

# SWAMIJI'S INSIDE TIPS BLOG POSTS

## Co-Creators of the Living Grand Design

August 1, 2016



For years and years I have loved, savored Sai Maa's words, whether spoken, written or remembered. The wisdom, multiple layers of meaning, the resonance and deep knowingness, the saying to myself "yes, how true" or "that's perfect" or "Maa's done it again!" For all these reasons and more, I cherish the opportunities to listen to, transcribe, organize, archive, and quote what Maa shares on diverse topics.

Maa has used different analogies to describe who we are, how we relate to one another, and how we contribute together to what we might call something bigger than ourselves (although in truth this "something bigger" is who we all truly are).

We are all pearls on the same necklace, each unique and contributing to the beauty and elegance of the whole (with the same thread of our essence running through us). We are all pieces of the

same puzzle, different sizes and shapes, coming together to make up the whole picture. Each and every one of us is irreplaceable and important to the overall design.

The overall design ... The Grand Design. The Wholeness, the Oneness of all of our unique expressions, of the different combinations of what we express, of the interrelatedness and consequences of all of our actions (actions as our thoughts, feelings, words, interactions, everything we do and create inside of ourselves and with others).

It truly “hits home” when Maa speaks about this design as a living Grand Design, where with our free will and with increasing awareness all of us can be conscious contributors to, co-creators with this Design in every moment and with every action. We can live consciously and act as masters, as leaders, enriching and uplifting the Grand Design; meaning we raise our frequency and that of the whole. In this higher vibration, we influence the Design and the Design influences us. The Supreme Influence moves through us, is expressed through us. When we vibrate at a higher rate, are aligned and coherent with higher energies and dimensions, when we are radiating a greater electromagnetic field, the Law of Resonance ensures that we merge and create with the Great Intelligence. Divine Inspiration flows through us, is expressed through us, as limitless possibilities of creation.

During Maa’s Birthday Global Address of three days ago, Maa encouraged us to listen to the words of the discourse, as well as to the New Year’s discourse from last November, until they become part of us. I second that invitation: so much wisdom and Shakti in the words, such a birthday gift for us!

I offer a few sentences below from the Birthday discourse about the Grand Design, and ask you to move into them, allow the Shakti to activate your inner knowingness about who you are, who we are, the contributions we can make as co-creators, the wealth of energy and information we can tap into that can inform our daily actions and constant creations.

I also invite you to ask yourselves some questions in reading these words, to increase your self-awareness and inform your future actions:

- What insights come to you as you read? What do you feel, understand, re-member?
- What happens to your vibration, to your energetic field, to your experience of expansion and alignment?
- How will you bring this wisdom into your daily lives?
- Are you motivated to take new actions, make new contributions, demonstrate greater leadership?

Here are some of Maa’s words from the Birthday discourse to stimulate, energize and expand you:

- *Simply allow yourself to be yourself, to be part of the Grand Design*
- *Collaborate, co-create with the Grand Design, step into the embodiment of the Grand Design*

- *The Grand Design is your creation – step into the present moment and this builds the future you*
- *Step into the Grand Design deliberately in alignment with Sat-Chit-Ananda in everyday experience*
- *The anchoring of Divine Inspiration in oneness state so you step into the Grand Design*
- *The body is to be an expression of the highest of you: the body as a flute emptied of what shrinks you, and then the Divine Influence comes through you and offers Divine Inspiration so you co-create with the Grand Design.*

HAPPY BIRTHDAY MAA, HAPPY BIRTH DAYS TO ALL OF US!

## [Impacting All Worlds as Leaders](#)

June 30, 2016

I wrote in my end-of-the-year blog about all of the possibilities we have in our life to step up to be evolutionary leaders. How we can contribute to and serve the living Grand Design or Divine Plan, create endless birth days and new beginnings through our increasing awareness, rising frequencies, continued inner work and transfiguration. (December 29 blog “Evolutionary Leadership: Endless Opportunities for New Beginnings.”)

What preceded and inspired that blog is the global address that Sai Maa shared with us as we completed 2016, “The Transfiguration of You”, in which Maa so beautifully and powerfully speaks of how we can fulfill our birthright of service, of creating our legacy as pillars of light.

In this writing, I offer some citations from a few books that reinforce a broader perspective and outlook on who we are and how we can contribute to our world and beyond. Let these words inspire you, encourage your further reflection and inner work for you to evolve and lead with all your brothers and sisters in expanding the consciousness and raising the frequency of humanity and the planet.

The first set of quotes describes the Matrix of Love (Maa often speaks of the Matrix), the unfolding Plan, and the related intention for humanity. These are followed by ideas of how we can carry out this intention and serve individually and collectively.

The writings come from a wonderful book that I learned about through Sai Maa, that includes teachings that are so aligned with Maa’s and resonate so deeply with our inner knowingness of why we are here: [The Transfiguration of Our World: How a Light Alliance Is Transforming Darkness and Creating a New Earth](#) by Gordon Asher Davidson.

(1) Our task or purpose relative to the Matrix of Love, and all the available relationships and possibilities for co-creation with other worlds and dimensions:

*“Love is an all pervading, omnipresent infinite field matrix of energy which transcends all dimensional limitations of time and space and creates an indissoluble bond between all worlds*

*and dimensions. ... It is the ever present matrix which holds every atom and every galaxy in right relationship. ... Thus, the task of unfoldment for each individual unit of life is to discover their unique portal of entry into this matrix of love, the One Life. ... Once entered, the matrix steadily and naturally expands the focus of love, its reach and inclusive embrace, ultimately to all the worlds.”*

*“The plan is an unfolding series of events, expressing energies from all dimensions that impact the earth. These include the galactic civilizations, the solar system, Shamballa, Hierarchy and the higher spiritual energies increasingly available. ... The plan can be summarized as creating loving, lighted relationships within and between every life form on earth, as well as with lives on more subtle planes of being.”*

*“Humanity is intended to develop the capacity to link with the galactic communications network through frequency attunement with the soul and higher spiritual contacts.”*

(2) How we can facilitate, serve, further this intention individually and collectively:

*“Simply being fully present and radiating through your thoughts and presence all the good you know is underway is a subtle communication that has a major effect on others. This practice raises your consciousness, makes you a conscious co-creator with the Alliance of Light, and also makes a major contribution to catalyzing the unfolding plan.”*

*“The principles and methods of all light groups, whether consciously associated with the great multidimensional Alliance of Light or not, are based on the matrix of love as the core organizing principle. This means that light groups hold each of their members, their group purpose and the well-being of the world with love, aligned with the higher purposes of the plan (whether consciously realized or not).”*

*“Organizing and participating in group meditations amplifies the light, because it allows a greater intensity to be released into an energetic group field of multiple auras of people with different types of energies, focal points of consciousness, and levels of dissemination. Drawing people into these vortices of light also aligns them with higher frequencies of light, which stimulates each one’s capacity to be light bearers.”*

*What we can do: “helping people understand how to release all that is holding them captive in lower frequencies, and how to align with reliable sources of lighted vision and universal love. ... helping them make a connection and ongoing alignment with their soul, so they establish a center of clarity and purpose within themselves.”*

## OUR SOUL

The last quote speaks to the importance of the soul. Sai Maa and Maa’s teachers have offered (and will continue to offer) programs related to the soul, its journey, our evolving relationship with our soul, living our soul’s purpose, our soul awakening, etc. Our soul is intimately entwined with our evolution, our frequency, our service, the degree to which we make a difference in the world.

The following citations about the soul come from two of the three books in the *Soul and Service Trilogy* by Susan Trout, Co-Founder of the Institute for the Advancement of Service. I am grateful to Ann Benvenuto who sent me the trilogy after our conversation at Maa's Conscious Healing Intensive (she works with the Institute in the area of Leadership and Soul Development). Although the first quote highlights leaders of organizations, we can broaden the teaching to everyone taking action as leaders in their lives.

From The Awakened Leader: Leadership as a Classroom of the Soul

*“To lead well is a soul matter. Knowledge of the soul and attention to its growth expands a leader’s capacity to lead and thereby benefits an organization. The leader’s life force emanates through the personality and grounds the gifts of the soul through action. United as one force, soul and personality infuse the individual’s leadership style and enliven the programs and activities of the organization. The level of soul development determines an individual’s worldview. ... This inner journey is mandatory for conscious leaders.”*

From Born to Serve: The Evolution of the Soul Through Service

*“The soul is both nonmaterial and mysterious. It has one fundamental purpose and activity: to make knowledge manifest in the material world. Individually and collectively, the soul’s desire to bring its knowledge into consciousness shapes the material world. Through the experience of time and space, the soul reveals its knowledge by engaging in a process of radiating unfoldment. ... A common characteristic of the soul’s unfoldment is its frequent return visits to lessons that on a conscious level we believe we have mastered. Return visits of the soul are transcendent in that they help us to uncover a truth or nugget of wisdom not previously seen.”*

*“Another trait of the soul is that its process of evolution is unique to each person. By definition, individuals do not evolve with the same talents or tendencies nor at the same pace. ... The uniqueness of the soul is visible in the diverse purposes, missions, and destinies of different individuals. Even when the personality self is unconscious and unaware, the soul leads it through experiences that focus on what it is to learn, contribute, achieve, or create in this lifetime. ... The learning, or more accurately the unveiling of this knowledge, is our life **purpose**. ... Our **mission** is the context within which the soul’s knowledge can be unveiled and is reflected in one’s life circumstances, work, and relationships. ... A life mission, however, may not be what it appears to be. We may actually be doing our life’s work while we are discovering what we think our life’s work is.”*

A final request: I encourage you to write me about what you see now that you might not have before, about your evolutionary leadership, your contribution and service, your soul and its uniqueness, your purpose and mission. I also invite you to let me know about what is happening inside of you and in your lives, and what topics you would like me to write about in future blogs.

# All is in Order

June 1, 2016

Many of you aware of the new Order of Sai Maa Brahmacharya which includes at this time myself and eight Brahmacharis (monks) and Brahmacharinis (nuns). If not, please visit our section of Sai Maa's website (<http://www.sai-maa.com/en/osmb>) to learn about the Order, our mission, who we are, our lineage and tradition (and yours as members of Sai Maa's community), and our offerings and services.

On a personal note, I am experiencing myself and all of us in the Order in completely new ways, after many years of being together. I attribute this, of course, to the blessings of Sai Maa and what Maa is creating for and with all of us at this critical juncture in the planet's evolution and time of transfiguration moving into resurrection and ascension. Also, I attribute this new way of being together energetically, creatively and practically (how we are living our lives) to who we are individually and collectively in our evolution, and the path of our devotion to Maa and unfoldment of our dharma (purpose) in serving our shared mission.

As the title expresses, I am writing about "order" in several ways here, related to but not solely about our Order. Underlying what may appear at times in the outer world as chaos, turmoil, uncertainty, the unknown, there is order coming from the permanent essence of who we all are that becomes manifest through us when we are in alignment with that love, light, Presence, Source. There is underlying order in the cosmos, the movement and interplay of the planets, constellations, galaxies, universes, and the eternal truth that all of this order is within us in its entirety and eternity. There is order in the Grand Design that is unfolding on this planet and in the cosmos, and how we as inhabitants of planet Earth can contribute to this at any moment. We contribute to this dynamic and living Design through who we are becoming and how we are expressing ourselves in action. Finally, we can also understand order in the context of universal laws that impact who we are and the outcome of our decisions (e.g., the Laws of Attention, Attraction, Resonance).

Perhaps this reflection about order offers you some comfort, knowing that all is as it is meant to be, and is playing out in an "orderly fashion" even if it is not evident to us in how we see ourselves and our lives.

Now back to our Order. The Order of Sai Maa Brahmacharya exists to serve you and our global community, and to serve beyond our existing community. This service takes form on many levels, including energetically and through specific offerings of the Order (including spiritual coaching, and the webinar that begins in June, "Cultivate the Light Within" – this is sold out but will be offered again in the Fall). Also, many of us are part of the group of Sai Maa's teachers contributing to Maa's and other programs throughout the year.

Each of us in the Order contribute in unique ways to the community and world, as the website informs you. As for myself, aside from the coaching, teaching and writing that I offer on a regular basis, I would like to make a new offer to you right now. We will see how this unfolds given your response. Here is the offer:

*If you have any clear, succinct questions about your sadhana (spiritual practice), or a burning spiritual topic, please email me your questions ([swamiji@sai-maa.com](mailto:swamiji@sai-maa.com)). Let me be clear about what I am NOT asking for: I am not asking for open-ended questions that require pages of reply, nor am I asking for questions where you can obtain answers on Maa's website or through Google, Wikipedia, or similar resources. Perhaps you might choose to ask questions after reading this or past blogs (95 in total so far). This offer in no way replaces the much more in-depth teachings, practices, and interactions of the upcoming or future webinars or programs of the online school of the Order of Sai Maa Brahmacharya.*

I will either compile related questions coming from you and write future blogs in reply, or answer questions individually by email if they lend themselves to shorter answers. If I feel speaking will serve you more, I will arrange a phone call with you (those will be shorter calls to relay information or advice, compared to my coaching calls).

In service to the underlying order of all that we are and All That Is.

## [Devoted to Devotion: My Time in India](#)

March 31, 2016



It was over two years since my last trip to India although it seemed even longer. Maa and I had spoken about my trip, deciding that I would not return for Maa's program "Divinization of

Matter”, rather traveling from Kashi (Varanasi) to Uttarkashi in the Himalayas and then to Puttaparthi before returning home.

This was my time to devote myself to devotion: my devotion to Maa of course; my devotion to my sadhana or spiritual practice; my devotion to going within and focusing upon my Self, my Atma, the Truth that can only be found inside; my devotion to stillness, to moving out of doing and expanding through being. I highly recommend to everyone to take an extended period of time for this kind of devotion, if possible, although I know this is a luxury for many. As an alternative, this might take the form of devoting a whole morning or afternoon or full day to devotional practice and whatever this looks like for you.

We can always go inside and find everything no matter where we are located, and yet the “outside” environment is influential in supporting and contributing to our inner work and state of being. In this case, I was in three different environments that served me in my devotional journey. I will take you through the experiential highlights of my three weeks in India and these inner/outer journeys.

Just arriving in India, Delhi and then Kashi, feels like home – so familiar, comfortable, with sights and sounds and smells, an immersion in the culture and daily living that activates in me an inner focus and greater awareness of my energy and state. I’m not going to lay out all the activities of my stay, just those that offer some insight into aspects of devotion and the impact of devotion within me that may resonate with you, or call you to make new choices for your devotional practice.

In all three locations I set up my altar with a photo of Maa, Aarti lamp (with incense and cup of water, spoon), small Ganesh, mala and the small book I have created of different mantras, and other sacred items. (Among my India photos and videos on my Facebook page, you can see a photo of my altar in Uttarkashi – <http://www.facebook.com/swamijiiauthor>).

Each day during my stay I meditated, recited mantras, offered Aarti to Maa, chanted the Hanuman Chalisa (Hanuman, the monkey god so devoted to Ram and Sita), chanted the Guru Gita (listening at the same time to Swami Muktananda chanting it). In Puttaparthi I added in reading chapters from the Shri Sai Satcharitra that Maa recommended we read, containing stories of devotion and teachings from the life of Shirdi Sai Baba, the first incarnation of Baba. I also read throughout my trip the Bhagavad Gita, the sacred text that describes the self-realization of Arjuna through his devotion to Lord Krishna who has taken the form of his charioteer (more about this later).

At the beginning of my trip, I celebrated Maha Shivaratri in Kashi, with Mohan Das, Krishna Das and David O’Grady who are the India team serving Maa’s ashram there and humanitarian projects through the Sai Maa Vishnu Shakti Trust, as well as a visiting group of about 15 of us from around the world. We all experienced the power of the ashram combined with the ceremonies, mantras, slokas, and vedic chanting of the pundits through the whole night of Shivaratri.



In addition to the Abhishek, puja or offerings to the Shiva lingam, the highlight was the yagya, the fire ceremony with flames shooting to the sky (see photos), as we shouted “Swaha” (so be it!) along with the pundits. For me, the Shakti and expansion were immense and intense especially during the yagya, as I merged with the sacred fire and devoted myself to loudly reciting two mantras dedicated to the vibrant health of Maa: the Mrityunjaya mantra which I also recite at home and listen to Karunamayi chanting it; and the Dhanvantari mantra (an avatar form of Vishnu, physician of the gods, and god of Ayurveda).

I moved into an expanded state radiating light to Maa and merging in oneness with the purifying fire, through my love for and devotion to Maa, my wish for Maa’s continued health, and unity with the pundits and entire group in our focus and collective intention. Yagyas are such powerful instruments for activating our devotion, deepening our purification, and raising our vibrational state. We open our heart, throat and higher chakras as we focus and express ourselves, and the fire burns through all of our impurities the more devoted we are, the more we open and allow the vibration of the Sanskrit to move through us, the more we offer to the fire.

My devotion to seva, to serving others, in this case women and children, was reinvigorated and reinforced in Kashi when I visited a school and Maa’s Women’s Center and Shelter. As I saw the impact of the work, and spoke with the children and women, I felt (and still feel) the joy and expansion that comes from service and manifesting our shared mission through humanitarian work. This seva is an expression of my devotion to Maa, to Atma, to all the souls who are being served.

I wrote that I would come back to the Bhagavad Gita. Among the powerful teachings in this sacred text, we are educated about the impermanence of the physical form, the everlasting permanence of the Atma, the Self, the power of the different forms of yoga including Bhakti or devotion to the Guru or that Absolute within us, the Eternal and the absence of death, the bondage of maya or illusion, the importance of not being attached to the body or to outcomes of our actions, the state of equanimity and mastery over the unsteady mind gained through practice.

Now on to the second leg of my trip. My time in Uttarkashi, where I re-read the Bhagavad Gita, represented even deeper immersion in my sadhana in an environment of very high vibration, higher altitude of the surrounding Himalayas, and, in retrospect not surprisingly, inner work around my physicality, about form and formless.

I arrived in Uttarkashi after a 4 ½-hour car trip, with a driver who drove very fast around hundreds of winding curves and steep cliffs, weaving in and out of other cars and trucks. Do you know where I’m leading with this description? When I arrived at the hotel, although I felt fine in the car, I had to rush to my room to relieve myself bending over the toilet. Let me say that this was a rarity for me since I had not vomited for over five decades. Yes, I know, hard to believe except when you know about my long history of control, retention, contracted living. Even more surprising, I experienced this as an interesting turn of events, and realized how much better I felt rather than living through an extended period of nausea.

I mention this experience because it points to one of the lessons of the Bhagavad Gita about form and formless, not identifying ourselves with the body, releasing attachments and opening to the

limitlessness within us. My time in Uttarkashi was spent partially in being aware of my physical form while focusing on my practice and merging in the energies of the Himalayas. In other words, I felt dizzy and an imbalance of sorts in being there, while I appreciated Mata Ganga (the Ganges River) and the Himalayan mountains from my balcony as I did my practice. For those interested, even though I felt off balance physically at times, my stomach was in good condition on all counts.

As you can see in my Facebook videos, the environment was sacred, majestic, “Shaktified”. As I recited mantras on the balcony, I expanded even more as I listened to the sounds of the birds and gazed upon the beauty of the surroundings. Although the person who had organized my week’s stay in Uttarkashi brought me to the Vishwanath Temple, Shivananda ashram, and his own nearby tent resort on the Ganga, I spent a great deal of time in my room with my daily practice, reading through all of the Bhagavad Gita as well as learning to chant the Guru Gita, following along in my little booklet as Swami Muktananda chanted.

Another highlight in Uttarkashi was walking upon small and larger stones to reach the Ganga after a few minutes, and sitting on a large boulder with my feet in the water. The cold anchored me throughout my body, as the high vibration penetrated me, expanded my state, and moved me into meditation. Just as the yagya purified me, so did Mother Ganga, as I closed my eyes, and when I opened my eyes to witness the steady flow of the silky waters over and between the rocks. On this particular day it was very sunny (compared to several overcast and chilly days), and the combination of the light shining on the mountains and in the water, and the sun on my face and cold water on my feet, filled my heart and being with peace and contentment.

Moving on to Puttaparthi, I come back to familiarity, feeling at home and natural, after 20 years of visiting this village filled with Baba’s loving Shakti and devoted to His life and teachings. It was so easy for me to practice in the apartment I owned there for many years, especially since the temperature was very hot outside and the indoor fan helped to reduce the perspiration. My devotion, and that of many people living and visiting there, is palpable and expansive, especially when I visited the ashram for Omkar between 4-5:30 am every morning. For Omkar, we sit outside and then inside Baba’s meditation room, chant OM 21 times (the meaning of “Omkar”), meditate in silence, and listen to ladies chanting a sloka about Baba. One morning I walked around the ashram with the group of men (another group of women does the same), as we chanted slokas. I am amazed and filled with joy as the birds chant with us, as I hear the loud chirping of the birds especially in the same trees that are near the quarters where Baba used to reside.

Each day I visited with my friend Aftab from Kashmir, who is very close to Maa and me and owns a gem and statue shop “Himalayan Heritage” right near the ashram entrance. We sat together for satsang (and he gave me mango juice and electrolytes for my water to energize me). I spoke of Maa and my experiences, and he, unlike during numerous visits over the years, shared many personal stories about miraculous and touching experiences he had with people (visitors and beggars) during his over 30 years living in Puttaparthi.

Finally, I end with my visit to Baba’s meditation tree, my favorite place in Puttaparthi aside from the ashram and Maa’s bedroom that faces the mandir (meditation hall), where Baba used to stop

to look at Maa. On my final morning in Puttaparthi, I sat for about an hour under the tree, as the meditation meditated me, as I merged in the profound Shakti of Baba and the yantra buried underneath the tree. I experienced its unique energy, such deep comfort, relaxation and stillness, a oneness that arises and spreads within me when I am there. You can see a photo of the tree, and learn more about it and my past experience, in an earlier blog (December 27, 2012).

As I complete this sharing, I encourage you again to devote yourselves to your devotion through devotional practice, to go within and realize the formless, the Eternal Truth, the permanent, the higher and higher vibration, that is ever-present and available for all of us as we shift our focus to everything waiting inside of us. The more we practice, the more we devote ourselves to Maa, Master, God, Atma, love, light, the more we move into a constant state of devotion that leads us into the depths of our divinity, to the realization of the Reality of Self.

