an email from a friend, at the same time that an order came in from a client. These were his only two emails. It turns out that the client's organization had the very same ethical and spiritual interests as the friend.

Every day dozens of such events occur if only we only have the wherewithal to connect the dots. When we grow in consciousness and become more mindful, the perceived parallelism become so frequent and striking that all we have to do is open our eyes

Furthermore, as we witness these miraculous-like associations, we begin to perceive a cosmic Intelligence at work, in which all and everything appears to be connected. At that point, we will have taken a decisive step toward understanding life's great mysteries. If we then go a step further and learn to master this power -- i.e. to evoke these responses consciously, on demand -- then we will approach the Marvel behind all creation.

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10/20/08

### **Man at the Center of Life**

The world economic system is undergoing a severe shock. It was caused to a large degree by Man's ignorance and greed. Though its vast expansion and success has been rooted in the infinity that comes from individual freedom, it was tripped up by missing human values that could make the system Whole. Because the Human Being has not been at the center of our economic system, only the Part could express, which invariably breeds failure.

Freedom and collaboration are human values. They represent Beingness and Oneness of the Spirit functioning in creation. One without the other cannot succeed. Freedom is fulfilled through collaboration, and vice versa. Without their integral union, there is only a Part and therefore failure. Thus, Communism came to an inglorious end, and Capitalism is going through its current upheavals. Nature in Her evolutionary wisdom seeks to move from the Part and create the new, the dynamic, and the Whole.

Human values are not however limited to freedom and collaboration. They are endless. There is also truth, knowledge, tolerance, compassion, love, beauty, delight, and a hundred others. Our economic system has been primarily focused on material values alone -- not the psychological, including the fulfillment of the individual. When we shift our consciousness and put the Human Being at the center of life, then upheaval and convulsion will be reduced, and life will progress smoothly, harmoniously, and infinitely.

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10/29/08

### **The Integral View of Spirit and Life Emerging in the World**

The source teachings of the great religions of the world are available to each of us without having to follow that teacher exclusively. Jesus brought Love to the world, but we can follow the path of true Self-givingness without following Christianity. We can perceive that attachment, possessiveness, ignorance, and ego are essential causes of suffering, something Buddha professed, without having to follow the religion that arose after his passing. We can surrender to the True Self within and the Divine Reality above in the activities of life without having to follow Krishna who professed that profound teaching in his time and are several of the central precepts of Hinduism. We can embrace the fact that evolution is constantly occurring in life without exclusively becoming proponents of the works and principles of Darwin.

Thus in the modern era, we can take the *integral* approach to understanding the nature of the Reality. E.g., new spiritual teachers and evolutionary thinkers are taking the wisdom of the past and putting it into a modern context -- creating more dynamic, integral insights into the nature of existence. Because we have made great advances in our mentality in the past hundred years or so, we are able to perceive the variety of truths from all time and traditions, as

well as new, modern insights, and integrate them in new holistic and uniquely perceptive integral views of Reality.

That is one reason that the current era is often referred to as 'The New Age.' It is a dynamic period in which we are able to develop a fresh, new perspective of existence, including the knowledge gleaned from multiple cultures; the various paths of wisdoms from a variety of traditions; the vast array of material, psychological, and spiritual insights from around the world; and meld them into a comprehensive view of existence. Interestingly, it includes new, unprecedented insight into the true nature, flow, and workings of life. For example, the recent interest in the principle of the Law of Attraction and the phenomenon of Life Response are merely the first wave of insights into how higher levels of consciousness can evoke instances of sudden good fortune. Of course, such laws and phenomena are not new at all -- as they were expressed in ancient traditions, such as the Indian Vedas and Upanishads thousands of years ago -- yet they are now being integrated into a modern context, giving them added dynamism and power.

The Indian sage and seer Sri Aurobindo drew on most if not all of the great spiritual precepts to come with an integral view that harmonizes such perceived dualities as spirit and matter, science and faith, and evolution and determination. Writing from the deepest poise of intuitive, spiritualized mind, he had the vision of the integral view of existence. He then formulated an evolutionary, spiritual philosophy that was unprecedented in human history. He also had all of the essential experiences of the past masters and the ancient wisdom, and in a spontaneous expression of spiritual insight, developed his dynamic, unprecedented integral view of existence. He would then go on to describe a future humanity in which we would transcend our current human functioning, ushering in a new, divine life on earth.

There are many signs that we are moving towards this new integral view of life. We see nations forging closer political and economic ties and alliances; we see the embracing of one another's cultures; we see the communications of a plethora of beliefs and spiritual teachings over the Internet; we see a society more open to new ideas that go beyond one's traditional culture. This cross-pollination of wisdom and personal experience is enriching the world and every individual in it.

While many focus on the technological means of communicating the wisdom, the all-important knowledge itself is formulating into a new, integral, evolutionary, consciousness-oriented view of life. It is surely a sign of humanity's progress -- which I believe is in fact a New Awakening. It is also an expression of Sri Aurobindo's great precept of "Unity in Diversity;" that as we move towards ever-greater levels of

human unity, we absorb an ever-expanding diversity of views and precepts about the nature of existence. As a result, an integral view of life begins to emerge that is infinitely profound, comprehensive, and dynamic.

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10/31/08

### **Moving Beyond Our Contradictions with Others**

At each point that you are upset with or vehemently disagree with or otherwise are in conflict with someone, you create a contradiction with that other individual that blocks positive energy, and thus prevents positive circumstance from taking shape. That contradiction and gap may even be accompanied by fatigue, headache, poor sleep, and serious illness. Conversely, at each point that you try to bridge the gap and contradiction -- e.g. by giving up hostility or dislike, overcome assertion and righteousness, and embrace the other person's position -- you move to a higher plane, which opens the doors to sudden good fortune.

For example, one man was having trouble with his computer printer, and therefore contacted technical support. He had been passed around on the call and now was in the hands of someone who he thought was too slow and deliberate, and ill informed. Though he was initially disturbed by the situation, he gave in and put his faith in the woman. As a result, she not only quickly resolved his problem, but several hours later the man was shocked to discover that a \$400 referral fee he had earned had suddenly ballooned to an unexpected \$4000! Because he bridged the gap by rising to a higher consciousness, the contradiction between he and the support person was resolved, and sudden good fortune quickly followed.

Then there was the case of a woman who had harsh feelings towards several of her co-workers. It turns out that she had been working at the company as a temp and was desperately looking for a full time job. At the very peak of the effort to improve her relationship with her co-workers, she received a most unexpected call from her manager informing her that due to her exemplary work, she had now been promoted from a temporary to a full-time employee, her first such position in ten years!

In life we often come in conflict with others -- whether a fellow worker, a boss, a spouse, or a friend. Nature has placed us in that position so that we can grow thorough the experience; so we can



progress as individuals by overcoming the contradiction. We resolve it by raising our consciousness relative to that relationship and condition. At each point we move from assertion and irritation to openness, compliance, and calm, we generate positive energies that align with positive conditions that we experience as sudden good fortune. In essence, we move from the ego plane, which is a realm of limited possibilities, to the universal plane, where all our aspirations in life are fulfilled.

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11/3/08

### **Darwin's 'Variation' in Terms of Consciousness**

Like religion, science has a limited view of life. The former affirms a Spiritual Source, which is wonderful, but denies or is unaware or disinterested in the process of evolution in the details of life. The latter has served society well and produced vast practical results, but has a partial, mechanistic, material-only view of reality that often produces negative outcomes. Any attempt to reconcile these two realms is a movement of integration and harmony, and is eminently helpful for our understanding of life. Many recent deep thinkers, such as Deepak Chopra, have been trying to forge a link, and have made real, substantial progress in this area. If only the two sides would listen!

Recently I visited the new California Academy of Science located in Golden Gate Park in San Francisco. It is two American football fields long and sits parallel to the equally vast and architecturally striking new De Young Museum. One of the CAS exhibits in the hall traces the course of biological evolution on earth as developed by 19<sup>th</sup> century giant Charles Darwin. While perusing the main scientific principles behind his theory, something on the wall caught my eye. It was a statement that said something to the effect that "Variation is the spur and cause of evolution." It then struck me that this scientific principle could be explained in terms of spiritual laws of life, thereby reconciling spirit and science.

According to Sri Aurobindo, Variation goes to the very essence of the process of creation that enabled a universe to emerge from a Divine Source. He describes how an original immutable and ineffable Reality moved toward creation by first taking to existence, then becoming conscious of its own existence, which in turn released a force that coagulated into the primal Energy that became the source of all forms in creation.

But why would a Divine Reality seek to create this universe in the first place? Sri Aurobindo explains that this original unmanifest Reality extended itself into a Manifest cosmos so that its own Delight and Bliss could be experienced by those forms of force, including we humans. That when we discover our true nature and selves, we experience the same Delight that the Creator experienced when it moved toward being conscious of Its own Self. Thus, when I discover who I truly am, what purpose I truly serve, etc. -- i.e. move to higher consciousness -- I experience that same Delight.

So where does Variation come into the picture? It turns out that though the Delight of the Divine is one of eternal pleasure and bliss -- called Ananda in Indian parlance -- it is of one sort. I.e. it is singular, but static and unchanging. Therefore, according to Sri Aurobindo, the Divine wished to create a universe of forms that also experienced *dynamic* delight; i.e. where each of us through the process of self-discovery experienced a *unique* form of that bliss in our own lives. Well, in order to experience that unique form of Delight, we need to be unique individuals, each expressing and manifesting a unique consciousness. In other words, *the Divine intended infinite variation for we humans in creation for infinite variety of discovery and bliss.*

Thus, through cosmic insights into the nature of Reality, Sri Aurobindo has seized on the same conclusion as Darwin. Variation -- whether understood in terms of outer functioning of species as in the case of Darwin, or through Divine purpose and intention through human choice, functioning, and discovery as described by Sri Aurobindo -- is a principle of life both embraced.

To be able to describe the outer forces of life in terms of processes of consciousness is one of the great challenges of the New Age. The dogma and superstition of religious precepts and the narrow-minded, mechanistic, material view of existence are limited, contradictory influences that can only be resolved by such higher understanding. From that vantage point we are able perceive the source and essence of all phenomena; the deepest and most profound influence on the workings of life; and the true nature of our evolution through time.

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11/7/08

### **Repeating a Life Response for the Collective**

One of the interesting aspects things about Life Response is that once you have had the experience, you can repeat it at that same level.

I.e. if you identify the inner behavior that precipitated it the first time around -- such as a shift in attitude -- you can go to the well again, repeating that higher consciousness movement and attracting an equal, if not more powerful response from life. In this way, your life can be a never-ending series of sudden good fortune moments -- propelling you to the pinnacles of success, while moving you swiftly along a path of personal progress and evolution. Let me illustrate with a recent example.

As you may know from a previous entry, I was able to marshal the spiritual Force to overcome a dire situation in Northern California. What happened was that last spring an unusual lightning storm hit the area, setting off thousands of fires throughout the region. After weeks of non-stop firestorm on the hills and mountains, the skies began to turn an ominous red-gray color in the major metropolitan areas like San Francisco and Sacramento. Worse still, people were beginning to feel physical effects to the point that there was concern that hundreds or even thousands of people could become seriously ill or die from the ever-increasing toxic poisoning. As a result, I called to the spiritual Force with the hope that the Higher Power could bring relief. As it turned out, the next morning I looked out the window and noticed that the air had completely cleared, when a most unexpected weather front moved in overnight. As a result, seventy-five percent of the smoke disappeared in a 12-hour period, and the remainder dissipated over the next several days, never to return.

Though a looming catastrophic situation had been averted, I did not rest on my laurels for I understood that the normal fire season was yet to begin. In fact, being a long time resident of the state, I knew that the infamous Santa Ana winds were due to let loose in early October, which was the usual period it makes its appearance. Knowing that we had the driest conditions in the region in 20 years, making the area a potential tinderbox, I considered what I could do inwardly to avoid what could turn out to be the most dangerous fire season in modern Northern California history. Such a conflagration would make the fires of the previous spring seem like a walk in the park.

As the Santa Ana period approached in late September, I closely watched for the appearance of any high winds. One day I noticed that wind velocity had reached 20 miles per hour with some higher gusts. Though not the 50+ mph of Santa Ana, I became concerned, and so began to "consecrate" the situation just as I had done the previous spring. Not long after, I checked the weather map and noticed that an unusual early October shower was heading our way. When it passed through the region, the ground was nicely soaked, but I was still

aware that the Santa Anas could rise up any day and cause havoc. But you know what; in the days and weeks ahead, the so-called 'devil winds' never arrived! For the first time in 30 years of observing weather in the region, the powerful gusts with the power to ignite and destroy thousands of homes and businesses throughout the area, never showed itself.

Then something equally remarkable took place. Instead of the gradual transition to the rainy season, two weeks after the normal Santa Ana period, it suddenly began raining hard, and did so for several days. It was in fact the earliest start to the rainy season I had ever experienced here, and would turn out to be the final insurance policy that dampened any chance of an inferno breaking out in this part of the state.

Once again, life had responded to an inner initiative to affect the collective. I was both relieved that a dire situation was avoided, as well as reminded of the awesome power we have to affect the conditions of life around us -- including those that affect a wide swath of the community. Finally, I was reminded of the infinite power of the spiritual Force to alter the world outside ourselves -- a power that according to the Mother is ever increasing, descending deeper into the earth's atmosphere.

One final point: At several points along the way, I was tempted to tell others of the progress I was making to alter the Santa Ana threat. However, I controlled myself, and never revealed a thing, including the arrival of that very first modest dampening rain. I knew that if I "spilled the beans" and told people of my success so far, everything would come undone -- i.e. the Santa Anas and their destruction would return and wreak its usual destruction. And so I held back from discussing my inner effort with anyone until the danger was past. (The principle is straightforward: until a positive development fully comes about, it is best not to discuss or get too excited about it, otherwise it will get cancelled.)

Now as I look around at what were parched hillsides only a few weeks ago, I see new greenery sprouting everywhere. This unusually early California rainy season has been most gratifying for me, as it has come about a month and a half ahead of schedule.

11/14/08

### **Move to a Higher Level to Resolve a Lower Level Problem**

There is a relatively simple method to follow to resolve problems in life: simply move to the next highest level of consciousness. E.g. if a nation is at odds with another -- which is in essence political -- then they should look toward reconciliation through economic means. The political will be smoothed over through economic cooperation. Likewise, if there is economic strife between two nations, they can move toward greater cultural harmony. The economic issue will then take care of itself in the wake of deeper cultural bonds. Thus, the ascending scale in this particular domain is political, economic, cultural, and spiritual. Similar scales can be developed for other collectives -- whether business, government, or education -- providing simple guidance for resolving lower level problems through higher level solutions.

The same fundamental principle applies to individual humans. If we are in conflict with another, say at the vital/emotional level, we should move to a higher level still -- i.e. the mental -- to resolve the conflict or impasse. Shedding conflicting feelings for the greater neutrality of reason creates headway for new understanding and positive opportunities. Similarly, if ideas clash at the mental level, one can rise above our limited point of view and embrace the many-sided view of an open and rational mind. It is a movement from *exclusive* mentality to an all embracing, rational and reasonable one, taking in all sides. Moreover, by taking this higher mental tact, we tend to experience insight as well as sudden descents of intuitions of truth and knowledge.

There is also a shortcut method to this overall approach. Rather than move to the next highest plane, one can simply take directly to the Spirit. That will overcome all problems at any levels below it -- whether physical, vital/emotional, or mental. When we offer the matter, to the spiritual Force, we will see that new solutions, possibilities, and insights arise out of nowhere, overcoming the problem or difficulty at the lower level. That opening to the Higher Power tends to attract fresh, unexpected, stunning, creative outcomes from out of thin air.

There are many ways to express the spirit, from being calm and still in the face of difficult situations to shifting your position from one of selfishness and assertion to selflessness and self-givingness. At that plane, all problems below it tend to quickly dissipate. Thus, any

connection to the spirit -- including inner silence, reduced and soft speech, equality of being in the face of difficulty, self-givingness, seeing all sides of an issue, and opening to the spiritual Force -- will resolve all difficulty in planes below, from mind to vital to body.

Life has evolved from matter to animated, vital life forms to mentality to spirit. Our center is however mostly vital, which is possessive, demanding, egocentric, seperative, and exclusive. If we move to mind and spirit, we can overcome all conflicts in the levels below. E.g., our human vital interactions can shed their negative element, and turn harmonious and thoroughly enjoyable.

Also, if we are centered in a deeper poise within, instead of being overwhelmed by the surface occurrences of life, we can at every moment perceive how we can move to the next higher level where life is harmonious as well as miraculously responsive.

Why not then list several areas of your life where there is difficulty, and determine what inner or outer behavior would be a movement to a higher level. If you identify it and then act on it, not only will problems be resolved or dissipate, but you yourself will begin to the next highest level in consciousness, where you will experience greater clarity, focus, energy, success, and joy.

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11/22/08

### **The Emerging Multi-sided Understanding in the World**

In *The Live Divine*, Sri Aurobindo explains that we humans exist in an essential Ignorance, on its way to an Integral Knowledge. One way that takes shape is our inability to grasp the many-sided truth of any individual thing or matter. We tend to know one or a few sides of an issue and believe that is the full truth. This limited knowledge, this Ignorance of the whole is rooted in the exclusive nature of Mind, which tends to embrace one view of a thing and avoid all others. That exclusivity is in turn supported by the seperative nature of Ego, which divides us from others and the world, and therefore the integral, multi-dimensional truth of things. However, when we move to a higher consciousness, we break these bonds, move away from Ignorance, exclusivity, and separativeness, and embrace the multi-sided view; i.e. the integral truth off any issue. In that way, we not only have the knowledge to make right decisions that result in powerfully, positive outcomes, but we evolve out of our current limited nature, and begin to embrace a Supernature.

Interestingly, not only are individuals moving from Ignorance to Integral Knowledge, but so is society as a whole. One very prominent example is the emergence of the Internet. Through this integrative technology, we are compelled to embrace the many-sided view of things. Functions such as blogs, discussion groups, and the like force us to look at a variety of perspectives of a matter, which obliges us to shed our limited view. Through this social technology, we are forced out of our own exclusive view; for who wants to appear foolish when others clearly see the limits of our argument. That is the positive power of the social collective on the individual; just as the individual can positively impact society.

The Internet is not the only way the collective is embracing the multi-sided view. It happens elsewhere in society. For example, there are business meetings to discuss a variety of perspectives on any matter. Also, the more enlightened companies, who value their employees, seek to get their perspective of things. This adds to the collective knowledge and wisdom of the firm, leading to more rational decisions and actions that lead to successful outcomes. The more one has the multi-sided view of things, the more one can succeed in an ever-upward spiraling path.

In these cases, individual or collective, there is a movement from ego, separateness, and a sense that we know it all, to harmony, oneness, and unity with others' points of view. As we become more rational, i.e. mental, human beings, we open ourselves to the multiplicity of possibilities and insights of the world, shedding our attachments to our very limited understanding and view. This movement is an evolutionary one -- Ignorance to Integral Knowledge.

With this in mind, why not ask yourself these questions. What limited view do you cherish? What multi-sided knowledge do you refrain from seeking in order to have the "joy" of your own ignorance, falsehood, and folly? Are you willing to truly listen; even take another's point of view? If so, you are a true rational individual, well on the way of the spiritual path of knowledge and wisdom.

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11/25/08

### **Making an Impact on the World**

*Blink* and *Tipping Point* author Malcolm Gladwell indicates in his new book *Outliers* that those who have reached the pinnacles of success have done so because they were born at a particular time when vast

opportunities presented themselves. He point out how Bill Gates and Steve Jobs, who are of the same generation, rose to the heights as new, emerging technologies began to appear in the computer and electronics fields. They were thus a product of their times. Gladwell also points out that it is those who actually *seized* emerging opportunities were the ones who climbed the pinnacles of success. For after all, millions are part of any given generation, yet it is only those who catch the emerging wave who are able to ride it to the top. Gladwell also suggests that local influences also helped forge their place in the history of their times. E.g., Bill Gates had access to a computer system as a young teen, something others were not fortunate to have had. Thus, the confluence of generational and local opportunity, plus the ability to seize the moment propelled these individuals to greatness in their fields.

At the Human Science project, a collaborative undertaking of members of Mother's Service Society (Pondicherry, India), Growth Online, and others, we address a multitude of emerging issues in the world, including the Character of Life, the Evolution of Society, the Nature of Money, and others. One other division of the site focuses on an understanding of the factors that enable individuals to change the world. We call this area 'Change Makers', and there I have begun to document the factors that have enabled noted individuals throughout history -- such as Elizabeth I, Martin Luther, Winston Churchill, Michael Gorbachev, Bill Gates, and Steve Jobs -- to rise to the pinnacles of success, vastly influencing society. There are the to-be-expected determinants of such great accomplishment, such as energy, intention, focus, drive, will, personal values, organization, determination, psychological strength, skills and knowledge, and right attitude. Also included are several factors addressed by Gladwell's *Outliers*, including generational possibilities, the current social support system for the individual, and most noteworthy, the ability to latch on to a great opportunity, enabling one to catch the emerging wave of society.

At the Change Makers section of Human Science, we also address other, less understood, more *subtle* forces that propel individuals to the top of their field and affecting society around them. These inner behaviors express through instances of "life response," i.e. sudden good fortune. For example, one individual in a given situation is able to control his emotions when his integrity is falsely attacked, which causes sudden positive developments to move in his direction. Another person reverses a cherished (false) belief, which again sets in motion positive events that conspire to take him to the top of his field. These subtle inner behavioral changes attract just those



circumstances that give that person the opportunity and energy to rise to the society-influencing heights. Thus, it is not merely the obvious conditions that catapult one to the stars, but subtle changes of consciousness within.

How then can you practically benefit from these ideas? Are you interested in moving to the top of your field or having a major impact on the world around you. If so, then why not examine the variety of factors that enable it to happen. Look for several key determinants that you are deficient in, and then make a concerted effort to upgrade in those areas. As a result, life's circumstance will suddenly turn positive in ways you would never have imagined. Then you too can become a true Change Maker in your field and make a great impact on the world.

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12/1/08

### **Realizing The Reality (Brahman) in Our Lives**

One of the greatest of all questions is What is Life? Another is What is God? A third is What is my purpose in the world? Indian metaphysics answers all of these questions through the ultimate conception and principle of existence, known as Brahman. It is also referred to as The Absolute in the West. Let us call it "the Reality." Let's also consider a more modern evolutionary view of It as expounded by the Indian seer and sage Sri Aurobindo, and the contemporary, multi-dimensional spiritual genius Sri Karmayogi.

The human mind can easily conceive of the realm of *matter* which we live in. It can also conceive of the realm of *spirit*; even the possibility that this universe of forms emerged from it. What it cannot readily do is think of their *oneness, unity, and integration*; in particular, that the universe is a form of spirit; and that spirit extends and fulfills itself in creation. This integral fusion of spirit and matter -- i.e. of the Unmanifest and the Manifest, of the Transcendent and the Immanent -- is the ultimate conception of existence afforded to us. It is the Reality.

The Reality includes and yet is beyond God the creator, as well as the transcendent Divine Spirit. It also embraces every and all things in creation; in this universe of forms, including us. The Reality is a startling conception that supersedes all notions of existence ever devised by man. It is in that way the ultimate Reality, Brahman, the Absolute. And yet it is something we can realize in our own lives.

Interestingly, America has in many ways realized the Reality in the realm of matter. It has perceived the infinite possibilities of material existence and has brought much of it to the surface of life. This suggests that we can realize, bring out the infinity of the Reality at any plane -- from vital to mental to spiritual. It is a vast opportunity that lies before us.

But then where is this Reality, this infinite possibility in these varying planes of existence? The answer is that it is buried deep down in an essential Essence. When Man rises in consciousness at that plane, we bring that essence to the fore in infinite variation. Whereas the US has brought the Reality, Brahman to the surface at the material level, we have yet to devise the ultimate emotional and social possibilities at the vital plane; or the most profound and wide reaching mental conceptions of existence at the mental plane. That infinity awaits those who can draw it out, who are able to unlock and bring to the surface, thereby enabling life to fulfill its ultimate potential.

And yet we cannot realize the Reality and its potentiality through the vehicle that is our ordinary Mind. Our normal mental functioning cannot perceive the inherent oneness, unity, and integration of spirit and matter; the Unmanifest and the Unmanifest; the Creator and the Creation. It sees them as separate aspects, not as integral, complementary partners and parts of a Whole. As a result, we cannot perceive the essence that exists at any plane -- whether material, vital, and mental levels -- not draw out its spirit to bring about its infinite potential in life.

However, when we move to higher mind, including its spiritual aspects as intuition and revelations of thought -- of knowledge perceived directly without the hard churning of thinking -- we begin to perceive the Reality; i.e. have a direct Vision of the unity of spirit and matter, and a perception of the infinite possibility in the plane we are focused on. It is at that point that we can begin to draw out the Infinite from the Finite through myriads of higher feelings, deeper and more profound emotions, and connections at the vital level; and penetrating insights, revelatory principles, and deep human values at the mental level.

But we can only have a vision of the Reality and bring out its essences when we move our center of awareness away from the surface of life, and develop a deeper poise within. The more we orient our lives inward in silence and stillness, the more our mind opens to perceive the integral oneness and unity of spirit and matter; and therefore perceive new ways to bring out the infinite possibilities locked into every aspect of our lives. Through such a "witness consciousness", we

not only glimpse the Reality, but more readily become instruments for extracting the Essence that opens life to its ultimate possibilities. Then we become conduits and instruments for infinite progress, in life, and a leader of the evolution and transformation of life on earth.

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12/8/08

### **Referral of a Lifetime**

A while back, I had the good fortune to attend a meeting of managers and consultants at Microsoft's downtown regional headquarters in San Francisco, where the focus was on their project management software. I had been to this gathering numerous times before and enjoyed every meeting. On this particular occasion, I knew that a representative of a company I had been referring business to would attend in order to discuss a variety of issues. While I expected solid results from past efforts, the report he handed me indicated that I had not only generated staggering revenues for the firm, but that I had earned a huge referral fee in return. In fact, it would turn out to be largest one-day financial windfall of my life!

In one fell swoop, I earned well over \$20,000, when in the past my biggest referral fee payday had been ~\$3500. Though I expected a similar amount this time, instead I garnered a 700% increase.

What happened?

For over a month, I was unable to figure out what I had done to attract this startling amount. I knew it wasn't mere chance or dumb luck, because I don't believe in such things. Nor did I believe it happened because of something obvious or outward I had done recently. Though I am normally able to make an association between an outer result -- especially as startling one -- and the inner cause that precipitated it, in this case, I could find no obvious clues. That is, until a friend of mine helped me see the light.

It turns out that over the past several years, I have had a number of conversations with the owner of the firm -- dating back to before we had a business relationship. On those occasions, I expressed my admiration for his exceptional technical skills and knowledge, as well as his winning demeanor. In response, he offered his genuine thanks and appreciation.

But what my other friend helped me realize was that my persistent goodwill towards the owner came back in the form of that huge

referral fee! Not only was the amount large (and is still expanding to this day), but the quality of the companies who signed on was remarkable. In fact, through a series of unfathomable events, the firm was able to secure a huge contract from the biggest telecommunication firm in the United States.

As we see, when we express our heartfelt goodwill towards others, life responds with marvelous conditions. And if our concern, good intentions, and benevolence are unwavering and constant, then we can attract *unprecedented* results, as we saw in this episode.

One other interesting aspect of this dynamic is that the response often comes in the form of money. When we relate positively to people, encourage them, and show genuine happiness for their successes -- devoid of personal or mercenary motives -- money floods into our life.

This occurs because our goodwill puts us in touch with universal powers, including the social force that money represents. When we give of ourselves freely in this way, that power begins to flow in our direction. And when we sustain that effort over time, it comes in torrents.

That truth was never more poignantly revealed than that day when I received a referral fee of a lifetime.

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12/11/08

### **Changing History from Within**

When the British were forced to retreat from the German onslaught at Dunkirk, the situation looked grave indeed. Exposed out in the open, the troops were in danger of being annihilated by the German Air Force and Navy. But one day in the middle of it all, a fog suddenly moved in providing the English soldiers with cover so they could make it back to their homeland. England was saved and the course of WWII was reversed.

Thousands of miles away Sri Aurobindo, the Indian seer and sage had worked to evoke that fog through a movement of consciousness. During the same period, his spiritual partner known as The Mother had similarly sent a vibration to the ruler of Germany to attack Russia, creating a dual front in the war that eventually weakened the German war effort and led to their eventual defeat.

There are individuals who have inner power to shape events in the world, thereby altering the course of history. Interestingly, each of us has this power in relation to the collectives that we are part of or associated with. Through movements of higher consciousness, we can change the weather, cancel a dire energy crisis, or change the fortune of an organization on the verge of collapse. Normally we would need to (a) have a keen interest in the matter, (b) understand it in its myriad of details, and (c) offer the matter arduously to the spiritual Force. The result will be the sudden, dramatic appearance of a resolution of the problem. Often it comes in forms that leave one completely dazed.