All ways devoted to you in our shared path of devotion and realization.

## Thinking about Thinking

March 3, 2016



As I ready myself to travel to India this Friday, I am spending some time thinking about my thinking. I have just had the privilege of typing Maa's writings from a seva book Maa wrote in during Maa's last visit to India, several of which have to do with the mind. Perfect timing of course for my upcoming trip.

I haven't been in India for over two years, a long period of time for me, and I am blessed to have the opportunity to spend three weeks there completely devoted to my sadhana (spiritual practice). I first travel to Varanasi to be with others from our community to celebrate Maha Shivaratri (up all night chanting in the streets!), to visit our ashram and sites of our humanitarian work, and

then to travel to the Himalayas for a week of meditation and reflection in Uttarkashi by Mother Ganga, before traveling south to Puttparthi to spend another week at Baba's ashram.

I know from recent conversations and group gatherings how much inner work and profound change is going on during this 7-year cycle of transfiguration, resurrection and ascension. Now is the time of transfiguration, as we transition from our old form to a completely new form, down to the cellular and subatomic levels. My cells are buzzing, and I am noticing how empty I am of thought until I create and put new thoughts into my head, my mind, my brain.

I am even more aware of this after having transcribed Maa's words. I share below some short phrases to stimulate my own and your reflection and inner work:

*"The role of the mind is to think. You are to decide what you wish the mind to think of, which is what I call thinking intelligently."*

*"Find out what happens to thoughts after you become aware of them."*

*"Imagine that all the thoughts stop. What is there, how will you be?"*

*"... the mindlessness state in which only God is ..."*

I love Maa's words! I love the depth of the wisdom, how the choice of each word is impeccable and elegant, how all the words come together into a meaning that rings so true, activating this inner "Wow, yes that's it!" and the joy associated with that revelation.

Maa speaks often to us about training our mind, that we can do anything with our mind, how we give power to whatever we put in the mind, so we are not to judge or blame our mind that is like an empty box. In other words, let's play, use our free will, enjoy de-creating and creating, emptying space in our mind/head/brain and filling it up with new information/possibilities/pathways.

During a break from writing this, I was just walking outside to get a package at the rental office. I passed the fountain outside my window, noticing my mindless state, as I put thoughts into my head of appreciation for the water, nature, the singing birds, the steps I was taking, the opportunity I have to be thinking about my thinking. My head wasn't filled with thoughts; they simply came to me and reminded me that this can be how every moment is inside my head and in my experience of life.

Then some other thoughts came to me about Maa's writing that "consciousness" is behind the thoughts, what we might call "witness" or "indweller" or Presence, and that all of us are this behind our thoughts. Our pure unadulterated mind is the Universal Mind, the mind of God, always available when we clear away the clutter of our normal daily thoughts coming from patterns and habits. It became more evident to me in that moment, as it does now, that the "what is there?" or the "mindlessness state in which God is" is exactly the same for everyone, and that this truth is the most important to keep in mind (so to speak) in creating our relationships and daily life experience.

We are able to access, activate, rest in, create from this mindless state of Presence more and more as we do our practice, as we devote ourselves to our Self and fill our heads with pure thoughts

that naturally arise as our sadhana purifies us. Maa reminds us that we have free will and can choose what we look at, and which practices we use to strengthen our mind and benefit from the power of our focus to transform our inner world.

I smile as I imagine the next few weeks, chanting Shiva chants with everyone all night long during Maha Shivaratri, sitting in the meditation cave in the Kashi ashram, walking along the Ganges, chanting the Hanuman Chalisa in the Himalayas, reading the Guru Gita and listening to a recording of Baba Muktananda chanting it, reading the Bhagavad Gita, reading Maa's words, contemplating and journaling, and spending time simply resting in stillness and seeing what rises within me, as the knowing takes precedence over the thinking.

Thank you Maa. Thank you for all that I am and all that we are. I am so blessed, as we are blessed, with endless opportunities to focus, be aware, witness, practice, play, create, transform, transfigure, evolve ... and on and on and on ...

## Phoenix Rising

January 31, 2016



We just concluded an enlightening time together as a community. We started by opening to all of the energies of transfiguration being transmitted by Sai Maa and brought to this planet for its evolution. We held satsang (gathering where truth is spoken), which was one of the most rewarding satsangs for me, and I think for many of us. We then offered one another the new form of transfiguration Diksha that Maa has just gifted us, and performed Aarti to Sai Maa. We completed our time together with a potluck, and a conversation about creating a unique weekend intensive program over Passover.

What became clear during our satsang is that we are all experiencing and moving through the up's and down's of healing at very deep levels. Elizabeth spoke about "GOD" (Generate, Organize, Destroy), and how much is being destroyed inside for creation to take place. We all nodded in agreement. This is the way of the universe, especially during these accelerated

transfigurative times, where transfiguration is creating a completely new form within ourselves that is unrecognizable. I remarked to the group that this play of creation is represented in the Hindu tradition as Brahma (Creator), Vishnu (Sustainer), Shiva (Destroyer).

We are being shaken, down to the cellular, atomic, photonic levels, and we become more aligned, balanced, resilient, when we come together, share authentically, and empower our practice collectively. This was so evident, so palpable, for us today. During our last gathering we had spoken about the power of creating, moving into action as creators, and how this carries us forward, when we don't get stuck in and weighed down by what we see as issues, or what we tell ourselves as stories that cause suffering.

As Maa is teaching us, our work is to be aware of our patterns, and the deeper habits of our subconscious that show up in our conscious lives as patterns and emotional reactions. We then accept the patterns, knowing that they are just words we say to ourselves, or what others have said to us, rather than falling into the trap of believing they are the truth of who we are. Once we accept, we can pour light into the patterns, so they dissolve and space is opened up within us that we can fill up with new divine patterns that serve us and our evolution.

This morning during satsang we spoke about the joy that comes from action and creation, and that some of us have experienced alternating states of fatigue or lethargy or stagnation and then creativity. We know this to be a time in our lives unlike any other that is demanding we go further. We know we are supported, loved, served by Maa, our souls, our angels and guides, and it is up to us to open to these energies that propel us forward. Speaking of being propelled and the grace of all those serving us, Natarajbhai shared with our group an experience from earlier in the week when he and others were in a car accident. No one was seriously injured. Someone in the van described seeing him during the accident, and how he gracefully floated through the air even though he is a large man. The grace that is here for us when we breathe, align, and move with creation.

At the end of our morning, we spoke about the possibility of creating a community offering over Passover weekend in April, and this led to our declaration that we commit to 500 people attending the event. *Note to readers: I just turned around to look at the clock and it's 4:44 ... it's a sign!!!*

We began a discussion about the design of the weekend event, including a Passover seder on the first night of Passover, Friday April 22<sup>nd</sup>, then a day long program on Saturday, an inter-tradition celebration Saturday night, and Sunday morning conversation about what we can bring into our lives individually and as a community. We will communicate more about this, and if you wish to learn more or be involved, please email me ([swamiji@sai-maa.com](mailto:swamiji@sai-maa.com)).

Finally, on a personal note, in our final conversation this morning I became aware of the depths within myself of what I am transfiguring. When we were speaking about the Passover program, and committing to create this together with great joy, passion and exuberance, someone in the group (no names!) said something. As Maa says, it's always about you with you, and not about the other person. I said that I wished to state my opinion about what the person said. Although I cannot remember all my words, I shared that I experienced what he said as stopping the

momentum of what we were creating, that is came from the third dimension which was not where we were at in that moment. I think I said something about what I saw as his underlying resistance. We both got into a back-and-forth “sharing” which I would more authentically call a debate or explanation including some self-justification. Of course, I take responsibility for my end of whatever we were creating, which was not at all in the same energy as the earlier passionate declaration.

The point I’m making – what I learned and invite you to look at – is that we all have reactions, thoughts and feelings that take us down or lower our vibration, and these are the ones that are to be “destroyed” or “transfigured”. During meditation after the group departed, I felt that my creation with that other person came from a very deep place of habit, perhaps subconscious, or unconscious, or karmic, or from what we call the akashic record of actions from all life experiences, or all of the above. I had a sense that lifetimes before this I had been stopped from inspired action and creation (a psychic once told me I been a leader in a war of faith which we lost, and I lost my faith). I also remember feeling enthusiastic and inspired during my childhood, and being squelched by the depression and withdrawal prevalent in my family. These examples came to me quickly, and I didn’t hold onto them or elaborate or process. I just owned them as they came to me.

Again, the point is to become aware of the pattern – not to tell stories about it – to breathe and accept whatever it is. We then pour light into it. In my case, in feeling my devotion to Maa, my heart expanded, my vibration rose as a consequence, and the pattern disappeared and a space within me was available for new creation related to the person and the community.

From the ashes the phoenix rises. Take a look at the photo above of the flower arrangement our community offered during the Becoming of Us program in Naples. The beauty of the ascent, creation from destruction, light from darkness, a lotus growing out of the mud – all analogies for our transfiguration, resurrection, and then ascension.

As I complete this latest post, I invite you to join us for monthly satsangs at my home in Scottsdale, and for Enlightened Living Group meetings twice a month at other locations. In addition, please join us for our Passover weekend intensive April 22-24. Thank you all for reading, for sharing, for creating, for continuing together in this path of light with Maa and each other.

By the way, I just completed writing and reviewing this, and it’s 5:55!!!

## **Evolutionary Leadership: Endless Opportunities for New Beginnings**

December 29, 2015





New Year's is celebrated as a time of new beginnings. Even though we assign January 1<sup>st</sup> as a time for resolutions and intended changes in our lives, we could instead perceive and live each moment in our lives as new beginnings that come about through the actions we take inside ourselves and in what we call the outer world. When we see every minute of every day as a new beginning, we can discover, play, and live life as an adventure. Taking this perspective creates within us an energy, pulsation or impulse that propels us forward, leading to thoughts and feelings that motivate us because they are based in our true essence as Creation ... this dynamic, creative energy we call "Shakti" that is instrumental in our Becoming.

This place or state of wonder, discovery, play, adventure has within it great joy, joie de vivre, joy in being alive. Maa has repeated over and over again that joy is key for transformation, for our evolution, for our transfiguration. Our natural state is filled with joy. We actually create fireworks when we tap into our inner joy and express ourselves joyfully in daily life.

Personally I feel greater joy when I appreciate, am grateful for, aspects of my life, people in my life, or what I have to offer in life. The more I focus in this way, create this perspective, the more joy becomes a state of being that is sustained over time. I feel joy when I remind myself and draw my attention to the presence of Maa in my life. I tap into the knowingness that Maa is within me always, as energy, Shakti, Divine Love, my own Truth, that I can merge with at any

moment. Joy rises within me when I call upon my Higher Self, Supreme Self, all my Selves in different dimensions at higher and higher frequencies. The joy of being here and being there, of joining with all the expressions of my Self, of realizing the power of all the beings and energies that are available to me on different planes, in different civilizations, that I can draw upon and create with while being here in this physical body.

I am filled with joy when I realize the wholeness of who I truly am in this and so many other dimensions. With this realization I activate higher frequencies that fill my physical body deep into my cells, and brighten my subtle bodies to create an ever-expanding light body, a unified field of oneness consciousness. As I write this now, I feel the expansion in my heart in describing this expansive state. This does not surprise me since the joy, the unity, cannot take place without the heart. Our soul resides in our heart as a spark of light from Self, from Source, that is always present with us in every life experience. We brighten and embody this light more and more as we focus upon it, and bring it into our personality, minds, body, and manifest its expression in our daily lives. Thus, we are being a Living Light of soul, of Self; we are living a Life Divine.

I have written here about wholeness, our realization of all we are in this and other dimensions and planes, and the joy that comes from this new reality and opportunity to express it in our lives. Maa spoke in a recent global address, “The Transfiguration of You”, about realizing the fullness of who we are in our spiritual empowerment and being evolutionary leaders on many levels at once:

*“A state has come for spiritual empowerment which allows you to be deeply involved at a higher level of leadership in the evolution of the plan, of the Grand Design for this galaxy, for this universe, for this solar system, for this world, for each one of us. Be of higher level of consciousness, a maturity of the soul, meaning focus on the higher evolution plan for humanity liberating itself from all that pain and suffering. Thus fulfill the fullness, the fullest of one’s potential as divinity, as light, as a being of light, as a cosmic being.”*

As Maa said at the beginning of the address, 2016 is a Soulful Path. Let us take this path of remembering, embodying and expressing our soul, thus being a Living Light that serves this planet, our solar system, our galaxy and universe, all galaxies and universes across the cosmos. Let us be evolutionary leaders by creating with our soul, with all of our Selves here and there, by collaborating with all of the souls and Selves of all of humanity, and the beings in civilizations in other planes. A plentitude of new beginnings and new worlds to be discovered and created.

Put another way, let us BE THE FIREWORKS that go off not just in the skies we can see now, but in the far reaches of other planes and dimensions we have yet to discover.

## [The Heart](#)

[December 10, 2015](#)



I arrived in Fort Myers last night, and sit here now in my room at the Naples Beach Hotel before going for a walk on the beach. We are here for *The Becoming of Us* program with Sai Maa and 700 participants from 25 countries. I can attest to the fact that when many of us met in the Atlanta airport for a stopover (several Belgians, several Japanese), the Shakti is flowing within and between us, certainly in and from our hearts.

I have written before about the power of focusing in the heart, being in the heart, living from the heart (e.g., my September 1, 2014 blog called “What’s on your mind? What’s in your heart?”). I am repeating my pitch for this focus, this continued practice, because we are meant to live a heart-centered life experience on planet Earth. More and more scientific findings are confirming the benefits and consequences of this focus for our health on all levels, for healthy relationships, for a healthy planet. HeartMath has led many studies, and continues to, demonstrating the breadth of the heart’s electromagnetic field, 60 times greater than the brain’s, the power of the heart-brain connection, the impact on others of our heart’s and brain’s electromagnetic field.

In a recent webcast (“Awakening the Power of a Heart-Based Science”) Gregg Braden spoke to the heart’s purpose. He cites findings about specialized cells in the heart similar to brain cells (“the little brain in the heart”); how we can harmonize the brain in the heart with the brain in the head to work together (a neural network) to communicate with our bodies and beyond; how the quality of our emotions can influence the conversation between the heart and brain (e.g., appreciation, love, care); about the importance of a Earth-heart relationship where the heart’s energetic field can impact the planet.

You have heard and experienced this before: there are no coincidences. Gregg Braden mentioned during the webcast about a depiction on an Egyptian papyrus piece of art that shows the heart of someone who has died being weighed to see if it is lighter or heavier than a feather. If it is

heavier due to the “sins” of the lifetime, then the person cannot pass to other worlds, to the afterlife, and is devoured by Ammit, the man-eating demon. I realized I have the same depiction hanging in my hall and went to look at it. It shows the person being guided along the path from death to afterlife (I was alerted to the “guide” before as this is an important aspect of my life and purpose as a guide/coach). You can see above in the photo of this artwork that the heart is being weighed, and Ammit stands waiting to the right of the scale to see whether there will be a meal or not based on the results. The importance of the heart!

I think many of us can find our own examples of the positive benefits of being in our heart, returning there after spending an inordinate amount of time in our head with our thoughts, especially those related to the past or future.

Here are some tips for spending more time in the heart, practicing a heart focus so our time there becomes more natural and frequent:

- Focus your breath in the heart, feeling whatever sensations as you do this, what happens in the heart and the rest of the body. Use these physical sensations, feelings, memories, as reminders and ways to return to your heart.
- Appreciate your breath, the body, loved ones in your life, what you love and value most in your life. Be grateful. Appreciation and gratitude bring you to the heart.
- Touch your heart at different times of the day to remind yourself to return there. You might even touch your heart and then your head and create a heart-brain (mind) relationship, using your breath at the same time to reinforce this connection (inhale from heart to brain, exhale from brain to heart).
- Call upon Maa and/or other Masters or light beings you feel close to, invoking them in your heart with love and devotion. Feel your devotion to whoever or whatever, and offer yourself fully.
- Go out in nature for a walk or just sit and admire the surroundings outside. Create a loving relationship with nature, which brings you into your heart. Also, appreciate the beauty around you, whatever that may be.
- Listen to any music you love. For myself, classical music returns me to my heart (also Adele!). Any works of art, whether they be music, dance, film, theater, paintings, etc.
- Exercise in whatever way you choose, and appreciate the vitality, life force, in your physical form, Be present in your heart as you exercise the body ... mindfulness with heart.

Please send me and share other tips for focusing and living in the heart, increasing our heart-centered living.

I leave you with a few quotes from Sai Maa's recent global address, "The Transfiguration of You" related to the heart. Breathe in your heart as you appreciate these words (vibrations), and notice the effects within you and around you of your state of being:

*"The future of each one of you is available to experience life in the heightened frequency or vibration of light. For that you have to go into the depths of your heart, your heart, your precious, magnificent, powerful heart. Raise your frequency to cooperate with the design."*

*"... because our heart is the most powerful generator of electromagnetic field. So in that magnetic field we hold that Presence, and when we use our heart we can restore balance with an amazing coherence. Heart, brain, brain, heart. Heart, brain, brain, heart. Then your heart can signal to the brain which then releases the energy, whether negative or positive, the energy in your subtle energy as well as your physical. All the way to the subatomic level."*

*"All these waves of light, of love, of powerful energy of pure consciousness are being poured, the acceptance, meaning the non-resistance, the acceptance, the surrender to the heart needs to become a fundamental principle of your every single day life. Every single moment, every single moment."*

## [Our Extended Family](#)

October 25, 2015



I am writing this message the day after Victory Day of Navaratri, which we celebrated together here in Scottsdale and with our San Diego community through Skype. I am continuously heartened by the expansion of our family, whether that be new locations or individuals, or new masters and light beings we learn about and experience. So much is present for us in the spiritual path, whether form or formless.



I just returned from a true example of this expansion: a trip that many of us took to Japan to be in Tokyo with Maa and the Japanese community for Darshan and Mystical Journey, then in Kyoto, Koyasan, and Nara before our return home. You can see many photos on my Facebook page at: <http://www.facebook.com/swamijiauthor>.

We are all blessed by the growing numbers of our Japanese community. They are so open, devoted, focused, disciplined, and serve as models of how to offer seva (selfless service). Whether you were present with them during this recent trip, or other visits, or not yet, we are a close family devoted to the spiritual path, our transformation, and service to humanity. Our collective power grows through our combined practice, energetic work, and time spent together.

As was so evident during this recent trip to Japan, masters and deities are waiting to offer us energetic support for our spiritual evolution. These include: Master Kukai (a Buddhist saint and founder 1200 years ago of the Shingon school of Buddhism and Koyasan, a sacred mountaintop site with 117 temples); Amaterasu (a Divine Mother in the Shinto tradition and Goddess of the Sun and Universe); and Fudo Myo-o (a powerful, wrathful Buddhist deity who, like Shiva, transforms what does not serve us). During our time in Japan, Sai Maa initiated us as we recited mantras to these deities.

The relationship and work of Sai Maa and Master Kukai, with these deities, continue as plans move ahead for another October trip to Japan next year, including a 3-day yagya (fire ceremony) on October 21-23 in Muroto city on Shikoku island in the south of Japan, where Master Kukai was born and moved into a state of enlightenment. The site of the yagya (with 108 Indian priests and 27 fire pits) is right next to the grotto where Master Kukai meditated and became enlightened.

In addition to our physical presence in Japan, we can always access the love, compassion and Shakti (energy) of Maa, Kukai, and these deities, whenever we go within, focus, and invoke them with all the love and devotion in our hearts. Such is the power of our spiritual practice and commitment to transform and evolve consciously. For me personally, remembering the presence of these masters, deities, and energies reinforces and enriches my practice and thereby its benefits.

We have available to us the power and energy of our expanding community and our enriched practices. I add to this the presence of daily “miracles” that occur when we are aware, when we decide to pursue opportunities that come to us for our spiritual upliftment. I remember Maa saying that so-called miracles are natural when we are aligned with Self, in a state of being all that we are. I also call this “perfect design”.

Here’s one example. When our bus was maneuvering the many curves on the narrow roads going to Koyasan, overlooking dense trees and rolling hills on the way, I remembered a similar path and experience many years ago as our bus drove through the middle Himalayas going to the ashram of Guruji called Binsar Mahadev. Guruji was the first Guru I met with Maa who was like Maa’s spiritual father. He would not eat unless Maa ate at the same time; he and Maa would walk hand in hand on a dirt path at the ashram, surrounded by very high pine trees. During this trip to Koyasan, two days after our arrival when Maa was speaking to me and several others, Maa

mentioned thinking about Guruji which Maa had not done for a long time. I mentioned to Maa about my bus experience, and we realized we were both thinking of Guruji at exactly the same time.

A second example. When I first arrived in Japan, I had the desire to purchase a decorative fan to place on a small table in my home on which I have three statues of Bodhisattvas (enlightened beings who decide to serve humanity to be enlightened). The statues are of a meditating Bodhisattva, of Avalokiteshvara (the Bodhisattva of Compassion who wishes to free humankind from suffering), and of Tara (Bodhisattva and Mother of Liberation).

I looked at a few fans and could not find any until the final day in Koyasan. On my way to the program, I passed a store that had a fan in the window, and I decided to look at it again on my way back after the program before taking the bus to Nara. As it turned out, I was able to rush to the store and found the fan on a back shelf. I purchased it and persuaded the owner to sell me its stand so the fan would stand upright behind the statues.

As I showed the fan to others in our group waiting for luggage to be placed in the busses, one of our guides saw it as she was speaking to two community members (Julianne and John) about the heart sutra. This sutra describes the experience of liberation of Avalokiteshvara as a result of deep meditation. It turns out that the Japanese writing on the fan I purchased is the heart sutra! Also, the final two lines of this sutra is a mantra that Maa taught me years ago in Dharamsala in India, which had come to me to recite to myself on the bus on the way to Koyasan!!!

John and Julianne rode on what we called “bus 1” with English speaking participants, and they had decided to speak to everyone on the bus about the heart sutra and to recite the mantra which I had recited to myself several days earlier. During the second leg of our trip to Nara, they came on our bus (“bus 2” with mainly French speakers) to do the same. I told everyone about “the coincidence” of the fan I purchased, and also spoke of Maa’s and my thinking about Guruji at the same time. I used these examples to demonstrate how miracles, coincidences, are part of a perfect design always available to us, and that this awareness can reinforce our commitment to our practice and to being in alignment.

I share with all of you the mantra from the heart sutra that activates the love and compassion of Avalokiteshvara:

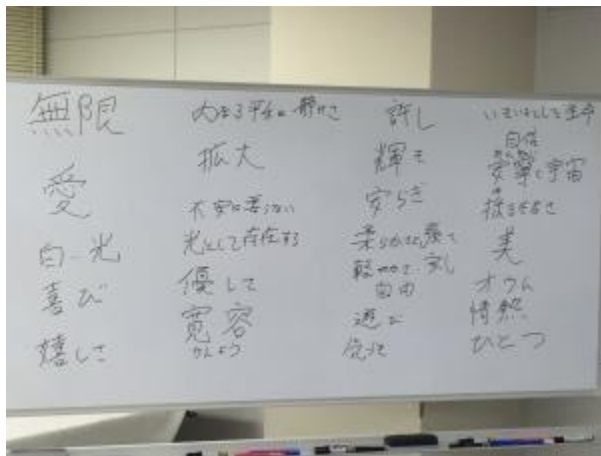
*OM GATE GATE PARAGATE PARASAMGATE BODHI SWAHA*

Now, as we all reflect upon these miracles, and our expanding family of community members and masters and deities from different traditions, I invite us to feel gratitude for the fact that many of us will be together in Naples in less than two months for “The Becoming of Us”. Even though the becoming of us actually occurs in every moment, we can rejoice that we will create this becoming in physical form together, when we look in each other’s eyes, and appreciate the fact that we have incarnated at the same time to serve each other as the planet moves through this critical time in its evolution.

Please join us at this gathering in Naples, and come to our local Scottsdale bi-weekly Enlightened Living Group meetings. Also, contact me if you have any questions or wish to share about your spiritual path and practice (swamijip@gmail.com).

## We Are a Global Community of Souls

September 7, 2015



I'm writing this on Labor Day. This day has significance in the U.S. for a variety of reasons, however this particular day and weekend signifies for me the 21<sup>st</sup> anniversary of my meeting Sai Maa in this lifetime. I do not associate being with Maa as “labor”, just the opposite. The saying “labor of love” comes to me, yet that doesn't quite work either, as the vibrations of the words do not go together, even if the meaning is performing a task for pleasure and not reward, or for the benefit to others rather than for materials rewards.

I could go along with, however, that Labor Day is a time to honor the contribution of working people, and in the spiritual path we are people who are Doing The Work!

Since I met Maa, I have been doing the work of transformation and self-realization at deeper and deeper levels. More and more people and communities have joined together in this work. I have recently lived firsthand one bright example of this togetherness during my trip abroad to be with our Japanese community. You can see some photos of this 2-week trip on my Facebook page (<http://www.facebook.com/swamijiauthor>).

The photo in this post shows different qualities of the soul shared by participants of “Live Your Soul's Purpose” in Tokyo, as they experienced them within themselves during the program. I cannot translate the words on the whiteboard, however I share below the qualities that I experienced in the Japanese community during my trip. I am increasingly aware that we all share these qualities in common as souls, and we experience them within ourselves to different degrees based upon our awareness and states of being. The reasons I share my experience with you are for you to see what you have in common with the Japanese community, and to appreciate the opportunity we have to be in a global community, to come together to appreciate each other, and



to express our souls and do the work. This is true whether we are in Sai Maa's community or the broader community as global citizens.

As I described to those who attended the Tokyo workshop, or the study groups and subsequent satsangs in three different locations throughout Japan, I experience in the Japanese people some common qualities that facilitate their spiritual growth and personal and collective transformation. These qualities include: an openness to new teachings and experiences; a childlike innocence; a humility which relates to the first two qualities; an ability to move into the heart, which I feel relates to a strong foundation of faith, devotion, surrendering to a greater good; great discipline which serves daily practice and thereby transformation; finally, the ability to take action and produce results.

From my perspective, **devotion + discipline accelerate action and manifestation**. I offer a major example to illustrate this point, and to inspire you to attend physically or energetically events taking place in Japan in October 15-23, 2016.

Reiko and I spent about 2 ½ days the cities of Muroto and Kochi, on the southern island of Shikoku. We visited there to put into place preliminary plans for community events that will include: a 2-day forum during which Sai Maa and others will speak in Yokohama near Tokyo; a 2-day yagya (fire ceremony) to take place in Muroto, with 108 pundits (priests) coming from India and 21 kundas (fire pits); Darshan and programs in Kochi city.

The aforementioned devotion and discipline, combined with Maa's Grace and Shakti, led to a multitude of accelerated decisions and actions that I have not experienced before in such a short span of conversations. These include the creation of a Executing Committee, a designated location for the yagya, reservations for meeting halls and hotels, arrangements for transportation, yagya construction and media teams that are taking action, and much more. So much flowed and fell into place in these few days, as everyone was in alignment, devoted and committed to taking action. I wrote earlier about these qualities of the soul, of the Japanese community, and this one example highlights what can come from their expression in daily life.

I share one final example that again points to the power of devotion, of discipline, of all that is offered to us through these and the presence of Masters in our lives.

During our time in Muroto, Reiko and I visited the grotto where Master Kukai moved into a state of enlightenment in about the year 804. Many of you may have read about Master Kukai on Maa's website, or you can Google to learn more. I share some photos from this time on my Facebook page, and I've placed one photo below at the end of this post of the altar in the grotto. Many from our community will attend a program in Koyasan, Japan next month when Sai Maa and Master Kukai will join together energetically to serve us and humanity. This seva is already happening as Reiko and I can attest to through our visit to the grotto. We were literally "stopped in our tracks" several yards before the entrance of the grotto, due to the power of the Shakti moving through us. The two of us walked very slowly into the grotto and stood before the altar where Master Kukai had meditated and looked out of the grotto at the horizon over the water ("Kukai" literally means the meeting of sky and water).

We experienced the energy of Sai Maa and Master Kukai together, very much in the heart, a light, soft movement of waves of energy. I felt deep pulsation in my heart and brain, a harmonious balance or wholeness. Sai Maa and Master Kukai combine the Divine Feminine and Masculine, Shiv-Shakti, and activate this harmony and balance within us and on the planet. I see these two great Masters as orchestrators of our alignment with Self and Source, our unity and oneness in this alignment.

I repeat: the power of devotion and discipline for action and manifestation.

I end with a quote from Sai Maa:

*“Devotion is the highest path, is the purest form of love. All Ways devotion; from that everything is granted.”*



## Love and Devotion

August 1, 2015



I am writing this in Belgium, the day before Guru Purnima, the celebration of the Guru represented in physical form by a Master such as Sai Maa, and the formless within us as our inner Master or Sadguru. The day after tomorrow is the birthday of Sai Maa that we will celebrate as a global community. This combined blessing of Guru Purnima and birthday is very auspicious as we are gifted intense transformative Shakti (energy) by Sai Maa, and we have the opportunity to devote ourselves to our inner light embodied by the Guru. Thus, I have decided to write now about love and devotion, so that we can all feel our love and contemplate where we each are in the path of devotion.

This past weekend I had the pleasure of teaching with three Brahmacharis (Dayananda, Jayendra Das and Reiko) during Sai Maa's Journey of Enlightened Awareness held in Barvaux, Belgium. This was a rare occasion to have us together in one location and to offer teachings to those gathered to be with Maa. During the program Maa spoke about the difference between love and devotion, and that although many there loved Maa, several had not moved on to being devoted. I continue here to share what I expressed with the participants in Barvaux about this distinction, while adding some additional points.

When I first met Maa 21 years ago I felt such love I had never felt before in my life. My heart was bursting, a big smile spread across my face. I felt great expansion and joy, although I was not yet aware of energy or the change in my vibration at that time. I experienced love; I felt love in my body, through my senses. As I traveled more with Maa and participated in different programs, I had different experiences, my love continued and my devotion deepened. What do I mean by the latter? I became more and more committed to Maa and Maa's teachings, to my daily spiritual practice (sadhana), to my spiritual path. As Maa says, I shifted from being on the path to being in the path. This "in-ness" represents devotion, and within this is a progression from trust and faith to inner knowingness and certitude. No more doubt, no more questioning, of Maa, of the teachings, of the path.

I emphasize this progression of the spiritual journey from tasting and experiencing love, moving through questioning and perhaps doubt to trust and faith, and then landing on certitude and unwavering devotion. I would say that complete surrender is found in steadfast devotion, resulting in a union and merging with Maa, Maa's consciousness. In other words, we arrive at unity with our inner mastery or Guru, our Self, all the power that resides within us. Devotion is this state of being, rather than experiences filled with emotion.

In addition, within devotion is engagement, commitment, active decision making to be with a Master, to participate in certain teachings, to carry out a practice aligned with the Master and/or teachings. Before this devotion comes the enjoyment of experiencing the love of the Master, of loving the Master, of choosing times to be with the Master. Within true devotion is continuity, consistency, persistence, one-pointed focus, without vacillation or ambivalence or resistance. As devotion increases, the mental noise decreases; we move from the mind to the heart.

I can go on and on about devotion. However, rather than reinventing the wheel, and to take advantage of what I wrote earlier in my book [In the Path of Light with Maa](#), here are a few words from that text:

“Be empowered by devotion. Devotion is a wholehearted commitment to someone or something, a commitment without reservation, without hesitation. My devotion to Maa penetrates my heart, and I feel my heart expanding and pulsating when I picture and call upon Maa. I feel deep love that emanates from the core of my heart and being. Yet devotion is beyond feeling; it's a state that endures and pervades all life experience. It comes from a knowingness of what's true and right and eternal. Devotion isn't to be confused with emotion, which comes from personality. Emotion has within it attachment, expectation, and thinking something is missing that we have to find outside ourselves.”

“We just have to keep our eyes and hearts open to what's constantly here for us. This alertness, this presence to what is, is also very much about devotion. Our devotion activates the Shakti, that divine energy that opens our eyes, raises our life force, and keeps us alert and aligned with the miracles of life. The miracles lead us to be even more devoted, committed, and resolute in our paths.”

“Bhakti. In my opinion, this state of devotion permeates and underlies all spiritual practices. When you're truly disciplined in carrying out common practices, you're devoting yourself to your Self, to realizing yourself through the sadhana. In the case of being disciplined in mastering the inner and outer worlds, you're also devoting yourself to your Self. In both cases, you devote yourself to your guru if you've chosen to have an enlightened master in your lives.

There are different kinds of yoga or ways to unite with the Self. Yoga means union or to unify in Sanskrit. A main school is bhakti yoga, or union through devotion. In addition, there's karma yoga through action, including seva; jnana yoga through knowledge; raja yoga through meditation (dhyana) and balancing mind and emotion; and hatha yoga through physical and energetic purification, including asanas (body positions) and breathing techniques.

I'm a bhakta, which means my main path to self-realization is through devotion. This became obvious to me, although I didn't know the term at the time, when I met Maa and felt completely devoted at that instant. Maa has said that this path is the fastest. I would add that for me, it's gotten me through life's challenges, what we call "opportunities," because I always come back to Maa. I'm back in the heart of Mother. I'm again the lover, beloved, and love itself through Maa and my devotion to Maa. In this devotion, the guru takes us from darkness to light ("gu" meaning darkness; "ru" meaning light).

Even if you're not truly a bhakta in the strict sense of the term, you can devote yourself to your true essence. You can express your devotion by persisting in carrying out practices that enable you to realize that which you're devoted to in your life. Bhakti, this devotion in your sadhana, means you're offering yourself to the Self, or guru, in all that you do. It also means you're surrendering. You're surrendering your ego and personality, your desires and attachments, to that pure divine love within yourself."

I'd love to hear your perspective about the distinction between love and devotion, and your opinion about where you are in relationship to devotion ... to Sai Maa, to a Master, to your spiritual path. You can send me an email ([swamijip@gmail.com](mailto:swamijip@gmail.com)) or offer a reply in my blog.

## Playing in the Now

July 4, 2015

I'm being spontaneous and creating in the present moment without an outline or agenda or sense of what will unfold as I type this. My approach goes along with my wish for this to be an exercise for all of us to be present to all that we are and all that is in each moment ... NOWISM as Maa says.

Now all together, let's practice Nowism! I ask you to engage fully in each step below, so that you're present to who you are and to what is. Notice if you're in the past or future and come back to the present. Also, know that whatever works now for your to be present, you can use the same practice(s) to be present and aware during your daily life.

- As you read this sentence take a deep breath through your nose and exhale very slowly through your mouth so you hear your breath. Relax your whole body as you exhale.
- Do this again two more times.
- Open your mouth wide and yawn. Move your jaw back and forth and relax your whole mouth and jaw.
- Breathe slowly and naturally. Move your head slowly to the left and right a few times, stretching and relaxing your neck.
- Do the same while moving your head forward and back.
- Move your head in a circle a few times.
- Relax your shoulders. Move the left one back with your arm to open your chest and heart area. Now move your right shoulder and arm back as you open your chest and heart area.
- Breathe and relax your stomach, letting it expand to a comfortable position.

- Open your eyes and be conscious and alert to how your body is sitting, where it's sitting. Be aware of the entire room you're in. Notice items in the room as you look around. Take a broad view of the room, taking it all in. Notice the light in the room, where it's brighter and darker. Be aware of colors and whatever catches your eye.
- Be present to your other senses. Do you smell anything? What do you hear? Be aware of any taste in your mouth, your saliva, your swallowing. What about touch? What are you touching, what does it feel like?
- Close your eyes. Breathe. Notice your energy, your vibration. Is it more expanded or contracted? Is it balanced and harmonious, or not? As you breathe and become aware, does your energy or vibration change? How? Is your energy focused in the body or outside or both?
- Breathe and accept everything about your energy, whatever is happening inside of you. Be present to all of you, accept and let everything be as it is. Say "it's okay" to yourself and notice what happens.
- Now breathe and appreciate yourself, whatever comes to you about who you are being right now. Notice what this appreciation feels like. Appreciate your body for enabling you to live your life. Appreciate your breath. Appreciate your heartbeat. Appreciate being alive. Notice how your self-appreciation is affecting you, your breath, your heart, your sensations, your energy.
- Take a few deep breaths through your nose and just notice whatever comes to you about yourself, your experience, your state.
- Smile and notice the effect of your smile on who you are being right now.
- Smile an even bigger smile and see what happens.
- Now just laugh, whatever kind of laugh comes to you. See what happens to you.
- Laugh about how silly it is to be reading these words and laughing because I'm writing for you to laugh. Notice what happens.
- Take a deep breath and stretch your arms out side to side. Now move your arms straight up and stretch your arms straight up.
- Being present to yourself and everything about you, write me a short email to let me know who and how you are right now. ([swamijip@gmail.com](mailto:swamijip@gmail.com)).
- As you write your email, allow each breath and each word you type to establish your state even more in you.
- Right now, be here! Right now, be here and be there! Right now, be everywhere!

## Gods and Goddesses Galore!

June 6, 2015





I just finished reciting mantras and chanting to several statues of Gods and Goddesses in my home, four of which just arrived from Ft. Myers where I was during my visit to Naples two weeks ago (Shiva, Vishnu, Durga, Hanuman). I just unpacked them and couldn't wait to honor their presence and addition to this sacred space that is available for anyone who wishes to visit. By the way, I highly recommend Mogul Interior owned by Era Chandok who devotes herself to filling the store with living and breathing statues (murtis) who are waiting for you to invite them to your homes to share their energies and blessings. I can attest to the power of what they offer.

I decided to write this blog while I'm vibrating with the Shakti activated during my practice, and to encourage you to also spend time devoting yourselves to create states that are available to us all through our practice. Offer yourselves to your favorite deities, masters, light beings, those divine energies and qualities that are instantly energized within you when you breathe, focus, meditate, recite mantras, chant. Put another way, take time to honor yourselves and all of your inner dimensions.

I'll now take you on a little voyage of my rounds among the deities a few minutes ago. This followed my practice of centering, Anuloma Viloma breathing, guided and silent meditation, Sai Maa Diksha, and Sai Maa Aarti.

- First, I sat before my long-time favorite among favorites, Ganapathi Shakti, the large murti of Ganesh with 10 arms and his mother, Parvati/Shakti sitting in his lap. I recited a mantra I offered you in my previous blog: OM SHRI VALLABOMBA SHAKTI MAHA GANAPATHAYAY NAMAHA. I then recited to the two Vishnu murti the personal mantra given to me by Sai Maa and Maharaji (Sri Satuwa Baba Maharaj) during Guru Diksha at the Kumbha Mela a few years ago. The new statue of Vishnu is called Vishwaroop, and it shows the many forms of Krishna, the entire cosmos, shown by him to Arjuna on the battlefield as described in the Bhagavad Gita.
- Next I recited OM NAMA SHIVAYA to the newly arrived meditating Shiva, who has many serpents and the form of Mata Ganga at the top of his head, as legend says that the Ganges River came to Earth through the hair of Shiva. I followed this with a mantra to



Goddess Durga: OM DHUM MAHA DURGAYAY NAMAHA. The new statue of Durga is called Mahishasura Mardini, as it depicts Victory Day of Maha Shivaratri when Goddess Durga slays the demon Mahishasura, representing the victory of the light over the darkness of our ego.

- During my visit to Era's store in Florida she showed me a statue of Hanuman, the monkey God who represents devotion (to Rama and Sita), sacrifice, and strength. Unlike before, I was greatly attracted to this meditating form of Hanuman, and Era and I joined together in deep meditation as we stood before him. In addition to the other three new statues, you can see Hanuman atop a new table in the photos above. I first recited a mantra to Hanuman: OM REENG HREEM MARKATA MARKATAYA SWAHA. Then I played Krishna Das chanting the SHREE HANUMAN CHALISA sloka (prayer) which I highly recommend. I remember when Maa asked the Brahmacharis during a visit to Puttaparthi to chant this sloka, activating our own devotion.
- Finally, I chanted OM MANI PADME HUM, the Buddhist mantra of compassion, to three statues of a Bodhisatva (enlightened being), Goddess Tara who takes many loving forms, and Avalokiteshvara (compassion of all the Buddhas).

No matter what form we choose, whatever statue, image, sounds, words, we are devoting ourselves to our own divinity. This devotion moves throughout our heart, expands its electromagnetic field, and raises our vibration because devotion is formed in love that is the highest vibration of all.

## [All That's Waiting for Us](#)

June 1, 2015



This past week Maa offered some of us the opportunity to honor and receive the blessings of Ganesh, Ganapathi, the elephant God and son of Shiva and Parvati. Lord Ganesh is usually described as the God who removes obstacles. I like to refer to him as clearing our path, opening new gateways and freeing us to move through them.

I've always been a "Ganesh lover" as Maa said to me years ago. I just counted 13 forms of Ganesh in my home, including a large bronze murti (living statue) that resided for years in my Puttaparthi apartment outside of Sai Baba's ashram. This murti is a 2-foot Ganesh with 10 arms; he is at his most powerful, because his mother Parvati (Shakti) is sitting in his lap.

I've always recited, and am reciting even more now, Ganesh mantras as part of my practice, such as:

- OM GAM GLOUM NAMAHA or OM SHRI VALLABOMBA SHAKTI MAHA GANAPATHAYAY NAMAHA (the latter mantra is when Ganesh is at his most powerful).

As I am focusing more on bringing Ganesh into my life, allowing his powerful clearing energy to do its work, I am reminded of all the energies, Gods and Goddesses, Masters and light beings, waiting for us to open to them, call upon them to serve us with their different vibrations and qualities.

We can always breathe and imagine – imagination, a gift of God, as Maa says – activating any of these energies within us, since all of these vibrations and attributes are already present and ready to be accessed and used in our daily lives. It just takes our focus, intention, imagination, discipline and practice to benefit from them. Speaking of practice, I just purchased four more statues for my home (Shiva, Vishnu, Durga, Hanuman), and I welcome you to come and visit, to practice together by attending quarterly "satsangs" here in Scottsdale.

Now is the time on the planet for us to say "yes" to all that is available within us to transform, heal and evolve. Use these energies, call upon them, focus on them and activate them within you. Manifest through the Law of Attention. Constantly come back to your heart, with your love, gratitude and devotion, and enable your heart's electromagnetic field (60 times greater than the brain's) to spread these energies throughout your physical and subtle bodies.

Remember, we're not the doers, so just open, allow, go with the flow of these higher vibration energies. This includes calling upon your soul with all your heart, making your soul and its light and expression a priority in your life. Your heart and soul. Your breath devoted to the highest within you.

Let Ganesh lead the way and open your path to your Self, to that Truth and Presence residing within. It's as easy as we make it, since we are the creators of our state of being, and thus the quality of our lives.

# Soul-Infused Moments

May 1, 2015

I just attended the second half of Maa's latest Journey of Profound Awakening, which completed a few hours ago here in Naples, Florida. These 2 ½ days with Maa and the community reminded me of different ways for us to be soul in our everyday lives, moment to moment. These reminders are added *grist for the mill* of useful practices we cover during "Live Your Soul's Purpose," one of the four "Your Soul: The Becoming of You" programs being delivered around the world. We continue this program next weekend in Brussels, Belgium and then the following week in Galway, Ireland.

During an exercise this last morning of JOPA, following a meditation that activated within us our soul relationship, we divided into small groups to hold satsang (a coming together where Truth is spoken). We sat together and expressed and listened as souls. In this state of being soul, I had a palpable experience of being soul in every pore of my physical body, of my soul experiencing itself in my physical body, as a physical body, in its breathing, in its spoken voice. I experienced my soul's energy as waves, flowing, moving, dynamic. I experienced each moment as spontaneous, as an experience without thought (I couldn't force myself to think). I experienced profound stillness, and the expression of my soul in the silence. I experienced the expression and listening of other souls in my group as waves of energy, Shakti ... everyone being soul, everyone being Maa.