In India there is an organization called The Mother's Service Society. Two of its objectives have been to foster global economic development and bring about world peace; both as a means to foster ever-increasing world harmony and unity. To that end, it formed the International Commission on Peace and Food (ICPF) in the mid 1980s. One of its central tenets was to bring about the end of the Cold War. It was the belief of the founders that overcoming the threat of nuclear annihilation would dramatically enhance their ultimate goal of human unity and the psychological and spiritual evolution of life on earth.

After putting together a prestigious list of members that included two wives of renowned world leaders, they planned their first plenary meeting in Trieste, Italy. As it turned out, the day one of the primary founding commission members travelled to this first gathering from California to Trieste, the Berlin Wall began to fall, ostensibly ending the Cold War.

The founder members of MSS (Mother's Service Society) and the ICPF commission had the deepest aspiration for a change in the collective condition of society. Through an inner movement -- the aspiration and the opening of the situation to the spiritual Force, supplemented by an outer one, the commission itself -- a vast change in the world took shape. Like Sri Aurobindo and The Mother's inner actions, several members of an obscure think tank in India and its worldly commission had changed the course of history. It is an indicator of the infinite power we have to affect the conditions of the world from within.

12/15/08

### **Musical Chairs**

Last night I attended a lavish Christmas Gala at the huge, Victorian-style Claremont Hotel overlooking San Francisco Bay. Into the large ballroom were packed 250 people sitting at 30 tables. At the front was a raised stage where a live band provided the evening's musical entertainment. Periodically, expensive prizes were handed out to lucky winners in the organization.

At one point, people were invited to come up to the front of the hall and play a game of Musical Chairs. A dozen or so chairs were then set next to one another, alternating in direction. Various participants were called up and asked to participate. In essence, they would march around the chairs when the music started, and then jump into the nearest available one when it stopped several seconds later. Each time a round was completed, one chair would be taken out. There was always one more participant than available chairs, causing someone to be forced out in each round.

Before the action began, however, the host, trying to rally the participants, enthusiastically asked them "Are you ready to win?!?," or words to that effect. Spontaneously all of them raised their hands over their heads and cried out "yes!" That is, save one individual.

When I saw that this young woman refrained from responding to the boisterous call, I felt that it was an indicator that she should win. And so the game began, and round and round people walked, and when the music stopped, they piled into one of the available chairs. After two iterations, I saw that the young woman was still in the fray. And after five rounds, she was still in there. A few minutes later, there was only one chair left, and two participants; one being the young woman, the other a well dressed young man. When the music started, I noticed that the man was acting demonstrably and moving in an exotic way suggesting he was suave, relaxed, and had the situation under control. The young woman however remained calm and focused. When the music then stopped, both of them drove into the one available chair. But as it turned out, each had taken up half the seat, and as a result, it ended in a tie! However, the game leader indicated that they had to do it again in order to generate a winner.

And so again the music started, then it suddenly stopped, and two remaining participants drove into the one available chair. However,

this time, the young woman swiftly moved in and took a seat in the chair, and was crowned the victor!

I must say I was quietly overjoyed that my pick had won Musical Chairs. Not because I won a bet with myself, or because I have some gift of prophecy and can look into the future, but because in that episode I understood a principle of life. If you conserve your energies, you are bound to attract the very best of conditions; in this case, the best chance to win the game. Because the young woman did not react boisterously and self-congratulatory when compelled to let out a shout by the host, she conserved her energies, which led me to believe that she had the best chance to secure the victory. When she did, it not only reaffirmed a powerful law of life, but it expressed through an exciting and thoroughly enjoyable life response outcome!

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12/20/08

### **Human Unity and the Global Financial Crisis**

Aside from focusing on the methods that will precipitate individual evolution and transformation, Sri Aurobindo was equally concerned with the social evolution of life on earth. In fact, they each played off one another. In practical terms, he recognized a social process unfolding amongst the nations of the world that resulted in ever-increasing world unity. That collective movement echoed transformational developments of the individual human that together would usher in what he called a "Divine Life on earth."

At the collective level, these developments occur in fits and starts because man is not conscious enough to bring about change through positive means alone. The negative is often the greatest spur to change, and in that sense can be thought of as a great positive in disguise. For example, in the wake of the devastation of WWII, many new organizations and associations were developed to prevent the reoccurrence of that tragedy – the UN, NATO, and the Marshall Plan being several amongst many. It was also subconsciously a movement toward human unity concentrated into a few years that without the negative that preceded it might have taken centuries or even millennia to occur. As we see, the negative can be a vast spur of positive developments in life.

And so recently, when I watched two interviews on the US TV show Charlie Rose, I was reminded of this fact. First, former Secretary of State and global strategic thinker Henry Kissinger pointed out that the

current financial crisis can be seen as a positive in that the major nations of the world -- including the US, the EU, Russia, China, India, and others -- are gradually forced to work together to solve ever-increasingly complex global issues. Separate, they are doomed, but together they have a great power to affect vast, new collective change, mimicking the period following WWII. In that sense, he was surprisingly optimistic, considering the current situation, indicating that he had a higher vision of things. He, in essence, semi-consciously perceived new openings in civilization's march toward global unification.

Immediately after, Michael Porter was interviewed in which he stated that the US has never had a strategic vision of how to improve itself, and that the current global financial crisis was forcing it to work collaboratively and centrally to resolve its national problems. Instead of the piecemeal and reactive approach to development, external conditions were forcing the US to confront what she has been unwilling to do till now at the economic and social level. Thus, the US was now finally ripe for a holistic, integrative, and comprehensive strategic economic plan.

The host Charlie Rose then commented how both Kissinger and Porter had come to the same conclusions in their two interviews. That the global economic crisis was forcing dynamic change upon the world. I noticed the very same thing as I watched the two interviews broadcast consecutively. And when Charlie expressed this thought, it made me happy because it reaffirmed a lifelong dedication to Sri Aurobindo's vision of an ever-increasing unity amongst the nations and peoples of the world. That unity in fact reflects an evolutionary urge toward higher consciousness through personal and spiritual growth, which are themselves harbingers of what Sri Aurobindo calls a Divine Life on Earth.

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12/23/08

### **Chopra, Tolle, and the Emerging Integral Spirituality**

Today we see ever-increasing cross-pollination of ideas moving across a variety fields, enhancing each of them and creating new possibilities and vistas for the individual and society. This movement also occurs in the realm of the practical application of spirit in daily life. Older, fixed, traditional, hard-line religious views of God are being cast aside by the educated and disaffected, and are being replaced by deeper



truth about the nature of life and Spirit, and how those insights can be practically used by the average person.

Two popular thinkers who have captured this synthetic, integral view are Deepak Chopra, who carries forward the ancient wisdom of India, and Eckhart Tolle, who has synthesized the Buddhist tenets with the teachings of more modern Indian sages.

In addition to a scientific bent, Deepak Chopra's teachings are deeply rooted in the Indian spiritual tradition of Vedanta. In essence, he says that if we move our reference to a deeper poise within -- through meditation, concentration, prayer or other methods -- we raise our consciousness and thereby open to a universal realm where we experience intuitions of knowledge, vast creativity, life synchronicities, profound oneness, love, communion with the transcendent being, and deep joy and delight in being alive.

Eckhart Tolle's teachings emphasize the ways we can become truly mindful and alive by keeping ourselves focused on the moment at hand. He tells us that there are factors that distract us from the present experience of life -- including preoccupation with the past, desire for something in the future, allures of the outer life, and the negative influence of the human ego. In particular, Tolle indicates that it is the feeding of our ego that is the source of inner and outer conflict, which in effect deflects us from the needs of the Now.

I find it interesting that Chopra expresses his affection for Tolle's spiritual bestseller 'The Power of Now' on the book's front cover. It is Tolle's mindfulness of the present and the serenity and stillness that follow that can be seen as providing the foundation for the profound consciousness experiences described by Chopra. By being rooted in the present moment (which parallels being stationed in the stillness of inner self), one is able to open to the non-local, universal domain where one experiences intuition, love, creativity, synchronicity, attraction, oneness, transcendence, and blissful delight.

These two teachings along with the Power of Attraction as described by the book 'The Secret' -- i.e. the capacity to quickly attract the object of our desire -- have begun to coalesce into a modern, dynamic, practical method of applying Spirit in life. Together they begin to form an integral view of the nature of consciousness and our infinite human potential.

Interestingly, this integral approach to personal and spiritual fulfillment has precedence; for the Indian sage and seer Sri Aurobindo has combined and integrated these modern approaches into an all-encompassing teaching. After embracing and extending the profound Vedantic view and that of the Eternal Now, he adds to the mix a

Spiritual Force that is descending into the earth's atmosphere that we can open that instantly resolves problems, rights the conditions of life, and brings about instant good fortune. Being the Force that created the universe, we can use that power to evolve all parts of our being, enabling the evolution and transformation of our nature. Sri Aurobindo then concludes that we will begin to see the arrival of a number of spiritualized individuals, who will usher in a new stage of humanity, culminating in what he calls a "Divine Life on Earth." Through this integral, evolutionary process, he has devised a method for humanity to come out of its Ignorance and suffering, and fulfill its infinite potential.

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12/27/08

### **Dan in Real Life**

Life presents us with many challenges, some of which arise through negative circumstance. In particular, it can be quite difficult to remain positive when the social atmosphere is wanting -- e.g. if people around us are behaving in ways that are detrimental or even harmful. And yet those who are able to maintain the right outlook in these circumstances, who are immune to and do not participate in the negative social activity, gain an interesting power over life, as they tend to quickly attract positive conditions. Let me illustrate with a film I watched the other day.

In *Dan in Real Life*, Dan Burns is a newspaper advice columnist, a widower, and a father of three daughters in the New Jersey suburbs. One day Dan and his children take a trip to the Rhode Island home of his parents for their annual family get together. After they arrive at the large house, situated on a bluff overlooking the bay, Dan takes some time off and goes to a local bookstore. There he meets a woman named Marie who mistakes Dan for an employee. He then proceeds to gather up several books for her, and in the process, hits it off with her. Suddenly love blossoms.

When Dan arrives back at the house, he lets his family know that he has found a potentially very special person. They are thrilled to hear this since it has been three years since he lost his wife. However, a short while later, his brother's new girl friend arrives on the scene, and it turns out to be none other than Marie! She too was on her way to the family get together when she met Dan at the bookstore.

There then begins a tense situation in which his brother and Marie are somewhat romantically interacting at the home, even as Dan is now has fallen in love with her. After several days, the situation becomes unbearable for both. Because he appears so miserable, Dan's mother suggests that he call up a local girl on a blind date and ask her to come to the gathering. When the rest of the group learns that she is coming, they recall that she was a physically unattractive young girl, and so they begin mocking her for being an ugly duckling. At one point, they go as far as to launch into a rollicking, impromptu sing-along in which poke fun of "miss piggy face." All except Dan, that is.

A few minutes later, so-called "piggy face" arrives at the house, and shockingly turns out to be a beautiful woman. Immediately, Dan and her are physically attracted to one another. As a result, Marie becomes very jealous, which has the further effect of turning the emerging, partial love she felt for Dan into a full-blown blossoming of her emotions. This in turn compels her to truly seek out the relationship with him, once she breaks off with his brother. In the end, Dan and Marie fall deeply love and are blissfully married.

The moral of the story? Because Dan did not give into and participate in the mocking sing-along of his soon to be arriving date "piggy face," he attracted instead a beautiful woman. Furthermore, her arrival compelled Marie, the woman he loved, to commit to a relationship, which culminated in their marriage. That is the power of remaining positive in a negative situation -- in this case, in the face of social pressure to act falsely. The effect is that this person, the exception in the crowd, is propelled to the heights through complete emotional fulfillment. When we follow our own positive instincts and do not give into the social imperative of the herd, we release positive energies that attract the very best of conditions. In that way, we develop "true individuality," which tends to lure the infinite potentials of life in our direction.

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12/29/08

### **The Involutionary and Evolutionary Process**

It is relatively easy for us to perceive that Evolution is taking place in the universe -- i.e. there has been and continues to be a movement from matter to animated life to mentality in conscious beings, and upward to ever higher consciousness. It is less obvious however to perceive the Involution of existence that has taken shape from an

Infinite consciousness that has culminated in material existence in the universe.

In Evolution, we see a progressive ascendance of consciousness and ever more subtle substance from dumb, physical matter to animated life forms to mental intelligence, and upward. It is far more difficult to imagine how an original Infinite, timeless, spaceless ultimate Consciousness and Force enabled an essential Energy that became the basis for the forms in the universe, beginning with matter.

More difficult still is the fact that in this Involutionary process, what was enabled at each stage was *less* conscious than what preceded it, not more so, as in the Evolution. Thus, from an ultimate Consciousness and Force, emerged a less conscious invisible Energy from which emerged distinct forms as unconscious, dumb material existence -- i.e. matter. Thus, whereas the Evolution seems to be progressive, the creation of the universe in the Involutionary process from a Divine source seemed to be regressive; a *diminution* of consciousness!

And yet according to Sri Aurobindo, it was the very intention of the Infinite Reality to create a universe of forms and have those forms begin as unconscious matter. Why would it take this counter-intuitive course? It did so to create the greatest *variation* of experience amongst the forms of life; to include the dark and the light, the false and the true, the good and evil, the positive and the negative, and so forth. This infinite variety would create the greatest variation of discovery amongst those forms, including us, which in turn creates the greatest diversity of in the experience of Joy and Delight. And Delight was after all the reason this universe of forms was created in the first place. Now there could be infinite diversity and multiplicity of the experience Delight beyond the fixed original Delight and Bliss of the Infinite consciousness.

Equally interesting is the fact that though the Infinite consciousness seemed to disappear as it descended from Force to Energy to matter in the Involutionary process, it is still *involved as potential* in matter and the animated forms and mentality that emerged from it. In fact, the reason animated forms evolved from matter upward in the Evolution is precisely because that capacity was already involved in material existence during the *Involutionary* process. That was actually the Divine's intention. The same for animated life and its involved mentality, and mentality's involved spiritual capacities beyond it. Thus in every plane are all the potential planes that will emerge from it. It is analogous to the DNA that is there when a human is conceived, which determines that person's nature.

Or to put it another way, Evolution takes place because in any given plane are involved the planes that will emerge from it. So animated life, mind, and spirit will evolve from matter because it is already involved, hidden in its essence as potential. That would thereby indicate that matter is spiritual in its essence. Though those higher forms of consciousness were ever diminished in the Involutionary process, they emerge through the reverse process of Evolution in the universe. Thus, *Involution is the very reason Evolution is made possible.*

In the end, an Infinite Reality hid itself in its descent from an original Consciousness and Force to a subtle Energy from which a material universe emerged. That original Reality and its Conscious-Force has then begun to reemerge in the Evolution from matter to animate life forms to mentality, and to realms beyond that are spiritual in nature. Thus, our ultimate destiny is embody through our Evolution the very Infinite Being, Consciousness, Force, and Delight that is the very Source of our existence.





## **2009 ENTRIES**

1/2/09

### **Buddha's Way Out of the Darkness**

Perhaps the greatest conception of Reality ever devised by Man began in India thousands of years ago. While religion took root in the Middle East, it was in India that a course was blazed to know the true nature of the infinite Reality/Spirit and the process by which the universe emerged from a divine Source.

In the earliest years, the Indians of the ancient Vedic period worshipped natural forces as a means of communing with the one Infinite consciousness. In essence, they perceived the ultimate Reality through the instrument of material forces and Gods. Sophisticated thinking and refined emotions had not yet developed, and so their relationship with Spirit was predominantly physical. Many years passed, and Mind began to develop, allowing for a profounder conception of the Reality beyond this world. This is the era of the spiritual explorations of the Indian mystics known as the Rishis. Through their higher mental and spiritual power, they were able to conceive of and commune with an ultimate Being and Consciousness, losing themselves in the pleasure of their transcendent experiences. They collectively communed with and realized an Ultimate Existence as no group had done before.

And yet despite these vast spiritual successes, humanity was not yet satisfied with these experiences, for it still had still not grappled with the greatest of human dilemmas: the cause of strife and suffering in the world. And so around 2600 years ago, Buddha's great mission began when he set out to discover and resolve the reason for pain and death. Which brings me to a startling experience I had the other day.

On New Years, I went for a little drive to relax and air myself out. For some reason, I ended up on the 30-mile long busy thoroughfare

known as the 'El Camino Real,' which traverses two dozen towns on the San Francisco peninsula. It is a street of commerce and business that seems to go on forever.

At one point, as I "floated" down the endless wide boulevard in my car, a rather existential feeling came over me. I thought about the difficulties, stresses, and failures of life, as well as the reality and finality of physical death. I then thought about how important Buddha was in addressing these issues. Then one by one, I thought through the essence of His teachings. I recalled that after being raised in a sheltered existence as a prince, he discovered that there was suffering outside his palace. He then came to understand the impermanence of things; that not only was life itself ephemeral because it comes to an end, but all apparently good things that come to us are easily taken away -- whether wealth, material objects, our mate, our children, family, friends, and so forth. He then realized that it was our attachment to these transitory phenomena that was the cause of our suffering. Our attachment to that which is temporary and ephemeral was the root of all pain and strife in the world.

Continuing these intense thoughts and feelings, I then recalled that Buddha devised a way out of the dilemma. That if we could still our thoughts, feelings, and passions, we would come to a state of serenity, release our attachment, and thereby free ourselves from the pain of impermanence. In fact, we would move to its opposite; to an intense pleasure and bliss that is beyond anything in this world. Gautama Buddha called this state "Nirvana," and realized it full in his being.

As each of these thoughts came to mind, I felt it with great intensity. They reached a crescendo when I realized that Buddha had worked out a way to loosen the knot of the world. Then finally, after five minutes, the experience stopped. I then once more became conscious of life around me, as I continued to drive/float down the long and winding commercial boulevard.

When I then focused my gaze ahead, I immediately noticed a banner hanging down from a light pole that I was just passing under. When I craned my neck to look a little closer, I saw that it was advertisement for an upcoming art event, and in the center of it was a large picture of the head of a great golden Buddha with a beatific smile. I was thunderstruck. I then beamed in amazement that this object had appeared above me at the very instant I commenced my intense inner experience of His way out of suffering.

The response pierced my being, and I cried out in wonder. The intensity of my thoughts and feelings on this subject had attracted an



emanation of one individual who dared to address humanity's most compelling issue. There above me was the visage of the man who discovered a Stillness and Being within, forging a new path out of the Darkness.

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1/5/09

### **A Startling Experience at the Cinema**

The other day I went to see the new American film 'The Curious Case of Benjamin Button.' It is about a man who is born as an infant with the wrinkled body of an old man. As he 'matures' over time, his physical body grows ever younger, even as he develops psychologically inside. At the end his life, he will die as a fully aware *infant*. Watching the transformation he undergoes throughout his life is a rather startling experience. Having said that, now let me tell you about what happened before the movie started playing.

I was sitting in the darkness with my friend, watching a series of advertisements go by on the screen. In fact, they repeated ad nauseum until we were familiar with nearly every nuance. It turns out, we had arrived a little too early, and the on-screen film quiz continued in an endless loop.

Finally, there was a change from the quiz to a series of public announcements, such as the need to keep one's cell phones off, the opportunity to purchase refreshments in the lobby, etc. etc. Then an advertisement for the theater itself came up. It was something I had seen before in other locations. In essence, a woman on screen was presenting the idea that companies could rent out the theater to hold local meetings, or even broadcast it around the world to interested viewers.

As I watched the familiar ad, I leaned back and whispered to my friend half-jokingly, "And now presenting The Miraculous Phenomenon of Life Response!" (a reference to the subject of the book I have just written). We both laughed at the outrageous idea of renting the theater for a worldwide presentation, and then watched the ad continue.

Our smiles however suddenly turned to utter amazement when the ad stopped and a new one came up announcing the imminent release of a new film, "Beyond the Secret." We were stunned because the film is in essence the very same thing as Life Response, which I had just jokingly referred to!

We sat there startled at this one in a billion "coincidence", and could not help from crying out in amazement. Not only was it a startling synchronicity, but proof of the very principles that Life Response and The Secret represent! It not only revealed the principle involved, but also the infinite potential to utilize it.

It was certainly one of the most dramatic life responses I had ever experienced, and perhaps the most startling synchronicity I had ever shared simultaneously with another individual. It turned out to be an occasion of pure delight -- not unlike the film we were about to watch.

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1/8/09

### **Contradictions are Complements**

Sri Aurobindo indicates that in the lower consciousness, we see division and conflict everywhere. It is life seen as contradictions. Pleasure and pain, good and bad; positive and negative; my right vs. yours; spirit and matter; and so on forever. In the higher consciousness, these dual pairs are seen not as contradictions, but complements. For example, a man's conflict with his neighbor is a means of evolving both sides. The "conflict" is not only Nature's way of lifting the consciousness of both sides, but enables a more general progress for the world. In that light, evil can be seen as just a great, if not greater a spur as the normal "good" to enable the true Good to increase. Good and evil thus work together to spur progress and evolution. They are thus complements to one another; not contradictions as seen through our lower, surface consciousness.

A good example of this can be seen in the Middle East in the conflict between the Israelis and the Palestinians. The radical Palestinian groups resort to terrorism and launching rockets at civilian targets, which strike us as abhorrent. And the Israelis live in self-indulgent psychological fear and are mostly insincere in their desire for a Palestinian state. So on they go in never ending rounds of strife, pain, and conflict -- not unlike the Hatfields and McCoys of the Old West.

From a deeper consciousness, we are watching the painful evolution of both sides through the conflict. It is Nature's way to spur progress by the interaction of two opposing sides. On the surface, all we see is contradiction, but from a deeper poise, we see progress; that the two parties are complementary aspects that are each evolving through their interactions. Thus, contradictions are truly complements.

Every time we are in conflict with others, we can see that it is life compelling us to grow and evolve. From our surface view, we tend to express our ego in the situation and guard our own side. Nature however is telling you that your enemy or conflicting partner is your complement. That he represents something negative inside you. That he has come because of something wanting within that has attracted him. If, however, you rise in consciousness, which is also Nature's intent, then you will understand, change, and move to the next highest state. So will your contradictory, yet truly complementary partner. It is Nature's way of progress.

Who then are you in contradiction with? And how can you see them as a complement aiding in your progress. What do they represent in you, and how can you change that wanting element inside for the better? Nature awaits you progress, evolution, and transformation. But you have to take the first decisive step. It is to recognize the contradiction for what it really is -- a beneficial complement that is key to your personal growth.

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1/10/09

### **Life Out of Kilter**

Sometimes life flows smoothly, and all is harmony and goodwill. Then there are other times where it moves out of kilter, disturbed by confounding events. Here is an example:

After having my lunch today, I resumed work on my computer. I then got up to go to the kitchen to fetch some Trail Mix for dessert. Just as I started reaching in the bag, the phone rang. When I answered it, I discovered that it was one of those unsolicited advertisements. The call came at precisely the wrong moment. Ten minutes later, after a quiet period, I got up again to get another handful, and guess what -- just as I was digging into the bag, the phone rang again! I then scurried over to the phone, and it turned out to be another unsolicited call, this time gracing me with utter silence. Thus, I experienced two phone calls occurring through the same essential circumstance -- i.e. at just the wrong moment from an unwanted, unsolicited source.

What can we make of such things? For one, we can see how the falsehood of the universe is contained in such micro events. But let me for now restrict myself to the narrow issue at hand. First, it occurs that they called at the wrong time because their motives were in part selfish. They don't care what happens on your end, so long as you

answer so they can sell you their product or service. That vibration causes them to call at precisely the wrong moment, down to the nano-second! How many times have we sat down to dinner or begun to watch a movie or engaged in something else that was important, only to be greeted by these unsolicited calls. You can call it coincidence or chance, but the micro-precision of the moment is just too compelling. It is both maddening and an indicator of a vibration of oblivious selfishness at the other end. (Of course, we can also examine what we did to attract it. Hint: raising our consciousness will tend to reduce such solicitations.)

There is similar phenomenon I have observed. In this scenario, a friend calls, but they miss you entirely. Perhaps you have just walked out the door. What is happening is that at their end, they are expressing their impatience, as something has impulsively stimulated them into calling you. They miss you because they are out of kilter; because they weren't able to use their minds to consider the worthiness of making contact, and instead rushed ahead in a fit of intensity and desire. The truth is that our emotions overwhelm our ability to do rational things, preventing us from being in the true flow of life.

Having said that, keep in mind that you too, the recipient of such mistimed messages, can get caught up in that nasty net and try to quickly return the call, which will more than likely cause you to miss the other party as well! We sometimes refer to this as "phone tag," but it is wanting vibration tag, as we are caught up in the contagious force of impulsive action.

(On the other hand, there are other situations where people call at precisely the right moment. These outcomes indicate a vibration of mental clarity, calm, and harmony of purpose on the initiator's end. I would say that these are people worthy of being your friend!)

There is one final variation on this theme. You are about to witness an important scene in a film, or something is about to happen that is significant to you, and suddenly the phone rings. This time it is not silence or solicitation on the other end, but a vendor calling about one of your unpaid bills. Because you have been inattentive or negligent in remitting what is due others, or are otherwise too disorganized to deal with life's necessities on an ongoing basis, the vendor calls you at precisely the moment you hoped to enjoy some other thing. It is an indicator of negative response to your limited consciousness related to the matter.

Reality is like this ad infinitum, and is the background music, or I should say the noise and distortion that causes life to get out of kilter.

If, however, each of us make the sincere effort to overcome our limitation -- whether reducing selfishness, finding a more calm and equal poise, raising our levels of organization, etc. -- life will flow smoothly, and every and all events can be occasions for freshness and joy.

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1/9/09

### **The Moment that Changed Everything**

In terms of consciousness, it was the most important moment of my life.

I had finally made the connection between my deepest spiritual aspirations in life -- the teachings of Sri Aurobindo and The Mother -- and the opportunity to implement them through work. I had joined Mere Cie Imports, who were selling products from Auroville and the Sri Aurobindo Ashram to boutiques, chains, and health food stores throughout California. Through a series of incidents, I was able to join up with the company in the San Fernando Valley in the Los Angeles area. It was in 1975, at the end of the hippy era and the dawn of the first New Age movement in America.

When I first met the owners of the company, I felt that inexorable Presence within; that palpable vibration of Sri Aurobindo and the Mother that I had felt before. But in this case, it just permeated the entire business. When I merely sat still for a moment, I fell into a state of bliss, that is how rich the atmosphere was. Certain that this was where I wanted to be, I agreed to come on board and begin selling their products in the glorious warm weather winter climate of Southern California. Living near the beach, with the job of my dreams in hand, I was ready to meld my deepest aspirations with a practical and stimulating work.

And yet, before I began that day's efforts, I had a short meeting with the principle of the company, who had only one word of advice for me. He said that each time I enter a store, I should "remember the Mother." When he said that, I was thunderstruck, for that put an entirely different light on the work I was about to engage in. For after all, wasn't one's aspiration for and the bringing down of the higher Consciousness and Force the very essence of Their teachings, and the very basis for doing the work? And yet in that moment, and too many before, I had all but forgotten that essential.

Fortunately, my then boss and now close friend had through that simple, yet powerful request reminded me of the fact. In essence, if we open to the spiritual Force -- in our terms, the Divine Mother -- before engaging in an act, life would respond out of all proportion. That Force would turn a routine act into an ecstatic experience, matched by tremendous sales or related results. In that way, the smallest boutique could bring the biggest sale, as any act could be an opening for the infinite to break out; as condition would conspire out of all proportion in my favor.

In one sense, my whole life has been a footnote to that moment when my friend made that dramatic request. Though I have opened to that Power a thousand times since, in current moments of my life, I am often compelled to ask; "am I performing the act before me in the normal human way, or through the Higher Consciousness." After all, wasn't that the very reason I was drawn to Sri Aurobindo and the Mother in the first place?

In that decisive crossroad moment, my friend confronted me with the ultimate spiritual challenge. Those words he uttered so long ago still reverberate today, as I am still challenged to take up that inner approach that has the power to dramatically alter the conditions of life.

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1/14/09

### **The Evolutionary Aspect of Spirit in India**

In an earlier entry, I discussed the great contribution of the ancient Vedic worshippers of the Divine Reality through natural forces, as well as the later more-mental Rishis who collectively melted into that Reality, though apart from life. These were the great spiritual voyagers seeking connection with the Divine, both individually and collectively. I then followed that up with a discussion of Buddha, who confronted the issues of suffering and impermanence in life that the ancient Indian Vedics were less concerned about, as they were immersed in transcendence and blissful experience. In the end, Buddha discovered a void, a place of emptiness -- Nirvana -- from which he could escape from the trappings of life, including the desire and attachment that is the root cause of all suffering.

And yet the spiritual search continued in India, as many returned to the ancient Vedic tradition, looking this time not for transcendence apart from life, but a way to link spirit and life together. And so in the

Bhagavad Gita, warrior prince Arjuna is directed by Lord Krishna to find wholeness in his being by connecting to the transcendent Divine and yet performing all his duties and works for Its sake. In this way, spirit and life activity are melded together. In addition, by recognizing that the same transcendent Being is there in one's own Soul, one has the method of integrating self with spirit, enabling wholeness in one's own being. This was a revolution in spiritual insight and experience, just as Buddha's was for his time.

Now in the modern era, there is a desire to go further -- to not only integrate life and spirit, but to see it in a progressive, evolutionary context. Embracing the ancient Vedantic and Gita influence, seer and sage Sri Aurobindo described the evolutionary process by which the universe emerged from a Divine Source, as well as how we can progressively develop our own higher nature leading to a supernature. He has taken the message of earlier ancient wisdom and given it an upward arc that is supported by the modern scientific and philosophical influences of the West.

Besides revealing the universal process of creation, Sri Aurobindo adds two powerful dimensions to the spiritual story. First, he speaks not only of a soul, but of an Evolving soul that uses the experiences of the person it inhabits through successive births on its journey for fulfillment. When we come in touch with that "psychic being" within, we begin the process of personal evolution and transformation.

Second, Sri Aurobindo speaks of an ultimate power in the universe: a Supramental Consciousness and Force that not only enabled a universe to emerge from an Infinite, Divine Source, but is a power that can aide in the transmutation of our nature and set right all condition of life.

Through these internal and external powers, we engage in a clearly delineated evolutionary process, which helps us evolve a supernature, which in turn can set the stage for the emergence of a new type of spirit-oriented human existence, a divine life on earth.

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1/16/09

### **Decision of Strength Attracts Love in 'The Apartment'**

Normally, we believe that if we make an effort in a particular area, we will elicit results that will lead to success in that domain. For example, if I seek a mate, practically speaking I need to make an effort to find her and woo her, which will hopefully secure her love. Never does it

occur to us that if we make the right crossroad decision change in a related area, that we will attract the object of our desire; in this case, the one we adore.

In the 1960s film 'The Apartment,' C. C. Baxter is a lonely office drone working for an insurance company in New York City. As it turns, four different company managers take turns commandeering his apartment for the purpose of engaging in extramarital liaisons. Unhappy with the situation, but unwilling to challenge them directly, Baxter juggles their conflicting demands while hoping to catch the eye of fetching elevator operator Miss Fran Kubelik. Meanwhile the neighbors, a medical doctor and his wife, assume Baxter is a "good time Charlie" who gets a different woman drunk every night. Baxter accepts their criticism rather than reveal the truth.

One day, he meets with personnel director Mr. Sheldrake, who has gotten wind of this situation. However, rather than denounce it, he asks Baxter for the key so he can be the fifth user of his apartment! As a result, Baxter gets a promotion with his own office. Sometime later, Baxter realizes that Sheldrake is carrying on with Fran, the woman he loves, using his apartment to continue their affair. He also knows that Fran is being used by Sheldrake, for he will never divorce his wife and marry her, which is a pattern he has followed with a number of previous female victims.

One day, Fran takes an overdose of pills at Baxter's apartment after a rendezvous with Sheldrake, who she realizes will never commit to her. As a result, Baxter frantically seeks out the doctor living next door, and the two of them resuscitate Fran. Even after she is returned to full health, Fran still cannot give up her love for Sheldrake. Feeling humiliated, Baxter now realizes that winning over Fran is a hopeless case.

After this near suicide, Sheldrake callously asks Baxter for the key to his apartment so he can once again meet with Fran. However, this time -- despite now having been raised to a high-level position -- Baxter asserts himself by refusing. Even though he knows he will be fired, he exercises his strength and walks out on Sheldrake and, therefore, his job. A while later, he offers to pay the doctor for the services rendered for saving Fran, which is a small but powerful act of generosity. Finally, Baxter decides to give up his own apartment that has been royally abused.

Resigned to celebrate New Year's Eve by himself, Baxter opens a bottle of champagne, but then hears a knock on the door. It is Fran, who tells him that she has left Sheldrake, though she holds back from revealing that she learned that Baxter had stood up to him and left



the company. Baxter then invites her in, and they play cards together as they have done in the past, resuming their friendship. Baxter then confesses his love for her, and Fran in her own way reciprocates those feelings.

What is the inner message here? It is this: because Baxter overcame his usual weakness and stood strong against his hypocritical and abusive boss, life responded with the sudden appearance of Fran from out of nowhere, igniting their romance, and fulfilling his deepest aspiration in life.

In life, we are often confronted by crossroad decisions. When we make the right one, we attract conditions that are favorable to us in a related area. In Baxter's case, he chose strength over weakness, which attracted Fran and her love from seemingly out of nowhere. It was not his effort to woo her that won her over, but his right choice in a related domain.

We can also examine this dynamic in a proactive way. If there is something we really want, we can look around and examine the conditions in related areas. There we should determine if there are important choices to be made. If we identify it and choose in the right direction, not only will we bring about positive results in that immediate area, but we are likely attract sudden good fortune in another. It can be a new promotion, an opportunity of a lifetime, or the love of one's life.

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1/22/09

### **How the Small Opens the Portals of the Infinite**

In any given moment, there are large and small acts related to a significant event. E.g. at the time of a medical emergency, there is not only the suffering party and the rescue operation, but the unobserved arrival of a supervisor, a nurse ordering a batch of medicine, and an elderly patient joking in his wheel chair. Thus, there are closely related as well as seemingly unrelated, disparate activities occurring simultaneously. And yet in such circumstance, every and all events are in fact deeply interconnected, no matter how unimportant and distantly related they seem to be. And any one of them -- even the smallest, the most innocuous, and contrary -- can determine the final outcome. To be sensitive to this process is to have a vision of the life's true workings, which gives one a staggering power to control the world around us. Here is an example that illustrates this point.

The TV series *Numb3rs* (pronounced 'Numbers') is a crime show whose outcomes are determined by the strategies of a genius mathematician, Charlie Eppes. In one particular episode, we see how the small and absurd determine the final outcome. In Los Angeles, a bus is hijacked and a nefarious gang holds passengers for ransom. Charlie's brother, FBI captain Don Eppes works with his staff to solve the looming catastrophe. Don's energies are completely focused on saving lives, as he interacts by phone with the evil ringleader who is aboard the bus. Meanwhile, Don's math genius brother Charlie is as usual helping on the case through his brilliant analysis intuitively derived.

There is an added subplot to the story; this one involving the father of Charlie and Don -- Alan Eppes -- as well as Charlie's good friend, theoretical physicist Larry Fleinhardt. It turns out that earlier the entire group had agreed to form a think tank, and at this point, father Alan and physicist Larry are debating -- actually *arguing* -- over its future direction. One aspires to start the project with the practical, the other the theoretical. In fact, they carry out this mental debate in front of the very preoccupied Charlie and Don, completely oblivious to the dangerous situation. At one point, they even implore Charlie to solve the dilemma for them. As we watch their comic-like callousness, we can only shake our heads. This dynamic repeats throughout the episode, adding to the tension of the already dangerous situation.

Then circumstance turn grave when the abductors threaten to kill each hostage one by one. And yet Alan and Larry persist in their seemingly ridiculous request that Charlie solve their problem. How can they be so oblivious! This time however, rather than tell them that they have to settle their squabbles on their own, Charlie is struck by something in their debate. He is shaken by the fact that Alan and Larry seemed to be locked in a 'paradox,' and that the hostage situation he and Don are involved in has a similar dynamic. As a result, Charlie now understands that everything he and Don assumed about the case is faulty. When the two brothers act on this hunch, they discover that the bus abduction was actually a hoax: that they were in fact chasing the wrong bus, and that the real hostages and villains were aboard a *stationary* bus in a warehouse! As a result, they are now able to move in on the villains and save the hostages.

As we see, in this case, the small and the innocuous solved the case. That which seemed unimportant and irritating was the means by which the greater problem was resolved. Because Charlie opened his mind and paid attention to the small -- no matter how silly and absurd -- he garnered the clue that enabled him to solve the case.

In every situation in life, every element that presents itself serves a purpose. Thus, the smallest thing -- even that which seems *negative and opposed* to our intent -- can be a means for its final resolution. In that way, we cannot deny or be irritated by anything -- for the smallest of the small can provide an opening to the infinite.

If this is the case, how can we become more mindful of the variety of elements, movements, and activities in a given circumstance? It all comes down to our level of consciousness. It takes an open mind and acute sensitivity to perceive the utility of each act in relation to the whole of any event. That in turn depends on a still and silent mind, as well as a calm and steady disposition. Think Sherlock Holmes. And through that keen, mindful, multi-sided perception, one becomes aware of the role of the smallest act in the outcome of a situation, problem, or event. To perceive this many-sided whole, rather than the obvious one or two parts is a spiritual quality known as "integral knowledge."

Indian spiritual philosophy tells us the infinite can arise out of anything -- whether the large or the infinitesimally small. To the infinite Consciousness and Being, there is no distinction between the two. Thus, the innocuous and silly, the trivial and trite, and the negative and hostile also serve as instruments for progress and change. If we can learn to perceive this dynamic in our daily lives, then we will have a glimpse of the Marvel of existence.

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1/26/09

### **Speculation and the Global Financial Meltdown**

In the 1970s, the individual known as The Mother predicted the demise of both communism and capitalism. Through the experiences of certain visitors and her own view, she concluded that the Soviet system was failing internally. The Mother was intuitive in the extreme and vastly knowledgeable about world events, including the arc of human evolution. A decade or so later, the Soviet empire crumbled, as president Michael Gorbachav brought it down from within without any loss of life. It is perhaps the greatest development and miracle of history, as his rise to power enabled the world to avoid nuclear confrontation, and therefore the end of life on earth.

As I mentioned earlier, The Mother also anticipated the end of capitalism. She saw both systems as inherently flawed: that humanity was not fully served by either. In fact, she felt that society was

subconsciously yearning for something more. And yet for years, capitalism has done relatively well, and might continue to do so. However, it is becoming increasingly clear that it can no longer continue in its current form, for its speculative nature is bringing it to its knees so that it can reexamine itself and evolve to a higher state.

At the core of the financial meltdown is speculation, which rests on the negative value and attitude of greed. Speculation is to try to devise and execute financial instruments without reference to the safety of investors or the individual such as homeowners who own the money in the first place. Risk is extreme, as self-serving instruments become paramount. In an economic environment of laissez-faire capitalism, the law of the jungle rules; deep human values are thrown to the wind. It is on that basis that The Mother suggested the end of capitalism. Because humanity is ever evolving, Nature demands external forms that can meet its higher aspirations. The Soviets tried to incorporate higher human values -- such as cooperation and justice -- but devised an artificial and faulty state system. Thought the foundation for the West was the freedom and capacity of the individual, it lacked in values that could serve cooperative and collaborative interests. Thus, they are two sides of a whole, each a part, and therefore ultimately inefficient. Human evolution requires the integration of the best of these two domains, and something more.

When freedom becomes extreme, it reinforces ego. Thus. in the extreme of free markets, individuals act on their own behalf. Their self-serving interests and actions come back and destroy their supporters and themselves. The philosophy of unfettered individuality without higher values of cooperation and harmony destroys.

The US is the world leader, especially economically and militarily. Culturally and values wise, she is adolescent at best. Because she leads in these way, the world follows blindly, and so too is caught in the snag that America set for herself. World capital flowed into the faulty financial instruments created by US speculators, bringing down the world along with the originating force, America. The whole world participates in the meltdown as there is no organization to coordinate these activities, employ the necessary social values, and take right action when necessary. Unfettered capitalism has thus spread around the world, and other nations have followed the speculators blindly. It is the greed, ego, and darkness in the heart of man. As we see, it knows no bounds. Where it will lead is anybody's guess. One thing is certain however: human evolution which demands intensive change is on the march.

2/2/09

## **Aligning Ourselves with the Cosmic Intention**

At any moment, there is a higher, Divine intention at work. It is flowing from that transcendent reality to the universal plane and on through us at the individual level. It flows in endless forms, factors, and variations. It has the potential to realize itself through our inner and outer actions, provided we are aware of and open to it.

The problem is that we are normally focused on what our limited self and ego dictates, than any urge to fulfill the higher intent of an Infinite consciousness. However, if we align with that cosmic aspiration, force, and unfolding, we can bring staggering positive result to the world, while accomplishing in ways we would never have imagined.

The Bhagavad Gita indicates that a person interested in a spirit-oriented existence should do one's work as service, not to aggrandize one's ego and exclusively for personal gain. At a deeper level still, Krishna indicates that one can surrender and become an instrument for the Divine intent. Sri Aurobindo goes further still and describes the nature of that cosmic aspiration. He indicates that there are Real Ideas originating in and flowing from an infinite, conscious Being, which aspires for their realization in the cosmos. Moreover, the individual human has the capacity at any moment to open to and latch onto these inner and outer movements, and be an instrument for their realization in life.

How then can we partake in this cosmic process in a practical way? At various point, we can pause to consider where we are going, and ask ourselves this question: Are we doing what the universe seems to be indicating for us, or are we caught up in selfish motives and desires. If we know what that Higher Purpose is, then we are well on our way to becoming an instruments of Its cosmic Intent, while living an unprecedented, marvelous, spirit-oriented practical existence. If we don't have that direct connection, we can offer up a powerful prayer such as, "Oh Divine spirit, let Your will be done in my life." Then when we carry out our work, that higher power will guide us in the right direction each step of the way.

Whichever approach you take, life will unfold like a Marvel. As a result, not only will you be able to fulfill your deepest aspirations, not only will you constantly grow as a person, not only will you be an

instrument for evolutionary change, but you will have brought a portion of the Transcendent Will into being in the world.

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2/4/09

### **Multiple Life Response Around Common Circumstance**

We see how life response (sudden good fortune) unfold in single, individual incidents, reflecting unique circumstance related to that person, collective, or entity. However, if we look closer, we will see that life response often -- maybe always! -- comes in bunches around common circumstance. To show you what I mean, consider this example from literature and film.

In the 1999 Masterpiece Theater adoption of Charles Dickens' *David Copperfield*, young David in 19<sup>th</sup> century England has been sent away to work at a wine factory in London by his cruel stepfather. There he meets with the Micawber family, which gives him some relief from his gloomy situation. Unfortunately, Mr. Micawber, though a good man, is constantly in debt, and is at one point put in debtor's prison.

One day David out of pity and concern goes to visit Mr. Micawber. The older man is grateful to David for showing such kindness. In response, he tells David that if he were to leave the wine factory, he should visit his own aunt in Dover. It will turn out to be the most important bit of advice David ever receives. (I.e. when he leaves the factory, literally walks across the country, and meets up with her, his entire life is changed for the better.) Thus, this great bit of advice from Mr. Micawber is a life response for David for showing such concern for the man while he was in prison, especially when he visited on that particular occasion.

But the life response outcomes did not end there! As soon as Mr. Micawber gives his precious advice to David, his wife immediately bursts in on the scene and informs him that he has been released from debtor's prison! Because he in turn showed deep interest and concern for David, life instantaneously responded with news of his own release. Thus, we see two interconnected life response outcomes occurring around the same essential event.

Now we can take this a step farther. If we were privy to Mr. Micawber's wife's situation, we might discover that when she received news of her husband's release, it was due to an inner or outer behavioral change on her part as well. And even in the future, when David takes up Mr. Micawber's advice and walks across the country to

meet with his aunt, we would see that she attracted the boy she has not seen since birth due to *her* shift in consciousness; and through David's arrival, her life would change as well.

Thus, we see a closely meshed, interconnected series of life response outcomes related to the same essential circumstance. David's primary action initiated a startling series of positive events, each unfolding in the form of sudden good fortune.

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2/11/09

### **Turning a Problem into a Vast Opportunity**

Last week I relearned an important lesson of life. If you approach a perceived negative situation in the right spirit, you can unleash a powerful positive opportunity. Here is the story:

After the recent Palestinian-Israeli flare up with Hamas, I was beginning to feel far less sympathy for the latter. Though no supporter of terrorism, I felt that Israel was once more expressing their insincerity by fighting rather than negotiating when they had the opportunity to do so in the quiet period before. Though I have seen the same pattern over the years, this time I was perhaps a little too troubled by the situation.

That day, my company received an inquiry about one of the primary services we offer. The party was interested in seeing a demo of our online training application. In response, we sent her a link so the organization could review it for three working days. Though she was pleased with my response, she asked that the term be extended several days because they do not work on Friday and Saturday in Israel. Understanding the issue, I agreed to the extension. I also now understood something else: the subtle connection between my previous inner emotional outburst about the Palestinian situation and the sudden arrival of an email message from this representative of an Israeli company. It struck me as the type of synchronicity and a confluence of events I had experienced a hundred times before, but this time with a somewhat negative edge to it.

Several days later, she sent another email with her verdict about the demo she went through. She indicated that though she admired its features, especially the depth and breadth of content, she had some serious reservations, especially the fact that the text was riddled with typos, and that many of the graphics were muddled and hard to read. As a result, now I really saw the connection between my earlier

emotional outburst and this criticism from a potential customer in Israel! In fact, when I looked at her signature stamp, I realized that she was a *technical writer* for the company's IT department -- not the normal person who contacts us about purchasing our training. In essence, her comments were not only a direct punch in the gut, but came from someone who ordinarily spends her time examining such issues. In other words, I had attracted the perfect person to criticize our product!

The question then was what would be my reaction to this direct assault. Being human, my first inclination was to lash out at the criticism. I thought, well if she didn't like the product, she should have just rejected it, and avoided criticism. Fortunately, I gained control of my egotistic, self-justifying line of reasoning, and began to take a more rational approach. I then reasoned that since I had already seen the connection between the locale of this company and my earlier inner emotional outburst, I needed to reverse my attitude and open myself up to the truth of her words. Besides there was still an opportunity to sell her the product if we made the changes she suggested.

So I took a deep breath, pushed aside my earlier combative approach, and seriously considered the validity of her recommendations. After perusing our site in search of problems, and seeing the awful truth in her criticism, I immediately began to take up her suggestions. And so over the course of the next several days, I made considerable changes to the text of the site -- correcting grammar, punctuation, and typos, while inquiring into ways to deliver better on-screen graphics. In fact, I threw myself into the work, and after a short while, realized that I was enjoying the effort!

Before delivering the punch line, let me give you one more piece of information. The product I have been referring to is an online software training application that we have developed for Microsoft's project management system. For the last five years, my company has been focusing on it exclusively. Well, after I completed the above three-day effort, I received a solitary email in my Inbox. It was from an individual at a company offering its own online project management software. They were interested in having our firm do training and consulting on their online product throughout our region. At first, I balked at the idea, because the product appeared somewhat flimsy compared to the robust Microsoft offering. But then when I saw a demo, I was stunned how powerful, full-featured, integrated, and easy to use it was. It was using breakthrough technology that in many ways now surpassed Microsoft's offering!



Now suddenly my business was presented with the largest opportunity for new services in a decade. I clearly saw the potential now to double or triple my earnings. And it all came about because rather than react to a negative situation (her detailed analysis of all that was wrong with our current product), I held my feelings in check, and did all that she suggested. The result is that I attracted perhaps our best long-term opportunity in years.

When we shift our attitude in a negative situation to the positive, we harness an awesome power. In essence, we use the energy of the negative, reverse its polarity, and then align with and attract the very best of conditions. Or, as in this case, evoke the biggest business opening in years. Of course, you too can do the same in similar situations in your own life.

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2/15/09

### **Complete, 180 Degree Turnaround**

One day recently, a contact of mine who I had been giving advice to told me about an episode involving a close friend of his. It turns out, my contact's acquaintance worked for a manufacturing group in India in a technical position. The friend is supposedly an emotional person, and had been upset because he was not appreciated by his superiors. He was constantly complaining that he was not getting his due recognition, and therefore had been threatening to resign from the company.

Fortunately, the cooler head of my contact prevailed when he convinced his friend to take a day off to consider the matter further. He also asked him to shift his attitude from hostility and bitterness to having positive thoughts and feelings towards his superiors and the organization as a whole.

Well it turned out that the very next day, my contact learned that his friend had suddenly and most unexpectedly received a bonus of 4.85 Laks (~2000 US dollars, a substantial sum in India) from the company! It was a stunning development, and a sure sign of the phenomenon of life response at work. Equally remarkable was the fact that he garnered the sum during the current world economic crisis when salaries were being decreased and people laid off.

When I read the story, I commented to my contact that neutralizing a negative attitude will always evoke a positive response. Moreover, if

one goes a step further and turns negativity into *positive goodwill*, as the friend did here, then the response can be overwhelming.

Several weeks later, I received another note indicating that there was an update to the story. My contact wrote that he implored his friend to continue his inner effort of inner goodwill towards his manager, the CEO, and the organization; and once again, which the friend again took it up in full. The friend then called the contact back to tell him that another miracle had taken place. It turns out that he was suddenly and most unexpectedly asked by the CEO of the company to make a major presentation. Not only was it successful, but it was very much appreciated by his manager. Thus, he had now made a complete, 180 degree turnaround from bitterness and feeling underappreciated to garnering full recognition by his superiors!

In this case, we see how one individual showed inner courage by following the sage advice of his friend, thereby turning around a negative situation to its *complete opposite*. That same power is of course available to each of us. All we have to do is determine where we are expressing a wanting attitude, and then make an effort to neutralize it, or better yet turn it into its opposite. When we do, we too will experience a miraculous-like outcome. Moreover, if we take to this approach on a regular basis, miracles will be our constant companion.

Keep in mind that the solution to the overwhelming majority of problems we encounter is *inward*, not outward. When we shift our emotions away from insecurity, ranker, and bitterness, we align with and attract the most positive of conditions. And if we go a step further and turn those feelings into their complete opposite – e.g. from resentment to active, positive good will -- then we attract conditions that simply overwhelm, as was the case of the friend who saw his deepest aspirations in his work life fulfilled.

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2/18/09

### **Miracle Meetings through the Power of Spirit**

Ordinarily when a meeting is about to take place, we prepare ourselves in a variety of ways. We review our notes, consider our agenda, think about potential problems and issues that may arise, and so forth. Little do we consider our ability to prepare *inwardly*, through an elevation of consciousness; and by making that effort, evoke powerful response from life.

Over the last six months, I have been involved in what can only be called a project of a lifetime. Associates and I have been developing strategies and action plans for creating an expert system for personal growth. It is ambitious in scope and entails many dimensions of life. In the development of the project, a number of us have been meeting online using the Skype internet-based phone system to conduct our worldwide conference calls. The technology is marvellous; but the subject of our undertaking is far more astounding still.

I personally have been involved in a number of the discussions, though I went through a period where I dropped out of the conversation. During that time, I felt that my expertise would be better served elsewhere. However, when I rejoined the group six weeks later, the members told me that I had come in at an auspicious moment; just when things were moving from the theoretical to the practical application stage. Shaken a bit by the timely arrival, something in me said, "Wouldn't it be great if every time I came to this group conference call, something unexpected and positive like this would occur?"

And so I thought of various approaches to bringing the power of consciousness to bear on the upcoming meetings. I then thought of a powerful method that had worked for me in the past. Before coming together, I imagined the spiritual Force enveloping and descending on the participants. In addition, I would keep my own thoughts at bay and my agenda to myself when we connect.

The first time I used this inner, spirit-oriented approach, I was stunned when in the first minute I was informed that a decision had been made to move ahead and build the first module of the system. I was dazed because I did not believe this would happen for months, perhaps years. But there it was, rapidly moving to fruition from seemingly out of nowhere. Thus, my first attempt to evoke the future into the present had succeeded.

I then applied the inner technique a second time, and in that call, I learned that our founder had asked us to immediately develop a new, never discussed module for the system. I was again astonished, as this project seemed to come out of nowhere. And yet there it was, ready for our input so we could rapidly move it quickly to fruition. I am happy to report that this module – RomanceEternal -- was released to the public on February 21, 2009.

This spirit showering, non-agenda approach produced powerful, miraculous-like results at least three times during that week. By holding back all thoughts and conceptions, and using the spiritual Force, life created unexpected, new conditions where there was

nothing like it before. It as if you were a real estate developer had envisioned a complex of buildings to be built. You knew you would need to secure funding, gain permits, and execute a comprehensive project plan that would unfold over time. Except the next day when you visit the site, you notice that construction has already begun! You call out, "How is it possible? We have not even begun the permit process; nor have we hired anyone to build the buildings!" It is even more than this because the project *itself* came unexpectedly out of the blue, advancing our cause to the nth degree.

From these episodes, we see the power of using the active and passive dimension of spirit. When we shower others with spiritual grace and remain still inside, keeping our agenda at bay, what unfolds will be startling in the extreme -- as the infinite will replace the current limited reality before us (the finite), and the future will manifest in the present.

I welcome you to try this method in your own work and home life, and see if you too can evoke the miraculous.

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2/22/09

### **Self-Givingness Attracts Love in 'Scent of a Woman'**

Life Response (sudden good fortune) has many subtle rules, nuances, and peculiarities. One example of the latter is that if you shift your consciousness to the positive in one area of your life, you will often experience a response in a very different one. For example, when you finally get the courage to stand up to an abusive boss, life rewards you when a previously non-responding woman you have been wooing suddenly appears at your doorstep ready to begin a serious relationship. This ability to attract from one domain by reversing our consciousness in another is a fascinating aspect of life response. Here is another example from a film I watched recently.

In 'Scent of a Woman,' Charlie Simms is a student at a private preparatory school who comes from a poor family. To earn the money for his flight home for Christmas, Charlie takes a job looking after retired U.S. Army officer Lieutenant Colonel Frank Slade, a cantankerous middle-aged man who is now blind, alcoholic, eccentric, and difficult to get along with.

Charlie is distracted by a very big problem he is having at school. Three students have played a prank on the school's headmaster, Mr.

Trask, by placing a balloon filled with plaster and bearing a profane image above his expensive car, which was presented to him by the school's board of trustees. Trask then pops the balloon, causing the contents to rain down on him and his car in front of the entire school. Only Charlie and another classmate, George knows the identity of the culprits, as they had seen them setting the booby trap the previous night. However, both of them refuse to reveal the culprits' names. After threatening both with expulsion, Trask tries to bribe Charlie by assuring him admission to Harvard if he names those who committed the prank. Charlie still tells him nothing, but is warned that he must or suffer the consequences for being a "cover-up artist."

When Charlie originally took the job, he was told that he would only have to stay with Colonel Slade at his niece's home and look after him. However, Slade had actually planned a visit to New York, and therefore enlists Charlie's help on the trip. He takes a room at the Waldorf-Astoria. During dinner, Slade reveals the real purpose for the trip: to eat at an expensive restaurant, stay at a luxury hotel, see his big brother, make love to a beautiful woman, and then commit suicide.

Charlie learns how Slade lost his sight by foolishly juggling hand grenades while drunk. Slade's crude behavior at dinner further alienates his brother and other relatives. Later, the blind Colonel tangoes with a girl whose perfume captivates him. He drives a Ferrari with a very nervous Charlie in the passenger seat. Slade tricks Charlie into leaving the hotel room to buy him a cigar, but a suspicious Charlie comes back to find Slade ready to commit suicide with his gun. After a few tense minutes, Charlie is able to stop Slade from killing himself.

By this point, Charlie has become very loyal to the Colonel. Charlie becomes the sole person to stand by Slade, and defend him against the Colonel's own family. Charlie's loyalty is not lost on Slade, as Slade offers him advice numerous times and even comes to see him as a true friend. In their intimate discussions, the Colonel reveals that more than anything in his life he would like a good woman.

Charlie eventually returns to school, where George, is about to reveal the names of the students involved in the incident. Trask conducts a courtroom-like assembly of the student body and the Disciplinary Committee. He questions George, who with the help of his influential father is able to weasel out of the jam by claiming to be only partially certain of the culprits' identity, suggesting that Charlie might have had a better view than he did. Charlie then refuses to give the students' names, and is about to be expelled when Colonel Slade

surprisingly enters and delivers a compelling speech on his behalf, revealing that Charlie had been offered a bribe to inform on the other students. Slade then wins over the students and the committee. The students who played the prank on Trask are placed on disciplinary probation, George is given no recognition, and Charlie is exonerated.

Now here is the part of the story that I would like to direct your attention. As Charlie and Slade walk outside of the school, a beautiful middle-aged woman walks up and congratulates them on their effort. Slade though blind is dazzled by her beauty and intelligence. He indicates that he would like to see her, which she seems to desire as well. In fact, she seems to be everything he had (earlier) dreamed of. Slade then returns home. No longer bitter, he seems to have a new look on life, a new young friend in Charlie, and the real possibility of befriending the woman of his dreams.

In this story, a broken man changes his attitude through deep friendship with a student. He then offers his services when the young man is about to be condemned in front of the student body. That act of self-givingness instantly attracts the woman he so deeply yearns for now in his life. As we see, when we shift our consciousness to the positive in one area of our lives, we often attract positive conditions in another. If for example we have a deep aspiration to love someone and then act in another domain in a positive way -- through an act of self-givingness, or greater psychological strength, or higher attitudes, etc -- life instantly fulfils that deep, original aspiration. When Slade attracted the lovely, sensitive, and intelligent woman at the conclusion of the story, it was the final outcome in a process that began when he expressed his deep aspiration for such a person, and then self-gave of himself in another arena, helping a young friend avoid a catastrophe.