Of course, I wish for all of you to experience this in the reading of these words, to be reminded yourselves of this state if you have experienced something similar, or to be inspired to move into this state through your spiritual practices, and/or through time you spend with Maa or in similar programs. I offer you now some ways for you to experience yourselves as souls, and to continue in the path of embodying and expressing your souls.

- These transitory times bring with them moments of fear, insecurity, instability, nervousness, confusion. If you know the *centering practice*, use it on a regular basis. Bring both hands to your heart in Namaste position. On the inhale, raise one arm straight up with fingers pointed vertically to the sky, while you lower one arm with the hand pointed up beside your navel, On the exhale, slowly bring both hands to the heart again. Repeat this at least three times, alternating arms raised and lowered.
- Breathe, focus in the heart, touch your heart. Call upon Maa there, your soul, guardian angel, guides, masters, light beings, all inside you, ready and willing to serve you.
- We speak of relating the heart and mind (brain) through breathing and meditation. As Maa says "love with the mind and think with the heart." Create this relationship, and also create one between the heart and throat. Increasingly, this is a time to express truth, who we truly are, our soul's desire. Thus, clear your throat and speak up, express what is going on inside of you, be authentic. During your morning practice, strengthen your voice and increase your vibration by chanting OM or A-U-M. Use the mantra SO HAM (I

AM), exhaling SO and inhaling HAM as you chant the sacred syllables aloud faster and faster.

- Practice speaking and listening as a soul during the day. Put a note somewhere visible to remind yourself to do this. Be spontaneous, no script, not figuring it out ahead of time, coming from your heart and not your mind. If you find yourself in your head, come back down to your heart through your breath or touch, and speak/listen from there.
- As I've repeated, come together in community whenever, wherever, and however you can. Attend Enlightened Living Groups here in Phoenix, or wherever you live or one exists, or create one. Go to Sai Maa's website under "community" and find out more about this ([sai-maa.com](http://sai-maa.com)).
- I encourage you to be with, or watch or listen to, people who inspire you to be yourself, to be all who you can be, to express your talents, to go for it! For me, my daughter Becky is a prime example. Also, people in the arts inspire me (e.g., check out 16 year old Sawyer Fredericks, the frontrunner in "The Voice"; or dancers on "So You Think You Can Dance" when it returns this summer ... know you're not limited to TV!).
- Speaking of the arts, listen to music you enjoy, move, dance, sing, chant, benefit from different forms of expression that enable you to express your heart and soul. Join others in formal events or informal gatherings to do the same.
- Last but not least, be with Maa in Phoenix on May 8<sup>th</sup> for Darshan, and attend the program "Enlighten Your Brain" on May 9<sup>th</sup>. Also, come to San Diego for satsang with Maa on May 15<sup>th</sup>, and the program "Foster Loving Relationships" on May 16<sup>th</sup>.

## Joining Forces

March 31, 2015

I'm sitting outside on my balcony facing a beautiful tree with pink flowers and listening to the sound of the flowing fountain outside my windows. This is the life ... a sunny day in the 80's writing about being ourselves and in community. As Sai Maa says, "God loves me!"

I just returned late last night from being in one of the other "vortex city" of Montreal, where I was present at Maa's Darshan, and then taught with two Quebecois "The Becoming of You" program called "Live Your Soul's Purpose".

In this sharing I'd like to emphasize that "we're all in the same boat", aligning and re-aligning, moving from mind to heart, from old to new pathways (in the brain and in action). Take comfort in this fact that we're all experiencing a huge shift in the world and, more to the point, inside ourselves. This shift is from the mental model of the 3<sup>rd</sup> dimension, to the heart and soul model of the 5<sup>th</sup> dimension.

In this radical shift of consciousness and state of being, we are confronting old ways of seeing ourselves and the world, and ingrained patterns that cause us to react to what we think is in the outside world but is actually inside. As Sai Maa says, we just have to move one letter (“c”) to change “reaction” to “creation”. I add, we just have to see (“c”) differently in order to create rather than react.

It’s time to create with our soul, as soul. Here are some very short reminders of how to be in a natural state of creation, at least more often than not:

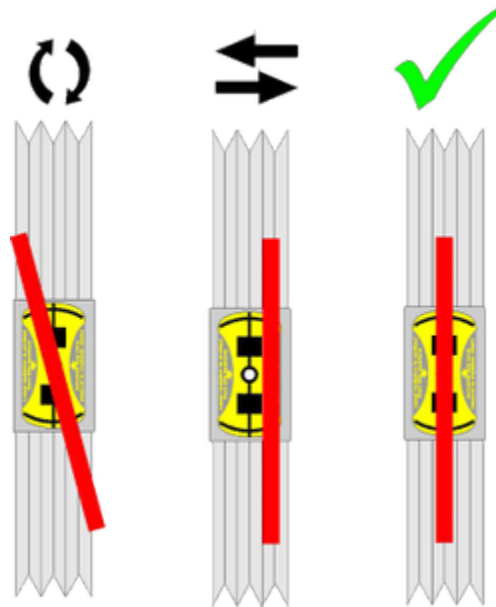
- Breathe
- Be in the present
- Be grateful (in the heart)
- Accept what is (inside and out)
- Know your soul is always with you
- Surrender (to your soul, Self)
- Trust and have faith in what is unfolding
- Allow all to be revealed within you
- Express the light of your soul
- Serve by enlightening life
- Gain greater stability by having a practice
- Benefit from the support and power of community

I’m not going to embellish on these tips. Just see what comes to you, what is revealed within you, that might lead to a different way of being (not doing). All comes from being. Your greatest contribution to yourself, to humanity, to your legacy, is to be, to illuminate your soul by allowing it to embody you and express itself through you.

I can tell you from recent personal experience, you can’t figure it out with the mind. Staying in the mind is very uncomfortable in today’s transition; it gets you nowhere except tossing and turning in bed, and crying from the struggle. It’s a balancing act, from trying to figure it out yourself, to surrendering and joining forces with others in the unity of our souls and collective energies. This is the Grand Design in Action.

# Reminders for Alignment

February 28, 2015



I decided that what best serves us right now are reminders of actions we can take inside and out each day to move us back into alignment. Our daily lives are “the in’s and out’s of alignment.” Being an important preparation year for the 5<sup>th</sup> dimension and oneness consciousness on the planet, we can use all the tips we can get to remain centered, balanced and aligned.

- **Use your breath** consciously and constantly. To get more oxygen (through the nose), to relax (breathe into contracted parts of the body, long exhale to release and relax the whole body, cyclical/circular breath to “move into the zone”). Conscious breathing includes pausing, slowing down your speaking ... being present rather than rushing to a future that doesn’t exist.
- **Use the centering practice** that aligns your physical and subtle bodies, energy systems. If you don’t know or remember it, check with someone who does.
- **Self-awareness.** Be aware of your thoughts, emotions, sensations, moods, energies, states of being. Realize you’re creating everything and everything is energy. Use this awareness to **make new choices** that expand your energy, relax you, bring you into your heart, bring you into relationship with your soul, guides, light beings ready to serve you.
- **Acceptance** – never forget this. Accept everything about you, no matter what. Accept facts, what you can’t change (including the past). Accept others for who they are – you can’t change them, it’s not your responsibility. Acceptance leads to wholeness (embracing all that you are), and oneness (all that we are as one).

- When we accept who we are in the present, we become peaceful and clearer about actions we can take. Be aware, accept, and then express, meaning be authentic in speaking who you are to others. **Authentic expression** leads to release, greater clarity, alignment with what's true for you. **Authentic listening** leads to heart-to-heart connection, deeper relationship, aligned action.
- Great practices for alignment: **smiling** (look in the mirror, notice the difference when you smile). **Laughing** out loud, even when you don't feel like it. **Moving your body**: open your mouth as wide as you can and move your jaw, move your neck side to side, move each shoulder back, wave your arms, shake your whole body, jump up and down, move body parts that don't want to move. **Using your voice**: speak louder, sing, chant, yell, let it all out through your mouth.
- **Keep up your daily practice** and bring the “new you” it into your day. Breathe (continuous, Pranayama, Oujia, Anuloma-Viloma, whatever works for you). Meditate (in the heart, between the eyebrows, SO on exhale and HAM on inhale, stillness and brain illumination meditations). Recite mantras. Offer others and yourself Sai Maa Diksha. Perform Sai Maa Aarti. Practice whatever brings you joy, expands and aligns you.

## On Board for the Fast Train!

January 31, 2015



You might have heard of the TGV in France (*train à grande vitesse*). Being with Sai Maa is jumping on board as Maa stokes the fire, so to speak. As we evolve, we begin to engineer the train; we become the conductor driving along the tracks in the path of our conscious evolution.

Maa has just visited us in Phoenix/Scottsdale, and blessed our community with a *satsang* (gathering where Truth is expressed). About 200 individuals attended, many of whom never met Maa before. Due to our readiness and commitment – not just those already in Maa's community but the broader local community – Maa has made a commitment to us, committed Maa's consciousness to us, as Maa told us during a community meeting.

We are thirsting for transformation, for the love of our soul, our Self, to be revealed to us and expressed in the world. We call this “The Becoming of You.” Maa is committed to our transformation, to the awakening of the Divine Feminine within, to global enlightenment across the planet.

We've heard Maa say many times, "Yes, I'm ready!!!" Let's all tap into this readiness, activate the readiness we are already demonstrating by how we welcomed Maa to our community. This readiness for Maa, this welcoming of Maa, is really the readiness for and welcoming of ourselves, our oneness with Maa as Love, Light, Source. The energies and high frequencies of the 5<sup>th</sup> dimension of oneness consciousness are here for us to embrace within ourselves, to use for our transformation. This activation of 5<sup>th</sup> dimensional energies leads us to realize all of our dimensions and to contribute and serve, which is our soul's purpose.

Maa is returning physically to be with us again in April (details to follow in other communications). I invite all of us to invite everyone we know to be with Maa for Darshan in April, when Maa offers us the blessing of divine energy (Shakti) that activates our own divinity within. Each person will have the opportunity to stand before Maa individually for this offering. Please serve those you know by inviting them to be with Maa at this time.

Maa is bringing us together across the country through the creation of four vortexes in the cities of Phoenix/Scottsdale, Denver, Albany and Philadelphia. These spinning vortexes of energy are drawing us together in our local communities, and relating us across communities, as well as weaving together communities around the world. The planetary frequencies of the 5<sup>th</sup> dimension intensify and elevate the work of these vortexes. This is truly togetherness in action, community co-creation, for the sake of planetary transformation.

One form of this togetherness and co-creation is the bond that exists between our local community and that of San Diego. Many from there came here to be with Maa two weeks ago, as they also did when we all celebrated five days together leading up to New Year's. Maa is committed to the San Diego community and will be visiting there in May. We are invited to be with them then for satsang with Maa, just as the San Diego community will be returning here for Maa's Darshan in April. To use the same analogy, we're on the same train traveling along many tracks leading to the same source.

Speaking of San Diego, I will be returning there next month (February 20-21) for an evening satsang and a day-long workshop ("Revive, Renew, Reinvent"). In addition, we will have a community potluck, and I will offer individual coaching sessions. Please join us for these events, and invite those you know in San Diego or elsewhere to attend. See below for the flyer about the San Diego events.



**REVIVE, RENEW, REINVENT**  
PROGRAMS WITH SWAMI PARAMESHWARANANDA



*How can you be more powerful, passionate, and effective in your life?*

Friday, Feb. 20—Meditation Gathering  
7:00 pm—8:30pm  
Donations Appreciated

WORKSHOP: Saturday, Feb. 21st 10:00am - 3:30pm  
Cost: \$88  
One Mind-One Heart Center for Spiritual Living  
11211 Sorrento Valley Road / San Diego, CA 92121

SPACE LIMITED, RESERVE via [swamiji@gmail.com](mailto:swamiji@gmail.com)  
Individual coaching sessions available. Please email request.

THE 3 STEPS OF YOUR TRANSFORMATION:  
**REVIVE:** Be energized and present through breathing and centering.  
**RENEW:** Shift your perspective for new possibilities.  
 (Broaden your context, create intention, rediscover passion)  
**REINVENT:** Making possibilities a reality.  
 (Action plans & practice, authentic conversations, new self-expression)

To learn more about Swamiji, visit his website: [www.inthepathoflight.com](http://www.inthepathoflight.com)  
or visit his blog: [www.insideripublog.com](http://www.insideripublog.com)

A final invitation: Please let us know of any opportunities to join together with other spiritual communities, to attend community gatherings and local events, so that we may continue to create community. Let's be in relationship, unity and service, as we accomplish our shared mission. ALL ABOARD!!!

## One and All: Togetherness in Action

December 4, 2014



*“Each one of you is to be prepared for what is happening on the planet. We are activating the oneness consciousness, so each one can realize that we are all connected, interconnected,*

*interdependent, interrelated. What is serving one is serving all, what is affecting one is affecting all. Togetherness in action.” – Sai Maa*

Most of us just spent time together with family and loved ones experiencing and expressing our gratitude for each other, for our blessings, for our life. Several of us in our local Phoenix/Scottsdale community sat around the Thanksgiving table filled with delicious food, listening to a message from Maa read by Ambika, and being blessed by the opportunity to speak with Maa.

Yes, holidays bring us together. As Maa expresses above, we can realize this togetherness in every moment when we are aligned with the oneness consciousness being activated on the planet, this fifth dimensional state of interrelatedness. Through regular daily spiritual practice (sadhana), we are more likely to move into this alignment and realization. In addition, by coming together in community, we share a common focus, support one other in our practices, and combine our energies to activate and merge in this higher frequency. We create as community, transform as community, serve as community.

Sai Maa is creating four vortexes in the US, electromagnetic grids that energetically reflect this interconnectedness. We are blessed in Phoenix/Scottsdale to be one of those vortexes, in addition to Denver, Albany and Philadelphia. We have shared about this in our newsletter, including the opportunity to come together for “The Becoming of You” program on December 26, 27, plus other community activities leading up to our New Year’s Eve celebration. More programs are coming next year, when teachers will travel to these communities and offer teachings and opportunities for us to express and build our togetherness, to activate and tap into the grids that Maa has created.

When we each decide to engage in our community, to take action to contribute to our community, we are moving into alignment with our vortex and the frequencies of the fifth dimension and oneness consciousness activated on the planet. Years ago when I was doing consulting work for UNICEF, I spoke to my colleague about visualizing a hug around the world, everyone in the diverse global locations intertwined in their service to children. I see this same image of everyone in our communities, arms extended expressing and manifesting this togetherness in action.

In Maa’s programs, we have seen images of swirling vortexes, and energetic grids depicted as interconnecting lines, a web or lattice of energetic pathways, sparking and pulsating and sending light around the planet. Our community vortex is a gift of love and light, of togetherness, that we activate and spread more and more through our actions. We take actions inside ourselves to be grateful to our community, and to connect and merge energetically with others in the community. Also, we take actions with others by coming together physically to express, contribute, create, and manifest.

Remember, when we act we serve and affect one and all. Next year is one of preparation for the even more intense changes to take place in 2016, as the fifth dimension and oneness consciousness spread across the planet. Ask yourselves, “What actions will I take inside myself

and with others in my community as 2014 comes to an end and we usher in together a new year?”

## La Foi en Action

October 6, 2014

Le weekend passé, pendant l’atelier au Vermont, Maa a parlé de ***La Foi en Action***. Maa a discuté de cela avec Becky et moi avant que nous ne l’enseignions durant le programme. En ce moment, cet enseignement résonne beaucoup en moi et je souhaite partager ici plusieurs de mes façons de voir qui vont peut-être résonner en vous. Ressentez-les, jouez avec elles, voyez comment vous pouvez les appliquer à l’intérieur de vous et dans votre vie au quotidien.

Quand je capte cet enseignement, pour moi, la Foi en Action est:

- Une perspective vis-à-vis de moi-même, du monde, de ma vie, quand je fais confiance à l’univers, quand je sais que tout est parfait et comme il devrait être, quand, bien que je ne sois pas conscient de cela, tout arrive pour moi afin que je sois plus conscient et que j’évolue.
- Un sentiment profond que je suis accepté, aimé, servi, que je suis tenu et soutenu par tant d’êtres, qui incluent Maa, mon âme, mes anges gardiens et mes guides, les maîtres et les êtres de lumière, autrement dit, ma guidance intérieure, mon essence.
- Un sens puissant de l’abondance à tous les niveaux, de toutes les possibilités accessibles à moi, de la puissance que je suis dans toutes mes dimensions et énergies, de la beauté et de la richesse de la vie, qui sont présentes pour que je puisse les savourer.
- Profondément dans mon coeur, un espace qui me donne accès à ma connaissance intérieure, qui me détend, qui m’apporte de la paix, qui crée un sourire sur mon visage, qui m’expande et me dynamise.
- Un état d’être, un alignement avec le Soi, la Source, où la grâce coule naturellement partout en moi, me remplissant d’énergie dynamique créative (la Shakti) qui me permet de recevoir l’information, d’écouter ma voix intérieure, mon intuition, mon âme, et de prendre action dans ma vie en utilisant toute ma sagesse et mon énergie.
- Une pratique que je peux utiliser afin de retourner à l’alignement quand je suis conscient des pensées, émotions, schémas et énergies qui m’empêchent de prendre les actions que je sais qui me servent pour être au plus haut de qui je suis et qui me mènent à ce que je veux vraiment dans ma vie.

Utilisez ces façons de voir concernant la Foi en Action afin d’être plus conscient de ce qui se passe à l’intérieur de vous quand vous avez la foi, du type d’actions que vous prenez en vous et dans votre vie quotidienne à travers cette foi. Quand vous devenez plus conscient de ce que c’est

la Foi en Action pour vous, vous la reconnaissez afin de pouvoir y revenir plus rapidement. Vous la renforcez, vous l'incarne plus, vous passez de l'expérimentation à un état d'être.

**S'il vous plaît, partagez vos façons de voir avec moi:** qu'est-ce que c'est la Foi en Action pour vous; quels exemples avez-vous de l'avoir pratiqué, de l'être; quels sont les résultats et les conséquences pour vous dans les domaines différents de votre vie quand vous la pratiquez, quand vous l'êtes.

Utilisez cette affirmation et voyez ce qui se passe en vous:

***JE SUIS LA FOI EN ACTION!***

## **Faith in Action**

October 3, 2014

Maa spoke about ***Faith in Action*** during last weekend's program in Vermont, and also mentioned this earlier to Becky and me before we taught at the program. This teaching resonates very much with me at this moment, and I want to share with you some of my insights that may resonate with you. Feel into them, play with them, see how they apply within yourself and in your life.

As I tap into it, Faith in Action for me is:

- A perspective about myself and the world, my life, where I trust in the universe, that all is perfect and as it should be, that even though I am not conscious of it, all is happening for me to become more aware and evolve.
- A deep feeling that I am being taken care of, that I am accepted and loved and served, that I am being held and supported by so many, including Maa, my soul, my guardians and guides, masters and light beings, in other words, my inner guidance and essence.
- A strong sense of abundance on all levels, of all the possibilities available to me, of the power that I am in all my dimensions and energies, of the beauty and richness of life present for me to enjoy.
- A place deep in my heart, that accesses my inner knowingness, that relaxes me, brings me peace, puts a smile on my face, expands and energizes me.
- A state of being, a place of alignment with Self, Source, where grace flows naturally through me, filling me with dynamic, creative energy (Shakti), enabling me to receive information, listen to my inner voice or intuition or soul, and take action in life using all of this wisdom and energy.

- A practice that I can use to return to alignment, when I'm aware of thoughts and emotions, patterns and energies, that stop me from taking actions I know serve me to be the highest of who I am, that lead me to what I really want in life.

Use these insights about Faith in Action so that you become more aware of what happens inside of you when you have faith, what actions you take inside of you and in your daily life through this faith. When you become more conscious of what this Faith in Action is for you, you distinguish it so you can come back to it more quickly. You reinforce it, you embody it even more, you move from experiencing it to a state of being it.

**Please share your insights with me:** what Faith in Action is for you; what examples you have of practicing it, being it; the results and consequences for you in different areas of your life when you are practicing it, being it.

Use this affirmation and see what occurs within you:

***I AM FAITH IN ACTION!***

## **Celebrating 20 Years in the Path of Light with Maa**

September 3, 2014



I met Sai Maa 20 years ago this past Labor Day weekend in the Berkshires of Massachusetts, when 12 of us experienced the first workshop Maa offered alone in the US. I remember being anointed with oil by Maa who said that we had all been Egyptian priests and priestesses which I did not imagine having grown up as a Jew in the Midwest. I was in Egypt with Maa then, and physically several months later on our first trip there.

I recounted many experiences and lessons learned in my first book, *In the Path of Light with Maa*, that was published almost three years ago. Yes, experiences continue, however my current experience of my experience is that they have evolved into energies and states of consciousness beyond experience, beyond words.

I am aware now consciously as I write of the blessing of My Maa in my life. My gratitude rises within me, my heart swells. I feel the expansion in my chest, my whole being, and beyond the body. As I feel this blessing, this expansion, a teaching comes to me to share with you. This may not be a new teaching for you, however repetition serves. The more we love and feel the

blessings and gratitude, the more we transform our state, our energy, our bodies physical and subtle. This is the power of devotion and gratitude; this one-pointed attention within ourselves that activates our inner healing power.

I am all ways devoted to Maa. This devotion does not vacillate or diminish. The doubt does not creep in along with other ego creations that appear in the path. Although my devotion to Maa is a certainty, always present in my heart and being, I am not always conscious of this, feeling the feelings of devotion causing my heart to expand and the Shakti to intensify and move through me. When I take time to think of Maa, when Maa communicates with me on the phone or in writing, when I am with Maa physically, this awareness and these feelings take over and nourish me, heal me.

It's now 11:11 as I look at the computer clock, and I've come to the main point of this blog: Take the time to consciously focus on Maa, on your devotion to Maa or to whoever or whatever you devote yourself to (as Maa says, this can be a rock, a flower, anything). This focus, this devotion, transforms, heals, illuminates, enlightens, causes us to evolve to be Maa, the essence of the rock, the flower, everything, as Maa, as love, as creation, as the pure light of Source.