We too can utilize this approach, if we are first clear about what we want, look around and overcome a glaring limitation in our being in any area of our lives -- whether a poor attitude, ego and selfishness, poor organization, weak effort, lacking psychological strength, etc. Life will then reward our efforts by bringing the object of our desire, whatever that is, to our doorstep.

(Thanks to Wikipedia for their film summary.)

3/1/09

### **Go Inward to Soul to Move Upward in Mind to Truth**

An animal looks around; hears sounds and responds to the situation. Its knowledge is limited to what it perceives through its five senses. Any mental deliberation is limited in large part to this sense data streaming into the mind. We humans inherit this limited capacity. We are prone to see what is around us and come to a wrong conclusion. We arrive on the scene of a police incident and make a conclusion based on what we see. As a result, we come to the completely wrong conclusion, We do that a dozen times a day, and it occurs billions of times an hour across the world, creating a stupendous stream of universal falsehood. More astounding still is the fact that we humans are unaware that it is happening.

However, if we shift our consciousness inward away from the surface bubbings, perturbations and impacts of the visual and audio on the senses, we are better prepared to deliberate on the variety of possibilities before us. I.e. we are more likely to use rational thought, and think about and perceive the variety of possibilities and truths of that moment. Thus, the more inward our orientation, the more likely we will be able to perceive events and come to right conclusions.

As we move deeper within -- whether through concentration, meditation, prayer, etc. -- and away from the surface of life, we are far more likely to consider more than one side of an issue or thing. Thus, we get closer to the truth of that object in that moment. As a result, we have greater knowledge to make right decisions that end in positive outcomes.

And yet we can go deeper still, to the subliminal being and the Evolving Soul within which is in touch with a super-consciousness. As we do so, our mind expands further, as we more frequently have illuminations and visions of insight and knowledge. Archimedes "Eureka, I've got it!" is one famous example, as in a flash he grasped the solution to an issue he was grappling with. It is sudden truth knowledge coming into our thoughts as light. Further still, one can have direct intuitions of the object truth without the need for thought at all. The right knowledge simply appears in our mind, giving us direct access to the object of inquiry or matter. It is direct truth cognition; direct contact with the object of inquiry; and an indicator that we have moved to the deeper parts of our being.

The principle then is simple: the further we move within and distance our self from the frothings of the surface, the more our mind expands.

By moving to a deeper consciousness and poise, we move from limited, animal-like sense mind; to rational, logical thinking; to clear thinking in silence; to light, illuminations, and vision; to intuition of truth through direct identity with the object. Thus, the deeper in we go, the higher we climb in the scale of mentality, and thereof far more effective we are in our understanding, decision-making, and actions. It is also the path that will take us from our current human condition to a supramental capacity to change the conditions of life from within.

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3/7/09

### **From a Material to a Human-Centric World**

America has become the economic and military leader of the world. Through vast organizational capacity (mass production) and several waves of immigrant population, she has become the pioneer leader of nations. She is a microcosm that the world seeks to emulate.

And yet America suffers periodically as she is now experiencing in the current world financial crisis. It is a reflection of her limitations of consciousness. It is her material-oriented view of reality that is too often devoid of a more complex psychological view of existence.

The Indian sage Karmayogi of India put it this way, "Americans think with their body." That is, US citizens are oriented to what can be seen, heard, and touched; to what mind perceives of the world outside itself through its senses. America's preoccupation with sense knowledge causes her to have a material, mechanistic, technological view of life, which shields her from deeper truths and values. Hence, she suffers as she does now in the current financial crisis, rooted in speculation and greed of the material surface.

To continue to be the world pioneer and leader, America must develop deeper vital, psychological, and mental values. Otherwise, others will take up the mantle of truth leadership. India is one fine candidate in that her tradition has deep roots in the most profound truths of life. These psychological and spiritual insights are what the world secretly yearns for, as the American-led material view that has led to the current catastrophe has proven unworthy for the next stage of human progress and development. The world may embrace America's dynamism, energy, organization, and creativity to create infinite-like material well-being, but humanity is beginning to see that much more is needed for sustaining a stable and meaningful life.



Thus, the current financial crisis is a sign that the reign of the material view of the world is coming to an end, and a new era of more complex psychological and spiritual values is at hand. Who will be the pioneer in this area remains to be seen. America who has been the beacon has lost her glow. Yet even she can discover qualities that take her beyond the mechanistic, scientific, material view, and thereby perceive these deeper truths. She can begin by putting Man at the center of life. When the *individual human* is idolized and cherished, instead of mere material and financial gain, then a new era of life on earth will have begun.

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3/7//09

### **Interpretation of Dreams**

Many individuals over the years have attempted to interpret dreams - - from Freud and other members of the psychology community to the oracles of the ancient past. Some have even had the inner, spiritual insight to understand the relationship between the symbolic world of dreams and the real one. Carl Jung was one. Sri Aurobindo, the Indian sage and seer took it to a completely new level.

Recently a friend of mine had a fascinating dream, which I would like to share with you. I would also like to tell you about what happened after she forwarded her experience to me, and my attempt to understand its true meaning. Here it is:

"I had a most interesting dream this morning. You and I were walking up a paved road on a hill in the country and we came across a group of people who were looking and pointing across a grassy field to a tall bare tree. At first, we didn't know what was going on, so we both looked in the direction that the people were pointing at. Sitting at the top of the bare tree was a very big bird. It looked like a very light brown eagle about three feet tall. So I took out my camera to zoom in and take a photo and noticed you took out a camera also. As I aimed the camera toward the bird, it took off flying towards us. I felt that I did manage to take a few pictures of the bird as it flew overhead. As the eagle flew above, it turned in the sky right over our heads, and as it passed us, a couple of feathers fell from it. One was very small that moved away from us to the left, and the other came down just at my feet. As I picked it up, I saw it was a tail feather about 7 inches long and it had the same striped colouring as the eagle. I then said to you "wow, I feel blessed!" Then I woke up."

A little while later, my friend added the following: "What was interesting was that the smaller feather blew away from me, but the large tail feather fell right at my feet! I remember in the dream that when I picked the feather up I looked at you and you had the most beautiful smile on your face, like you knew that I had been blessed by having the feather land directly at my feet!"

After reading her wonderful experience, I wanted to understand the dream from a deeper perspective. Then a moment later, I thought of Sri Aurobindo and his work *Letters on Yoga*. There in three volumes of ~1000 pages each, he describes in hundreds of letters to his disciples the various approaches and methods of his Integral Yoga – i.e. his path of conscious evolution and transformation. I recalled that in one of the books there is a section of his interpretations of visions and symbols, including dreams.

When I went into my closet where my personal books are stored, I immediately saw the three volumes. I then wondered which one to select, for I had forgotten which one had the section on visions and symbols. I then arbitrarily picked one of the three books. I then opened it at random, and opened right to the section of letters on Visions and Symbols! Then I started scanning the page that I opened, and realized that I had come right to several of the Master's comments on the meaning of *trees* in dreams -- the very topic my friend had written me about! Then I looked at the very next sentence and it was on *birds*! In particular, *large* birds! Then on the very next line, there was a comment on the interpretation of a dream involving both birds and trees! It was too much to believe.

Somehow, I had found the precise entry I was looking for across three volumes, dozens of sections, and thousands of entries in that one split second when I opened that volume at random.

I then sent that last comment of Sri Aurobindo's to my friend. It read as follows: "A bird is a very frequent symbol of the soul, and the tree is the standing image of the universe – The Tree of Life."

The next day after this episode, my friend was rummaging through one of her storage closets, and found an old feather she had collected several years ago. It turned out to be almost exactly like the feather in her dream -- in both size and color.

It was another indomitable moment in a series of extraordinary experiences related to her dream. The one parting thought I had was this: Her dream was so powerful that it resonated with that place in Sri Aurobindo's letters where it was interpreted, which I was able to instantaneously connect with through my aspiration to understand. I

was also reminded of Sri Aurobindo's extraordinary insight into every dimension of the psychological and spiritual life, including the subtlest interpretations of every form of human vision and dream.

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3/11/09

### **Make Luck Your Never-ending Reality**

We normally think of "luck" as good fortune; fortuitous circumstances that seems to come on its own without our hand in the matter. But those who have developed their consciousness over time have come to understand that luck is the direct result of who we are and how we act; in particular, those right inner and outer behavior that we take to in our lives.

Then what are the human behaviors that elicit these positive circumstance; that attract luck into our lives? Here are a several key ones:

- *Embrace Life's Conditions* -- Accept the work that is before you; i.e. the givens of life, instead of what you want to be doing or working at. When you do, life will immediately respond to that right attitude with startling positive circumstance.
- *Overcome Wanting Attitudes* – Consider any negative feeling, emotion, attitude you have about life, yourself, others, and your work. Then reverse it. As soon as you do, positive conditions will suddenly appear, often from the most unexpected sources. There is no faster way to attract luck into your life!
- *Be Equal During Difficulty* -- – If there is a difficult situation or circumstance that you are experiencing, and you remain calm and equal in those moments, positive conditions will quickly move towards you. In fact, the apparent negative you are experiencing will often quickly turn into a positive. It happens all of the time.
- *Be Self-giving to Others* -- At the point that you shift from yourself to the needs and concerns of others, luck will be your companion. When you give up your ego and self-orientation, and look at matters from the other party's perspective; when you show a deep concern for their interests and needs, life will

quickly reward you with good favor. It is luck issuing out of harmony, goodwill, and affection.

- *Aspire for Something* -- When your mind focuses on a thing, or you develop an intention for something to come about, life quickly formulates that into a living reality. I.e., circumstance conspires to fulfill that aspiration and intent in short order. It is a powerful way to bring luck into your life; i.e., the specific luck you hoped to achieve.
- *Use the Spiritual Force* – If you open yourself to the spiritual Force before engaging in an activity, that act will unfold in the most marvelous of ways. E.g. if before an important meeting, you open to the Force, a startling new development will take shape, or a problem will be cancelled, or a small positive will turn into a much larger one. The more intense your spiritual aspiration during that act of consecration, the greater the result. It is the power of spiritual faith in action.

If you follow one or more of these approaches, luck will be your never-ending reality. Life will shower you with a continuous stream of good fortune, often coming through startling, miraculous-like events. Success, happiness, inspiration, energy, opportunity, and harmony will be your constant companion. Moreover, as a result of these experiences, you will begin to see life from a very different perspective; developing very different views of space, time, causality, and reality. At that point, you will have surely arrived on the shores of a New Way of Living.

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3/11/09

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4/1/09

### **The Coming Super-Revolution in Our Ability to Know**

The issue of whether a computer can match the current level of thought of a human being is an intriguing one, yet only touches a fraction of our potential to know and secure knowledge in life.

The real question is not whether a computer can match say 100% what humans are now capable of thinking, but whether through elevation of human consciousness we human beings are capable of knowing and cognizing at 10, 100, or even 1000 times greater the level we do now. This is the real Knowledge Revolution that awaits the world.

It may in fact take 50 to 300 years to reach this capacity, as we move from our productive but narrow focused human logic, which is exclusive, partial, and limited, to higher forms of perception through illumination, intuition, and revelation of knowledge; where we garner the truth of any matter from all sides in a flash. This is an example of a new evolution in human functioning that goes far beyond our current capacity to think and know, let alone the very limited capability of a computer/machine, which merely mimics the current limitations of the mind.

Einstein demonstrated this capacity to instantly know the entirety of a matter for a few seconds when the material formula of life --  $E=mc^2$  - was revealed to him, changing the world forever. Each of us is capable of opening to that universal Mind power not just for a moment, but ongoing throughout our day, creating 10, 100 or 1000 times greater understanding of any object of inquiry. This is the radical revolution of human perception that awaits us. It is a movement beyond the local domain of limited mental reason to the non-local domain of infinite capacity to perceive every and all sides of a matter or issue in an instant. Though it may strike some as science fiction, this capacity is a living reality, particularly for those who have

learned to expand their consciousness beyond the limits of human logic, to spiritualized mind and beyond.

Consider these scenarios:

- A research project you are working on that you expect will take a month to complete is finished in two days when you suddenly know the answer to that project's most compelling problem in a flash.
- An email arrives in your inbox with the complete, multi-sided explanation of an issue that you have been grappling with from one partial angle, reducing your workload from 2 weeks to 2 hours.
- You garner an understanding of a subtle working of life regarding a matter, and as a result, you make the right decision that quickly attracts astonishing results, shortening your effort from months to hours.

These are but a few examples of the future-knowing capacity of humanity; surpassing our current ability by leaps and bounds. It is not merely to use reason to know a thing, but to move into complete identity with its many-sided truth, its totality, and its essence in the blink of an eye. Sounds super-natural? Actually, it is *supra-mental*, and an indicator of the next stage of human evolution.

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4/6/09

### **Breaking a Money Backlog through Self-Givingness**

Self-givingness can express in a number of ways. Generosity, whether through one's inner intention or in a physical gesture in life, is an important one. It not only brings positive results to the recipient, including a relationship partner, but to yourself as well. In fact, I had that very experience the other day.

For over a month, money had been piling up for me. Not in what was owed, but in what was due to me. One unpaid amount was for \$13k+, another for 5k+, a third for 1k. With every passing day, the receivables were accumulating, while my bank balance was dropping rapidly toward zero. During that time, I hoped and prayed that money would come, but nothing came of it. In fact, each time things seemed to move forward, circumstance would intervene and payments would get delayed. It almost seemed insidious!

Then in the middle of night, I woke up and thought that instead of focusing on myself, I wanted to secure this money because my relationship partner needed it. I sensed that shifting from *my* needs for the money to *her* concerns might help the situation. The next morning I went to my online bank statement and was startled to see that the money backlog had finally been broken! An amount due from my ever-increasing receivables had finally been paid; the first major inflow of money in a month! That sum would turn out to benefit both of us.

In this case, I clearly understood that by moving from ego and self, i.e. my needs, to the concerns and desires of another, in this case my partner, I was able to attract positive circumstances for both of us. It was another indicator how inward-oriented self-givingness has a great power to attract positive conditions from life – giving support, strength, and sustenance to our long-term relationships.

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4/13/09

### **Breaking the Habit**

It is said that we are creatures of habit -- i.e. we like to persist in doing that which is routine and familiar, rather than what is different, fresh, and new. Sri Aurobindo tells us that this is due to our material, body consciousness, which tends to remain the same, rather than progress: to repeat the same things, rather than take fresh, new initiative.

And yet we can learn to be more open to change in our moment-to-moment lives. In any given circumstance, we can become aware of our fixidity, our reluctance, our unchanging habit, and instead take a fresh, new tact. And when we break that routine and pattern, not only do we experience the joy of a fresh moment, but we open the portals of possibility, enabling sudden good fortune to come our way. Let me illustrate with a recent experience.

For several years, I have been self-publishing my books through Lulu Press, a wonderful online system that is an alternative to traditional book production. An author goes to their website, supplies the manuscript file, selects a look for the covers, and Lulu produces a book template available to the public. The consumer can then purchase a volume to order, 1 or 100, and have it shipped within a few days. It is a major revolution in the book-publishing field.



For several years, I have had little problems using the service. I would simply follow the steps and voila! new iterations of my books would be made available to the public. Recently, however, I have been trying to publish a new book, 'Higher Consciousness, Infinite Success', a compendium of the dozen or so major articles I have written at the Growth Online site, and have run into several problems. The main one is that when I send my Microsoft Word file to the site, the Lulu wizard would not accept it. I figured that it might be an error in their system, or that there is too much traffic at their site, or some other factor. For a month, I struggled to get a version of the file uploaded to Lulu so I could complete the book publishing cycle. Recently I simply resigned myself to the plight, hoping it would self-correct down the line.

Then I recalled that several associates of mine were using the Mozilla Firefox web browser instead of Microsoft's Internet Explorer. It was something I had never tried before, nor did I see a reason to. I sometimes even wondered why my friends were using it. I heard it was a little faster, but that did not seem enough to take me away from Internet Explorer. In any case, one morning, frustrated with my lack of success in uploading my latest book, and not having gotten a credible response from Lulu, I decided to download the Firefox browser.

When I loaded it up, it did indeed seem to be somewhat faster, though that still seemed only a relatively minor benefit for continuing with its use. Then I went to the Lulu site and tried uploading my manuscript through Firefox instead of the normal Internet Explorer. A moment later, I was shocked to see that not only did my manuscript file take the first time around, but I was able to get through all the publishing steps in record time! Later in the week, I made further changes to the manuscript, and was very quickly able to create a revision at Lulu. For me, it was a marvel to behold, as weeks if not months of frustration had now suddenly ended.

Even as I was having the experience, I saw the great life response benefit of embracing change in the details of life: of taking a different path, rather than following old habits and routines. When we perform an act in a fresh, new way, rather than in the tired old way, life immediately opens before us. When we get off the dime, and move away from our physical consciousness that is fixed and wants to repeat, we open the portals of possibility. It was another wonderful reminder that every moment we are offered the opportunity to break old habits and quickly attract the infinite to our doorstep.

4/18/09

### **Taking the Other Person's Point of View**

One of the most extraordinary principles of life is that the best way to convince another of your position on a matter is to take theirs! This mind twisting truth is no mere concept, but a lived experience that conscious individuals have had over time. Here is a recent illustration:

Over the last six months, colleagues and I have had discussions about a potential expert system for the Internet. While several of us had developed a knowledge of human consciousness over the years, a newer partner had not yet had such experiences. Interestingly, when we tried to communicate that knowledge to our friend, it did not stick.

Recently that partner contacted me asking for help in developing an initial round of introductory materials for the site. In order to express ourselves, we first needed to know what the purpose of the expert system site was, as well include the benefits users would derive from using it. Since we had not come to a consensus on what this was over the past half year, coming up with that introductory statement for the public seemed to require us to revisit that exhaustive process again, something I was not looking forward to.

However, rather than focus on our difference, I decided to simply embrace the mini project. In particular, I decided that rather than worry about revisiting an unresolved issue, I would simply take up whatever my colleague had in mind. Not only did I accept his apparent lesser conception of the system, but the materials I would develop would reflect that view. Thus, my strategy was not to impose my own position, but to embrace my partner's in full.

When we then had our first collaborative discussion, interesting things quickly started happening. First, he suggested that I include several of my articles at this introductory site. Though I struggled at first to come up with something appropriate, I finally thought of a relevant article. Then I developed a small summary of the theme for the article, indicating how this principle would be incorporated in our future expert system. But what was most remarkable was that the partner and I began to have a very stimulating discussion about that subject. In fact, he began to see the overwhelming benefit of the principle to the point where he was expressing unbridled, gushing enthusiasm for the idea! Listening to his response, I was dumbstruck by his interest and passion. After all, this was the sort of feature he

seemed unable grasp in the past; and now he had suddenly become its advocate and champion! Needless to say, I was startled by this turn of events.

Reflecting on the incident, it was clear that because I was opened to *his* conception of the system, I opened the doors of possibility that enabled him to begin to embrace an important part of mine. By taking the other person's point of view, I opened the doors to a wider sphere, attracting good fortune for myself *and* my associate. By moving away from ego, including the need to impose, I attracted that which I was unable to garner before -- his full interest and enthusiasm on a once elusive principle. Through this pretzel logic of the Infinite, I had begun to overcome a conundrum and problem of the past, while opening the door further to an exciting and creative future.

Finally, when we take another person's point of view, we are not only doing the right thing, but we are engaging in a spiritual act, as we-

- shut down the mind and open to Truth that lies beyond our narrow perception.
- recognize that in every truth, the opposite is also true.
- move from our own separateness and distance from the other person to harmony with that individual.
- value the welfare of another above and beyond our own.

Deep knowledge, truth, harmony, oneness, and self-givingness are various expression of the spirit that comes from embracing another's viewpoint. Moreover, when we make that harmonic effort, miraculous-like conditions suddenly blossom, reflecting the phenomenon of "life response" in action.

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4/21/09

### **The Life Response Power of Restraint**

One of the challenges of life is to know when to take a physical initiative, and when to hold back. Interestingly, when we restrain ourselves from taking outward action, we can attract results that are as great or greater than taking a physical initiative. Here is an example:

Recently I have been involved in the development of several online expert systems. One involves romance, another sales, a third, personal growth. It is the culmination of many years of research into the subtle workings of life that was begun by the multi-dimensional, spiritual genius Sri Karmayogi. In the early days of developing one of those systems, I had taken the initiative to read a book that contained highly relevant information for our project. A second stage was to organize all of my underlines, highlights, and notes so that the content could be used as the project moved forward. However, rather than take an outer, physical initiative, I decided to restrain myself and hold back. At that time, I sensed that doing so might attract positive results.

Well just after making this decision, I received a very unexpected note from the lead content developer who asked me to forward the name of the very book in question so he could use it for the system. Needless to say, I was stunned by this turn of events! I then realized that my earlier aspiration had come true, manifesting from the outside. That because I held back from taking further action, my associate came forward and essentially took up the work I intended to do myself. That is the life response power of restraint in life.

Normally, we believe that taking an outer action creates results. Of course, that is true. However, there is also a more subtle knowledge that *non*-action can also attract great benefit when applied in the right situation. Knowing the difference is to develop a great capacity and power over life.

It turns out that there is a spiritual principle behind this inner approach to accomplishment. Those who have come to spirit have recognized certain common experiences of consciousness -- including profound insight and Knowledge; a feeling of Oneness with others and the world; a dynamic, Creative urge; an inner swelling and feeling of Love; the experience of utter Joy and Delight, and several others. And yet behind these spiritual movements, there is another power -- not of action and movement -- bit of silence and stillness. It is the spiritual experience of 'Silent Witness.'

Consider the theory of creation. A universe of visible and invisible forms and forces took shape from a timeless, spaceless Being. And yet behind this unfolding there is a stability rooted in stillness and silence, standing back and observing Its creation. This silent, still Being is in fact the source of that which is created. It thus has a power to act and create, as well as to be silent, still, and hold back. It is the Creator's power of cosmic Action and of restraint as Silent Witness.

Well, it turns out that this same capacity is available to us. Through an inner poise of stillness and calm, we can silently observe the world, becoming still witness to life's current conditions. From there, we will know whether to act or to hold back. Because we are silent observer of the world, we develop the best instincts, enabling us to make right decisions that have the very best outcomes. In fact, they often come in the form of sudden good fortune -- i.e. life response -- which is what happened when I stood back and decided not to act, attracting my friend's own initiative and action.

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4/26/09

### **Imagining Spiritual Light Descending on Others**

One of the most powerful spiritual techniques is to open to the Spirit before engaging in an act, such as an upcoming business meeting. That inner opening to the Higher Power is guaranteed to attract positive results soon after. Personally, it is an act of consecrating an activity by opening to the spiritual force and power of the Divine Mother. For others, it takes shape somewhat differently -- e.g. simply as a trust and faith in something greater than one's self.

Whatever the object of spirit, consecration is virtually unfailing in its ability to attract and align with the very best of conditions. It is especially effective for those who have deep faith in the spiritual Object, and do not make emphatic demands on what is to come.

It turns out that in the past year or two, I have been experimenting with a closely related technique -- one that can have an even more concentrated effect on ensuing events. It is to connect with the spiritual Power, and then imagine Its Light and Force descending and radiating down on the participants in the upcoming meeting. It turns out that every time I have practiced this technique, the results have been staggering. For example, right after the activity begins I learn that--

- dramatic new developments have arisen lately that I would never have imagined.
- creative, new approaches to problems are revealed in ways I never would have believed, putting the activity or project on a dramatic new path.
- things I expected to take months or even years to begin have suddenly moved onto the fast track.

- people are suddenly in full agreement on future direction of an undertaking when previously there was no consensus in which direction to move.

Each time I experienced one of these events, I felt a profound miracle had taken place. It seemed that way because something so radically different had occurred. And yet I was still able to recognize that an Infinite consciousness and power was responsible for these startling outcomes.

When we summon that Light and Force, imagining it descending and radiating down on the targeted party, we engage in an unparalleled act of the spirit. We evoke an infinite Power with the capacity to release infinite possibilities for the targeted recipients as well as ourselves. That being the case, why not give it a try?

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5/1/09

### **From Reluctance to Acceptance to the Pinnacles of Success**

Reluctance is indicative of a wanting attitude, rooted deep in our physical nature which does not want to change. It also has a mental component that does not want to embrace a new idea or possibility, even if it is true. In that way, our reluctance to do, act, or embrace keeps us in stasis -- often sending us reeling backwards. However, if we catch ourselves and overcome a recalcitrant attitude, embracing in full the matter or possibility at hand, life tends to quickly move in our favor, as the following episode demonstrates.

One day recently, I was preparing to do some work for a client of mine in the Sacramento area. The representative of the firm requested that I perform several functions in the upcoming class that were not part of the normal curriculum. I agreed to do them in principle, but when it came to prepare for the class, I was just a tad hesitant to take those extra preparatory steps. The main issue was that I wasn't sure if in the class itself I would have the time to do those extras and still cover the standards course topics.

Just after waking the next morning, I thought about the issue, and decided on two courses of action. First, I resolved that I wouldn't worry myself sick about the matter since it was not really a big deal. Second, I took a step into the light and concluded that I would simply do what the client asked for, no matter what the demands on my time

were, taking it as a kind of "adventure into the unknown." With that more enlightened attitude, I took up the day's activities.

When I got around to the preparatory work for the client, I simply did it, even enjoying it somewhat. Then after a few moments, at an unusual hour in the morning, I received a most unexpected call. It was from a potential new client overseas who was eager to pay for one of our online software applications, but was unable to do so through our standard payment procedures. I then made arrangements for a different method of payment for them. When I then hung up the phone, it dawned on me what really happened.

I realized the first "demanding" client would pay me \$1000 for a day's worth of work, which involved a considerable amount of time and energy in conducting the class, including the extra features requested. The second client, who contacted me by phone out of the blue after doing the preparation for the other, also would pay me \$1000 -- only it required virtually *no effort* of my part, as all they needed was the URL address to our online service.

In other words, because I shifted from reluctance and embraced the details required for a more difficult, time-consuming physical work, I instantly evoked another client for the very same \$1000 amount, but which required hardly any work at all! I was reminded once again that when we give up our truculent attitude and embrace the givens before us, no matter how difficult or challenging, life immediately returns the favor. The result comes from out of nowhere in the form of more money, better paying work, an unexpected large sale, a new opportunity, ease of effort, and so forth. Or, as in this case above, in various combinations of these.

If we were to step back and observe what goes on in the course of our day, we would discover several instances where we were reluctant to embrace the current needs and conditions of life. Sometimes our hesitancy is justified, but too often, it is simply the result of the resistance of our vital/emotional nature that does not want to change or embrace the demands of the Now. The interesting thing, however, is that if we make that extra effort and go beyond our restricted attitude, life will quickly bring us luck. Sometimes what comes can literally change the course of our lives -- such as a sudden boost in our career, a golden opportunity appearing out of nowhere, or even the beginnings of a life-long romance.

When we shift from hesitancy to acceptance, we open the portals of possibility -- quickly aligning with the most positive of conditions. Moreover, each time you make that attitudinal transition, you build up a new level of strength that compels you to practice it more often. As

a result, your existence becomes a never-ending unfolding of the miraculous, as you continually attract the infinite potentials of life to the here and now.

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5/7/09

### **Beyond Science Fiction to the Truths of Higher Consciousness**

Spurred on by America's scientific and technological obsessions, the world experiences films, TV, and novels that include fantastic twists and turns that defy normal views of reality. This artistic media form is collectively known as "science fiction." It expresses as experiences of time travel, multi-dimensions, parallel universes, and other startling shifts and unfoldings that entice the viewer. Though loosely based on true principles of physics and actual mathematical calculations about the workings of the universe, most of what is presented is wholly without fact, as virtually no one has such experiences in real life.

And yet, we *can* experience such dramatic shifts in space-time and inter-dimensionality, but not in the way we normally think of it. There *is* a power that we can access that can overcome barriers of space, time, causality, and reality. It is the power of higher consciousness, and includes our ability to access the Spirit.

For example, before engaging in an act, an individual quiets his mind and opens to the spiritual Force. As a result, a four-year problem that had been dogging him suddenly disappears. Another individual opens to that Higher Power, and as a result, three new projects suddenly spring into action, when just before they were moribund and not expected to begin for years. In this way, limits of time and space are overcome, as the future moves into the present, and what was not there before in space is suddenly created. The fact is that many have had such experiences; as opposed to what science fiction portrays.

We can also experience sudden good fortune through other shifts in consciousness. For example, one man decides to overcome his hostile feelings towards another, and out of nowhere is suddenly promoted to the job of his dreams -- something he was unable to accomplish in a decade of trying. By shifting from his lower nature to a higher one, he has transcended the local domain of finite possibility and opened to the universal plane where our infinite potential is realized. It is in essence the experience of a "life response," -- i.e. the onset of sudden good fortune, where normal views of space, time, causality, and reality are overcome. It is an experience that each of us can have as



often as we want, when we want. This is no science fiction captured in celluloid or paper, but a living truth known and realized by many.