I share with you the photo of my receiving the Darshan of Maa. This is the merging, the union, of human with the divine. Look and feel and receive the blessing. Feel the gratitude, the heart-centeredness, the one-pointedness. As you focus and feel, realize this is you focusing and feeling. Appreciate the moment and be grateful for the blessing, for your focus and attention, for your devotion to Maa, to Self ... and celebrate your path in the light.

## **What's on Your Mind? What's in Your Heart?**

September 1, 2014



These days I'm being constantly reminded of the power of the mind and its relationship to the heart, and how they both work together for manifestation. I'm sharing some of my insights with you, while I'm experiencing and learning for myself the applications in my life.



As Maa says, “it’s always about you with you”, and I add “it’s all in your mind” and “you gotta have heart”. Our thoughts don’t just arrive here; we create them unconsciously the majority of the time. We can become conscious thinkers, however, when we’re conscious of all we create whether on the mental, emotional, physical, energetic, or spiritual levels. Rather than being run by our thoughts, we can master and transform them, moving from the automatic past-driven thoughts to those that are new, based in the present, founded upon what we wish to manifest in our lives.

One way of looking at thoughts is that they specify certain possibilities among many that are available, and bring those possibilities into the third dimension. When we focus upon certain thoughts, the Law of Attention takes over. We radiate the frequencies of those thoughts and attract whatever is in resonance with those frequencies, like radio signals tuned to the same station. As a practice, when I remember consciously that I’m a creator, that my thoughts radiate and attract energies, and that these energies manifest as form in my daily life, I become more attentive, focused, engaged and committed regarding my thinking; I empower myself to think creatively.

At the same time, let’s not forget about the heart. The heart is pivotal in not just manifesting what we want, but in creating who we are, expressing our truth and purpose, impacting the world around us and in us. As Gregg Braden spoke in a YouTube video I watched recently about the power of the subconscious to manifest, the thoughts in the higher chakras, and the emotions in the lower chakras, are combined in the feelings of the heart for manifestation. Another perspective coming from the Ascended Masters (in *Electrons: The Building Blocks of the Universe*), is that the thoughts create form in the third dimension, and love creates the cohesive force that holds the form together so that manifestation can take place. Here’s a quote from that book about this: *“The number of electrons which combine with each other in a specific atom is the result of, and determined, by conscious thought. The rate at which they whirl around the central core is the results of, and determined by feeling.”*

I’m finding great value now in reading *Ask and It Is Given* by Abraham/Esther & Jerry Hicks about manifestation. I see many commonalities and alignment with teachings I’ve learned, just as I relish the upcoming opportunity to learn new teachings and receive new energies for manifestation with Sai Maa at the end of September during the Journey of Profound Abundance. According to Abraham-Hicks, we’re first to remember to do our work of asking. In other words, we’re to think of exactly what we wish to manifest in our lives and make specific requests (e.g., ask Maa, the angels, the universe, Source ...). Thus, we create “what’s on our mind” and put out what’s picked up and worked with for manifestation. The power of these thoughts, what we offer to the universe, is magnified by our focus, the repetition of our thoughts, our clarity and specificity.

As for the second step of manifestation, what we ask for is already given; we have nothing to do. The third step however, part of our work, is to receive what’s already given. This is where our thoughts and feeling state (I highlight here “our heart and soul”) define whether we’re in resonance with what’s already given so that we can receive it. In other words, are we resisting or are we allowing ourselves to receive what’s already been manifested (i.e., the Art of Allowing)? I find that I have my work cut out for me in this step, and I think that’s true for many of us.



During the latest Journey of Profound Awakening a few weeks ago, we came to a new understanding about addictions, which are not just to drugs, alcohol, food, sex, but are also to certain thoughts and associated emotions. We are addicted to those repeated patterns of thoughts coming from the past, childhood, family and environment, society, our inner voice, our subconscious and unconscious. For me, calling them “addictions” makes them stand out for me, emphasizes my responsibility even more. My addictions become more salient, and my desire to transform them more pronounced.

In my case right now, rather than reinforcing my addiction to lack of financial abundance, or to undervaluing what I have to offer with new people in new settings, I replace those addictions by being centered in my heart, calling upon my soul, creating new thoughts from this focus and in this state. These new thoughts and feelings include: recognizing and appreciating all that I have already, all the opportunities I can create with people I already know and those I’m discovering and attracting; remembering and owning the power of my love, my heart, and my experience, and what these offer people. As Abraham-Hicks explain, the rising of these “good feelings” serves as a guidance system telling us whether we’re in resonance with what’s already been manifested from our asking. Again, this is the art of allowing, being in vibrational connection to Source, that universal flow of abundance.

Among others, one way to allow and receive, filling ourselves with heart-centered good feelings, is to visualize and create a picture and feeling experience within ourselves of what it’s like when we’re already experiencing and living our desire that’s been manifested. In this way, we feel good and move into complete alignment with All That Is as we embody the manifestation.

I add a final point that we can magnify manifestation when we ask and receive as a community (i.e., “when two or more are gathered”, “agreement = manifestation”). For example, during guided meditation with our community, we can clarify and specify what we desire, and think collectively as we ask to receive that desire from the universe. We can visualize and experience the already-given manifestation, in our hearts, in our being, making it visible and palpable during meditation, intensifying it through our appreciation, gratitude, joy and passion. Combining mind and heart, thought and feeling, we allow and receive in our togetherness. At a later date, we can always return to that experience when we’re alone or together, sustaining and reinforcing the receiving of what has been manifested. Another way to put this is that through our thoughts and feelings, we’ve created a powerful energetic grid that manifests our desire.

As a practice, choose one thing you desire and wish to manifest in your life. Remember to be specific. Next ask for this silently within yourself or aloud, of the universe or whatever source you choose. Focusing in your heart, see and feel this desire manifested. Visualize and experience this manifestation: who you are being; what you are thinking, feeling, sensing; what is your mood, your energy; are others present and how do they show up? Appreciate the experience, feel gratitude, happiness, joy, passion, whatever arises in your heart. Later on, if and when you feel addictions coming back, old patterns of thoughts and emotions – in other words, you’re resisting rather than allowing – breathe and focus in your heart, and return to the experience of the manifestation, the associated images, thoughts and feelings. Ask yourself, “what’s on my mind, what’s in my heart?” See what happens and let me know.

# The Heart of Community

July 29, 2014



PHOTO OF LAMA RANGBAR AND SWAMIJI AT BIG INDIAN

I'm writing this as I return from my trip to Big Indian, New York from the celebration yesterday by three communities of the arrival there of the living statue (murti) of Goddess Mariamma. You can see photos and read testimonials about the celebration on Sai Maa's website ([www.sai-maa.com](http://www.sai-maa.com)).

The black granite Mariamma was gifted to Sai Maa and our community about ten years ago by Sri Tiruchi Mahaswamigal, known to us as Apaji (father). Apaji worshipped the Divine Mother, immediately recognized Sai Maa as her embodiment, and loved and honored Maa as his daughter, expressing this love to all of us as his family. One night he had a dream in which Mariamma came to him and asked to be created and gifted to Maa in order to heal the US, during the time when the anthrax scare was occurring. Mariamma was shipped to the US and spent several years on the property of Sai Maa's home near The Temple of Consciousness, Sai Maa's ashram in Crestone, Colorado.

Sai Maa recently decided to gift Mariamma to the Bodhivastu Foundation that had just received a donation of land from long-time disciples of Swami Rudrananda (known as Rudi). Mariamma arrived at the land in Big Indian a few days ago, and Lama Rangbar, President of the Foundation and spiritual leader of the Bodhivastu community, organized a celebratory event bringing together all our communities.

The personal experience I'm sharing with you now is how immediate my feeling was of remembrance, of a knowingness, of a deep love for several people leading and attending the event. When I met Lama Rangbar, I knew him so well so quickly – I'm sure you've experienced this with certain people – and our words, teachings, hearts, energies are so aligned. Of course,

this is happening by the grace of Sai Maa, as the unfoldment of what is meant to be at this time for all of us. For me, this beautiful new relationship of communities is magnified by similar experiences I had with several individuals who are part of the Bodhivastu and Rudi communities. Others who attended will attest to the same experience.

So what's at the heart of community, exemplified by this example? At the heart are the love and devotion residing in the hearts of the gurus, teachers, leaders, disciples, students, community members. This love and devotion give birth to a common vision, mission, dream, intention. With these come commitment, passion and agreement, leading to collective action, collaboration, co-creation, and finally manifestation. We are living this right now, all three of our communities, centering around the love and healing power of the Mother as Mariamma, expanding across traditions and lineages, spiritual paths and experiences.

I know with all my heart that our three communities are moving forward together, through Maa's presence and grace, Apaji's and Rudi's blessings, Lama's and others' leadership. Keep tuned for new developments related to Mariamma and Big Indian, the construction of the temple, the possibilities for participation in seva (service) by our local communities. Welcome and engage in all the future opportunities for all of us around the world to visit Mariamma, to be healed by the power of her love, to join our hearts together as we create an ever-expanding community and manifest our mission of global enlightenment.

## Keys for Healing

July 8, 2014

The following is a testimonial I wrote about Sai Maa's Healers Day held in Belgium, based upon the recording I was blessed to listen to yesterday. This and other testimonials can be found on Maa's website ([www.sai-maa.com](http://www.sai-maa.com)).

Maa has just offered everyone a day (among many) of wisdom, powerful Shakti, healing and transformation. The grace within continues to flow and unfold. As Maa says, our gratitude is an attitude of grace, and I am so grateful for all that Maa offers us, more and more and more, and how Maa serves us all on so many levels at every instant. Of course, I am not alone in being grateful (more about gratitude later).

With few words (no doilies!), I share with you some of the day's teaching highlights that we can all apply to our lives – **what is key for us to practice right now**. Gratefully, and fortunately, we're blessed with these teachings and practices AND the Shakti and Grace of Maa that we can open to, call upon, use and embody at any time.

Let's begin with **HARMONY**: One of the keys for healers – and all of us – so we're not shaken by the upheavals of current events and circumstances on the planet. This means harmony on all levels (the body down to the cells and DNA), energy channels and centers, aura, thoughts (associated emotions), and our complete electromagnetic field.

How to be harmonious? **STAY CENTERED**. Take responsibility and practice. Use the centering method (at least 40 days before you can visualize it). Use Maa's harmonious energy. Use the Violet Flame.

Use your **HEART** as "a furnace of love". The language of the heart that is beyond words. Studies have shown that the heart's electromagnetic field is larger than the brain's. Focus in the heart, come back to the heart, express through the heart.

**GRATITUDE** is key and brings us into our heart. Feeling, creating this gratitude in our heart towards ourselves especially, including our ego, our personality, our anger, our frustration ... no separation or exclusion in what we welcome within ourselves. Wholeness, harmony. (The exercises with water allowed everyone through gratitude to radiate high frequency energy from the heart into the hands and the water bottle, to create harmony and pleasure in the water, mouth, saliva and blood, entire body...)

**OUR RESPONSIBILITY AS CREATORS**: We can change our karma through our own creation, the information we send into the matter and memory of our cells, our genes and DNA. We create the data and the consequences for ourselves and generations to come. We can shift and transform our karma, our matter, our cells, our genes and DNA, by thinking, activating, reinforcing, within ourselves our divine blueprint of I AM DIVINE ... of Life itself, of the Matrix.

Just as Maa says that Maa is a reminder of who we truly are as Self, as divinity, we can ask ourselves **REMINDER QUESTIONS** (my words). For example, fill in the blanks: **WHAT HAPPENS TO \_\_\_\_\_ WHEN I \_\_\_\_\_**. The first blank may be, "*my red blood cells, this organ, this gland, my brain, my aura, this subtle body or channel or center ... the planet*". The second blank may be, "*When I think this thought? When I feel this emotion? When I have this expectation? When I have this judgment?*"

Yes, we are so blessed to have Maa in our lives, to have incarnated at the same time. No coincidence. So let's remind ourselves to take those actions to heal ourselves, graced by the healing Shakti and Presence of Maa that we can call upon, activate, use whenever we choose.  
OM JAI JAI SAI MAA

## [Heart-Centered Living](#)

July 1, 2014

This post centers you in your heart, so you reap the benefits of moving to, focusing in, creating with, and expressing from your heart.

Not surprisingly, as I am attending more these days to aspects of heart-centered living, more appears in my life to bring forth salient points about the benefits of this way of living life. Three examples have shown up this week, in a book I read called *The Mayo Clinic Guide to Stress-Free Living* by Dr. Amit Sood, an Institute of HeartMath article, "The Energetic Heart:

Bioelectromagnetic Communication Within and Between People”, and a Forum evening program at Landmark Education. I summarize below the teachings from these examples, and then add practices for you to choose from for your own heart-centered living.

Dr. Sood’s book speaks about two brain modes, default and focused. We spend most of our time in the default, meaning the wandering mind, the open files of the unresolved past and uncertain future, filled with negative judgments and habitual patterns of thinking. The focused mode is when we attend to the present world, appreciating novelty and meaning and intentionally choosing adaptive thoughts. In this mode we practice joyful and kind attention, where “the world is a flower” (I see Maa here slowly unfolding and extending petals of a rose). In addition to rewiring the brain to the focused mode through attention, we also refine our interpretations from the negative of our biases to the positive of practicing five core principles of gratitude, compassion, acceptance, forgiveness, and higher meaning. I offer related practices at the end of this column.

The HeartMath article speaks to the electromagnetic energy originating in our heart, where the electrical field of the heart measured through an ECG is 60 times the amplitude of brain waves measured through an EEG. The research examines the impact of the energy from our heart and associated emotions on other people, and what shows up in their brain waves from our heart. Right now as you read this, imagine, feel and radiate the power of your heart, realizing the field you create when you focus there with your breath, breathing in and from your heart.

The Landmark program, although not directly speaking about the heart (“love” was mentioned however by the Forum leader), participants shared with their guests the possibilities they’re creating for themselves and their relationships. From my perspective, although language-centered, these statements radiated the field of energy of the heart, love, as each person expressed their possibilities.

Now I offer you some practices for heart-centered living in your life. Choose, repeat, move from one to another, whatever resonates in your heart, whatever works for you in order for you to live more often in and from your heart.

- First thing in the morning, breathe through your nose and in your heart, let the breath come from your heart as you breathe. Appreciate your breath and heartbeat. Be grateful that you are awake and living another day. Be grateful for 3 people or things in your life, recognizing what you are receiving from the presence of whoever/whatever you are grateful for.
- As Dr. Sood writes, during the day be aware of how you are being with people, and focus upon the 4 A’s (*attention, appreciation, admiration, affection*). I leave to you the details of this practice.
- Look at five people/things during a day practicing “the world is a flower”, noticing specific qualities, aspects, forms, energies. For example, practice this novelty focus with nature, your environment, a loved one, your meal as you eat it (appreciating how the food got to you, who was involved in growing it, or cooking it, or delivering it).

- Notice if your brow is furrowed, or your jaw is tight, your teeth clenched, your neck aching, your shoulders raised or hunched. Breathe into those areas, accept everything about yourself, be tender and care for yourself, continuing to breathe in your heart as you relax. Then massage your brow and smile. Notice the effect of your smile on your body, including your heart.
- Picture what you love doing, who you love being with, what stirs up your passion and fulfills you (whether you actually do this or are with the person physically or not). Combine your images, visualization, with breathing in your heart and notice the results.
- Remind yourself about your heart throughout the day by touching it with both hands as you breathe slowly there. Choose a word to say to yourself as you practice this, for example, “Maa”, “Mother”, “my soul”, “Higher Self”, “I Am”, “Presence”, “caring”, “tenderness”, “love”, “compassion”, “acceptance”, “forgiveness”, whatever comes to you as you focus and breathe in your heart.

## Crossing Borders

May 29, 2014



I'm writing from Vienna as I complete my European tour of four countries (actually five, including an evening meditation across the Swiss border in France). Not surprisingly, I find that there are similarities across borders in the themes of what people are dealing with in themselves and their lives. I'd like to share some highlights. See whether and how these opportunities for transformation resonate within you, and remind you of where you can focus your attention as you do your inner work.

**Balance and alignment:** Several spoke about being off balance, not centered, being affected by their surroundings and circumstances. Teachings: come back to the heart with the breath and focus; return to the present from the past or future; be aware and mindful in daily activities (showering, brushing teeth, eating, talking, walking); with your breath and intention align the heart and the brain (mind), or the heart, brain, higher realms, and Mother Earth.

**From protection to radiance:** Others question how to protect themselves from negative energies of others and surroundings. Protection is a belief that one will be harmed, based in fear, thereby opening yourself up to outside energies. Rather than thinking "I must protect myself", move again into the heart, be heart-centered, bring the fear or thoughts of danger into your heart where they dissolve, and radiate from the heart your love and gratitude (as Sai Maa says, radiate like the sun and all else dissolves and transforms in that light).



Acceptance and compassion: So many people judge themselves, feel unworthy, not living up to expectations and standards that they set or take from others. Self-acceptance is key to being whole and realizing who we are in all our dimensions. Accepting our thought, feeling, energy, inner state – it is what it is, not good or bad, inside of me right now – leads to peace from which we can act with greater clarity and power. Also, when we have compassion for ourselves, we are in our heart being tender, caring, understanding we carry unconscious patterns from childhood, we are more likely to transform.

Regaining your power: People get worn out, drained, unable to take actions that can change their lives. This fatigue has to do with not expressing themselves authentically, including what they want. They don't make requests of others, especially to take care of themselves. Also, they don't say "no", decline requests, for fear of not being liked or disappointing. In other words, personal power, life force, comes from expressing, requesting, and declining.

Moving with the flow: Energy can get stuck, focused in one area, creating imbalance, headaches, contraction, stress. We are a movement, so let's move the body (stretch, dance, exercise); be a movement of energy during meditation (witness and let the thoughts, emotions, sensations pass by without identifying with them); move the energy through us with circular, cyclical breathing (not stopping between the inhale and exhale), directing the energy from head to foot.

Practicing what works, not creating work: Finally, related to daily spiritual practice (sadhana), people complain about not having the time to meditate, being confused about what practices to choose, identifying themselves as "an undisciplined person". What increases our commitment to practice? Doing what resonates with us in the moment, what feels right, what brings us greater peace and joy. Repeating practices for a while so the effects take hold, and we know they're working. Appreciating the results, becoming conscious of the benefits, so that our awareness serves as an incentive to continue. When we're in the groove of the practice, when we realize our transformation, we can rejoice in what's working for us, rather than resisting because it's too much work to keep up our practice.

Know that you're not alone; these themes are common no matter what country you live in. Remember that what you define as problems are opportunities, and use some of the above tips. Share with others what works for you, and ask them to share success stories. We're all in the same boat, moving from the river of life to the ocean of Self.

# I AM LIFE!!!

April 22, 2014



We celebrated Easter together on Sunday with our Arizona community. Like all holidays, Easter is a reminder of where we can focus our attention, what we can create or activate within ourselves, how we can shift our state to remember, to celebrate, to forgive, to transform. We come together as families, as friends, as communities, and this togetherness brings us into our hearts, out of our daily thoughts and routines, we feel gratitude for who and what we have in our lives.

Easter commemorates Master Jesus' resurrection, in other words, our resurrection, our coming back to life, reviving ourselves to new beginnings, new possibilities, that are always present for us in our lives. We are reminded that we always have the ability, the choice, to rise above daily challenges, to realize our inner power and dimensions. Energetically, we can hold the highest frequencies despite what we call "reality" and associated thoughts we create in our mind that create pain and suffering based in fear, low frequency. We can overcome death, being "dead human beings", and live life fully, appreciating our physical form as a vehicle of spirit that never dies.

Our view of life determines how our life occurs to us, how we occur to ourselves in our lives, how others occur to us, and thus how we live our lives. Our view, our perspective, our frame of reference, determines our actions and the results we achieve. Why not allow life to take on a new meaning, of new beginnings in every moment, of resurrection with each breath? Why not say to ourselves, "I Am the Resurrection and the Life!" and realize the possibility with our every thought, feeling and action that we can live again with and as God, Self, Source, whatever name we call our divine essence?

In our community satsang on Easter, we experienced "being here and being there", as Master Jesus said, being in a physical form and yet not limited to physicality, being free and flying in the

higher dimensions of who we are “in reality”. This is the message of Easter – one view or frame of reference – that we are always capable of being here and there, resurrecting and progressing to our ascension, where our physical matter ascends into light, or another interpretation, where we ascend in life, rise above fear, suffering, illusion, into the higher realms of all possibilities.

Let Easter remind us, let all holidays and days remind us, that we have the choice, we are creators, we can be here and there at once, and live our lives as Master Jesus shows us, as all the Masters, living and ascended, show us ... and we can show the same to others in our lives.



# **Being “Me” No Matter What**

April 12, 2014









My surroundings are changing, the settings in which, the people with whom I find myself. You might say my context is changing. Even more accurately, I'm changing my context. When I look up "context", I find: "*the circumstances that form the setting for an event, statement, or idea, and in terms of which it can be fully understood and assessed*". I add to this, the circumstances in which we find/place ourselves, in terms of which we understand and assess ourselves and the world.

Placing ourselves in unfamiliar circumstances, or finding ourselves there, gives us the opportunity to learn more about ourselves and to practice staying true to ourselves, standing in our truth, reinforcing what we value and what's important to us, re-aligning with what truly makes us who we are. Putting it another way, when we place ourselves in unfamiliar, out-of-the-box, novel circumstances, we face our patterns and established ways of being, and



have the chance to come out of them and reinvent ourselves. Put yet another way, we have the chance to allow the “real me” to be expressed through us, to more fully embody this state of being.

When we’re conscious, we see that so much (really everything) in our lives in any moment is interrelated and present for us to learn about ourselves and evolve when we’re ready and willing. As we repeat so many times, there are no coincidences. Lessons abound in every moment, moments that we are creating consciously or unconsciously. These lessons accelerate in new, different circumstances ... changing contexts.

I moved to Scottsdale, Arizona in July for a variety of reasons, including building our spiritual community here, finding work and service in an area filled with health care, resort, and wellness industries and organizations ... and being in much warmer weather, never again using my snow tires. I changed my setting, a new context in which to see myself (as Landmark says, for how I occur to myself and how the world occurs to me).