Interestingly science has begun to track this phenomenon at the material/physical level, which it calls "non-local connection." Principles of physics now tell us that two electrons of the same atom can change each other's spin even if they are tens of thousands or even billions of miles apart. This extraordinary association at the subtle material level is but a frontal understanding of something much deeper: that it can occur at the vital, emotional, mental, and spiritual planes as well. That every moment our thoughts, feelings, attitudes, and beliefs move out across the field of life, and align with and attract related condition from the world around us.

Space is extension. Time is movement in extension. When we open to the Force or otherwise raise our consciousness, we overcome extension and its movement. We bring timelessness into time, and spacelessness into space. In that way, we serve as a bridge between the Infinite consciousness and life in the cosmos. We become not only joyful experiencers of the miraculous; not only space-time navigators in the cosmos; but pioneers of the next stage of human evolution.

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5/16/09

### **Detachment that Overcomes Delay**

One of my favorite strategies to take when things appear to be in limbo -- such as when an order is pending, or an important shipment is on its way, or an invoice is not yet paid -- is to shift my attention away from it and bury myself in something else, particularly when it involves hard work. Invariably, when I do, the thing delayed or held in suspension is suddenly unleashed. In fact, not only does it manifest as a sudden positive response, but just before it happened, it had all but been forgotten!

That is precisely what occurred the other day when I was waiting on a payment so I could send a link to a client to start using our web-based software application. Rather than worry about the matter, I simply lost myself in an important research project. When I had tried several times to find out the status of the payment, there was no tracking information available. But after I buried myself in the research work, and then later casually checked the status again, I learned that it was moving to fruition.

Now I saw that as a result of my *inattention* to the problem, by focusing on another matter, I was able to attract the payment that previously had been in limbo. Then there was a further development. Though the payment was now clearly in transit, would it actually arrive? After all, there was reason to be skeptical since it had been delayed several times, and anything could still happen. However, once again, rather than worry about the important payment, I buried myself in another work. This time it wasn't the research work, but the cleaning of my bathroom floor! And so I cleared out the room, gathered together the best cleaning utensils and materials, and scraped and scrubbed in ways I had not done in that room in years. Specifically, my goal was to clean out the accumulated grit that had gathered in the recesses of the bathroom tiles, requiring considerable physical effort on my part.

After completing the strenuous task, I collapsed back onto my couch, feeling both exhaustion and a sense of accomplishment. Then a few moments later, I heard a knock at the door. I knew just who it was. It was the FedEx delivery person with the longed for, often delayed payment. And yet when I examined the time, I realized that it had come an hour earlier than expected, indicating that the physical effort of cleaning the bathroom not only attracted the payments' arrival, but caused it to come earlier than what was indicated on the online tracking system. That struck me as a further indicator of luck.

When we shift our focus away from worrying about an issue or matter, and instead put our energies elsewhere -- e.g. by making a full, even exhaustive effort in another direction -- positive conditions quickly move in our direction. More often than not, the thing we had hoped for but then put aside is suddenly realized.

Just as focusing on an illness can intensify it, so too worrying about a matter tends to delay it. Yet focusing on something very much the opposite, such as hard work in an entirely different domain not only overcome our negative emotions, but attract positive conditions. For years, I have used this approach to overcome anxiety, worry, and delay about a matter; and in nearly every instance, it has worked its magic!

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6/1/09

### **From Material View of Science to Involution/Evolution of the Infinite**

We worship the God of Science, trusting in its laws and rules, bowing before its child, Technology. After all, we are dazzled by the material benefit it has given us, including unprecedented security and infinite-like physical comforts.

And yet science's foundation rests on a material view of the world. All of its principles and insights derive from physical matter it can measure. Its view of evolution is a mere progression from matter forward -- i.e. as mere ever-more complex forms of atoms, molecules, chemical reactions, and micro and macro elements. This narrow, materialistic, mechanistic view of existence is what we have subconsciously embraced as the foundation of existence, particularly in the West.

But what if there were a decidedly different view? What if all that we are becoming and evolving towards was already involved, *inherent* in matter? What if embedded in material existence is a seed of all that has evolved from it -- from animated life and life forms to the mentality of Man? What if in the hidden, subtle recesses of matter, there was the consciousness of future life and mind, lying dormant, holding out for the right time and conditions before coming out?

Science of course does not embrace such an involved consciousness latent in matter, for it cannot see it or measure it -- its prime means of determining the existence of anything. How can the seed of a life and mind be contained in material rock or stone or ice or water or fire when there are no signs of that possibility when examined under a microscope or analyzed with the latest, state-of-the-art measuring devices? And yet everything that has evolved from matter *was* and *is* there in consciousness, involved in it, secretly hidden from view, waiting to come out. Embedded in matter is not just the possibility and seeds of animated, energized life and the forms that move and interact; not just the splendors of mentality that emerged through those life forms, including us, but the possibility of Spirit itself emerging through we mental beings. Thus, all of life in the universe is a flowering from that seed; a constant unfolding of higher substance and consciousness from that involved, hidden Essence embedded in matter.

But who or what planted this life-mind-spirit seed in the recesses of matter? The answer is that only an Infinite consciousness, a Divine entity could have imagined, conceived, and planted the hidden fountain of life in the very core and being of matter. Only a Higher Power could have imagined and planted the "DNA" of conscious life in the heart of a material existence; that on the surface appears completely unconscious and inert.

But why would a Divine entity usher in a universe with the dense, gross substance and unconsciousness of matter? Why not *begin* with those higher formations -- of matter, life, and mentality; or better yet their full integration. Surely, an Infinite consciousness could have devised anything It chose. The answer to this conundrum -- which incidentally also explains why there is suffering, difficulty, and evil in the world -- is quite simple: It did so to enable the greatest possibility and multiplicity in life. By starting with the unconsciousness of matter, an infinite array of possibilities could emerge above it; from positive to negative, light to dark, easy to problematic, etc. across all dualities and contradictions of existence. That would enable Its own Divine attributes -- peace, harmony, wisdom, creativity, beauty, love, delight, etc. -- to express through an infinite variety of forces, energies, forms, and circumstance; across an infinitely varied spectrum of existence, providing ultimate diversity and richness to life.

Implicit in a seed of future planes embedded matter is not only an Infinite source, but the fact that these planes existed in some form *before* creation! In fact, we can only understand the evolution of planes from seeds of matter if we perceive the *involutionary* process

that embedded those potentialities in first place. Whereas evolution is a self-unfolding from Matter to Life to Mind and Spirit, Involution is a previous and inverse process of self-manifestation of the Infinite consciousness into the planes Mind, Life/Energy, and Matter. Or looking at it chronologically, first there was the Infinite Divine, which manifest the plane of Supermind or Truth consciousness, and then Mind, out of which derived the plane of energy (Vital), out of which emerged the plane of Matter. As each plane emerged, it lost the higher consciousness, but embedded or involved itself as future potential. This is the involutory process from spirit to matter. The evolutionary process then occurs, which is the unfolding from matter of involved Life/Energy and life forms, and then mentality from Life in those life forms, and then Spirit from Mind. Ultimately, conscious mental individuals in the evolution open and connecting back to the highest, Infinite consciousness that was the source of All in the involution.

The dual involutory/evolutionary process is thus very different process than the mere, dumb, unconscious material evolution presented by Science. Involution indicates an Infinite consciousness and a Divine process behind the material one. Interestingly, recent scientific/mathematical formulas are starting to point in this direction. E.g., Dark Energy may be one significant step in that direction, indicating energy previous to matter.

Scientists ever-increasingly stand agape as they see their material, mechanistic views of existence ironically torn down through their own scientific investigations. When they come to see that all other planes - - back to cosmic Mind and Spirit -- were/are there before creation, and that life, mind, and spirit are buried in matter waiting to come out, they will begin to perceive the right relation of things, including the ultimate meaning and purpose of life in the cosmos.

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6/14/09

### **God, Brahman, the Reality is Evolving**

Normally we consider God as something distant and apart from ourselves. Rarely do we think of the Divine as immanent in the world, let alone evolving in the universe.

To address this issue, let us begin with a bit of metaphysics. The ultimate conception of existence is an *omnipresent* Reality that exists in all planes -- from an Infinite consciousness "above" in the

Unmanifest down through matter, life, and mind in the manifest universe. This Reality -- this ultimate conception of what is contained in all planes Unmanifest and Manifest -- is known as 'Brahman' in the East and 'The Absolute' in the West. Most will settle for 'God,' though that conception can be quite limiting.

But how then is this omnipresent Reality; this God, Brahman, Absolute evolving? To answer that question, we need to understand the 'Process of Creation.' To begin with there is an ineffable, immutable, infinite consciousness that always was, is, and always will be. It is the Reality in its first stage; before creation. This Infinite has then extended itself into a field of manifest entities. It extended its own infinite being, consciousness, and delight into a universal field of distinct forces and forms. To do so, it rendered a creating plane of Truth Consciousness, and from it, formulated the dividing capacity of Mind, through which emerged the Energies that are the source of all forces and distinct material life forms in space and time. This second movement can be thought of as the Involutionary process. Thus in the first stage there is a *descent/involution* from an Infinite consciousness to Supermind, Mind, and then Energy; and a second stage of *ascent/evolution* in the universe from Energy to Matter to Life and Life Forms to Mind, the latter expressing mainly through we human beings.

The Reality is then all of the planes of the involutionary and evolutionary processes together. Brahman/The Reality/God, is not only timeless, spaceless being, but extended Itself to forms of its Force in creation. In other words Brahman, God, the Reality also became this life. It is thus the Unmanifest and Manifest, and their integral relationship. This is the ultimate conception of Reality afforded to Man.

Moreover, since we humans in the universe are an extension of that Reality, and since we are evolving, then God the Divine, Brahman, the Absolute Reality is evolving as well. As we bring higher consciousness to bear in our lives, we evolve, as does God the Infinite. As we become more conscious -- overcoming our personal limitations and wanting qualities; find our spirit and soul within; commune with the transcendent Divine, bring the that Higher Power into the details of our lives -- we not only uplift ourselves and life, but enable the Reality itself to evolve through creation.

We are then the instrument of God's evolution. As we evolve, so does the Reality, Brahman, which is in and of every and all things. When we connect to our higher nature, we serve the evolution of the Reality, as it seeks to render its own spiritual attributes of Silence,

Oneness, Truth, Wisdom, Power, Love, Beauty, and Delight into this universe of forms.

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6/21/09

### **Time's Arrow**

One of the interesting discoveries I made in analyzing hundreds of cases of Life Response -- i.e. instances of sudden good fortune -- is that Time works quite differently than our normal conception. For example, let's say that I change my attitude towards someone from hostility to goodwill. When I then open my mailbox, I discover a check for thousands of dollars from a customer who owed me that sum for years. It is simply life responding to my change in consciousness, which put me in alignment with that individual's remittance. It turns out that long ago I had a similar experience, and when I asked my spiritual teacher Sri Karmayogi if the check would have been mailed days before in the past had I not changed my attitude here in the present, he replied that it would *not* have. This indicated that the present is indeed affecting the past!

Our normal view is that there are three divisions of Time -- past, present, and future. But from the spiritual position, there is only one Time that is undivided. If this is so, then events today may be affecting circumstance in the past, just as events in the future are determining the present. For example, if someone decides *not* to shift his attitude to the positive in the future, it might cause me, who was about to pay, to suddenly *not* pay in the present. Again, it is the future effecting the present, just as the present can affect the past. In fact, any period can affect any other.

Interestingly, it is only when we rise in consciousness beyond Mind proper, to intuition, and higher still to a "Truth Consciousness" that we can discern these true movements of Time. From these planes beyond the ordinary functionings and logic of mind, we can begin to see the arrow of time moving in any and all directions. If this is true, if time has these astonishing qualities, then the very foundation of our belief system must come into question, including views of history and science, not to mention Reality itself.

Perhaps the most interesting aspect of this vastly expanded view of time is that we have the power to become its Master. Not by travelling in a Time Machine or using other forms of technology as presented in science fiction, but through *shifts in consciousness*



*within*. In fact, science itself has begun to understand the extraordinary ancient Indian principle that Time depends on the consciousness of the observer. For example, most of us have noticed how fast time seems to pass when we have a stimulating conversation. Similarly, science tells us that if one approaches the speed of light, time will slow down or speed up depending on the relative position of the observer. And yet the ancient Indian insight is far more profound, as it suggests that if we elevate our consciousness in a given moment or circumstance, *any and all limitations of time can be overcome*. If e.g. I change a wanting attitude to the positive, and, as a result, attract an opportunity of a lifetime, then I have drawn a future possibility and made it real in the present. What would have taken years to accomplish has instead occurred in an instant. Or to put it another way, the burden of time has been completely eliminated.

It turns out that this inner power to attract something to us thereby cancelling time has also been verified by recent discoveries of science. Its theory of Non-local Connections indicates that if one particle of an atom moves, it can affect another particle of the *same* atom, even if it is on the other side of the universe. Non-local connection not only overcomes the normally perceived limitations of cause and effect, but allows for instantaneousness between objects no matter the distance. Yet another discovery of science -- proven by the latest mathematical calculations measuring and defining the cosmos -- is that the outcome of any event is dependent on the person observing it! Thus, my observation of an event can affect a different outcome for it than if another person observes it, indicating that consciousness determines reality. This is a startling scientific discovery that confounds every individual who contemplates its meaning.

Sri Aurobindo takes this several steps further and says that we can discover an inner dimension within our being, a soul space, from which we are able to overcome every aspect of time in the outer world. At the point that we touch our evolving soul within, we move into a realm where past, present, and future become one single, undifferentiated point. Thus, when we act from that space, life immediately reacts to our intentions. Moving to this Psychic Being within is a step beyond a change in consciousness, such as a shift in attitude. Rather it is a movement into the *center* of consciousness. There we come in touch with universal and transcendent powers, where gives us access to the greatest time controlling and affecting power in the outer world. From these deepest depths, I am able to change the conditions of life -- past, present and future -- in an instant.

Time's Arrow thus moves in every and all dimensions to the degree we express our consciousness. It reaches its apex and greatest capacity when we discover our evolving Soul within. From there we become masters of the outer life, as any intention originating there is instantly fulfilled.

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6/30/09

### **The Infinite Power of Harmony**

There are a number of expressions of the Spirit in life. Silence, Beingness, Truth, Wisdom, Timelessness, Infinity, Goodness, Love, Beauty, and Delight are several. Perhaps the most essential and basic is Harmony, whose higher expression is Oneness and Unity of being. For the Infinite consciousness, every and all things are interlocked in an essential Harmony and Oneness. And yet out of that essential Unity, a universe of infinitely diverse forms was created, including we humans. It is the same in our own individual and collective lives. When we bring greater harmony to bear through our relationship with others and the world, we generate a vast creative power for accomplishment for ourselves and others.

Take modern day Europe, where the Euro has suddenly become the world's strongest currency. That's the case because several nations came together to forge a financial alliance: in essence, a collaborative movement of harmony. That harmonic effort has produced a financial instrument that has garnered the greatest respect and purchasing power in the world. It is the power that harmony generates that has propelled the Euro to its lofty position.

On the other hand, across the channel, the British have been unwilling to participate in the Euro, putting its own purchasing power at risk. Even the mighty US currency has fallen behind the Euro. Subconsciously perceiving the power of collaboration and cooperation (two practical expressions of harmony) now the Asian financial community is considering a currency of its own. If they adopt it, it will likely generate a (further) boon for that region as well. This suggests that a *global* currency would create infinite-like financial and economic well-being for the world, since it would issue from a higher harmony that integrates all nations.

Wherever harmony is created, energy and power is released. When the colonies of the US came together over 200 years ago, it resulted

in the greatest economic, political, and military power in world history. But it is not only nations that gain power when disparate elements come together. So do other collectives -- including institutions, businesses, communities, down to the individual family. The more harmony created among their parts and people, the greater the power and results generated.

Harmony intensifies the positive bonds between people and things, focusing energy and releasing power for accomplishment. We can see this in macro events like nations forming, but also in micro events such as our daily work experiences. For example, we have all participated in meetings over the course of our careers. When most successful, it is often because a deeper connection and bond was created among the staff – e.g. through mutual respect, by genuinely focusing on the contributions of others, and via collaborative decisions for future action. When we come out of these meetings, our energy skyrockets and our work efforts produce impressive results. In essence, the harmonic movement has created a new burst of collective energy now shared by each participant -- enabling individual and collective achievement. Interestingly that success often comes about through instances of sudden good fortune.

Similarly, any two individuals are capable of creating this sort a harmonic bond. For example, greater harmony in romantic relationships can produce the deepest form of love between partners. Each lover's willingness to forget him or herself, adoring the other for its own sake can generate a tidal wave of romantic energy resulting in an intense bond and affection that can last a lifetime.

The opposite of harmony is each party moving in its own direction, focusing on its own interests at the expense of the needs of the "Other," attracting negative conditions. For example, when the fascist juggernaut began to move across Europe at the outset of WWII, the "good" nations were unable to collaborate in any coherent way. That lack of harmony strengthened the enemy, who were then able to run roughshod across the continent. It was only the extreme collaboration and bravery of the British people, and the cooperative effort of the US and Europe that saved the world from that greatest of all evils.

The question is then how can we be in that state of consciousness that would allow us to be more connected and One with life around use. The answer is that the more we live in the deeper parts of our being, rather than the surface of life, the greater will be our affinity, connection, and harmony with our surroundings, including the people we interact with.

But how do we move to that silent state, that witness consciousness that would enable to us feel more connected with the world and others? We can begin to build that new inner status by constantly opening ourselves to the spiritual Force. When we offer and consecrate upcoming activities in our lives, offering that act to the Higher Power, not only are the conditions of life quickly set right, but we develop an ever-wider opening to our deeper Self. As we come to know those profound Silent and Still parts within, we experience an ever-increasing bond with things outside ourselves, including the situations we encounter and the people we interact with. As a result of these harmonic experiences, we not only generate a vast power for success, but deep inner joy and fulfillment.

This being the case, why not ask yourself this: In what areas of my life can I create greater harmony? If you determine what that is and then make a sincere effort to bring it about, you will not only generate a vast power for accomplishment, but you will experience deep, inner fulfillment, as the separation between yourself and life will melt away into a blissful Oneness.

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7/6/09

### **Form and Energy**

We observe the forms of life around us and wonder where their origin and source of power lies. It comes from energy. Moreover, there is a fascinating relationship between the forms and the energy behind it.

Energy is the source and basis of all forms, whether physical forms of rocks or humans, or mental forms such as concepts and ideas. Forms however tend to break down. However, the energy behind them does not go away. Rather it formulates into new forms. For example, when a form of government, such as monarchy, breaks down, the energy behind it does not wither, but reformulates itself into a new form, such as democracy.

When things die -- whether anachronistic forms of social influence like aristocracy, or the physical human body -- that form is unable to hold its energy. It thus seeks corresponding new forms to inhabit, such as a new social order or a new form of life; even a new human body. In the 1960s the global Hippy movement was born in the San Francisco area. It sparkled like a comet across the sky changing the world, and just as suddenly died out. But then the energy behind morphed a new form with the rise of Silicon Valley, the personal computer, the

Internet, and the Smartphone, all in that very same area. Their influence is untold, approaching infinity.

Sri Aurobindo in his metaphysical opus 'The Life Divine' tells us that energy is the source of all things, all life seen and unseen in the universe. He says that there is a constant, dynamic energy in the cosmos that takes subtle or gross form -- whether a physical body or object, a plant or animal, or an idea or insight. This common energy flowing subtly and invisibly through the universe has as its source a spiritual Conscious-Force of the one Infinite Consciousness.

Though we are a product of that universal force, energy is not a static entity. For example, we humans can increase it at any time -- whether it is physical, vital/emotional, mental, or spiritual energy. Increasing any of these will give us not only a greater power to accomplish, but a greater zest for life. If this is so, then what can we do to increase our energy? There are a number of practical approaches.

One is to increase our level of aspiration in life. The more intense our aspiration to achieve a goal, the more our will is engaged, and thus the greater energy released. Another way to maintain and build our energies is to maintain a positive attitude. Whereas negative attitudes tend to deplete our energies, even evoking instances of sudden ill fortune, positive ones -- whether towards others, one's self, one's work, or life -- tend to have the opposite effect.

Thus, the more we increase our energy, the more likely the forms that relate to our being will maintain themselves and avoid breaking down. If we lose physical, vital, or mental energy, those corresponding forms tend to wither. E.g. our body decays, our will depletes, and our understanding diminishes.

In the end, energy is the source of all accomplishment. It is energy that created, is creating the universe from a divine, Infinite consciousness. Likewise it is energy that also enables us create and achieve in life. The greater the consciousness, the greater the energy -- physical, vital, mental, and spiritual, and thus the greater sustainability of the forms of our being and our capacity to thrive.

7/8/09

### **Three Levels of Problem Solving: Rationality, Life, and Spirit**

When life presents challenges and problems, our understanding of the situation and the choices we make determine the outcome. But what should that choice be based on? On what is rational and reasonable? On what life seems to be indicating through the flow of events? Or something higher, such as the spiritual dimension of life?

Let us say that you are having financial problems. Your debts are higher than your income. For a long time you could get by through borrowing. But when the economy sours, the spread accelerates to the point that you are getting into serious financial difficulty. You then contact several financial advisors, hoping they can lend their advice and financial support. It turns out that one company may offer somewhat better rates than another, so you may be more inclined to move in that direction. This seems like a reasonable and rational course. And yet when the "better" organization's representative calls, it is always at the wrong time. Maybe at that moment you had food struck in your throat, or you were in the middle of getting dressed, or were about to settle down to dinner with the family. This second, less polished organization however calls at the right time, has just the right attitude, and seems perfectly in sync with the flow of events in your life.

In this episode, you would be wise to choose Life over rationality. Though it is rational to focus on particular mental approaches to your problem, Life is unfolding in ways that supersede what mind thinks. If one learns the subtle ways that life operates, one can know at any moment in time the best direction to take -- including situations involving problems and challenges.

Having said that, there is yet another power available to us that supersedes Life. It is the realm of the Spirit. For example, if we offer a situation or activity to the Higher Power in an act of sincere consecration, Life will respond quickly and positively on our behalf. If you e.g. had presented the financial problem described above to the spiritual Force and intensely offered up a prayer such as "Thy Will be done," life will not only conspire to attract the right advisor, but other positive conditions will present themselves, often from out of nowhere. In this way, the Spirit is able to overcome the exigencies of Life, bringing it under control, and then some.

So the next time a problems or issue arises that warrant your attention, do begin by thinking of reasonable and rational solutions. But also observe the unfoldings of life around you in relationship to that situation, which will present subtle hints and indicators of what to do next, or not to do. When you act based on this knowledge, life is bound to respond favorably. More powerful still is to offer the problem to the Higher Power, which will set in motion a series of events that will simply astound.

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7/12/09

### **From the Liberty of Ego to the Infinite Power of Self-Restraint**

One of life's blessings is that we are endowed with full freedom to act. Thus, Human Choice, not fate, nor karma can ultimately determine events. Yet if we were to look closely, we would see that three quarters of our actions are based on ego movements; on initiatives that are wholly self-serving. Sri Karmayogi calls this the "Liberty of ego." We have the freedom of choice to determine the outcomes of life, but we abuse it through self-absorbed initiatives based on urge, compulsion, or other willful action that are self-aggrandizing. These in turn do not garner life's cooperation, but their opposite, attracting negative conditions back to us. Yet if in these instances we simply restrained ourselves and held back our action, life would constantly conspire in our favor.

In Jane Austin's *Pride and Prejudice*, like most great literature, we see several examples of this phenomenon. One is Mrs. Gardner's restraint in speaking to Eliza about Darcy at a particularly sensitive moment. Rather than raise the issue, she shows sensitivity and refrains from expressing her thoughts in deference to Eliza's difficult relationship with Darcy. She in essence avoids an ego movement, moving outward to embrace the concerns and interests of another person. As a result, life supports her non-initiative when soon after Darcy and Eliza come to an understanding, fall in love and marry -- bringing great happiness to the couple, while energizing both families to no end. Life has responded to Mrs. Gardener's non-egoistic restraint.

On the other hand, Eliza's mother Mrs. Bennet has no personal control; is constantly acting from self-interest and self-concern. Because she lacks restraint, her unflagging initiating and meddling continually backfires on her and her family. If only she stood back, looked outward from within, and restrained herself, life would have

quickly brought her everything she hoped for -- including the marriage of her daughters to prosperous young bachelors, and without the travail and pain the family was forced to suffer through. Instead, her ego-oriented initiatives almost lead to its ruination.

It turns out that she is just an exaggerated version of every one of us. We too subconsciously engage in acts that serve our ego. If we could catch ourselves and suspend such actions, we would conserve energy, which would in turn attract positive conditions.

Practically speaking, each time we feel the urge to send a note, or forward a picture, or speak to a friend or colleague, we should ask ourselves whether this is a wholesome, fully positive activity, or is it being undertaken to tickle our ego; for the purpose of self-aggrandizement? E.g., are we tacitly seeking the approval of others? Are we hastily reacting and trying to assert our opinion? Are we looking to express our contempt for another in a backhanded way? Are we selfishly trying to gain benefit? And so forth, ad infinitum. If ego, self-aggrandizement, and selfishness is in any way behind our intention, we should refrain from acting. We will avoid the negative, while attracting the very best of conditions.

When we restrain ourselves this way, we build up positive energies that align with the very best corresponding conditions in the world. We essentially move from the local, ego plane to the universal, where our hopes and dreams are fulfilled. Considering that three quarters of our actions consciously or unconsciously issue from the ego motive, it would be well worth examining every action we take to determine whether or not our intent is wholesome. If we avoid initiating when ego is present, we can avoid difficulties, while attracting startling positive results.

Ultimately, we can move toward the elimination of ego itself. That takes resolve, usually reserved for those who are on willing to follow a path of conscious evolution -- i.e. yoga in the East. To dissolve ego, one begins by moving away from the surface of life, where our consciousness is seperative, and find a still and silent soul space within. From there our intentions tend to be in harmony with the world outside ourselves. From there, there is little need to initiate or take action, as what we aspire for tends to rapidly come to fruition.



7/15/09

### **Life Moving Towards You**

The other day I had an extraordinary experience. One after another, life responded with a series of powerful positive events. It was as if I were on a magic carpet ride, but rather than being carried aloft, *life was coming to me* with one wonderful benefit after another. First, I had a superb meeting that far exceeded my expectations. Then a financial discussion unfolded so wonderfully and speedily for my benefit, I could hardly believe it. Then a computer operation went far quicker than I would have imagined. And so forth for nearly two hours. I was left breathless by the stunning chain of events.

It was at that point that I grasped something truly profound. I understood clearly for the first time in my life that the only thing that matters is whether *life is moving towards you*. Effort, skill, knowledge, aspiration, strength, action, decision, etc are all fine, but they mean nothing if life isn't moving toward you bringing it bounty on its own. I also realized once more that life is alive and conscious, and constantly responding to the state of our consciousness within.

In fact, life bringing you results on its own without need for outer action is proof that you are rightly disposed psychologically. More often than not, it is an indication that you have made a shift toward a more positive attitude -- perhaps overcoming a reluctance, or shedding a hostility, or restraining one's self from asserting, or having an inner faith that all will turn out fine, and so forth. When we take to such attitudes, life moves towards us "on its own," which is really a reflection of a momentary or longer-lasting transition we have made in consciousness.

There are also the magical, cosmic occasions when life comes through a storm of good fortune, as it did for me the other day. All one need do in such situations is NOT interfere and ride that wave, surrendering to and having complete trust in the unfolding. Life moving toward one with one positive event after another is also an indication that you have evoked the Spirit; often occurring in tandem with a significant transition in attitude, opinion, or belief. As it turns out, I deeply consecrated that day's very important activities to the spiritual Force, attracting that two-hour blizzard of good fortune.

The most important thing that came out of the experience was a profound new view of existence -- shaking me to the core. I saw that in terms of success, accomplishment, and fulfillment, all that

mattered was whether or not life is moving in my direction with positive results. Everything else is mere potential, effort, thought, wish, hope, and dream. Life coming to you on the other hand is *kinetic*; it is *realization*; it is *results*; it is *effortless fulfillment*; and is all that really matters in terms of accomplishment and fulfillment in life.

As you go about your day, look around and consider if life is moving toward you through positive, helpful, beneficial events. If so, then you know are doing something right within. Equate the outer result with a corresponding shift in consciousness. Now that you know the cause, repeat it ad infinitum as often and as frequently as possible. The energy you release will be enormous, though you may not feel it, as it has moved in the subtle or subconscious plane. But then at the right time, life will start moving on its own, which can build up and become a torrent of successive positive events, occurring in a short, tight timeframe. Then you too may have a vision of the power of life to move on your behalf, which will also give you a glimpse of the Marvel behind all existence.

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7/20/09

### **The Power of Goodness in Arden Forest**

Goodness and goodwill are deeply admirable traits for they enrich the lives of others, while eliciting extraordinary positive response back to the initiator. If it occurs in a time and place where there is a positive atmosphere, the response from life can be overwhelming. With such munificent attitudes within such a positive environment, the harshest enemy can reverse himself and melt into the Light.

In fact, we see these very circumstance in Shakespeare's beloved comedy and meditation on love, 'As You Like It.' In the story, Frederick has usurped the duchy in France from his elder brother, Duke Senior, who is exiled to a place known as the 'Forest of Arden.'

It turns out that the exiled Duke Senior is a gentle, mild, and good man who responds to his plight and that of his followers with calm and philosophic stoicism, rather than hatred or despair. In exile, he accompanied by four other lords who follow Senior Duke to the forest out of loyalty. On numerous occasions, he demonstrates his goodness, generosity, and goodwill to those around him, including new arrivals who arrive in the forest.

Rather than the difficult and harsh life with tension and conflict one might expect from the followers, so many things go right for the exiled party. Because of Senior Duke's munificent character, and the subtle, lilting, joyful atmosphere that issues from it, life conspires to bring about a series of fortunate events. For example, the Duke's daughter Rosalyn -- a famed and cherished Shakespearean character -- quickly finds romance and then marries. Even the daughter of the evil Fredrick leaves his kingdom and finds love in Arden Forest -- to a man who has abandoned Fredrick's heinous conspiracy against Duke Senior! In fact, we witness a breakout of infatuation and mutual attraction among the lovers in that place, culminating in the marriage of four couples!

In addition, Fredrick's plot to destroy the party holed up in the forest is thwarted, as the positive, energized atmosphere gives strength to the forces that oppose it. Finally, Fredrick himself has a powerful spiritual conversion, which relieves him of his malice, while handing his kingdom back to the magnanimous and good Duke Senior. In summary, the overriding positive atmosphere of self-givingness, gentleness, and camaraderie serve to attract a plethora of positive results for the party, including four marriages to eight main characters, the astonishing conversion of Senior Duke's enemy brother, and his return as leader in his beloved homeland. It demonstrates the enormous positive energy and power that goodness has over life.

One other point about Fredrick's conversion should be mentioned. In this situation, his negative was not so much neutralized and negated by others, but reversed *within himself*. I.e. with no initiative and action on the part of Duke Senior's side, Fredrick underwent a startling conversion and saw the Light. Such instances of evil turning good on its own are very rare in life. In fact, it occurs nowhere else in Shakespeare. In his stories, negative individuals are sometimes victorious; other times are subdued or consumed. But never do they convert from the negative to the positive on their own -- i.e. seeing the light of Truth beyond their ignorance, falsehood, and evil. And yet in 'As You Like It,' that is precisely what happens.

In the final analysis, we too are capable of demonstrating our goodness and goodwill towards others. And we too can generate a positive atmosphere through that effort. As a result, not only will our warmth and affection energize others, but through that self-giving effort, we will quickly attract powerful positive conditions. If that is the case, then why not try this approach today? Focus yourself on the needs and concerns of others the next several times you interact. Then observe as your relationships improve, as emotional sweetness

takes hold, and as positive conditions suddenly arise out of nowhere -  
- as they did for Senior Duke and his followers in Arden Forest.

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7/23/09

### **How Life Responds through Our Relationships with Others**

Sudden good fortune comes to those who move their consciousness to a higher level. It can come by reversing a negative attitude, intensely wanting a thing, or opening to the spiritual Force, amongst others. It can come through our relationship with life, or more specifically in our contact and connection with others. Just as there are laws governing life response in general, there are principles specific to our relationships with the people around us. Here are a few, though certainly not an exhaustive list.

- If you think of another person's needs and concerns before your own, life will tend to unfold in a more perfect manner in the period that follows. E.g., you shift from your shopping needs to that of the person accompanying you, and as a result, your effort together unfolds magnificently -- bringing extraordinary efficiency to the experience. Or, if you focus on a relationship partner's immediate concerns rather than your own, then what takes place for yourself thereafter will unfold wonderfully in perfect sequence -- negating any misgivings you might have had.
- When we think negatively about a person, another individual will soon come forward who will express the same or similar negativity toward us. E.g., we are angry with an individual, and an hour later another person in a different field or domain of our lives steps forward to express similar annoyance with us. In essence, our negative energy aligns with negative expressions from other individuals across space and time. (The same principle works for positive views of another -- attracting wholesome results from other people.)
- If we give up our annoyance with someone, the problem that we originally perceived through that person tends to quickly dissipate. However, if we give them more attention, the problem intensifies -- i.e. the other person will do even more things to attract our wrath. For example, a person is rocking back and forth in a seat in front of us at the movies. If we give them greater attention, the rocking will intensify. If we shift

our focus elsewhere -- e.g. to the film or some other area, or to non-thinking -- the rocking will cease. That other individual may even realize that they are not enjoying the film and suddenly move to another location!

- When a negative comes to us from another, do not react. Doing so will tend to dissipate the problem. It is the power of "equality of being" expressed in life -- a spiritual-like approach. For example, someone tells us that terms on an invoice owed has been increased from Net 10 days to 60 days -- dramatically delaying payment for us. The tendency is to react with fear or anger. If however, we respond with utter calm and stillness -- i.e. equality of being -- the condition will soon reverse. E.g., the next day they will unexpectedly call and ask us if they can pay through a simpler method, such as credit card, which enables them to pay the very next morning!
- We can also take the difficulties and challenges that come to us from another individual as an opportunity for personal growth. E.g., we perceive that cancellation of money coming to us from a friend is a result of our tightness and stinginess toward someone else. If we change that corresponding attitude, opinion, habit, belief, etc. in ourselves, then money or related benefit will fly in our direction. If we also see that the experience is as an opportunity to grow as a person, then joy and delight will be our never-ending companion.
- If abuse comes to us from another person, it means we must deserve it -- i.e. is there is a corresponding aspect of our being that attracted it. If we can shed it, that would be best. If we offer the matter intensely to the spiritual Force, to the Divine that it never occurs again, it will be self-corrected forever.
- The best attitudes towards others are goodwill, self-givingness, and gratitude. Each of these expressed or taken to at a higher degree will certainly attract good fortune -- often of the life-changing sort. There are endless occasions to express such heartfelt goodness and self-givingness towards others. Can you identify several?
- Finally, when we express gratitude to those who have brought us benefit, then not only do we fortify emotional bonds, but life tends to quickly move in our favor. E.g., at the point, we finally express our thanks and appreciation to an individual who helped us many years ago, startling positive developments quickly present themselves.

- Interestingly, we can even express gratitude to those who have abused us. Not to the person directly (because they will only abuse us more), but to the Divine in that individual that allowed them be an instrument for our further growth and progress. It is a powerful, spiritual-like approach to life.
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7/26/09

### **Overcoming our Blind Spots**

After the independence of India and its partition from Pakistan in 1947, Jawaharlal Nehru led the country through its transition to democracy and a new modernity. He was a man deeply committed to his country, with a strong mind and a driving idealism. There has been no greater leader of that emerging Asian nation since.

And yet he was tripped up by one view that he seemed so sure of. He proclaimed that China was the very embodiment of his own high idealism. Unfortunately, he would be disillusioned not long after when in 1962 China invaded and run roughshod over his own beloved country. It was a blind spot of belief for sure.

In the 1920s and 30's Western idealists railed at the corruption of capitalism, and signs of emerging nationalism and fascism both in their own countries and abroad. They were highly perceptive in their analysis, sounding warnings that the people of the world would fail to heed. Many of these same writers, thinkers, and advocates saw the Soviet Union under Stalin as a real alternative, a potential Paradise on Earth, in opposition to the corruption and greed of a money-driven West. It took Solzhenitsyn's 'The Gulag Archipelago' to fire the first salvos against this view. Since then it has been discovered that Stalin was responsible for the deaths of nearly 30 million people of his fellow citizens. He had that many shot and killed in a reign of terror unknown in the history of the world.

In America, it has been faddish amongst the conservative elite to proclaim that unfettered, laissez-faire capitalism was the salve of the masses. That wealth and profits of the rich would trickle down to the masses below. That theory proved to be a disaster, as we saw from the recent financial crisis that threatened to ruin the economies of the world.

Like nations, peoples, leaders, philosophies, we too as individuals also have blind spots that we are ignorant of and oblivious to. We dearly

hold onto one or more critical opinions or beliefs that are in direct contradiction to the truth -- affecting not only our own selves, but the people around us.

Perhaps those closest to us see that blind spot. Or maybe it is someone at a distance who perceives it, yet cannot express it in deference to our feelings. Then who amongst us are willing to confront such "certainties," challenging their truth worthiness? I am not sure if there is one in a thousand. If there such a person, then that brave soul is intellectually honest and sincere. For after all, who has the gumption to lay out one's attitudes and values, and deconstruct them to determine their accuracy and truth-value? E.g., who would make the effort to go to that goldmine and fount of information -- the Internet -- and discover the relative or absolute merit of one's most cherished beliefs? Whether we are a scientist, a leader, an advocate, or a parent, we are likely blind to something significant in our lives. And yet we are also capable of determining its veracity by gathering evidence from the world around us.

There is another approach to overcoming such ruinous blind spots. We can subscribe to an inner, psychological approach I call "taking another man's point of view." I.e. the next time you have a conversation or otherwise communicate with someone, make the effort to embrace the other person's point of view, no matter how far-fetched. See a glimmering of truth in it, while releasing your attachment to your own entrenched position. Doing so indicates an open mind that seeks knowledge and truth in life; that is open to a wider domain of possibilities. In that way, it is a spiritual-like approach to one's existence.

One interesting result of taking this approach is that it attracts sudden good fortune. For example, let's say we have been invited to a party by a friend or spouse, but are not inclined to go. Though others have recommended it in the past, we feel certain that it will be a waste of time. However, when we shift from our entrenched opinion and embrace their suggestion, then when you arrive at the reception, several startling conditions present themselves. Not only do you find yourself enjoying yourself, but a long lost friend appears on the scene, energizing you to no end. Best of all, you meet someone who offers you a great opportunity in a field closely related to your own. When you embrace another's point of view, life opens up and you are catapulted forward.

There is one other way to ascertain a blind spot. In the course of your day, watch for any significant negative conditions that appears in your life. It is a sure sign of something amiss in your being, for everything that appears on the outside is a reflection of your inner condition. For

example, if an important project is suddenly cancelled, find the corresponding negative attitude or belief. It is a blind spot that has been there for a while, affecting present and past conditions.

Deconstructing our beliefs, taking the other person's point of view, and relating negative outcomes to inner perceptions, are three powerful methods to reveal and overcome our blind spots, which in turn will help us avoid a lot of pain and suffering in life. Will you then be brave and ask a confident, relative, or friend if there is something key that you are blind to? Or will you try to deconstruct several key beliefs to see their truth-value? Or will you fully embrace another's perspective today? Or will you take the time to consider how negative outcomes are direct reflections of wanting attitudes, opinions, and beliefs? If you make that effort, your entire life will be turned around, for nothing has a greater effect than identifying a blind spot and turning it into the light of truth.

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7/28/09

### **Seeing the Marvel of Existence**

In the first of 56 chapters of his metaphysical opus *The Life Divine*, Sri Aurobindo suggests something profound. He indicates that everything we encounter in life -- positive *and* negative, pleasurable *and* painful, good *and* evil -- serves the greater Good that is unfolding. He indicates that such dual pairs, which on the surface seem to be in contradiction, are really complements to one another -- necessary for the upward, progressive movement of each. In that way, every difficulty and problem that comes our way serves us just as well as positives circumstance -- perhaps more so. Moreover, that vision of things, that ability to perceive meaning and utility in everything we encounter, from the macro to the micro, from the positive to the negative is to see the Marvel of Existence.

Let me illustrate this principle with several examples from literature. In Victor Hugo's masterpiece *Les Miserable*, a fundamentally good man Jean Valjean has escaped prison and is being pursued by an extremely dedicated, almost fanatical police officer named Javert. Along the way, Valjean raises a beautiful adopted daughter Cosette who falls in love with a young man named Marius, who eventually joins a people's fighting force barricading themselves against the reactionary government. At one point, the older, magnanimous Valjean gets involved in the battle himself, and in a startling, ironic



moment saves Marius' life. Interestingly, Valjean never tells him what he had done. In addition, Valjean and Marius over time are at odds with one another because the elder does not want to relinquish his beloved daughter to the young man. In fact, now that Valjean senses that he is losing Cosette to Marius, life begins to all lose meaning, and so he begins to wither away.

But then one day near the end of Valjean's life, the evil Innkeeper Thenardier -- who once raised Cosette in squalor and did many appalling things along the way -- reveals to Marius that Valjean was in fact the one who saved his life. Stunned by Thenardier revelations, Marius and Cosette rush to Valjean's deathbed and console him, thanking him for a lifetime of self-givingness. In essence, *a very bad person has come forward and unwittingly helped resolve a knot between two good people*, -- enabling reconciliation between Marius and Valjean, and the return of Cosette's deep love and affection for Valjean, something he so desperately longed for. And so after a lifetime of kindness and generosity, Jean Valjean dies a very happy man.

It is said that great literature reveals the deepest truth of life. The principle that not just the good, but the negative and evil too serve the greater Good is also evident in Jane Austin's *Pride and Prejudice*. For example, at one critical point in the story, one of the five Bennet sisters, the wild, rambunctious Lydia, has eloped with the scoundrel Wickham, threatening the Bennet family with scandal and social ostracism. The elopement also threatens to ruin the relationship between the very wealthy Mr. Darcy and Elizabeth Bennet.

Now soon after the elopement ends with the marriage of Lydia and Wickham, Lydia foolishly blurts out that Darcy was the one who settled the accounts of her husband, resolving the situation. Lydia was instructed not to reveal this information. When Eliza hears this, she is thunderstruck because she now realizes how wrong she has been about Darcy. She saw him and arrogant and prideful, but instead, she now sees his very noble character. As a result, she falls in love with him, he proposes (again), and they marry. *Without the verbal blunder from the negative Lydia, the marvelous outcome would never have occurred*. I.e. Darcy and Eliza may not have fallen in love, married, found deep happiness, and thereby bring great wealth and social prestige to the Bennet family. That is the power the negative and false serve in manifesting the greater Good.

There is one other example of this principle in the novel. Late in the story, the aristocratic, wealthy, yet reactionary Lady Catherine tries to meddle in the relationship between Darcy and Eliza. When she does, it

backfires on her, paving the way for the marriage of Darcy and Eliza. What happened was that when Lady Catherine got wind of the budding relationship, she stormed in the Bennet home, met with Eliza, and insisted that the relationship cease. Eliza of course refused. Most importantly however, when Lady Catherine returned home, Darcy learned of the meeting between his aunt and Eliza and realized from the discussion that Eliza had not ruled out a romance and marriage between him. Startled that this was the case, Darcy then went ahead and met Eliza, who then accepted his second proposal of marriage. In other words, *without Lady Catherine's negative intervention, the entire resolution of the story would not have come about!* Her harmful attempt to block their relationship had the opposite effect of spurring them to come together.

Once again, we see how falsehood and evil play critical roles in movements of progress and greater accomplishment. It is to perceive that every thing -- good or bad, positive or negative, pleasurable or painful, -- serves a purpose in the great unfolding. It is an ultimate perspective and vision of life. It is to see the Marvel of Existence.

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8/6/09

### **Beingness and Life Response**

There are powerful behaviors that attract sudden good fortune. Among them are having an intense aspiration for something to come about, moving to a higher level of psychological strength, increasing one's personal level of cleanliness and orderliness, and eliminating negative attitudes toward life, work, and others. When you take to any of these in a higher order, positive conditions quickly present themselves.

Here I will focus on some of the more spiritual-oriented techniques that have equal if not greater power to attract the miraculous. In particular, I will target those psychological approaches that issue from Beingness: that state of stillness where we are silent observers of the world, not compelled to action or reaction.

*Don't React* -- From a cosmic perspective, Beingness is the Stability and Calm behind all things: the Stillness out of which Energy emerged to manifest a universe of forms. We too have access to Beingness in our own lives. One approach is to practice the technique of "non-reaction." I.e. when any form of intensity comes our way -- whether from another person or from the conditions of life -- we simply do not

respond. That not only brings a level of peace to the atmosphere, but attracts positive conditions.

The approach is simple enough: when someone expresses a thought or emotion, particularly when it touches our sensibilities, appearing negative in thought or feeling, we should not react. The same for any other intensity or disturbance that comes our way. For example, if your spouse returns home irritated and directs those energies towards you, remain still, despite the onslaught. Do not react with emotion, which will only intensify and further disturb the atmosphere, (and elicit further negative response). Likewise, if your boss abuses you, a provocative news story appears on TV, or your children cloyingly demand your attention, do not react with commensurate intensity. Each time you take that higher tact, not only will the sense of balance be maintained, but sudden good fortune can follow. E.g., your spouse may suddenly surprise you with good news, a boss may withdraw all vitriol for weeks on end from that point forward, a negative news event will suddenly turn positive, and so forth. If you can also repress your reactive thoughts and feelings, then positive conditions are likely to follow.

*Don't Assert, Initiate* -- Beingness is the ability to look out on the world as "Silent Witness," observing all that occurs through calm detachment. You care about what is before you; you consider it mindfully; but you remain stationed within as silent witness to all. In that state, you do not initiate or assert, but wait for life to take the initiative. You can then respond as necessary. Practically speaking this method of non-assertion can be practiced from the mental to physical levels.

At the mental level, try to refrain from expressing a thought or opinion, allowing others to speak first. This will enable the flow of events to take their right course. Similarly, if you are in a discussion or communication, try to withhold what is on your mind. What may very well happen is that soon after the other person will express the very idea you wanted to convey. This is to practice a form of restraint known as "Silent Will."

We can also practice non-assertion and restraint at the physical plane -- i.e. at the level of action. For example, in the course of our day, we can take a moment to consider the utility of sending out an email, or making a call, or otherwise communicating with someone. When we do, we might find that much of it is trivial, or egotistic and self-serving, or a way to stimulate ourselves through social contact, or is simply unnecessary in the wider scheme of things. At least 50% of our actions are of this kind. For the spiritual individual, such initiatives tend to deplete one's energies, while producing little utilitarian result.

Moreover, each time we restrain ourselves this way, positive conditions tend to present themselves.

*Don't Complain* -- Beingness also implies not taking to the negative. One is stationed within as witness to the world, avoiding wrong action. One example is to view a problem or challenge outside one's self and not complain about it. Complaining is a sign of a wanting attitude, psychological weakness, and wrong response. A spirit-oriented individual on the other hand gains power from right attitude, inner strength, and positive response, not complaint or grievance. Therefore, the next time you feel the urge to blame someone for something, restrain yourself. Not only will you create a more harmonious atmosphere, but powerful positive conditions will present themselves.

For example, one man stopped complaining about his spouse's lack of organization in dealing with her finances -- a problem that had persisted for years. Several days later, he was startled to learn that she suddenly found a financial institution to handle all of her financial arrangements, while substantially reducing her debt. It was a Godsend, ending years of disorganization and frustration.

*Accept All* -- Finally, the spirit-oriented individual expresses Beingness -- i.e. of the Being, or 'Sat' in Sanskrit -- by accepting and embracing everything that comes his way. If a boss asks him to come in and work on a weekend in addition to the normal workweek, he simply accepts without challenge. In fact, one man did this very thing while working at a retail outlet, attracting the biggest sale of his life. At each point that we embrace the given conditions of life, we move to a higher plane and open to the infinite potentials of life.

There is a nice example of this in the film *The Devil Wears Prada*. There a young aspiring journalist accepts the fact that she has to work temporarily in a different field to sustain herself on the way to achieving her career goals. As a result, life responds and she secures a job as a secretary for a world famous fashion mogul. Moreover, at each point the young heroine embraces the demands of her powerful, often ruthless boss, she rises up further still. Even when the young woman's sensitivities are challenged -- e.g., she is asked to change her personal wardrobe and reduce her physical weight, a humiliating request indeed -- she embraces it, catapulting her to the very top of her profession. That is the power of embracing the all, reflecting the spiritual dimension of Beingness.

To accept all that comes is to embrace the universe of possibilities. It is to move from one's limited domain to a wider sphere where our hopes and dreams are realized. It is to shift from the turbulence of life

to the stillness and stability within. It is to express the spiritual dimension of Being in our everyday lives, attracting extraordinary circumstance from the world around us.

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8/15/09

### **Miracles of the Divine Mother**

In *The Life Divine*, Sri Aurobindo describes the process by which the universe emerged from a Divine source. He indicates that a plane of consciousness called 'Supermind' (or 'Truth Consciousness') divided the Force and Energy of the Infinite to create the forces and forms that emerged in creation. All that has emerged and continues to emerge, including we humans, are a product of that process. What is perhaps most interesting for us is that this Supramental Force is also available to us, and if we open to it, we can create infinite-like results as well.

Over the years, I have known of hundreds if not thousands of examples where individuals followed this method -- evoking staggering, often life-changing results. Many of the people I am familiar with practice this approach by opening to the 'Divine Mother' - - who is in essence the Divine conduit for the Force. Maybe She is the Force Itself. They usually open to Her power in a variety of situations: e.g. before undertaking an important activity, such as a major business meeting or an upcoming wedding; or when a serious challenge or problem arises, such as financial or health crisis; or when they wish to change a wanting part of their nature, such as a poor attitude or belief. Each time they offer it to the Divine Mother, the Force moves into action, producing astonishing results. Here are a few recent examples:

---An Indian national working in the US in the software industry could not get back to his country because his deputation had been delayed. The intensity of the experience also caused him to develop a serious skin problem. He and his mother then intensely offered the difficult situation to the Divine Mother. In very short order, she quickly learned that her son's trip to the US has been cleared by the officials, and he would be arriving in two weeks! Moreover, his skin problem was finally diagnosed properly, and, as a result, easily treated. The woman could not believe that both of her problems had vanished so quickly and miraculously.

--A man and woman in India ran a business. However, due to repair work going on nearby, the enterprise began to lose customers, and, as a result, they incurred substantial losses. The woman then learned that because creditors were now increasingly pressuring them to pay back loans, her husband had run away. As a result, she plunged into an insoluble state. But then a friend came along and recommended that she sit quietly before a picture of the Divine Mother. A short time later, there was a call from her husband informing her that he was fine, and then indicated the place where he was staying. That night, he returned home safely.

--A man was very concerned that fires burning out of control in Northern California for nearly a month could soon lead to the deaths of hundreds, maybe thousands, as the smoke in the air had turned dangerously toxic. He prayed intensely to the Divine Mother, hoping for some change. The next morning when he awoke, he saw that the skies had suddenly turned perfectly blue, essentially clearing out the month-long orange-brown smoke and ending the crisis in the region. What happened was that an unexpected weather system had swept through the area clearing out the smoke, potentially saving the lives of scores of people. What had actually occurred was that the Force had moved into action and changed the conditions of life.

--A woman was called to jury duty, even though it meant she had to take time off from her job and engage in what she considered an unpleasant activity. As juror selection proceeded, it looked like she was going to have to remain there for several weeks. She then offered the entire matter to the Divine Mother. Shortly after, she was questioned by an attorney who explained the nature of the crime and asking her if she would be prejudiced in any way. She then responded that she had in fact been a victim of a similar crime. As a result, she was immediately dismissed from jury duty! Because she consecrated the situation, the Force created and aligned with conditions that pardoned her from the case.

--A man in India was being set up with a wife through arranged marriage. One after another, problems ensued with prospective partners. Along the way, he even lost his job. Getting tired of the situation, he offered the matter to the Divine Mother. Suddenly another marriage proposal came in from one of his relatives. She turned out to be a very good girl, but he thought he could not accept it because he did not now have work. He offered the matter to the Force again, and soon found out that she too was a follower of the Divine Mother! They were then soon married -- and it occurred on the date the physical Mother made her yearly appearance at the Sri Aurobindo Ashram.

--A woman and her son were experiencing many delays in their travels as they navigated the various airports since there were no direct flights. As a result, they were continually fatigue and irritable along the way. Moreover, she began to rail against the system that did not provide more direct flights to her destination. Finally, she realized that the problem was in her attitude, which she then offered to the Divine Mother. She later learned that for the first time, direct flight were available to and from her local city to the desired destination, making the need for transfers unnecessary! Through the spiritual Force, she evoked a response not only for herself, but for the collective!

--A man was on the edge of financial ruin because all orders in his business had dried up due to the recession. He then offered the matter intensely to the Divine Mother, and immediately after an order came in that provided months worth of financial sustenance.

--A man suddenly felt intense gratitude to the Divine for having helped him secure such a fine and dedicated staff. Instantaneously, the phone rang and he received a very large order for products her business was offering. He saw the direct relationship between his intense gratitude to the Divine Mother and the immediate arrival of the requisition.

These are common every day experiences of people who have opened themselves to the spiritual Force. You can multiply these by a hundred or a thousand to include all of the incidents I have been privy to over the years. Some are startling and touching beyond believe. And yet this Power is available to every one of us each, every minute of the day. In fact, Its power is growing, as It is increasingly penetrating the earth's atmosphere -- meaning it is more accessible to more people, and is more concentrated, producing even more powerful results.

We have entered a New Age of possibility -- not only of freedom, accomplishment, and fulfillment, but of inner power via access to the Spirit. It is at once the Infinite consciousness that is pouring into life, becoming the source of all things, as well as a Power that we can access through the Divine Mother, evoking an endless procession of the miraculous.

8/19/09

### **Overcoming the Ego of the World**

Freedom has spread around the world. Economic prosperity, despite the financial pain of the present, continues its rapid march across the planet with the goal of including all. In the new world environment, increasingly every person has the ability to become anything he chooses. The frontiers of what we can become and the ways in which we can be fulfilled are becoming limitless.

And yet within that freedom lurks a central falsehood. There is ego at the center of the world, as each grouping or collective -- whether nation, community, business, or family -- pulls in its own direction, at the expense of the 'Other.' For example, in America, virtually every news report is presented in terms of how its *own* citizens are impacted. If ten Americans perish, it is devastating. If it is thousands perish in another country or region, the story may be buried deep inside the local newspaper. It is wrought selfishness at the heart of Man. When millions die of AIDS, Malaria, and other diseases in Africa and elsewhere, and we in another region turn away saying, "What can we do," it is callousness of the worst kind.

Of course, such self-centeredness and insensitivity does not apply to the US alone, for nearly every nation has the same provincial attitude. For example, before WWII, each European nation pulled in its own direction, creating a vacuum that fascism gladly filled. As a result, more than sixty million died. It is an example of the ego of individual nations that opens the door to extreme negative consequences. Similarly, a financial crisis has risen today because earlier on the individual nations would not collaborate on a global monitoring system for such transactions. In fact, it was hardly a thought in their minds, as each nation sought to gain the upper hand in the name of speculative gain. Because the ego asserted in each case, Nature pushed back and smacked the world with a cathartic like crises. It could have been much worse.

There is a Divine aspiration for ever-increasing harmony in the world. It secretly knows that humanity is capable of transmuting its ego into ever-increasing forms of cooperation, collaboration, unity, and oneness. It perceives that we can only fulfill our human potential when we shed our selfishness, self-indulgence, and self-aggrandizement, and perceive the needs of those outside our immediate family, community, region, or nation. It is a movement that connect us to the heart and soul of Others.



We can begin to overcome the selfishness and ego that lurks in the heart of every collective by making a psychological shift. We need to stand back from things, quietly scan the world, and understand where we as a collective are relative to others. From that vantage point, we become cognizant of the outer social milieu and conditions, and therefore more readily reach across the gap that divides us. Making that small psychological adjustment to connect with the Other is a sign of growth and maturity of that collective. For example, as one of the managers of 'District A,' I can move to a wider consciousness and think deeply about the issues and concerns that we and surrounding districts share. Perceiving the reality this way, I am more likely to see things from the other collective's perspective, establishing conditions for greater cooperation, collaboration, and integration. This approach can be taken for any group we are part of or have influence over -- from family head to global leader.

In addition to this psychological change from "below," institutional changes can be adhered to from "above" that also forge greater harmony amongst the collectives; that also, in effect, break the ego of the World. For example, a World Parliament could be established to negotiate ever-increasing, ever more complex problems that can no longer be solved at the national or local level. Issues of the environment, poverty, economics, education, etc. can be rapidly discussed, agreed upon, and implemented to bring practical results to the world. Similarly, a global financial institution, such as a World Fed, could be established to set standards and monitor monetary transactions throughout the globe. The recent financial crisis showed the extreme need for such an institution, as money flowed among global institutions without the most basic controls, standards, and values. It too would keep the World Ego in check from above.

Likewise, one could imagine a Global Rapid Reaction Force or World Army to solve compelling security problems that cannot be left alone to single nations like the US, nor regional alliances like NATO, which tend to act in their own self-interest. For the world to live in harmony, a more neutral, all encompassing security institution should be put in place so society can get on with the business of economic, social, and cultural integration. This too would help keep the World Ego in check.