I’ve been reflecting about, crafting, letting go of, opening up to, ways of seeing myself and what I have to offer. We’ve all heard the questions, “Who am I?” and “Why am I here?” I’ve been wondering, feeling and tapping into some answers without being too in the head or mental about it, since the answers always come from our heart.

I realize through reflection and conversations in Landmark’s Breakthroughs seminar I’m taking, that I’ve been in a box of the familiar, of seeing myself and being seen as Swami in Sai Maa’s community, and what that “means” to me, what I think that means to others. There is no good or bad about this, it is what it is, it’s what’s so. I love and prosper to a certain degree in this context, as I teach, coach, and serve community members and new people around the world who are attracted to Maa, the teachings, me. At the same time, I’ve limited myself, not played “big”, I haven’t been “on the court”, because I’ve stuck to the familiar, not expanded the playing field or my offer in the world.

This is where I’m at now, learning and embodying who “I” am, not attaching myself to a fixed identity, while still being clear with myself and others who I am and what I have to offer. When Ashana and James were at my home a few weeks ago, we spoke about these changing contexts, and the opportunities to become even more established and embodied as who we truly are (i.e., Maa, Self, Source, Creation). To be our truth no matter what the circumstances or context, strengthened in our embodiment through the changes we make, the unfamiliar and out-of-the-box that we create in our lives.

Yes, there is discomfort, nervousness, questioning ... yes, even for me as Swami, as Maa’s long-time disciple. Although I don’t stay in this awareness 100% of the time, I know my discomfort, my shifting view of myself and life, enable me to evolve, are part of my becoming. I know I’m realizing each time the unbounded freedom of beingness available to me, the limitless possibilities for being and living this life ... and, still, it takes persistence, diligence, being out-of-alignment and back-in-alignment.

I stand in front of the microphone during a Breakthroughs evening, facing 50 unfamiliar faces, speaking my “breakdown” of being out of integrity with myself, not honoring my word to be fully expressed in new settings with new people, and speaking to them what I offer, asking for new relationships in which I can offer who I am. Speaking this is a “breakthrough”. I realize again, during and after-the-fact, that speaking from my heart, relating with everyone with all my heart, is who I am and who I am meant to be in life, loving, relating, and co-creating. I am reminded of the possibility I created in Landmark’s Advanced Course in 1993: *“Who I am is the possibility of people creating together.”*

Another example, going to a breakfast meeting of the Phoenix chapter of the Holistic Chamber of Commerce. We were all asked to craft a 1-minute “spiel” about who we are and what we offer. In speaking to this group of about eight unfamiliar and two familiar faces, I wasn’t completely comfortable sticking to a script, and went from head to heart, more fluent and related when I was in the latter. This taught me again about being the offer in each moment rather than speaking it.

This brings me to two days earlier this week when I traveled to Los Angeles to be with my daughter Becky and her mother Leslie, my former wife, and other family members and friends. We came together for a memorial service and days of “sitting Shivah” for Robert (Mo) Morrison, Leslie’s brother and Becky’s uncle, who left the body earlier in the week. Another new context for me of being with Leslie and Becky in these circumstances, and with family members I haven’t seen for 10-15 years or more. I felt, and feel, so close to them, happy to be with them even in this setting, free and comfortable in myself expressing this love, receiving this love, sharing love. I’m truly being me, looking at photos from 40 years ago, being reminded of times when I was a completely different person with extremely opposite thoughts and emotions, and still being present with me and them for who we are now, in all our love for one another. I share three photos above that make me smile, of me and Leslie, me and Becky, and a close-up of Bodhi, the son of Robert’s son Alex and his wife Amelia, a wise 2-year old who is a bright, bright light, filled with love, wonder, and joie-de-vivre. Life goes on ...

As I continue to experiment with changing contexts, breakdowns and breakthroughs, being uncomfortable and being fearless, cleaning up upsets, I invite all of you to do the same. Go for it, push through the discomfort, the fears, the old patterns, and put yourselves in new settings with new people, express yourselves in new ways with the same people, throw yourselves into life passionately, all the while accepting any thoughts and emotions that come up, without identifying yourselves with them or as any one identity. Come back to your heart, realize your Self there more and more, and be “you” no matter what.

# Passion in Action in the New Year

January 15, 2014



**This post comes from my January column in our Sai Maa Arizona newsletter. We're two weeks into the new year, however as I write below, every day can be a day of resolution, action, and reinvention:**

I'm back in Scottsdale for the last two weeks after my two-month tour of Europe and trip to India. Today is Christmas, and I decided to spend time by myself, writing you as I'm immersed in the energy of the Christ Consciousness. Moving onward from today, I wish you all a joyous New Year, recognizing that we create ourselves anew in every moment through our self-awareness and conscious actions, both inner and outer.

My tour has served me in my own self-awareness, as I am in touch with my passion and have declared what is important for me in my life, that I'm an incarnation of Sai Maa and an ambassador of Maa's teachings around the world. You can read more about this in my November 6<sup>th</sup> blog "Here I am! Me voilà!", and you can visualize my tour by taking an excursion through photos on my Facebook page ([www.facebook.com/swamijiauthor](http://www.facebook.com/swamijiauthor)).

I'm reminded at deeper and deeper levels that we transform, evolve, progress through action, as I have in touring five countries, realizing myself and my passion more by expressing myself and learning from those I've been with during workshops, satsangs, and coaching sessions. Although we can make resolutions at any time in our life, I invite you to resolve right now, at the onset of 2014, to uncover your passion, ignite your passion, develop your passion, taking action passionately in important areas of your life.

Here are some tips for accessing your passion and moving into action energized by that passion.

- Breathe and be in the present moment. Passion comes from being aware of who you are now, what's happening now, being in touch with yourself, your world, your life. Come out of the past and future to right now.
- Move into your heart. You find what you value, what's important to you, your truth, in your heart, so breathe and focus there. Acceptance and gratitude bring you into your heart. Passion is heart-centered.
- Create a new perspective about yourself. Realize you are energy, everything is energy, and you can transform your energy at any time, raise your frequency through your thoughts and focus. Know you are a creator who is always connected with multiple dimensions of yourself that are available to you to use at any moment.
- Choose one important area of your life. Visualize what you'd like it to look like, what you're doing, what others are doing, what results are being produced. Feel this new creation in your heart, join your heart and mind. Feel how important this change is to you, and realize again your power to create and make a difference in your life through your actions.
- Begin by taking steps in this area of your life. Come back to your breath, your heart, your power, your vision, as you take action. The more action you take, the more passion you will feel, and the more passion you feel, the more action you will take. Forge this dynamic, creative, evolutionary path of life, one area at a time, which then transforms with practice into all areas at all times, no matter the time of the year.

## **Giving Thanks on So Many Levels**

November 29, 2013



Although it's the next morning here in Delhi, it's still Thanksgiving in the US, so I write this message of gratitude. And who's to say we can't be grateful in every moment, not just on a holiday, as this gratitude leads us to our heart where we find everything we're looking for in life.

I begin this ode of gratitude by showing a photo of Lucinda and myself from a few days ago on the rooftop of Maa's apartment in Puttaparthi. Maa is so present in my life, in so many lives, and I owe my life, what I experience as my life, to Maa. My state of consciousness, my Self-expression, my transformation. I am grateful for when I met Maa almost 20 years ago, and to the love I felt within myself immediately, to the devotion that rose up in me and has continued for so many years, opening me to my own evolution.

I am giving thanks to Baba for Maa, as Maa constantly gives thanks to Baba for Maa. Just being in Puttaparthi with Maa, with Baba so present in the air, in each breath, in walking the streets, sitting under Baba's meditation tree, sitting in the mandir (temple), sitting inside Maa's apartment facing the mandir, outside the apartment facing Maa and other students during Darshan. I repeat, I am grateful to Maa's devotion to Baba, Baba's devotion to Maa, my devotion to Maa, and as Maa says, I could go on and on ... a legacy of devotion, a legacy of Self-realization.

I am grateful for Lucinda, for Joey, for Adam, who through their devotion will carry forward Maa's mission and teachings. I give thanks for the devotion of community members from around the world, as I experience their transformation, their co-creation during my tour of Europe, as I see many in Puttaparthi during this time of Baba's birthday. The devotion of the Japanese who have traveled to India, and who returned with Maa to Japan to be with the growing community there.

I am thankful for my growing realization during this two-month tour of the opportunity and resulting miracles when I put aside my plans and allow, create in the moment what is to manifest

during workshops, satsangs, coaching sessions, during each day. The Grace of Maa flows, the hearts merge, the souls align, perfection unfolds. I recall these miracles occurring in Norway, Belgium, Germany, Austria, and more to come I'm sure in Ireland in a few days. Maa looking down upon us, smiling and rejoicing.

I rejoice and give thanks for the miracle that is happening inside of me, in my getting in touch with my passion and purpose, what brings me joy, what I know to be true for myself in this life. I LOVE being with everyone around the world, growing the community (new cities, new countries), attracting those who are ready for Maa and the teachings, serving as many as possible in their transformation, in realizing their power to create their lives. This tour has been another "mind blower", "heart opener", leading to even more devotion and thankfulness. This tour is leading to many more tours of Europe and elsewhere, decided by Maa and me, traveling every few months to be with and expand community ... going from five to eight countries in April and May 2014, and on and on.

I give thanks to my parents, to my brother, to my entire biological family, serving me to be who I am now, let alone to be in a physical body at this time. I thank the family members who are still living, and those who have lived before during this life, and so many lives before this, my lineage, all the lineages I am part of through my incarnations and through the Grace of Maa.

How could I write a blog without thanking my daughter Becky. She continues to astonish me, with her passion, her dedication, her creativity, her focus, her power, her joie-de-vivre, her devotion to Maa and to applying the teachings in how she lives her life. I am so grateful for the arc of our relationship over these past 33 years of her life, for what she has brought forth within me, for the awareness I have developed through her presence in my life. I am grateful for our being together "In the Path of Light with Maa."

I come back around to my gratitude to MAA, all that MAA is that I am conscious of, all that MAA is that I am not conscious of, all that MAA has been in this life experience, all that MAA has been in other life experiences, all that MAA is in this dimension, all that MAA is in all dimensions. So much gratitude on so many levels. OM JAI JAI SAI MAA

# The Food of Life

November 20, 2013



I've been so nourished traveling to four countries so far on my European tour (Norway, Belgium, Germany, Austria). Yes, I love asking for and tasting the local foods, especially when I can enjoy them with others who live there: local Norwegian cheeses with Mette; Belgian chocolate, cheese, breads, and pastries with Michel and Chantal, and all the participants after my workshop; pear and mohn torten with Sabine, and gingerbread cookies with Caroline, in Germany; all kinds of dumplings (knödel), kaiserschmarrn pancake, apfelstrudel in cream, sacher torte, with Renate,



Margit, and Florian, and participants in my workshop in Vienna ... and I could go on and on, and I will.

I admit I love these foods, and at the same time, I'm not attached to having them. The best part is watching everyone prepare the foods, speaking about the customs, and tasting and discussing the differences. I could say this is community building through the palate, or is that going too far?

The food tasting is one aspect of "the time of my life" that I'm having as I realize my joy and passion in being with all these wonderful members of our community, and many new people who are meeting me, and hearing about Sai Maa and our community for the first time. I witness the deep transformations occurring by the grace of Maa, and the openness of so many to be loved and to finally care for themselves. I'm nourished by what we're co-creating during workshops, coaching sessions, satsangs. As I mentioned in an earlier blog ("Being the Flow"), the miracles happen when I (we) align in the present moment, open to what comes, rest in the heart and in relationship, and allow the collective energy to manifest what is meant to be.

As I continue to travel, meeting new people and being with those I knew before, my declaration is confirmed over and over again, and this is the food of life to me: "Being an incarnation of Sai Maa, and an ambassador of Maa and Maa's teachings around the world." What can be better food to us than realizing and living our purpose?

One final metaphor: we're all chefs cooking the food of life together, adding in the ingredients of who we are individually, our relationships, and what we wish to manifest in our lives. This is truly *Prasad*, blessed food.

## **Friendship and Much More: Companions in the Path**

November 8, 2013



This is a love letter to Herwig and Kerstin. I write this to them, and share this with you, from a place deep in my heart.

I'm sitting in my room in a quaint bed and breakfast called Möwe (seagull) in a town called Tutzing about 40 kilometers from Munich. As has happened to me so many times on this European tour, I never expected this, in this case to be sitting here, spending this special time with my friends. Synchronicity, orchestration by our Beloved Guru Sai Maa, the unfoldment of the Divine Plan. Herwig and Kerstin invited me to be here with them when they realized we were only one hour apart in Germany.

If you don't know Herwig and Kerstin Schoen, you can learn about their pioneering, transformational work with Re-Connective Therapy (RCT) at: <http://www.reconnectivetherapy.com>. On one level, the three of us are lovers of the light, play with the light, discuss light, delve into the depths of light conversationally and energetically. This togetherness in the light is not new to us, there's a knowingness we have been together before, as happens as we all progress in the path. As Maa says, focusing on other lives doesn't matter, it's about now. And now is such a pleasure. We joke, we tease, we laugh, we play. We support one another, through conversation and coaching. On this trip, they worked energetically on my spine, giving me instructions for moving my energy to my feet and up through my whole body, to eliminate blockages in my lower back and to relieve pain in my hip and legs. Healing on a physical level, aside from healing on other levels during our time together.

We walked and talked along the west side of Starnberger Lake, stopped for apple juice and apple strudel soaked in cream (I do eat well when I travel!). As we passed by this outdoor restaurant before stopping there to snack, we ran into friends of Kerstin's from Albuquerque she hadn't seen for years. They had just been speaking about contacting Kerstin when they saw her in front

of them. More divine orchestration in the works. We then drove along the west side of the lake, in a very wealthy area, the narrow road surrounded by very large, elegant mansions and boathouses on the lake. Dinner at a local Tutzing restaurant (bread dumpling with mushroom gravy for me), and a restful night at the hotel. We drove to Ulm together this morning, and now Herwig and Kerstin have departed by car to Brussels for a meeting, and I'm going to have some coaching sessions followed by satsang tonight, a workshop tomorrow, and the same in Karlsruhe on Sunday and Monday before I travel to Vienna for a week.

Back to Herwig and Kerstin and our relationship. Being comfortable together, and authentic. Combining heart and mind in interaction. Picking up on each other's energy, and checking in with each other ... AND (a "big and") having Maa with us, in our hearts, in common, in our path of evolution. We're a family, in love, in light, open to each moment together and all that it brings.

I'm in my heart when I'm with Kerstin and Herwig. In my love, in my soul, in Maa within me. With deep gratitude for our friendship, our companionship, our oneness with Maa and All That Is. OM JAI JAI SAI MAA

**Here I am! Me voilà!**

November 6, 2013





I'm writing from Ulm, Germany where the above photos were taken yesterday.

Yes, here I am, wherever I go, and I'm even more here than before. Let me explain.

As I wrote in the last blog "Being the Flow," I'm blessed to be in the Shakti, energy, movement, spontaneous creation of Maa, Self, Source. Through what has come through me and others during satsangs, workshops, and coaching during my tour so far (Norway, Belgium, and now Germany), I am claiming this presence in the moment more and more, marveling at the miracles of transformation that occur.

As the light you can see in Ulmer Munster Church in the photo above, we are all accessing, embodying, and radiating the light as we come together and realize ourselves.

Words cannot adequately express the joy and passion I am experiencing at this time, as I travel, meet and immediately know people I haven't seen before "in person", and the closeness, togetherness, and co-creation that is unfolding within and among us. We're enthusiastically creating plans and taking actions to build community in Norway, a new community in Sweden, a Scandinavian community. The Belgian community is revving up, expressing new ideas, and creating new conversations to build coherence and leadership in Belgium and throughout Europe. Deep transformation has already occurred in Ulm, and more to come here and then in Vienna, before I go to India to be with Maa and many in Puttaparthi for Baba's birthday. Then comes Ireland.

What came to me , through me, at the end of our "Passion in Action" workshop in Belgium is: "Je suis une incarnation de Maa, et un ambassadeur de Maa et ses enseignements autour du monde", in other words, "I am an incarnation of Maa and an ambassador of Maa and Maa's teachings around the world." Through my time on the tour, and what has happened within and around me, I'm impassioned, empowered, engaged, enthralled with moving in alignment with, in the flow of, this abundance of expression, creation, and transformation that comes with being in the moment, allowing, embracing, incarnating Maa as self.

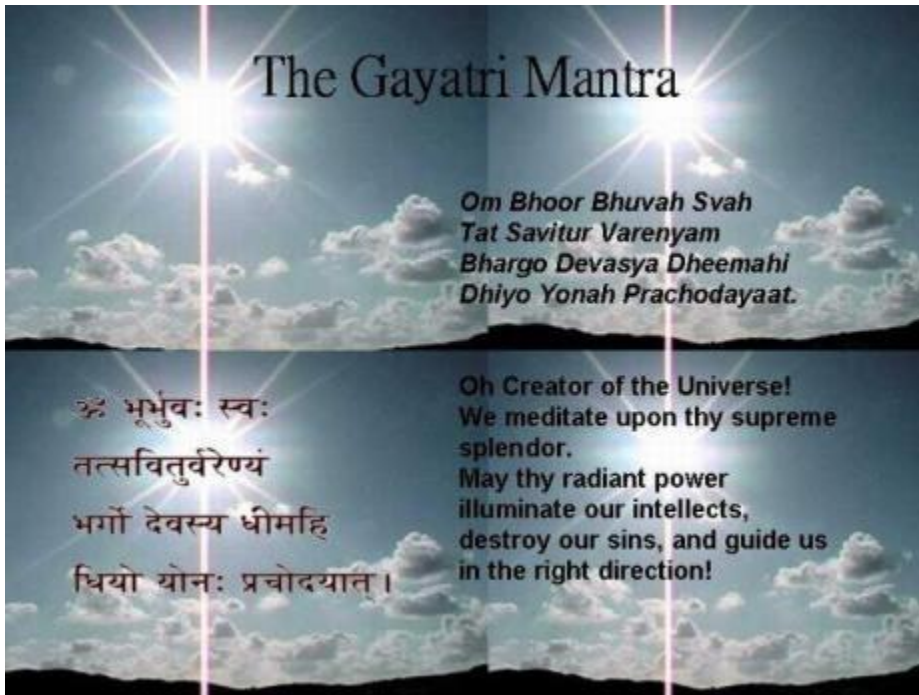
So many adjectives, verbs, and commas, yes? Words don't do justice sometimes to what we experience.

It's a joy for me to uncover, feel, and express this passion within me, for traveling and being with community, for embracing and being embraced as a family, for these heart connections, this knowingness that what is manifesting is true and perfect and meant to be. When it's time, it's time, and here I am!

## **Being the Flow (Baba, The Gayatri, Church Bells, Alleluia!!!)**

October 29, 2013





It's 4:44 in the morning in Oslo, I'm wide awake and out of bed, and I have to write this blog. I'm going with the flow, as I called it yesterday during our workshop, "divine orchestration".

After our workshop on Saturday, "The Healing Power of Meditation," I thought I would be offering "Less Stress, More Success" on Sunday, even though after I arrived in Norway I found that the seva leads who had so beautifully organized the promotion, logistics, and registration,



had advertised the two days as one workshop called “The Healing Power of Meditation.” Coming in on the second day, I reviewed with the group and practiced breathing techniques learned on Saturday, and three simple meditations of heart centering, point of stillness, and So Ham. I intended (outline next to me) to cover different ways to reduce stress and to focus on success: six ways to change your perspective; transforming fears; self-empowerment meditation; communicating authentically; time management; life balance.

Although the days, energies, and states are blending together a bit now, I remember having a conversation with one of the participants about devotion, as he put it appreciation. He suggested that in addition to devotion, practices are required for a person to evolve (something to that effect). I said I understood this perspective, and that practices are very important – we had been learning and practicing and experiencing the effects. At the same time, I shared, we could devote ourselves to a stone, a flower, a mantra, a Master, and in that one-pointed devotion, we could be enlightened (realize the light that is already within us, or that we are already enlightened as Maa says). A case in point of this one-pointed devotion: Maa’s devotion to Sathya Sai Baba.

I then played Baba chanting the Gayatri Mantra from “Embodiments of Love,” the Gayatri, that sacred chant that Baba adored and that transforms so many. I recall reciting it over and over again (doing japa), sitting in a line of men before going into the Baba’s meditation room at 5 am in Puttaparthi. As Maa had been so present in the hall the day before, and now on this Sunday, and now with Baba’s presence, everyone moved into a deep meditative state, merging with the chant, Baba, Maa, Self.

I’d like to add a point about this particular group’s energy. These two days felt like an “advanced” workshop in the sense of how quickly the group of 20 raised its vibration, created a unified field with the higher realms of themselves, with Maa. I think this had to do in part with the fact that many in the group are Reiki practitioners, Masters and Master Teachers. Of course, it has to do with the fact that Maa had orchestrated with us our energetic state and evolution.

We moved into deep stillness following Baba’s chanting of the Gayatri. Then one of the participants, Tobias, shared his state of being, the merging with the chant and Maa, his joy. He ended with shouting Alleluia! and immediately church bells started to chime outside. (Tobias sent me an email after the workshop, writing: “It was as I said overwhelming in the sense I could feel such a strong energy working all the time. I have no doubt in my mind of Maa’s presence. When the church bells started to ring it was like a reminder from my upbringing merging with Maa!”)

Everyone laughed, deeply felt the sacredness of the moment, and moved more and more into a meditative, sacred space within, into communion with each other and with Self. We rested, breathing deeply, as the Grace moved through us. We were held in our one-pointed focus on Self with the chiming of the church bells. After some time, I played “Alleluia” by Robert Gass. Everyone chanted, hearts opened, tears flowed. After another long period of silence, we chanted “Slow Om Namah Shivaya”. The bells rang again ... more sacred moments ... together in stillness. I recall that at some time, in some sequence, we did the Stillness Meditation, offered one another Sai Maa Diksha, continued merging with Self, Maa, creating our unified field.

I feel the energy now, the expansion in my heart, the unity with the group, the immersion in Maa and in Self. I, all of us, are so grateful to Maa, to our souls, for our decision to be together and TO BE IN THE FLOW of what is meant to be, what manifests when “we get out of the way” and open to what is here for us in its abundance. The unexpected possibilities become a reality, and the resulting transformation is so profound.

So ... what I’ve learned again, the reminder that repeats for me (us) to more deeply embody the teaching: trust, have faith, in the sacred moments, the high states of consciousness, the deep transformation, that come with surrender, being fully present with who I AM, with what is available, allowing the actions to be taken without creating roadblocks of creating and holding to plans and expectations, thinking I’m the doer and that I have to do, forgetting about beingness in favor of words and content.

Tobias, Kari, Christine, others, I ask that you share here your experiences, your states of being, some tips for transformation, for being the flow of Self, of Maa, of all that we are in our Oneness.

## [The Cycle of Life](#)

October 25, 2013



Above is one of the sculptures at the Vigeland sculpture park in Oslo, Norway that I just visited on the first stop of my European tour. There's a 43-year gap between this and my last and first visit to Oslo. Click on the photo to enlarge it for closer viewing. The intertwined bodies move upward on the monolith, signifying for me the interconnectedness of our evolution on the planet. The name of the sculpture happens to be "The Cycle of Life."

We're climbing as we evolve, joined with one another in our actions, interactions, impact on one another, creating in our path families, communities, societies, traditions, lineages. Continuation and continuity. This image resonates with me at this particular time as I travel across Europe co-creating community, holding satsangs (gatherings of truth), workshops, coaching sessions, expanding the Sai Maa family. I'm thrilled to be with everyone here, discussing ideas for building the community in Norway and across Scandinavia, including my returning next year with my daughter Becky to offer programs.

In the coaching sessions, common themes arise of not feeling worthy, being rejected or abandoned, not being able to speak up and express one's truth, not living life and wanting to escape, symptoms showing up in the body. The cycle of life continues with repeated patterns in how we see and live our lives. However, at the same time, transformation occurs, new awareness, expanded consciousness, and the effects of these changes on each other's evolution. Therefore, differences in what the cycle of life looks like now compared to the past, new cycles appearing, as we move higher on the monolith to our final return home.

The interconnectedness is more and more evident as we meet new people and feel so close to them immediately, a sign that we've known them before, that we've crossed paths in our evolution over time. I've just been in Oslo a few days and have experienced this knowingness, closeness, intimacy, with several I've met in a community that is just beginning to form. We smile, laugh, are overjoyed at meeting each another and having a common vision for attracting others to the community and creating new interrelationships that accelerate our evolution. Alignment. Heart connections. Soul connections. A unified field. One Love, One Light.

What comes to your mind when you see the sculpture? What do you feel about the cycle of life? The impact of community on the cycle? Your involvement in community, and the effects on your evolution?

## **Opportunities for us TO BE**

October 14, 2013

A few months ago I began writing a monthly column *Sharing Space* for our Sai Maa Arizona community newsletter. Below is my next month's post which I feel will serve those of you reading my blog. Please let me know if that's true for you.

I recently attended an evening program at Landmark here in Scottsdale that David Cunningham led for Forum graduates, families, and friends. As usual, David entertained while bringing home powerful distinctions that helped everyone to shift their perspectives about themselves and their lives, including me. One such distinction is *seeing others as opportunities for us to be*. Not just to be, but to be generous, loving, joyful, forgiving, all of those states of being that makes us happy, that are expansive, that are an expression of who we truly are and are meant to live our lives.

This view has invigorated and enriched my approach to interactions, my relationships in the moment with others. Of course, I've gained the perspective from teachings, practices, experiences, deep-down knowingness, that we are one, we are not separate, we are interrelated and influence each other constantly through our thoughts, emotions, words, and behaviors. At the same time, I have a new "take" on oneness, coming from an appreciation of how others in my life are possibilities, catalysts, springboards, for me to be the best of who I can be, the highest of who I am. Also, in my love and devotion for Maa, I can see others are opportunities for me TO BE MAA.

David added that those who are the most challenging to be with (i.e., those who push our buttons), are the greatest opportunities for us to be loving, all those qualities and energies that are based in love. I invite you to think of one person who really challenges you, and remember how you have been, or are being, when you see that person. Are you reactive, angry, resentful, or are you loving, forgiving, open? Dig down and really feel what it feels like within you when you're with this person. If your experience of yourself falls more into the latter category, realize that you're doing this to yourself, you're creating this state within you. Who you are being is not because of the other person; you are the one creating yourself!

I offer you another invitation: Choose that one person again, and when you see that person (or create an opportunity to see that person), experiment and play with this new perspective of seeing that person as an opportunity for you to be ... to be the best of you, the highest, loving, generous, forgiving, any other qualities and states of being based in love rather than fear.

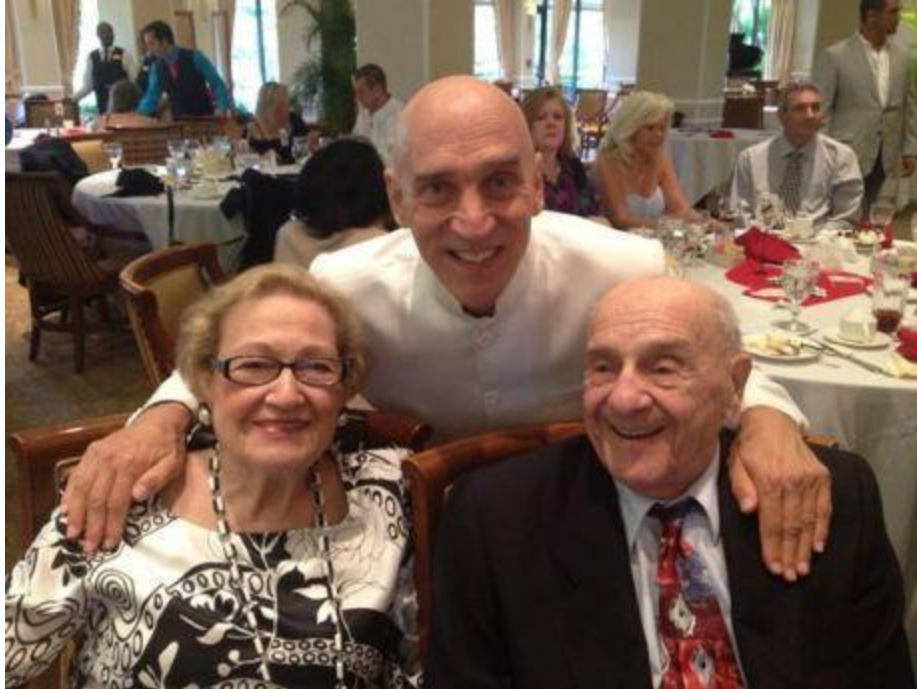
Related to being in community, when you're with community in whatever form that takes, see everyone as an opportunity for you to be ... let's say in this case, to be open, intimate, authentic, creative, loving, in the heart, radiant (energetically) ... add whatever else comes to you ...

David brought up another point that we create a context and shape our environment when we share who we are, who we are being. Therefore, in addition to being this *new you* when you're with others, share who you are, your perspectives on yourself, others, the circumstances, and let this sharing enrich even more the opportunity for you to be, and for others to be with you.

# Loving Family

September 7, 2013





I could call this blog LOVING by itself, however my loving is associated with family in the cases I offer, as you can see in the photos above of my expressive daughter Becky in Sedona, and of me with my Aunt Lottie and Uncle Izzy at a cousin's Bar Mitzvah in Boca Raton. This post speaks to the action and state of loving, to the experience, the benefits, the memories and continuing effects within me. I offer this post as a reminder, reinforcement, stimulant, and catalyst for your loving your family, for your loving every day in your life.

First, aside from the association with family, why am I using the word *loving*? If my memory of grammar serves me well (forgive and correct me if not), *loving* is the present participle form of the verb *to love*. Whatever we call this word, the main point I wish to make about using this form, how I would like you to *feel* this word, is that it is an action and a state of being in the present moment. For example, I am loving Becky, I am loving my family. The feeling, the energy, of this action, of this state, exists right now, is being expressed, is radiating within me and out from me.

I emphasize the *ing-ness* of love so that you take away that you are always able TO BE LOVING, as an action, as a state, and that when you are acting as this, in a state of this, you ARE this. In fact, the *loving* becomes an adjective.

I remember Maharaji (Sri Satuwa Baba Maharaj) speaking many times in this present tense, such as "I am loving you." Sai Maa has also expressed this beingness in the same way. I invite all of you reading this to experiment and play with speaking this way, with the verb *to love*, just so you appreciate the difference, and tap into what is actually present for you in the moment.

Back to my examples of loving. I had the opportunity during both my trips to Sedona and Boca to be with Becky, to feel my love for her, to get to know more about myself, and about my



relationship to Becky. I had never been to Sedona and looked forward to visiting ever since I moved to Scottsdale two months ago. This trip confirmed all of my ideas about the beauty, energy, expansiveness, power of Sedona. You can see more photos of the visit on my Facebook page ([www.facebook.com/SwamijiAuthor](http://www.facebook.com/SwamijiAuthor)).

I realize now that everything about Sedona, the nouns I just wrote above, complemented my being with Becky, and my loving her. I think this is true for all of us, in whatever environment we're in, that the surroundings are part of a package deal in how we are loving, the quality of our loving, the energy of our loving. For me, when Becky and I visited different sites, the energy itself (the vortexes), our pleasure at being there, our interactions with one another, qualified our loving.

In the case of my aunt and uncle at the Bar Mitzvah (and my whole family including Becky), I realize that I was very present with who they are now, with who I am with them now, with my feelings for them, for the relationships as I see and feel them in the present moment. I didn't have any baggage qualifying or blocking my loving of them. I appreciated them within a context of my past and present relationships with them, without the past clouding my loving them right now. All was *present tense*, loving as *present participle*, all informed by my life experiences with them. I could appreciate their aging (for example, my uncle is 90 and not able to see), my own aging (63 and no longer a child), and Becky's aging (she showed our family a DVD she created recently of old footage from over 28 years ago when she was 4 and we were all celebrating my mother's 65<sup>th</sup> birthday).

What about the benefits of loving? When we are in the present and fully loving, we access and express the essence of who we are, the high frequency and healing power of our love. We appreciate the present moment as we are loving, in our loving. In a state of loving, we embody our love, as it moves throughout and around us. In loving family, the intimacy of our relationships magnifies our loving, and therefore, the experience, state, energy, effects of our loving.

As we close this post, and open ourselves to new possibilities for our loving, I offer some questions for you to ask yourselves about *loving family* (and loving anyone in your life): Can I be in the present tense as I am loving my family? Am I appreciating my loving, their loving, right now? Am I witnessing any thoughts or emotions associated with the past, and coming back to the present and being in a state of loving with my family? Can I play with the action and state of loving? Am I aware of my experience, my energy, my state, when I am loving my family?

Let me know what happens with your perspective about loving, with your practice of loving, with the effects of your loving for yourselves and others.



# Shake Things Up: The Power of a Moment

August 9, 2013



Peter Bregman has inspired me again with one of his Harvard Business Review blogs, titled “A Question That Can Change Your Life.”

Yes, we’ve all heard about or read The Power of Now by Eckhart Tolle. Many of us know about mindfulness, breathing and being in the present moment. Sai Maa speaks about NOWISM. At the same time, it’s useful for us to be reminded, to look in a new way at how present we are or are not in each moment, so that our awareness is developed, strengthened, shifted, reinforced ... so we take action in the present and benefit from the moment through the results of our actions.

As I’ve written, everything is action. Actions take place within us (the thoughts and feelings we create, our perspectives and where we focus our attention). Actions take place in our interactions, conversations, what we do in the world (waking up, showering, shaving, eating, driving, working, socializing).

The point is to be aware of our actions, to be in the present moment, to know what’s important to us, to notice if we’re hesitating, resisting, or blocked in our actions, and to GO FOR IT, realize our power by expressing ourselves (to ourselves, in the world), in order to make a difference, to have the greatest impact for ourselves and for others.

As Peter states, we’re to ask ourselves the question, ***“What can I do, right now, that would be the most powerful use of this moment?”***

Peter writes about what appear to be outer actions, although we can also interpret some as inner actions: he asks what can we say, what actions can we take, what questions can we ask, what issues can we bring up, what decisions can we make with the greatest impact?

As for myself, I could have stayed in bed longer. I could have decided not to meditate. I could have focused on a thought that was uncomfortable, bothering me, for longer than I did. The most powerful thing I can do right now is ...

Peter adds that we're to ask ourselves questions, answering them honestly, and that this is the path to choosing new actions that can bring better outcomes. Taking bold actions that create new opportunities. I add: taking actions that manifest possibilities that are already here waiting for us. Peter writes about "emotional courage", and I add that this courage becomes a habit, a pattern, a consistent practice, all the way to becoming an embodiment, a state and way of being.

As Peter always does, he provides us with powerful examples from life, many times about himself and his life, examples from his work. In this blog he also provides an inspiring video that has drawn over 2.5 million to view it on YouTube.

Billy Joel was speaking at Vanderbilt University to a large group of students, and one student (Michael Pollack) raises his hand and asks Billy Joel whether he can accompany him in a performance of "New York State of Mind". Billy hesitates for just a second and says "OK". The action Michael took in that exact moment of asking the question led to a moment he says is the greatest moment of his life. It also led to an inspiring moment for everyone who was there and who has viewed the video.

I provide the link to this video below as well as to Peter's insightful article. I also provide a link to iTunes where you can listen to Michael Pollack playing the piano and singing three songs he has written. One song in particular, "Chances Are" clearly expresses Michael's perspective about benefiting from the moment through action. Some of the lyrics are: "Never hesitate to take what's given. Chances are this chance won't come again."

Before viewing the videos, I end with some more words from Peter and a few of mine:

Peter: "Your greatest opportunity is to use your time in a way that will garner the most productive return. To take risks that will shake things up."

Shaking ourselves out of our stupor, old habits, comfort zone, normal ways of being and acting, in order to use each moment we are alive to its fullest, to be the most powerful in our actions, in how we express ourselves to ourselves and in the world. Picture Michael raising his hand, standing up, and asking for what he wants that is most important to him. Michael expressing himself to Billy, and what comes as a result of that one moment in time.

Billy Joel and Michael Pollack video: <https://shorturl.at/vFOWZ>

Peter's article: <https://hbr.org/2013/08/a-question-that-can-change-you>

Michael Pollack's iTunes music: <https://www.shazam.com/track/103482348/chances-are>

# HAPPY BIRTHDAY TO US ALL!

August 2, 2013



Look at this photo, and take into account that my guru Sai Maa has been in a physical form in this life for 60 years as of today. The beauty, the grace, the radiance, the outpouring of the divine love of Maa. The tenderness, caring, compassion, constant service of Maa. In Maa's presence (physical and energetic), we are loved, accepted, embraced, cherished.

Yes, Maa is a devoted, enlightened Master whose mission is for all of us to know how loved we are, to realize we are that love, to express that love, to be that love in every moment of our lives, serving each other and the planet. This realization, this expression, living in this state of being, is the greatest gift to Maa, a true birthday gift.

I have moved into different states of consciousness through my years with Maa (19 in exactly one month from today). My evolution continues, as I love Maa more and more, devote myself to Maa more and more. This love, this devotion, is to Maa in a physical form, AND way beyond the physical, in the realization, the knowingness, that Maa is within me, even beyond "within" to a state of "being one with Maa", no inside and outside, no "me" relative to Maa.

Every moment is a new birth when this oneness, this union, is realized. This realization takes place through ACTION, meaning inner actions of thoughts and emotions, perspectives and frames of mind, that are ALIGNED WITH Maa, with this knowingness, inner Truth that I am, that we are, Maa. Maa as love, light, Self, Source, God. Aligned inner actions combined with outer actions of speaking, interacting, behaving, engaging in the world, in this alignment with Maa. This alignment is the same as being divine love in action. Being in the heart, coming from the heart, expressing ourselves with all our heart.

I could go on and on about Maa, about love and devotion, about alignment in action. Instead, I ask those of you who know Maa, who have been in Maa's presence, who have been impacted by Maa in some way, who are devoted to Maa on some level, to take a minute now to experience Maa within you. Feel whatever love you feel for Maa, be grateful to Maa, remember the life consequences of Maa being with you, call upon Maa's love, Maa's energy within you.

For those of you who have not met Maa yet in this life, imagine a loving mother who loves you with no conditions, no matter what you think or feel, or how you act or live your life. Imagine that this mother is within your heart, and breathe deeply there for a few minutes, opening to the love of this mother, to a pure love that fills you completely from head to foot.

Take this love, merge in this love, and see how you can share it, express it, in your life after you read this message. The action you take, this love in action, can take the form of how you speak to the next person you see, how you speak to yourself about yourself or what is happening in your life, how you interact with someone you see in the next few minutes or hours.

Be the birthday gift for Maa that Maa knows you can be, that you are already and are not as aware of yet within yourself. Gift the world with your presence, with your self-expression, today and every day. Celebrate Maa's birthday in your every action.

OM JAI JAI SAI MAA

I honor the Divine Mother within you, within me, within all of us

**La vie est belle!**

June 11, 2013



I'm sitting here in Belgium looking outside at a tree, after a delicious meal of lentils and rice, squash stuffed with other vegetables, prepared by my hostess Chantal. Memories pass through me of my time in Ireland just before this, traveling through the beautiful countryside visiting many of the communities across Ireland. The rolling hills and winding fences, the shades of green, the grazing sheep and cows, AND record-breaking warm weather unheard of in Ireland since 1995 – what timing!

More about Ireland: My time with Dympna visiting Lockcrew, walking up the hill with a group of tourists there at the same time, crouching down to visit the 5000-year old tombs with carvings in the stone of the sun, rays of light, nature, and experiencing and merging in the very joyful feminine energy of this sacred land.

Driving with David everywhere, including the lakes and town of Killarney, visiting Maeve and Louise in Kenmare, having ice cream in the park together as the church bells rang, eating pizza and pasta in an Italian restaurant, buying an Aran Island hand-knit sweater (for when I'm not in the Scottsdale, AZ sun!). Visiting a VERY powerful site, the Bureen (see photo above), and walking slowly through the pasture with Mary B and David, coming to ruins of monasteries, sitting on the grass washed by the energy of the Divine Feminine, centuries of worship. At the end of my visit, after three satsangs, during a workshop in Cork learning about how to reduce stress and be successful. All of us dancing in the courtyard alongside more pastures and greenery, relaxing and expressing ourselves in movement.

And what about my time before Ireland? A week in Quebec, beginning in Montreal with Maa's darshan. A peacock feather drops from the fan of feathers Maa places on everyone's face and body during darshan. Maa calls me over, handing me the feather and saying, "For your new home." What a way to begin my journey. Being with "toute la gang" in Quebec, my family, five

satsangs and three workshops. Staying with Alain and Denise, so loving and gracious, delicious meals and company, walking in a park beside the water, going to Chateau Frontenac for steam, pool, and Jacuzzi, spending time with sweet young Robin and other youth (Charles and Genevieve), fun times with Jacques as always (this time including chocolate brownie and hot chocolate!).

Spending time with Caroline, laughing as we watched a downpour of rain, eating ice cream dipped in chocolate with others after the Montreal workshop (a lot centers around food, n'est-ce pas?). Caroline taking me to the luxurious Scandinave spa at the end of my visit – two rotations through steam, sauna, huge hot tub with waterfall to massage body, dip in cold water, laying on couch to relax and vibrate. This reminds me of my spa time at Caroline's and Bernard's peaceful, high vibration home – more gracious, loving hosts, with three friendly dogs! And one very important note: Let me express my deep gratitude for the communication in our global community that I love popcorn, and the fact that bags of popcorn were waiting for me in Quebec and Ireland!!! We'll see about Belgium ...

And what about before Quebec? Precious time with Becky in New York!!! Just being together, walking through the streets, talking and sharing, more eating, and being inspired once again by everything about Becky. One powerful example: her dancing!!! In addition to producing films and commercials, and the non-profit she just started (see [www.globetops.com](http://www.globetops.com)), Becky is a member of a professional African dance troupe, Harambee. The group has been trying for 20 years to get into the renowned Dance Africa spectacle at the Brooklyn Academy of Music (2000 in the audience), and Becky joins the troupe and they're accepted four months later. Becky danced with her troupe, and three others accepted this year (including an incredible one from Zimbabwe). She was the only white (and blond) dancer among 100. Did she stand out!? She is so joyous, vibrant, passionate, expressive when she dances – as she is in all areas of her life. As Maa often says, "I could go on and on."

My trip to NYC also included seeing Becky's mother, Leslie, and her new husband Michael, and an old friend Nathalie (we're creating new memories). I also reunited with another friend, Beth who I've known for over 30 years. I worked with her at the Hay Group, and she is the one who was invited to Maa's first solo workshop in the US almost 19 years ago, and I said to her, "Oh, that sounds interesting, can I come?" !!!!!!!!!!!!!!! Of course, I also saw Ronald and Michael who I met at that time, and with whom I traveled to Egypt with Maa for the first time (stories about this trip and many others, and my first experience with Maa, are in my book, *In the Path of Light with Maa*, along with excerpts on my website, [www.inthepathoflight.com](http://www.inthepathoflight.com)).

And now for Belgium. My first satsang tonight among four or five, with two workshops this coming weekend. Then back to Colorado for Maa's "Journey of Enlightened Awareness" in Vail AND then I drive to Scottsdale where my new rented home and furniture will be waiting for me (thanks to Billie and John for their gracious assistance with my move).

Yes, la vie est belle (not just in the movie!). Life becomes more and more beautiful as I, as we, open to all of its possibilities, its abundance, and we take action with commitment and passion, in our path to the light, in our path of light. Many joyous times ahead!



# Keep on Movin'

May 3, 2013



I've written before, and Maa has said, we're a movement ... of energy, of Shakti, of creation. So I add now: *let's keep on movin'!* It has also been sung before.