Finally, eliminating all nuclear weapons and dealings in soft arms is another important tact for creating greater stability and world harmony. This is increasingly necessary as other nations seek to expand their arsenals in the vacuum of US-Russian inaction on substantial nuclear arms reduction. It is important to keep in mind that if we fail to take such action, life will turn on us with all its fury. We see that our inability to develop a global financial regulatory

institution "attracted" the financial meltdown, beginning with greed and speculation of the US real estate market. In the same way, nuclear arms are bound to spread and be used if we fail to come to substantial agreements on their reduction. (Certainly, others, including rogue-nations, will be compelled pursue that path without such an agreement.)

In sum, the world is changing rapidly, and global solutions that the local domain cannot solve are increasingly in demand. Cooperative change from above can control the narcissistic Ego of the collectives of the World, while harnessing world power for social progress and evolution. And yet this movement must also occur from the other direction. Each collective, from family to nation, must stand back and see the world for what it is, i.e. from all viewpoints, and thus clearly perceive the utility of cooperation and collaboration. Better still is to see that we are all parts of a whole, and cannot progress when we think only of ourselves. That the needs of the Other are essential to our own success, accomplishment, and delight. Best of all is to take pleasure in the success of the collectives outside our own. It is a spiritual position of the Soul that sees the world through the eyes of another, sincerely aspiring for their happiness and success. It is the most conscious and powerful way to bring about progress in the world.

Humanity has made great progress in the last hundred years, and especially the last thirty. Man has become more mental, shedding much of his physical consciousness and animality. Slowly his mind is opening to wider vistas, embracing the variety of truths about any matter, not just those that one is comfortable with or are self-serving. Education, Internet, and Media push us in that direction -- making us more aware of global conditions and possibilities; breaking down the mental barriers we have erected that support our selfish concerns and interests.

Still the knot of the Ego of the World is wrapped tightly. It strangles minds, preventing openness and tolerance; blocking our ability to see multiple truths beyond our own. That knot must be loosened for Man to progress without the threat of danger; without the inevitable travail and suffering. That can only occur if the collectives of humanity looks out through a wider lens, perceiving the needs of Others as inextricably linked to their own. At that point, we begin to shed the Ego of the World, opening the door to a New Age of common interest, shared accomplishment, and deep fulfillment in life.

8/26/09

## **The Journey of the Soul**

The spiritual tradition tells us the soul chooses to be born in a particular set of conditions in order to make progress during that person's lifetime. After the lesson has been learned, the soul leaves the body to assimilate its experience and then reincarnates in a new life to make further progress.

For example, in Jane Austin's *Pride and Prejudice*, Mr. Darcy, though a very wealthy man with a polished exterior, presents a haughty and arrogant disposition on occasion. And yet when he meets Eliza Bennet, he is overcome by his feelings for her, struck by the light in her eyes. Yet to win her over, he realizes he has to change his nature, which he does, leading to a critical event in the story where he is able to demonstrate his dramatically improved character. As a result, Eliza responds very favorably, culminating in their happy marriage. In essence, Darcy has made a powerful progress in life; precisely what his soul had sought when it entered his being at birth.

Over a decade ago, an individual I know of went through an intense change of his own. Not so much a shift from lower to higher character, or wanting attitudes to a higher deposition, but a powerful psychological and spiritual transformation that took shape through months of intense fear. So great were the 3-6 hour daily onslaught of causeless terror that during that he had to constantly remain in a state of immovable meditation, calling peace and calm to prevent that person from going mad. Along the way, he came to understand that this was what his soul sanctioned in order to move to the next stage of his life. In fact, from that day on, he embarked on a profound personal and spiritual journey that included a new career as a thinker and writer. Because of that cathartic episode, he was reborn into a new life, enabling his soul to make a great progress.

As it turns out, there are also uncommon individuals who actually make *several* such changes in a single lifetime. These rare souls go through consecutive stages of transformation that give sustenance to their souls in its journey through time. One such individual is Jean Valjean, the main character of Victor Hugo's nineteenth century masterpiece, *Les Miserables*. In fact, Valjean passes through four distinct life-changing stages that enable him to grow from a husk of a man to a veritable saint.

Jean Valjean's first transformation took place in prison, where he spent 19 years for the petty offense of stealing a loaf of bread. There

he not only developed a new level of physical strength, but a new emotional intensity through his newfound cause of social justice. Because of the harsh abuse he suffered, he committed himself to overcoming similar abuses in society. As a result, Valjean had changed from an individual who hardly spoke or looked at anybody, to one dedicated to overcoming injustices in the world.

However, Jean Valjean's soul was ready for more growth. And so in his second incarnation, he came to know a humble bishop who showed him the power of selfless and self-givingness. When the bishop saved him from the authorities after escaping from prison, Valjean came to deeply admire his goodness, goodwill, and generosity. It was a spiritual like perception for Valjean, as he now saw the brute, husk of the man he was, and the self-giving man he could become if he emulated the bishop's behavior. And so from that day on, he dedicated himself to a life of self-givingness.

And yet Jean Valjean's being was ready for more change. As long as the soul aspires for progress, life will continue to present challenges that compel its further evolution. In the years that followed Valjean was able to realize his aspirations of self-givingness by becoming a beloved and prosperous businessperson. However, one day Valjean learned that someone named Jean Valjean had been convicted of a crime. He knew that this was not the case because he was the person with that name. After wrestling with his conscience, he went to the court in Arras and revealed that he was the real Jean Valjean, thereby freeing the accused. However, by doing so, the authorities learn that he was an escaped convict; forcing Valjean once again to be a fugitive from the law. It would mean that he would have to give up all that he had built up in his professional life. What actually occurred was that life tested his full commitment to his personal ideal of self-givingness. By acceded to a level of psychological purity, by doing what was right and true, Valjean had made the third great growth and progress of his life.

Though his mind and life found great emotional satisfaction in his new solitary existence, his soul aspired for more growth and adventure. That would come in the form of his relationship with his beloved adopted daughter Cosette. Though he rescued her as a child from the clutches of evil, and poured his love into her in the years that followed, Cosette blossomed into a young woman and found herself in love with Marius, a self-giving, young idealist.

Upon learning of the romance, Valjean through a great psychological and spiritual-like effort withdrew his possessiveness toward Cosette, retreating to his home so that she could exercise her freedom and

pursue her own deep love for Marius. As a result, over time, he became weary, fell ill, and began to wither him away. However, as a result of that self-restraining effort, life responded in overwhelming fashion when near the end, Marius and Cossette arrived at his deathbed, confessing their deep love and appreciation for all he had done in lives, including saving Marius's life at the barricades. Most telling, when Cossette confessed her deep love for Valjean, all that he aspired for in his life was fulfilled, enabling him to die a happy man. That giving up of attachment to the one person he so dearly love in the name of Cossette's best interest was Valjean's final effort of self-givingness in life. He had now reached the heights of spiritual purity, of selfless love through non-attachment. As a result, he had now completed his multi-birth journey of the soul in a single lifetime.

A soul is born in each of us in order to derive one essential progress. Just as we are evolving, so is the soul through in its own cosmic journey. But the soul will only find fulfillment in us if we rise to a higher level of consciousness. The soul of Mr. Darcy was fulfilled when he made the psychological adjustment and changed a central part of his nature, winning over the woman he loved. Jean Valjean went steps beyond and evolved his being four times in a single lifetime, an almost unprecedented event that is indicative of a very rare soul.

This being the case, then what is life asking of us? What does our soul seek through change in our own being? Or to another way, how can we improve ourselves in a way that gives sustenance to our soul?

In the end, we not here merely to exist, or even to love and achieve, but to make one essential progress in our lifetime. But do we know what that is, and if so, do we understand what needs is to be done to make it happen? If we can identify those parts of our being that need change, then we will move in harmony with our soul's aspiration. If we then go a step further and make that change, not only will we progress and evolve, but so will our soul in its journey through space and time. *[Thanks to Mother's Service Society for their source materials that contributed to this article.]*

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9/6/09

### **Making Life Response Conscious**

Sri Aurobindo tells us that there are three levels of awareness for the individual: that which is *subconscious* to us, i.e. below the surface of our normal awareness; that which we are *conscious* of, i.e. what we

do in fact perceive; and that which is *superconscious* to us, i.e. a higher, cosmic consciousness beyond our current level of awareness.

Sudden good fortune -- i.e. "life response" -- can issue from any of the three. However, the overwhelming majority of the time, it is a subconscious movement originating from points below our normal state of awareness. For example, in Jane Austin's *Pride and Prejudice*, Mr. Darcy's marriage proposal is turned down by Eliza Bennet, who considered him proud and arrogant. As a result, he makes the stupendous effort to change his nature. When he makes that change, life responds and gives him an opportunity to resolve the elopement episode, which causes Eliza to change her view of him, leading to a second marriage proposal that she accepts. The opportunity afforded to Darcy to resolve the elopement is life responding to his inner efforts to change his wanting attitudes. The response itself however was subconscious to him, for he never intended to attract the circumstance that allowed him to demonstrate his changed nature, and, as a result, marry Eliza. In fact, in 99% of cases where sudden good fortune comes our way, it was never our intention to attract it. It was however the "intention" of our subconscious.

*Conscious* life response on the other hand has a decidedly different dynamic. In these situations, there is an *active awareness* that what is about to be done inwardly or outwardly will bring about a positive response from the environment. For example, one not only changes a wanting attitude, but simultaneously perceives that doing so will evoke a positive response. This is conscious life response, and is indeed a rare occurrence. However, it can occur through our conscious choice, and one way that can happen is by accessing the spiritual dimension. Let me explain.

If we open to the spiritual Force before undertaking an activity or dealing with a problem, one is in essence *anticipating* a positive response from life, and is therefore a conscious act. For example, if we consecrate an upcoming important meeting to the Higher Power, *and* we perceive that a life response can be generated as a result, then our initiative is a conscious one. When life then responds, we are overjoyed, yet somehow not surprised, since we anticipated something along those lines. In essence, we were aware of, even intended a possibility, which was then realized, making the process conscious.

Now this does not mean that we cannot practice conscious life response in other ways, aside from spirit-based consecration. I remember one day, I was closely observing the signs unfolding around me in anticipation of a delivery of a computer printer. I knew

that if certain things transpired in a different domain (vacuuming the carpet), that a delivery person would show up at the door immediately thereafter. In other words, the vacuuming had nothing outwardly to do with the delivery, and yet I sensed the association of the two events. As it turned out, the delivery person arrived precisely at the moment I completed the vacuuming. It was in essence a conscious life response; in this case, anticipated and perceived through a subtle understanding of the unfoldings of life.

Let me add one other thought on *subconscious* response. If we are not intending sudden good fortune to come about, and yet it does -- i.e. it is subconscious to us in its origin -- then what is it in us that is evoking it? From a cosmic perspective, we can say that our shift in consciousness releases positive energies that align with corresponding positive conditions across space-time, bringing the fortuitous outcome to our person. But at what point does the response come about -- i.e. how much subconscious effort or energy needs to be released for the response to be triggered? The answer is that the subconscious awareness needs to reach a certain level of saturation, and when it does, the response manifests for us.

For example, we know that goodwill attracts good fortune. Let us say that over time, I have inwardly and outwardly demonstrated goodwill towards a business associate, but have noticed no response during that period. (In fact, I never considered such a possibility since it is subconscious to me.) But as my positive feeling towards that individual reaches a certain threshold, I evoke a powerful response from that person's company in the form of the biggest business referral of my career that garners the highest commission of my life. What has happened is that our subconscious has become *saturated* at that point, evoking the powerful response. I.e. behind the scenes, below our conscious level of awareness, the intensity of our goodwill has reached a tipping point that evoked the results. In fact, most life response happens just this way -- i.e. it is saturation of a positive element in our being that is subconscious to our normal level of awareness.

Interestingly, even if a life response result issued from our *conscious* awareness, saturation of intensity, energy, etc, still needs to occur to attract the result. For example, I have often seen that if a person is having financial problems or hopes to change a dangerous situation in the world, it is only when that person's emotions are so intense that his energies spill over, compelling the spiritual Force to move into action. Anything less will not do the trick -- i.e. not evoke the instantaneous miraculousness of life response.

Therefore, a key to becoming the master of Life Response -- i.e. so it occurs repeatedly on demand -- is to move the act from the subconscious to our conscious level of awareness. We do that by (1) becoming aware of the principles of life response, (2) evoking the right behavior in a given moment in time, and (3) having the ever-present thought that we will elicit a response by making that effort. As a result, we will generate far more and more powerful response in the course of our days.

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9/16/09

### **Consecrating for the Benefit of Others**

We think of life response mostly in terms of our own selves; i.e. sudden good fortune coming to our own person. But it can of course apply to others; whether one other individual, or to a collective of people we are part of or related to. For example, if another individual is having trouble selling a huge, beautiful property in the mountains so they can move onto other aspect of their lives, we can consecrate that for them, asking the divine Force and Power to take care of it. Sudden good fortune is likely to follow for that person in ways we or they might not ever have imagined.

If we are so inclined, we can experiment and try to elicit good fortune for others. Certain basic rules of consecration will apply. E.g., the more intense the emotion we well up inside, the better. Also, the less attached to the result, allowing the Force to move as it sees fit (i.e. THY will instead of My Will Be done), the greater the effectivity and result. I would add one other rule: The effort to help another should be genuine and sincere. The more we feel genuine concern for the interest and concerns of others, the more likely they will garner the miraculous-like results.

Throughout this site, dozens, if not hundreds of miraculous-like life response incidents have been presented that occurred through the action of the Higher Power. The overwhelming majority benefited our own person; far fewer were evoked for the sake of others. By "others," I don't mean our spouse, children, and families, where we stand to gain directly from the result. Rather, I am referring to more casual or less attached acquaintance, such as our friends, business associates, and people we work with.

Interestingly, it is those who are a little more advanced in their conscious evolution (i.e. yoga) that are more likely to consecrate for



the benefit of others. In fact, it is often the case that the beneficiary doesn't even know that such devotees have been working on their behalf.

When Sri Aurobindo's divine consort, the Mother, was in the body, she constantly directed the Force onto those individuals who expressed their concerns and problems to her. Results would then come as Grace for them, though they rarely recognized the source. If Grace was withheld, it was because of an obstinate or otherwise wanting attitude or quality on their part. (Sri Karmayogi says that now that She has retired from the body and unencumbered by the limitations of the physical being, that power is even greater as She watches over, guides, and graces her followers from the subtle plane.)

By the way, it is not necessary to reveal one's self as the source of another's success. In fact, in the most successful cases, the benefactor restrained himself from most if not all communication with the recipient, thereby evoking quick and powerful results. For example, in the late 1980s, Sri Karmayogi formed an international commission consisting of world luminaries in order to end the Cold War. Just as they were to have their first plenary meeting in Italy in 1989, the Berlin Wall fell and the Cold War ended, as he was able to evoke Her Force. Not more than a few dozen people in the world were privy to the fact.

My favorite example of evoking the Force for others came a few years ago, where one close friend evoked powerful response for several other individuals and organizations:

"One recent morning I sat down and concentrated in order to generate an attitude of goodwill to specific people I knew, and to aspects of work or life that I was directly related to. As it turned out, during that day I received back a series of reports of good news that related to the very things I had been concentrating on -- as well other aspects of work I had put aside because of lack of time. Here are the details:

I had been concentrating on the health of a friend who had developed diabetes, and whose ailment I felt responsibility for because of my attitude, and the pressure I had placed upon him in work. Later in the day, I received word that his blood sugar levels had declined almost back to normal following treatment.

I had also been sending goodwill to a client company I was working with, and praying that their revenues should increase. As it turned out, during the day, they closed a good-sized order that had earlier been in doubt.

But there was still more. The previous day I had asked a marketing manager at the company about the progress on a proposed collaboration with another company that could generate big dividends for my client. The manager had said he had not made any progress on the proposal for the last six weeks. During the day of my concentration, however, he reported that the other company had suddenly contacted him and proposed flying into our city for the first meeting within five days time.

There was also the senior manager of the company's Bangalore branch office, who had been badly demotivated by the harsh words and treatment he received from the company's Chief Financial Officer, which had in effect caused local morale to suffer. I concentrated on sending him goodwill as well, so that he could recover his usually cheerful, enthusiastic disposition. During the day, his assistant reported that the senior manager's mood was back to normal for the first time in a month!

I had also been praying that rain should come to drought-stricken Madras (India), where drinking water is in short supply. That day it rained heavily.

Beyond these responses, there were two encouraging responses to my efforts of concentration concerning projects I had not been thinking about, but were high on my list of work to be accomplished. In the first case, I found myself seated on the plane exactly across the aisle from the head of a non-profit organization I had met nine years before. During the flight, he introduced himself and expressed serious interest in a development project that we wanted to promote but had not found the right agency for. It turned out that his agency would be the ideal candidate.

In the other case, a newspaper headline carried information that another project we had worked on to promote for the past year may now have been received by the concerned parties."

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10/15/09

### **Knowing without Thinking**

Sri Aurobindo indicates that the human mind is a transitional instrument that will be shed in the course of our evolution. He means that intuition, revelation, and supramental perception would replace the current hard churning of thought, reason, and logic. Thus, in

given moment, we would simply "know," perceive truths, garner insights, and comprehend that which is under inquiry without having to think things through. Knowledge about any thing just appears in our mind complete.

Actually, we hardly engage in our most basic reasoning instrument -- rational thought -- let alone evoking knowledge directly through intuition. Rather than thinking through things, seeing all sides of a matter, and coming to right conclusion, we use our reasoning faculty mainly to serve the needs and desires of our lower, nature -- including the urges of our vital and physical being. As a result, conclusions that do not conform to our ego-based needs, desires, opinions, and attitudes are filtered out, leaving us far from truth of any matter. It is irrational use of the logical, rational mind.

Still, direct revelation of truth without the need of thought would be a most compelling development; a milestone in human evolution, a shortcut to the truth, and, of course, a time saver! Imagine a conversation between two people where intuitional expression and knowledge is the standard. Revelations of knowledge would flow into our minds, and be passed on to the other person in a symphony of interaction, taking our exchange into new, unforeseen directions. Insight that would have taken several conversations are garnered in one, leading to vast improvements in effectivity, productivity, and success.

It turns out that a number of individuals are having these intuitive like experiences today, although they are hardly conscious of the fact. However, if we make such direct access of knowledge a *conscious* act, then we can have these truth experiences constantly. How can we then consciously cultivate this infinite-like mental potentiality? Here are a few suggestions:

The first thing to do is to recognize when you have one of these experiences. That when you suddenly have a profound insight without the hard churning of thought, you have had an intuitive experience. Then you know it is a real and powerful phenomenon of life. If you then make the conscious decision to cultivate these sorts of experiences on a regular basis, then it will surely occur more frequently.

And yet simply recognizing and wanting it may not be enough to sustain such experiences; for we are prone to easily forget about it and fall into our old routines. Rather, we need to create a new basis of consciousness from which these instant knowledge experiences of spiritualized Mind can more readily occur. In particular, one needs to

develop an inner orientation and poise for the mind to open and widen to the universal plane, from which we garner revelations of truth.

Since it is difficult to simply change our nature and forge a new orientation of inner calm, we can employ a substitute method that will help us progressively create that new inner nature. It is to practice the act of consecration; i.e. offering an upcoming event or current situation to the Higher Power. Offering a matter to the spiritual Force not only helps us gain the cooperation of life relative to our situation, but over time, a new orientation is forged within.

That in turn causes us to have greater overall faith, as well as a softer, richer, calmer poise and orientation. As a result, our mind tends to expand upward, opening to the universal plane where all knowledge resides. We then experience descents of truth more readily., which gives us the knowledge to make right decisions that lead to powerful outcomes that propel us to the heights.

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10/28/09

### **Restoring the Balance of Energies**

Nature has an instinctive, holistic tendency that creates a natural balance, an equilibrium of energies that is lacking in Man. On the other hand, we tend to focus on one aspect of a thing, one part, leaving other aspects incomplete, which creates imbalance and disequilibrium. And yet, if we raised our consciousness and embraced a more integral approach to life, addressing and perfecting all parts of a thing or matter, we would maintain a balance of energies, which would form the basis of a magnificent existence.

Take the animal. It exists primarily by instinct. It exists through a subconscious knowledge that it instinctively follows, which is perfect at its own level. Man, on the other hand, is governed by a newer, more advanced faculty -- Mind. Yet despite the advance, Mind is a very imperfect instrument. For one, it operates too often on the surface of things; merely on the inputs of the senses. It is also too much driven by our lower vital and physical needs, rather than the rational truth of things. It is egotistic and separative from others, life, and truth. Overall, its thinking processes are incomplete, partial, one-sided, as it flies away from truth in order to protect, to substantiate its own narrow mental opinions and beliefs, vital attitudes, and physical urges. Thus, Man lives out of harmony. There is a

disequilibrium of energies, a life out of balance, a disharmony within and with the world around him.

The Mind of Man not only exists within him, but expands to create the society he lives in. Yet, there too there is a similar imbalance. We see this in virtually every aspect where human development has taken place. We tend to improve things in one area, but neglect others, creating imbalances and conflict. For example, due to advances in medicine and sanitation, we live longer. And yet that extension of life has not been balanced by a correspond growth in our psychological and mental life. We may live longer, but we do not take advantage of it. Instead, in our extended life, we act routinely or superficially, attached to our lower vital needs and urges, instead of making the effort to develop ourselves; to aspire for something greater in our lives

If we examine illness and death, we will see that it is due to disequilibrium in our nature caused by a brittleness and fixidity in our physical and vital parts, causing us to wither away and eventually die. Illness in particular has its origins in our psychological nature. However, if we understand and overcome the negative reactions, attitudes, opinions, beliefs that spawn and attract it, we can restore the equilibrium, and thereby free ourselves of ill health. Even death itself can be overcome when we discover the inner psychological and spiritual keys that precipitate it.

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11/4/09

### **Accepting All and Every Thing**

Normally we are happy to pursue those things that please us, avoiding as much as possible those activities that we believe will bring less pleasure, or even pain. And yet the truth is that if at every moment we fully embrace what life puts before us -- pleasurable or otherwise -- life will instantly respond in our favor.

Over the years, I have experienced this phenomenon countless times, both at the macro and micro level. Here is a modest incident that demonstrates this principle in action.

After a successful day of instruction at a local college on the other side of the bay, I unfortunately left my computer power cord behind. Without it, my battery could supply only a few more hours of power, which meant I would soon be without a computer -- a potential disaster in my case. It also turns out that driving over and retrieving

the cord would be very time-consuming, made doubly so by the fact that a renowned bridge linking the two areas was now out of service! I therefore contacted a staffer at the college and asked her to hunt down and mail the power cord to me ASAP. She agreed and indicated that it would likely arrive the next day. Since she was a busy person, and because of several other concerns I had, there were doubts in my mind that it would arrive so quickly. Still I hoped for the best.

The next day, as expected, my computer ceased functioning when the battery drained. As a result, I decided to head over to the local library to use one of their computers. This was a facility I have used on occasion for over two decades. However, when I called the offices beforehand, I learned that the library had permanently closed down! I then realized this was because the town was were about to open a huge, modern facility a few blocks away. Therefore, I decided to go head out to a nearby town to use their state-of-the-art library. Just before leaving, I asked my roommate to look out for the overnight package that contained my power cord.

I then walked out of my home and towards my car, but then suddenly shifted direction, realizing that the mail sometimes arrives early on the weekend, and I should retrieve that first. When I walked over to the box, I did not know if the mail had arrived; but when I opened the latch, there was the day's mail. I then brought it back to my home, notifying my friend that I was still on my way out to the library in the next town. But just as I was about to head out again, I saw a FedEx truck parked right in front of my home! I thought, "That must be the power cord delivery!" I then looked to my left and there was the delivery person looking for our entranceway. He then found the door and handed me the overnight package. I could now resume all of my critical computer functions. A not so small disaster was averted.

I immediately understood that I had evoked this response from life because I had taken care of every detail required in that situation. Rather than squirt one issue or another, I paid close attention to the flow of things, and fulfilled every demand of life, whether pleasurable or not; whether perceived as positive or negative.

When we embrace life and all of its demands, it tends to flow in our favor. When we fight it, or accept one part but not another, we separate ourselves from its underlying natural flow, making things difficult, if not downright impossible.

Embracing life is to accept that each and everything is necessary for the right outcome of events. It is to see perceive the Marvel of existence; that each and every thing plays a role in the unfolding and progress of life. Embracing life also enables us to align with the very

best of conditions, as luck swiftly moves in our direction. Or, in this case, literally to our doorstep!

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11/10/09

### **Nature's vs. Self-Directed Tapas**

The Sanskrit word "Tapas" roughly translates as "spiritual discipline." For a yogi, it might involve lengthy meditation to connect with the Spirit. For an individual dedicated to personal growth, it might entail learning to be calm in the face of an abusive boss. The intention in both cases is an evolution of consciousness through inner discipline.

There is also the tapas that life forces us into. It is Nature compelling us to take to a certain inner or outer tact to overcome a limitation and bring about our individual progress. In Jane Austin's *Pride and Prejudice*, Mr. Bennet, the father of five daughters, is forced by life into the discipline of not reacting to his vulgar, loud-mouthed, churlish wife. That tapas was the means of his personal progress in life.

In that way, each of us are compelled by Nature to move forward in consciousness; whether it means standing up to an abusive partner; or being a more understanding manager, when one is not normally disposed that way; or being forced to do things we are reluctant to do. It is the Tapas of Nature forced on us, secretly working in our own best interest, so we can overcome personal limitations, enabling us to grow in consciousness.

While, it is certainly in our best interest to embrace the Tapas requirements of Nature, it is better to *consciously* direct the course of our lives through inner and outer self-discipline. Conscious Tapas can be taken up at two identifiable levels. The first are those methods that will enable us to accomplish more in life and find basic fulfillment in life. Examples of such disciplines are developing our level of knowledge and skills, raising our level of personal organization, taking to greater psychological strength, and ridding ourselves of wanting attitudes and beliefs.

There is also *spiritual* Tapas, which is mainly for those who have taken to a higher calling in life. Examples of spiritual discipline is moving our center of awareness more inward, practicing non-reaction and remaining absolutely still in the face of difficulty, opening to the spiritual Force, deep meditation and prayer, and many others.

When we practice conscious, self-directed Tapas, we not only evolve our consciousness, and lead more successful and happy lives, but we tend to attract good fortune from the environment. In that way, this form of self-discipline is eminently superior to practicing the Tapas demanded of Nature.

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11/14/09

### **Bringing a Higher Level of Consciousness to an Act**

It is said that we are creatures of habit. Yet a habit can be a confining thing, especially if we do it without enthusiasm and intensity or emotion – i.e. just as a routine. However, if we break the habit and perform the act at a higher level, and therefore differently, not only will we energize the activity, but we will energize our own lives.

Any act can be undertaken at a higher level. For example, a typical routine, like brushing our teeth, heating up our food, or shopping in the store is something we do habitually, without much thought or emotion, which means it is occurring at the physical level. Yet we have the capacity to break the habit and do it at a higher level, i.e. more consciously. E.g. when I shop, I can ask myself if I am neglecting other areas that need attention, such as my garden or my outdoor furniture; or if I am shopping without regard to cost; or whether I am purchasing things that are unnecessary. By doing so, I elevate the act from physical habit to a mentalized undertaking, which energizes both the activity and ourselves. Also, doing so invariably attract positive developments. E.g., you suddenly learn that outdoor furniture is available at a radically reduced prices, which is just what you needed for your limited budget.

Thus, what we do at the current level can be done at a higher level, energizing the act and attracting good fortune. What we do physically as routine can be done with greater emotion. What we do at the vital level of emotion and enjoyment can be added mental aspects of understanding and insight. And what we do at the mental level can be done higher still through powers of the Spirit. E.g. in the act, we can call in the spiritual Force, which will divinize and enable us to gain the full cooperation of life in that activity. Or in any situation, we can move to utter peace and calm, i.e. non-reaction, which can also elicit powerful positive results.

At every moment, we are capable of bringing a new freshness to an act by raising our level of consciousness relative to it. That not only



energizes the activity and ourselves, but evokes Luck from the environment. This being the case, why not consider one or two acts that you do routinely in the course of your day, and then try to perform them with greater emotion, mentality, or spiritual capacity. If you the garner the magic like response from life, you will see how the smallest little thing can be a lever for changing your entire existence.

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11/17/09

### **Life Tests Sincerity of One's Change in Consciousness**

Life affords us endless opportunities to change; to overcome our limitations and raise our consciousness. If we make that transition to the positive, life will reward us with good fortune. Sometimes, however, life 'rewards us' by challenging us further, to test us to see if we are serious about our change of view.

For example, in Jane Austin's *Pride and Prejudice* one of the two main characters Mr. Darcy made the inner commitment to change his haughty and arrogant attitude towards others. He did so in large part out of his love for Eliza. As a result, quickly thereafter, life responded with an overwhelming challenge for Darcy, when he was required to apply his newly acquired higher attitude to resolving the famous elopement incident in the story. He rose to the challenge by taking responsibility for the difficult event (a sign of his newly formed attitudes), even when the situation was not directly his fault. He was rewarded for that effort when he soon discovered that Eliza loved him, leading to his (second) proposal of marriage, which she accepted, providing the greatest fulfillment of his life.

The moral of the story is that when you decide to make a positive change, life will often challenge you to prove that you are really sincere. Another way to put it is that life responds this way in order to give one the opportunity to hone your skill in deploying that higher attitude or belief. Yet another way to look at it is that life is asking you to move from one's mental acceptance of new attitude to a vital/emotional embracing of it through life experience. Whatever the case, it is life affording you the opportunity for further progress, which if embraced leads to great success, inner fulfillment, and deep delight.

Here is another example of this phenomenon, again from literature.

In Victor Hugo's *Les Miserables*, the main character Jean Valjean at one point came to know a humble bishop who showed him the power of selfless and self-givingness. When the bishop saved him from the

authorities after escaping from prison, Valjean came to deeply admire his goodness, goodwill, and generosity. From that day on, he dedicated himself to a life of self-givingness.

Life then brought forth the opportunity for him to become what he aspired for. One day Valjean learned that someone named 'Jean Valjean' had been convicted of a crime. He knew that this was not the case because he was the person with that name. After wrestling with his conscience, he went to the court in Arras and revealed that he was the real Jean Valjean, thereby freeing the accused.

However, by doing so, the authorities learn that he was an escaped convict; forcing Valjean once again to be a fugitive from the law. It would mean that he would have to give up all that he had built up in his professional life. What actually occurred was that life *tested his full commitment to his personal ideal of self-givingness*. By acceded to a level of psychological purity, by doing what was right and true, Valjean had made a great growth and progress in life.

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11/21/09

### **Consecration that Connects Us to the "Inner Voice"**

[Note: This was written in response to the issue of how we can develop the subtle sense that guides us to take right actions that enable life to respond.]

Sri Aurobindo and Karmayogi constantly speak of the Inner Being. There we find the subconscious, the subliminal, and the psychic. They are all subconscious to us.

The subconscious is mostly negative in that it is the source of human pessimism, feeling of the inevitability of disease and death, bad dreams, etc. Yet it can evolve. In fact, Sri Aurobindo and Mother say its transformation is the key to enabling the supramental transformation, particularly at the cellular level as Mother experimented with.

The subliminal sits astride the subconscious and is very positive. It receives positive vibrations from the superconscious (essentially the transcendent Divine). I believe it is the basis for which the subconscious can be transformed.

The Psychic is beyond (or deeper still). It is the evolving soul and is the ultimate personal spark of the spirit within us. It is evolving,

hoping to derive the essence of our experience. It has travelled through many lives, including ours in its own evolution.

For the purpose of the "Inner Voice," the positive Subliminal can serve a vital role. It is always sending positive messages to the surface of our being. Giving subtle, right Guidance. Our experiences indicate this. It is as I mentioned in touch with the universal and transcendent influences (superconscious). It is subtly informing us of what is right and what isn't; of what to do and what not to do. The more we are in touch with it, the better.

We can be more connected with it when our orientation is inner; i.e. in a poise of the depths of our being. How to move to the depths is a profound yogic issue. For we who are only on the edge of yoga (conscious evolution), constant consecration forges a connection to those depths, including the Subliminal and its positive influences. In other words, the more we consecrate -- open to the spiritual Force, to Mother -- the more we come in touch with the Inner Voice.

So the simple solution to subtle based decision-making -- i.e. "hearing" and acting on the Inner Voice -- is constant consecration. Doing so shifts us away from the surface consciousness to the depths where the inner voice is always at our disposal to guide us. The Psychic Being is the Ultimate Guide -- at each of the mental, vital, and physical levels. It requires great yogic effort for us to penetrate it. Sri Aurobindo succeeded and said it was his greatest discovery.

Thus positive influences come from above – e.g. intuition and supramental – as well as below (subliminal and psychic). To be in touch with both strengthens the Inner Voice that can give us the knowledge to act rightly, have life respond, and thereby begin to build a new spirit-based life on earth.

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11/24/09

### **Eowyn's Strength Attracts in 'Lord of the Rings'**

Life responds to any reversal from weakness or neutrality to psychological strength. One instance of it not only can bring good fortune, such as the sudden elimination of a six-month back pain or a beloved partner finally confessing her love to you, but in the right situation can alter the very course of one's life. The response can go further still and affect the outcome of challenging events for a collective of individuals, such as a family, a community, or a nation. We see a powerful instance of this in the 'The Two Towers,' the

second installment of the epic film 'The Lord of the Rings' based on the book by J. R. R. Tolkien.

In the story, a band of individuals from a variety of strange and exotic kingdoms have banded together to return to the fires of evil Mordor "the one Ring that rules them all" to bring stability and peace to Middle Earth. At one point, the dozen or so members of the fellowship are forced to divide into three companies after their mystical leader Gandalf apparently dies in the Mines of Moria.

Meanwhile the soldiers of the evil kingdom of Mordor are moving swiftly across Middle Earth, pillaging the lands to gain control of the entire world. And yet one great kingdom stands in the way of their victory. It is the land of Rohan. Unfortunately, a dark force has taken over King Théoden's spirit, leaving him listless; looking and acting like a corpse overseeing his sullen, desperate people. Meanwhile, at court he is controlled and mentally and physically abused by the poisonous suggestions of his steward, Gríma Wormtongue, secretly in the service of the Dark Lord.

To make matters worse, the King's only son Théodred has fallen victim to the Orcs, left mortally wounded in an ambush. Now the king's gentle and beautiful niece Eowyn walks the halls of the Great Hall as events continue to deteriorate for the peace loving people's of Middle Earth. Then at one point, the devious Wormtongue makes a romantic advance on her. Though she is taken in for a moment, Eowyn recovers, remembers what he is, and casts him aside in outrage and disgust. Though he had all the power of the kingdom, and lurked as a threat to her life if she did not give accept his advances, she demonstrates great psychological strength to do what was right and cast him aside.

Walking out the front door of the Great Hall and observing the spectacular valley around her, she realizes that she and her people are indeed in a dire predicament. A few seconds later, three men appear in the distance. It turns out to be one of the three parties of the Fellowship, including the great wizard Gandalf the White. They enter the hall, greet the moribund King Theoden, and Gandalf draws out the dark spirit that has overtaken him. In a matter of moments, the king is returned to his old vigorous and brave self. As a result, he decides to have his army join the battle against the evil forces. In a short period, his forces and others prevail over the dark lord that threatened Middle Earth.

From the perspective of Eowyn, one small gesture of psychological strength against the romantic advances of the awful Wormtongue not only instantly attracts great help in the form of the three fellowship

members, but they resuscitate the king, who now had the wherewithal to raise an army against the dark forces. As a result, he and other kingdoms are victorious over the armies of evil, thereby ensuring the future good future of Middle Earth.

This may be a fable, but it is very true to life. One small gesture of inner strength at the right moment in a critical situation can attract circumstance that not only changes the course of one's own life, but that of the collective one is part of -- whether one's family, the community, the nation, or even the world itself. Moreover, if there is both psychological strength and an adherence to truth in the act, as there was the case here with Eowyn, then great inner power is generated that attracts extraordinarily positive circumstance for one's self and the world around us.

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11/29/09

### **New Insights into the Nature of the Internet**

The Internet is bringing about vast changes, many of them unrecognized or not understood. Here are several (provided by our sister site, Human Science).

*Internet levels the playing field* -- Start-up *Amazon* proved that imagination and initiative are more important than capital and prior experience by entering a field dominated by national brick and mortar bookstore chains and stealing the thunder – not in spite of the fact but – because of the very fact that they did not have prior investment and vested interests in a traditional retail strategy.

*Internet converts technological power into social power & money power* -- Late entrant to the search engine business *Google* leveraged a superior search engine technology to leap ahead in an already crowded field to become the most-used search engine in the world. But its greatest innovation was a unique strategy for converting technological power into money. Mining the information it obtained from the web, *Google* democratized advertising. Through *Adwords* and *Adsense*, advertisers can reach precisely the audiences they target on a pay-per-view basis and customers are exposed to precisely those ads that best fit their interests. Meeting needs more effectively has enabled *Google* to become a \$12 billion business with 33% net income and one of the most valuable corporations in the world in less than a decade.

*The Internet offers the full power of a global organization to every individual --* Money is created by human interchange and until the Internet the capacity of individuals to transact with each other was severely limited by time and location. Only a few multinationals could leverage the full potentials of a global market. The Internet empowers the Infinitesimal – the single individual, the single transaction and the unique product. *E-bay* enables any individual to sell any product one time or a million times from and to anywhere in the world. Value is in the eyes of the beholder, so the more eyes the greater the value. *E-bay* replaces mass marketing with a precision delivery system that matches unique products with unique needs.

*The Internet creates the greatest network of intelligent computing power the world has ever seen – the combined brainpower of all humanity --* Traditionally power was concentrated in the hands of the few and wielded for personal benefit. The Internet discounts the power of wealth, reputation, prestige, expert knowledge and long experience. It enabled novice *Wikipedia* to break the near monopoly position of the 240 year old intellectual giant Encyclopædia Britannica by harnessing the collective knowledge and expertise of all humanity to create an encyclopedia five times larger in just six years. Grid computing can harness the unutilized processing capacity of millions of computers, exponentially exceeding the power of the world's fastest supercomputers. The Internet can harness the unutilized mental capacities of billions of people, exponentially exceeding the power of all the world's computers. The Internet enhances the value of the human being and increases the productivity of all social resources.

*The Internet grows by giving --* Human history is a record of growth motivated by the struggle for survival and security, the drive for acquisition and expansion, the urge for self-affirmation and self-aggrandisement. The Internet the commencement of a new phase of human progress governed by a spiritual principle of self-realization – grow by giving. Two young Silicon Valley programmers were among the first to realize and profit by this new principle, when they launched Hotmail as a totally free web-based email system in 1995 and acquired 30 million customers within 30 months, before selling the company for \$395 million. The Internet converts the intangible conscious attention of its users into tangible money value. The Internet rewards spiritual values.

*The Internet creates a globally uncentralized organization in which nobody is in charge and everyone is a beneficiary.*

12/06/09

## **The Spectrum of Human Consciousness**

We have a limited view of what "consciousness" is. We believe that it is our waking mental awareness. But that is only one type . There is also an inner consciousness that is subconscious to us. It has subtle levels of awareness, is in touch with forces, powers, that our normal mentality cannot even begin to fathom. For example, it can know what our deepest intentions are, even as we are not aware of them in our waking minds!

Thus our subconscious has waking, powerful parts that are active and alive, below our own conscious level of awareness, perceiving and acting on its own accord. There we find the personal evolving soul, which is there to absorb the essence of our growth in life so it can continue on its journey of fulfillment through one or multiple births. If we are in touch with it, it becomes our most profound guide, a leader of our progress, evolution, and purpose.

If there is a consciousness below our normal level of awareness, there is also one "above" and beyond our mentality. This realm is superconscious to us. It includes the universal consciousness that is in touch with all forms and forces in the universe, and beyond that a transcendent consciousness that is the Source and Stability, and Purpose behind this universe of forms. It is the consciousness of the Divine.

Interestingly, if we evolve our own consciousness -- e.g. through ridding our lower nature, overcoming wanting attitudes, meditation, higher knowledge, consecration, calling, etc. -- we can develop a constant and close relationship with our subconscious, which will give purpose and guidance far beyond our normal mentality. Likewise, we can be open in our hearts and mind to the superconscious that stands at the very source and heart of life in the cosmos, adding greatly to our level of awareness. We then become a single center of power, wisdom, light, harmony, peace, love, and delight, as all the realms of consciousness are there at our disposal.

12/8/09

### **First Glimpse of the Omnipresent Reality**

There is an ultimate Reality that surrounds us; that we are a part of. It permeates matter, life, and mind. It is there in the hidden realms, in the universal plane, and in the transcendent Divine. The Reality is the essence of all these things. It is actually those things themselves; we, God, and the universe. Moreover, everything in this Reality is inexorably united and one. Everything, every plane, every force and being are unified within themselves and to each other. It is the Divine plan, method, and unfolding.

But how do we feel this ultimate conception of Existence? It is one thing to know that we are part of this Great All, it is another to truly perceive it, experience it, be awed, enriched, overwhelmed, and fulfilled by the fact.

In the physical/material consciousness we ordinarily live in, we perceive nothing of this wonder, splendor, power of existence. We are immune from it there. However, sometimes we have small experiences, sense subtle workings and unfoldings that suggest a correlation, interrelation of something wondrous; something beyond this world, yet within it; within us. At the subtle level of life, beyond the material, we have intimations of the Reality. And yet it is only reflective, a side glance, a transitory glimpse of the Wonder.

Beyond the gross/material and subtle, there is the causal experience. It is here that we can begin to truly perceive the omnipresent Reality; that which permeates all existence. It is here that we move into identity with the Reality, Brahman, the Absolute. We have intimations of the Wonder. It is there not only in our thoughts, but in our subtle perceptions of life. It is also there in extraordinary momentary feelings and emotions, even in our nerves. At that point, we sense, we feel, we know bound up with something Greater, even as we realize that this permeating Presence is right here, within us, around us, in the essence of all things. It is even there in the most superficial, surface of life.

When we conceive, perceive, and realize the Reality in our own lives, we have the greatest of all human experiences; that of the Infinite Divine expressing in all planes, beings, and things. Everywhere we look, we feel the Reality in its essence, in its progressive unfolding. We feel that we are part of a totality that is Infinite, Conscious, and Divine. At that point, we experience an inextricable Oneness with



everyone and all things. Through that experience, we blend in, melt into the Reality that we are part of, even as we gaze out ecstatically on Its creation.

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12/9/09

### **Progressive Movement Out of Ignorance**

The New York Times raised this question recently: Why do so many people believe they can drive safely while using cell phones but don't believe that others can do the same? The simple answer is that it is human nature to see the flaws in others, but not in ourselves. Of course, others see our flaws quite clearly! This in turn raises many issues; one of which is our inherent Ignorance born of creation.

When the Infinite consciousness descended to create a universe of forms, it shed its Awareness. When material forms were created, there was virtually complete unconsciousness; an Inconscience in Sri Aurobindo's terms. The Supreme consented to this unconsciousness to allow for the greatest diversity of forces and forms, from the unconscious to the conscious; from less to more positive; from false to true. When these forms evolved -- particularly us -- we would discover our higher nature, develop greater awareness, which would elicit in us deep delight. In this way, the Static delight of the Infinite Divine could express a Dynamic Delight through the forms of creation, including us. In other words, for the expression of infinite forms of Delight, Ignorance was allowed. In fact, it was very necessary for this process.

Because of our inherent limited consciousness, each of us has a limited field of Awareness. It expresses from the material to the mental. Our material consciousness focuses us on our own distinct selves at the expense of others. Our vital desires, needs, passions again separate us from the same in others. When Mind enters the picture, then our separation becomes insidious, as our ego takes form; and there is an aggressive desire to defend our own interest at the expense of others. In this way, we perceive the Truth of things through a distorted lens. We perceive the small Part of any matter, not the many parts, let alone the Whole of the Truth. Thus, our being is blind to our own defects because we miss the total view of ourselves; filtered by the distorting lens of ego and sense mind.

In this way, a person while driving can glance to the side, dial, and talk on his or her cell phone, oblivious to the wider truth that we are

putting others at risk. It is one of a thousand ways we express our Ignorance born of creation. It is an instance of how we are limited to a perception of the small part, though others see the parts we are missing -- about ourselves, as they perceive our selfishness, ego, error, falsehood, obliviousness, and a thousand other faux pas.

And yet our future evolution is to outgrow our fundamental Ignorance, which can progressively grow into an Integral knowledge. The intervening stages require us to take specific inner actions, such as shifting our attitudes from the negative to the positive, to be more self-giving rather than taking (i.e. shedding our selfishness), to have an open rather than a closed mind, to take the other person's point of view, and so forth. This would be a tremendous achievement, and a sure sign of human progress and evolution.

And yet this is just the first step to a further stage of spiritual evolution, which requires a disciplined yogic-like effort. In this transmutation, the very nature of our mind would have to be changed, as it would evolve from an instrument of the part, of division, of separation, of exclusivity to one capable of embracing the totality of Truth. It requires an opening to higher planes of mind, beyond rationality and insight to intuition, revelation, and supramental perception. I.e. multi-faceted, integral knowledge just comes to us from out of nowhere without the hard churning of thought. The many parts of a thing, the whole, the essence, just appear in our Minds in a continuous flow of Truth.

Needless to say, at that stage, there will be little or no possibility of driving dangerously while on the phone, for our own selves will have merged with the Selves of others in an inextricable Oneness.

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12/15/09

### **Why Life Challenges Us When We Make a Change**

In another entry, I discussed the idea that life tends to immediately test us in the very area we have committed to changing or improving. E.g. in response to our commitment to a change in attitude or to our intention to follow a new type of work, life quickly responds by asking us to do something we never would have imagined, often coming in a form that is overwhelming, too much to handle, even threatening.

Why is this the case? Why does life respond this way? Here are several possibilities:

-When we make that inner change, the universe opens up for us. By shifting our consciousness to the positive, we move from the ego plane to a wider field; from the local to the universal -- even the cosmic and transcendent.

-From these wider planes, infinite-like possibilities rush in.

-Some may appear negative, rubbing our sensitivities, as they compel us to take up the thing we have now opened to, such as our new attitude or belief, or our decision to take up a new project in an area never explored before. In essence, it is the universe saying, "Now prove it!"

-Actually, what appears negative is not so. Those life challenges are in fact positive. Or we can say that those negatives are really positive in disguise; more intense forms of it.

-It is life coming to you more intensely than intended because the cosmic planes are wider and wiser; seeing beyond your surface awareness; as they know the truth of your existence, your life, and what is required for your growth. It knows the future now, which you will only come to understand down the line.

-Note that the Soul too is evolving. It gains wisdom and nourishment from our progress. Thus, It wills or consents to those forces, possibilities, opportunities from the universal domain that demand we prove our new found change in consciousness. E.g., when Jean Valjean in the book *Les Miserables* wanted to emulate the profound goodness of the bishop, life rushed in and required him to prove he could rise to the occasion. He then did so by revealing in a court far away that he was the true Jean Valjean, not the man accused of being so. He was thus required to risk all to demonstrate his goodness that he had committed to. It was a growth not only for himself but for his Soul as well, as it learned through Valjean's experience in its journey through time.

-There is one other important factor to consider. We have consecration and faith at our disposal, which can make the "proving" of ourselves much easier, smoother. I.e. as we take up the challenge, life has suddenly afforded us, we can offer it to the Higher Power, enabling it to go more smoothly, or giving us a level of strength we never had before. (In fact, we could have offered the original consciousness change to the Force, thereby avoiding the difficulty, or at least its pain, in the first place.)

-Therefore, life challenging us in this way as response to our opening can be thought of as super-grace.

-When we develop the right consciousness to know that life's forceful challenge is actually this super-grace, then our progress will be infinite. I.e. each challenge that comes to test our sensibilities after we make an inner change will be seen for what it really is: a powerful decree from the Infinite consciousness through an opening in our being.

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12/19/09

### **Power of Human Individuality**

We can say that each individual produces a certain amount of output of being: for his own self, the society around him, and perhaps for something more. We could measure such contributions of individuals to life as a 'Composite Human Output' (or CHO).

It is my belief that the individual has secret, infinite capacities due to the fact our origins are from an Infinite consciousness and source. However, in relative terms, the individual throughout history has accomplished at a relatively finite level; i.e. the average person has produced barely the norm, or slightly above it. And yet through an elevation of consciousness, awareness, capacity, etc., a person can produce vastly greater human output, energy, and accomplishment; even exponentially more, as he will in essence be bringing to the surface the infinite potential that is buried in the depths of his being.

The key for this to happen is for that person to express his or her true individuality. If that individual expresses a true, original capacity, then the output -- the CHO -- begins to rise precipitously. For example, let us say, I accept the social norms, the standard conventions on how to live my life. As a result, I will generate X outcomes for myself and the world around me. (The quality is also to be considered, aside from the quantity.)

But now I move to a true expression of who I truly am, not what others dictate; what I am capable of expressing -- i.e. my True Individuality -- through creativity, through new thinking, through new ways to live my life, causing my CHO to vastly expand. Now my output is not merely that of the average person, or somewhat above it, but doubles or even increases several times. Einstein is one example of someone whose output was 10 times. In 1905 alone, he exceeded all major scientists combined in his insights through his various papers. That was made possible because he practiced his life

beyond normal convention and dreamed to express that which was unpopular or unknown in a Newtonian-oriented world.

Here is a little personal history. Early in my life, I personally committed to a very unconventional path. I not only drew away from the social norms, but I discovered a personal course where I could be endlessly creative. My lifestyle was not only unconventional, but so was the nature of what I came to understand in the world, which I expressed in infinitely creative ways.

When along the way I came to progressively discover what my true, inner self was and aspired, then not only did my individuality increase, but so did my creative output. In that way, our Composite Human Output can rise from our current level of 1 to 2 or to 10 or even 100. In that way, the infinite potential that I believe is involved in our being as formation of Infinite consciousness comes to the surface.

Imagine then the effect of that person's on others and society. Then envision thousands, even millions of such individuals affecting the world. At that point, we will look around and see a planet that is very different from our current condition. And it will be because we have expressed our true individually by going beyond the conventional norm, and discovering who we truly are – i.e. Self.

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12/26/09

### **Consecration and Life Response**

Consecration is the act of self-offering to the divine to affect the conditions of an act or situation, causing it to suddenly or quickly work in our favor. It is the spiritual Force acting in life, effecting life's conditions to our benefit. Here are a few examples from the last several days, narrated by associates and friends of mine.

"Today is December 23rd and it being two days before Christmas, I needed to do some errands. I thought that I would start my errands early in the morning and so left my home at 9 a.m. I drove to a local drug store to pick up a couple of prescriptions. This drug store is in the middle of a shopping center that normally has plenty of parking.

My errands for this day included picking up my prescriptions and doing my grocery shopping. I then arrived at the shopping center on this very busy day before Christmas Eve, pulled into the parking area and started looking for a parking space. To my discontent, I ended up

driving around the lot three times looking for a stall. Then I found one at the far end of the lot, but I felt that I could try to do better, so I pulled out of the spot I and started another round about the parking lot. I then consecrated the act, offering it up to the Mother. As I was getting quite close to the drug store, a parking stall suddenly emptied and I was able to park my car near my destination! I then went to the prescription counter and made my purchase.

After making my purchase, I went back to my car and went through three green lights towards the grocery store, which was my next stop on this very busy day for everyone in town. I pulled into the grocery store parking lot, which very congested, yet immediately found a parking stall right in front of the store!

I then did my grocery shopping and as I was looking for a checkout counter, when I located one where the customer before me was completing her transaction. I sailed right on through and made my purchases. I then went back to my car to unload them into the trunk.

At that point, I called home to let my partner know I was on my way so he could help me bring up the groceries. When pulling out of the parking stall, three times, there was a car in the way of my exiting the stall. I remained calm until the area was clear.

When I finally got home, my partner was already waiting at my parking space for me and we them both unloaded the groceries very rapidly.

Despite great congestion round me, life cooperated at every turn due to my consecrated effort to Mother. If only life could always be like this!"

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"A few days back I was in a bank counter queue and there were at least ten persons in front of me. I have to pay this before 11 am so that person in the other city can draw it before 12 noon. It was a tense moment, and I therefore consecrated the anxiety. Even before I opened my eyes, another counter was opened over to the side, and as a result, the existing line was cut exactly starting with me, making me the first person to pay in the new counter!"

"Similarly, we had arranged for consultants to meet a few days back to make an appraisal about a new product in a leading hotel. Later on, we felt that the timing was bad, as everybody was in errand mood. We expected at least 80 pax on that day – but at the scheduled time there were only 6 pax, and even they were not too relevant to the field. Though worried, I consecrated the anxiety and thought of

Mother for some time. Immediately, people started walking in, and within 20 minutes or so it was up to 43 pax. Though it was much less than expected, later on we heard that the persons who attended were the "who is who" of the industry. They were exactly the cream of our target customers, who generally don't attend such meetings and prefers only one-on-one meetings."

As we see from these episodes when we offer activities, situations, problems to the Higher Power, life immediately starts working on our behalf. It is the miracle of consecration in action.

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12/29/09

### **Your Level of Trust in Life**

As we carry on our lives, do we ever stop to consider what it is we truly believe in; i.e. where we place our faith in our pursuit of personal happiness and fulfillment? Let's consider a gradation of possibility.

The unconscious individual is simply ruled by life. He does not consider the forces affecting him -- secular or divine -- but merely goes about his business in his habitual, "though-less" manner. This is what we call a person of physical consciousness; devoid of emotion and thought; ruled by of habit and repetition; a mere husk of a man.

Then there are people who have a certain faith in life; a hope that it will bring us that which we aspire for in our lives. Most of us fall into this category. We hope against hope for the best, though we cannot really be sure of the outcomes of life.

At a higher level still is the person who has a positive outlook on life, having faith that it will continually produce beneficial results. Even if the outcomes do not seem favorable, they are still perceived as helpful in the greater scheme of things. This is a more conscious person, who has some inability to see into life's workings, living just on the edge of spirit.

The spiritual individual places his faith not in life alone, but in the Spirit, the Divine. His actions in life are in fact self-offered to the Higher Power so that It will hopefully bring about the very best results in that person's existence, which it invariably does. You could say that this individual has great faith in Life through the workings and direction of Spirit.

A gradation higher of this view is the individual who has frequently experienced and seen the spiritual Force, the Higher Power to set

right life's conditions on a regular basis. He not only has positive faith in the divine, but has begun to master the principles of life, including the nature and action of the evoked Spirit. (This individual like the previous sees all outcomes as positive. Negatives are simply positives in disguise. Yet the constant inner orientation and consecration of life's activities tend to create more of the positive.)

The highest perception of life is to see it as an unfolding of the Divine Will; as a Marvel of positive and negative interacting to enable life's further progress, evolution, and transformation. It is to see Life as the playing field of the Divine; of the unfolding of the Infinite consciousness in the finite, so it too can express the Divinity of the Source. It is to have faith in the Divine Unfolding in Life. Thus, it is to participate in that process. It is the highest possibility, action, vision, experience given to Man.

Where then do you fit into this scheme of faith? At what point in your psychological makeup do you put your belief, trust, and dependence? Is it possible to take it up one notch, to the next level higher? If so, how would you begin?

The power over life is always in your hands. It just depends on what, in whom, at what level you put your trust.

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12/30/09

### **The Triple Compulsion of Evolution**

Normally we think of evolution as a material or scientific process. What is perceptible to sense is considered the driving force of progress in the universe. And yet we must consider other realms, forces, and powers of consciousness beyond the material. From an analysis of Sri Aurobindo's' great work 'The Life Divine," at least three movements can be observed in the universal process of creation and evolution. There is a triple compulsion driving forces and forms forward, including we humans, toward progress, evolution, and transformation.

(1) First, there is an involved consciousness within that wants to come out, compelling evolution of that entity. E.g. in the animated form, there is hidden, deeply embedded within, a level of mentality seeking to emerge. Likewise, life force seeks to emerge from matter; and spirit from mentality. In other words, each planes contain the seed of all the planes above it, and there is a compulsion to come out. It is the Divine plan within all forms.



(2) Second, when the consciousness of that thing or being is saturated at its current level, it rises to the next. E.g. a person who has had powerful life experiences begins to develop a level of mental understanding of life. Or when the mental person sees into the true nature of life, saturating his understanding, he is compelled to explore the realms of the spirit. (When mental Greece did not mature this way, her great civilization disappeared in a few centuries.)

(3) Third, there is a constant descent from the higher planes into the object. Thus, when an individual becomes more mental, there is a descent of force and knowledge from the universal planes of Mind. Or when a spiritual individual moves to his inner being and True Self, there is a descent of knowledge through intuition and revelation. Or more broadly, when Man emerged from the animal there was a descent of mental consciousness from the universal plane of Mind.

Thus, the compulsion towards evolution is a product of the involutory seed, the evolutionary emergence of the form, and the descent from the superconscient planes. These movements are described in great detail in seer and sage Sri Aurobindo's spiritual opus, 'The Life Divine.'

Naturally, this triple compulsion towards progress, evolution, and transformation goes far beyond the material view of scientific, which focuses on genes, mutations, and other changes in form as the essential evolutionary determinants. Science looks to the measurable, the visible, and the material to explain the process of creation. It does not perceive the psychological processes of evolution, nor does it acknowledge that the invisible is what compels the visible.

Material-oriented science tells us that mutations in genes causes animal and human life to change. But they have it backwards, for it is changes in consciousness that alter the physical. E.g. when we move to a higher level of awareness, our physical bodies are effected, as there is a change in molecules, enzymes; even our genetic and cellular makeup. When we rise in consciousness, higher emotional, mental, and spiritual status emerges, depending on our starting point. Even our physical bodies can be transfigured this way. E.g. those of a higher consciousness have the ability to live years if not decades longer. It can one day become a path of willed immortality. The key there will be to bring to bear the power of the Spiritual Force to transmute the programming in our cells that have accepted suffering and death over thousands of generations.