Movin' means acting, expressing, breathing and moving through resistance, hesitation, going with the flow, going for it, daring, tapping into the power of Creation within us, moving with the rhythm of life, our divine impulse as Maa says. It means not comprising or resting in the status quo, reinventing ourselves (FYI, I've created a new workshop called, "Revive, Renew, Reinvent!").

Trust and faith come into play here, again. Trusting that we have everything within us, abundance, power, multiple dimensions, gifts, talents, inner wisdom and knowingness. Having faith that we are much more than this physical body, not limited by or attached to the identity we've created for ourselves.

Speaking about identity, and about moving (on more than one level as you'll see), I'd like to share about myself. Just before I met Maa almost 19 years ago, I *lost my identity*, meaning I lost many external references I had created my identity around: my mother and brother died, I was fired from my job, I got divorced. I was a blank slate, *tabula rasa*, and Maa appeared (you can read much more about this in my book, [In the Path of Light with Maa](#)). Once with Maa, my identity has been recreated over and over again, and my movement has accelerated (through decisions and actions for my transformation).



I'm no longer at the Crestone ashram as the "Resident Spiritual Master" (identify by title). I *moved* to Evergreen ... and now I'm *moving* to Scottsdale, AZ. By moving, I don't just mean physically transporting myself, but what underlies these moves. I'm recreating myself and how I show up in the world, how I express myself, what I offer to others. I know the move is right, and I'm going with it without hesitation. When the possibility of moving to Scottsdale came up at Maa's Denver event, and in a conversation and texts I had with Maa, my immediate response was "Yes, Maa!". Again, this means knowing it's right, being ready and acting. Knowing that this decision, this action, is blessed by Maa, in other words, it's aligned with my soul, my Self, what is best and the highest for me in this life at this time.

Keeping with this theme of *keep on movin'*, I'd like to add a point recently made by Muktananda about one of the elements of the 5<sup>th</sup> dimension that we and the planet are moving into, whether we're conscious of this or not. He wrote about "adaptable identities" as one element. I love the message and energy of these words. Although identity does connote some limitation, I like the idea of constantly adapting our identity, or recreating it, faster and faster with our accelerated times. Reinventing our identities in accord with what's rising within us to be expressed, our continuing realization of who we truly are, our purpose for being alive now. Adapting ourselves as new possibilities open to us because we're opening and realizing and deciding and acting, in movement with the new planetary energies, with the new awareness of all the endless possibilities available to us.

So ... I'm moving, in more ways than one, and in each moment when I align with that inner voice and knowingness, that energy and vibration within me of my Truth.

I invite you all to *keep on movin'* ... of course, that could also mean joining me in Scottsdale if you're so inclined (or aligned)!

## **BEAUTY**

March 28, 2013



Beauty is in the eye of the beholder, and it's also in the energy of the beholder and what is beheld.

Take a look at the beauty of Mona Lisa above: her smile, her eyes, the graceful position of her hands, the curves of her body, nature that surrounds her ... whatever else you see and feel.

Beauty is high vibration, it touches our heart, it resonates with our inner essence which is the highest vibration of love, it is aligned with our soul. We are attracted to beauty, we smile, we admire, we are stimulated and energized in its presence.

What is beauty for you? How do you define it? How do you know when it is present? How do you feel when you see it, hear it, sense it, perceive it? What is created inside of you when you are in the presence of beauty?

For me, beauty is associated with grace, elegance, refinement, richness, impeccability, harmony, balance ... what words/energies come to you?

I am reminded of, immersed in, beauty when I am with Maa, when I think about Maa. I had the honor, blessing, pleasure, joy, of being with Maa recently as we were surrounded by beauty Maa has created, nature has created, we created together.

What comes to me about this time is feeling completely at home, so comfortable, so natural, while also feeling ecstatic, bubbling, pulsating, as I walked around, admired, noticed and became

more and more aware of all the beauty around me, in every “nook and cranny” of what surrounded me. Being immersed in this beauty, I was in my heart, and I smiled, laughed, and relished everything I saw, heard, smelled, touched, and tasted. Maa didn’t know the word “relish”, yet it so perfectly describes sensing and taking in this beauty.

So, back to the eye of the beholder. I invite you to notice the beauty around you, breathing slowly and taking it all in, appreciating it, being gratitude for its presence in your life.

I ask you to take whatever actions lead you to surrounding yourself with, immersing yourself in, enjoying, whatever is beauty for you (e.g., nature, any of the arts, clothing, cuisine, décor, any relationships). Ask yourself what you can create right now in your life that is beautiful, how you can increase beauty in your life? Once you’re clear, take action and manifest it.

Visualize what is beautiful to you, see it, feel it, make it as palpable as possible within you. Move in your heart and love this beauty. With all your heart, create the intention that this beauty appear in your life. See it manifested. Take a deep breath, and let it move through you.

Continue to reflect about beauty as often as you like, answering some of the questions posed earlier in this blog. Notice examples in your life, become more aware of them, appreciate them. Commit to regularly create beauty in your life, to surround yourself with it. Notice your energy when beauty is present, the state of your being, how your thoughts and feelings change.

Post on this blog what beauty is for you, what you are aware of now about beauty compared with before, how you are creating more beauty in your life.

Look at Mona Lisa again and smile.

## **The Door Is Always Open (we just think it’s closed)**

March 23, 2013



I've been reminded over and over again how I set limits to my relationship with Maa, even after all our years together. I think many of you can identify with this limiting perspective and associated behaviors, whether it's about Maa or about anyone or anything in our lives. I say to myself, Maa is very busy, occupied with traveling, programs, non-stop seva. I don't want to disturb Maa. I don't want to add to Maa's schedule, I want to leave space.

A recent powerful example of this was when Maa asked me why I don't call and ask to see Maa. I'm not saying that everyone is to call Maa and invite themselves to be with Maa. Discernment is important in relationships. However, it never occurred to me that Maa would wish for me to do this, especially in this particular circumstance and timing. I was mistaken, and the choice I made came from a limited awareness of what was possible for me in my relationship with Maa.

I use this as a lesson for all of us to take a look at our self-limiting perspectives, at how we create barriers to what is actually possible for us that can bring us great joy, transform our lives, fulfill what we truly want deep down, or even at the surface. ***The universe has an "open door policy": what an outlook!!!*** We are the ones who close the doors in our mind's eye, so that we do not enter a new, more abundant and miraculous reality.

Maa has offered me again great wisdom, opened my eyes, increased my awareness, which enables me to realize what I am offered in my relationship with Maa, thus my relationship with my Self, with Life, with the realm of all possibilities always present. This is truly REALIZATION, of all the open doors that are here for us at any moment. Doors to the multiple dimensions of who we are, to what we can access in life, by shifting our perspective, opening to a new awareness that allows us to see the open doors and walk through them, progressing in our path of conscious evolution, in the path to the light, to Maa, to Self.

# Practicing with Adoration and Urgency

March 10, 2013

I know that I only wrote two blogs from the Kumbh, the last one at the end of January, and some of you may have been waiting for more communication. My explanation is that I was immersed in the energy of the Kumbh, my sadhana (daily practice), and the many activities during the five weeks there, and then I returned to Evergreen 2 ½ weeks ago.

Importantly, I am still in that place of devotion and adoration that I described in my last blog, for Maa, for Self, for all of the dimensions that I am, that we are. I continue to access this space within me through my daily practice of being still, breathing, opening to and calling upon my Atma, and all the dimensions within me.

For your own practice, I remind you all about **adoration**, and also about the importance of **going for it**, not wasting time, taking action now, to access these dimensions (energies, states) within us, thus transforming ourselves as we allow them to move through us. For me, this **combination of adoration and urgency** (Now!) intensifies the effects, the results of this inner work. Of course, underlying this work is trust and faith, for me a deeper knowingness that these dimensions, energies, are part of me, always present to be activated and used for my transformation. Let my knowingness reinforce the same within you, so that you devote yourselves to this inner work and transformation.

Today is Maha Shivaratri, the celebration of Lord Shiva, the deity, God, energy that transmutes, transforms, destroys for new creation to take place. Shiva is that Shiv, pure space, pure consciousness that we are in essence. I am reminded of this pure consciousness that was so prevalent at the Kumbh Mela in Allahabad, and is still so present as I access this energy, Shakti. Maa is activating this energy within us, having asked us to only chant during satsangs (community gatherings) so that the Kumbh energy moves through us. Maa will activate this Kumbh energy, healing power, as we chant with Maa on March 31<sup>st</sup> in Denver. During my practice, as I breathe and open, I activate this unified field, this oneness consciousness of the Kumbh energy. I become a unified field of all of my dimensions, this wholeness.

I feel NEW since being at the Kumbh, and as I practice and access/activate these energies. I think that many of you can identify with this sense, feeling, state of NEWNESS, since the energies coming on the planet, let alone the Kumbh energies, penetrate and transform us, especially when we are conscious and open. New energies, new states, new species, a new era of light and oneness.

In this unfolding path of being NEW, I provide you below with one of the many photos taken of me during a photo shoot that took place a week ago with four wonderful photographers and community members (Julia, Rayna, Stephan and Madison). I intend on placing some of these photos on Facebook, and will be using them for new flyers, bios, and website pages. The new

look, the new clothes, are just part of the package of my “becoming”, of the new and evolving energy, consciousness, state, realization, manifestation of the New Swamiji. I write this from a place, a perspective, a context, of all of us transforming and being NEW, newer and newer with each day, with each breath, with each practice and moment that we spend devoting ourselves to our inner work and inner/outer transformation. I’m no different in my newness than all of you; I’m just writing about it!

That’s it for now. Write back and share your own sense of NEWNESS, of what the combination of adoration and urgency means for you in your practice or approach to living your life.

ONE DIMENSION OF THE NEW SWAMIJI:



## **Devotion, Adoration, Union**

January 25, 2013

I begin with some tidbits about the Kumbh week, then some teachings from a satsang I held with the Japanese group, then a recognition I came to through my time with Maa (thus the title of this blog).

Kumbh remembrances:

- Some personal time with Maa, as always nourishing and invigorating me, immersing me in my devotion and love for Maa, deepening and accelerating my transformation.
- Appreciating the qualities and practices of the Japanese: complete openness and curiosity about the Indian culture and Maa’s teachings, wonderment and delight at whatever arises,

a “gung-ho” spirit, always ready, prepared, showing up ahead of time for scheduled activities, the comfort and efficiencies of order, organization, and discipline

- Laughing as we throw snack food up the air and into the Yamuna River at hundreds of sea gulls swooping and gathering around our boats (including Maa’s), as we call them with “Ahwooooooo!” – so far a weekly activity with Maa
- Cherishing with pride my guru, as two well known gurus sit on stage with Maa offering discourses to us (in the outside Darshan area of our campsite) – gurus who are very selective about who they visit at the Kumbh – and remembering the time years ago when Maa wasn’t allowed to sit on the stage with other male gurus because Maa is a woman.
- The yagna today for “Material and Spiritual Abundance,” hearing the “Swaha’s” (“So Be It!”) in the background as I write this post (I’m on the 5-7 am shift tomorrow morning of offering to the sacred fire). Wait, I have to lie down for a 15-minute rest-the-body relaxation period! More to come ...
- The opportunity I had to share some time and teachings with the group, reminding me of the ten years I spent working with the Japanese in the 80’s, and traveling to Japan, at a time when they were opening up many US offices and I consulted with Japanese management about localization and human resources practices to use when working with Americans. Our satsang including among others the following points:
  - My gratitude to the group for coming to a country they haven’t experienced before, to be with Maa who many have not met before, to dive into practices they haven’t done before.
  - The key to alignment and enlightenment being devotion and discipline, two actions/states I feel are inherent in the Japanese culture: they are devoted to family, work, country, spirit, and disciplined in their organization and commitment to practice).
  - The power of love, like the love I felt when I first met Maa, and my first words of asking for Maa to embrace me in her arms; how this love is inside all of us, and is activated by the presence of our guru.
  - The importance of breathing and being a movement, how breathing and the three steps of acknowledging, accepting, and welcoming bring us freedom and into the flow of alignment.

I end with a realization that is bringing me even closer to Maa, as my Self, and recurs now as a regular practice for me.

I have always been devoted to Maa since our first meeting (except for a very short period of doubt I describe in my book, In the Path of Light with Maa). As Maa says, devotion is not an emotion, it’s a state of being and doesn’t go up and down like emotions. Maa spoke recently about adoration – I think it was in the context of being with your guru. Just take in this word, its meaning, its energy, whatever arises in you. When I call upon this adoration within me, when I remind myself to adore Maa, that I adore Maa, I am completely present with Maa, my eyes and heart are fixed upon Maa when I have the blessing to be in Maa’s presence, when I see Maa in my mind’s eye during meditation or when I pause and close my eyes. We can all adore Maa with eyes open or closed, in Maa’s presence physically or within us. This also extends to adoring the light we activate within us during our practices, when we remember that we actually are light.



We can adore our multidimensionality, all of the higher aspects of ourselves that are always available to us when we remember.

In this adoration (especially of Maa), I merge and move into oneness, I experience union and become that state of unity, a unified field of light as Maa speaks of during the 40 Days of Light program. We access our unified field of consciousness by devoting ourselves to and adoring our divinity as Maa, as love, as light. I ask that you remember this, fill your practice and everyday life with adoration, and see what happens. Let me know, inform me about the different aspects and impacts of adoration. Remember: *devotion ... adoration ... union.*

## [Blessings of the Kumbh](#)

January 18, 2013



I've been in Allahabad at the Kumbh for a week. A week that feels like years, as is always the case when I'm with Maa (many can attest to the same experience). As Maa said to the group an hour ago, breaking silence because the first group is leaving tomorrow, we are here at the Kumbh, we are here in life, to remember, to know ourselves again as Atma, Soul, to realize that we are already enlightened and are only light. We are not the maya or illusion of what we think we are, not the limiting thoughts and feelings we identify with, that are created by the limited mind, the ego. Maa offered me another blessing yesterday morning after meditation and Aarti, by asking me to read from Maa's seva book, those gems that are filled with profound teachings, pearls of wisdom as I say. The last sentence I read, one that is placed on our schedule board for everyone to remember is: ***USE THE SHAKTI OF KUMBH FOR A RAPID REARRANGEMENT OF CONSCIOUSNESS.***

Why don't we use the Shakti of Maa, always present for and within us, to do the same every day, tapping into the transformative power of Creation? When we surrender, allow, devote ourselves

to Maa, or any Guru or enlightened Master, we are in truth bowing to and merging with our true Self. When we have the blessing of being in the presence of a living Guru, we are not to take that divine being for granted, through our devotion we allow the Master as a roaring sacred fire to spark our flame so that it grows and expands until we know ourselves as that divine being.

Since arriving at the Kumbh, the discipline of our practices, and the regular schedule of Darshan for thousands and thousands who are attracted to Maa throughout Allahabad and beyond, enable us to go within, to gain new “in-sights”, to commune with our soul, our Atma, to take the time to know ourselves. Our schedule: 6:30 am meditation (mantras, pranayama, chanting of OM), Sai Maa Diksha, Aarti, breakfast (the meals are delicious ... and not spicy!), seva (selfless service, chores), lunch, rest, seva, Darshan with Maa at 4:30 for students and the general public, dinner, sometimes satsang/teachings with Maa, Hindu deity movies for the general public. Interspersed during some days are visits to the nearby campsite of Santosh Dasji (Mahantji, the successor of Maharaji). A refreshing walk past different camps to reach the water, and a trip with Maa in boats on the Ganga, making calling sounds to the seagulls and throwing them food, as Maa laughs and listens to our mostly in unison chants from the different boats.

We just completed the first of five yagnas (fire ceremonies) that are taking place here over the five weeks, all night long, with each of us offering to the sacred fire twice during 2-hour shifts of eleven students each. Maa is working energetically on everyone who is sponsoring the yagnas (this one was for health and well being), as well as those who are part of the lineage program, where Maa is cleansing us of impurities, obstacles, low vibration energies from past generations. Maa stated this morning that this Maha Kumbh (every 12 years in Allahabad which is the “biggest of the big”) is unlike any other Kumbh, the most powerful ever, serving everyone here and the planet.

The majesty and power of our Maa as a Master, as a Divine Mother, as a Jagadguru, are now recognized and honored in India, reflected in the very large parcel of land Maa received to build our shivir (campsite), that is centrally located, unlike years ago when we were far away on a small piece of land. The design and construction of the camp are now representative of the grace, elegance, and impeccability of our Maa. Thousands are coming to pranam (bow their heads in respect) to Maa, a natural practice in India for so many who are devoted from birth to Masters and deities. Each day media come from TV stations, newspapers, all craving interviews with Maa, while several students are interviewed about why they have come to the Kumbh, what attracts them, their backgrounds.

Maharaji is not physically present here, however his love for and devotion to Maa, and to all of us, are palpable and intermingled with the Shakti of Maa, all of the Gurus and Saints present here, and Mata Ganga, the sacred Ganges River. We had our first Sai Snan (sacred bath) with millions, including a procession to the water, on January 14<sup>th</sup>, with two more to come next month. Cleansing by dunking ourselves three times, with Maa beside us in the water dunking, splashing, and laughing! This reminds me of times when we were all with Maa and Maharaji in the Ganga, doing the same, also Maa holding Maharaji in the water off the island of Mauritius where Maa was born, as he floated gracefully on his back.

As Maa often says, “I could go on and on,” however I won’t. I invite you to post some questions about what you’d like to know about the Kumbh, our time here, whatever comes to you as you read this. Thank you for being with me, with all of us, at such a sacred, powerful time on the planet. OM JAI JAI SAI MAA

## [A Fitting Farewell to Mumbai](#)

January 10, 2013

My 50th post!!!

I’m making this a short post. I leave the hotel early tomorrow morning for my flight to Varanasi, and then on to Allahabad by bus with the first group of students attending the Kumbh with Maa at our shivir (campsite). I will report more from there over the five weeks until I return to Mumbai to pick up my new clothes, see a few more sites, and return to the US after three months in India.

I didn’t report about events from yesterday, as they were “uneventful”, standing in line again with many devotees to enter a temple, this time the well known Ganesh or Siddhivinayak temple. I do wish to leave you with a final note from Mumbai, however, which happened just a few minutes ago when I was traveling back to the hotel in auto rickshaw from my final fitting at the men’s clothing store.

My driver started to speak with me, and it turns out he’s a pundit (priest) who is going to the Kumbh too – a rickshaw driver in his spare time!!! He was thrilled to speak with me and find out I am leaving tomorrow. We spoke about the snan (baths), that he will be there for the final one on February 15<sup>th</sup>, and that he does puja (ritual ceremonies) to Shankara (Shiva), Vishnu, and Durga. He wrote down his contact information in Allahabad in case we arrange to see one another among the 70 million or more attendees.

As I wrote before, devotion and ritual are an inherent part of the Indian culture and the daily lives of so many locals and families here. I love this transitional experience as I leave Mumbai and move on to the Kumbh, where I and so many others will devote ourselves to our Gurus, Hindu and other deities and, when it comes down (up) to it, our Selves as love and light. I spoke with Maa very early this morning, and Maa is so joy-full to be traveling to the Kumbh to be with all of us over the five weeks. We are indeed blessed ... again. Stay tuned and tuned in. OM JAI JAI SAI MAA



## More in Mumbai: Encounters on the Way to and from MahaLakshmi

January 8, 2013



Maa led me to illuminating encounters in Mumbai today on the way to and from the MahaLakshmi temple. I took a second class express train from the nearby Malad station to the Mumbai Central Station stop, about 45 minutes. On the way, I was pleased with several young men I met among the many students riding the trains.

First, there was Ankit, who is devoted to Shri Adgadanandji who happens to have his ashram in Mirjapur where Maa has farmland and a small temple outside Varanasi (gifted to Maa by Maharaji). Ankit was fascinated with me (as others who stare at me and many who come up to me to ask about my origins and why I am devoted to the Hindu religion). He walked with me showing me the way to the train and rode most of the way with me to his stop. He is a teenage student now, and expects to be a Brahmachari later in his life. We compared notes on our Gurus.

After Ankit left, another young man who had been staring at me on the train sat down next to me. He asked me about my background, and told me he is an atheist! He said there is no God, and mentioned someone he is studying who has the same beliefs. I told him our teachings that we are all God, Love, Light, that God is inside of us and not outside. He asked about when we die if God is gone, and I spoke of reincarnation, that the eternal Light or God within us never dies, that we leave the body but our inner God is never gone. He contemplated that and then left at his stop.

Then three young men came up to me, asking the same kinds of questions, and one of the teenagers was wearing a shirt that said, "Nothing is perfect, and I am nothing." I told him he is not nothing, that he is something, everything. He laughed. A few more questions and answers, and then we all descended at the same stop.

I walked maybe about twenty minutes to the temple that was built in the late 1700's and is in the middle of the city by the Arabian Sea. After walking through the gates (not really sure if I was in the right place, as usual), I continued my walk amongst thousands of people – I was surprised by the amount since it's Tuesday and not a holiday. This reinforced for me, along with the many stands where people were buying garlands, coconuts, items to offer to Lakshmi, of the magnitude of devotion instilled in the Indian people. Lining up for hours to pranam to deities with all their heart, entire families with small children and babies, the light in their eyes when they glance upon the murtis (statues) of the deity they are so devoted to throughout their lives. What a contrast to the lives of Westerners.

As is still the case with the treatment of women in India, the men were in another line that was shorter and therefore they entered the shrine with less waiting time than the ladies. I left my sandals with one of the men sitting on the ground and handing out tokens, proceeded to the line of men circling around towards the shrine between metal barriers, pranamed to the three silver statues of MahaLakshmi, made my offering of rupees, and received a piece of coconut, small garland, bananas, and sweet Prasad (candies) from a pundit (priest).

On the way home on the slow train, I was fascinated by an old man sitting in the corner of the compartment meticulously and with great concentration creating a garland by winding string around very small white buds, about the size of two lentils. He focused and did his job for the whole ride to his stop, put what he created into a very large blue plastic bag, and carried that huge bag along with another out of the train. This again reinforced for me focus and discipline, devoting ourselves to a task or to deities with 100% concentration and attention.

**Postscript:** I add as a final note my cinematic encounter tonight: comments about a movie I just saw, "The Impossible", which reinforces the message of perseverance, devotion, and love – this

time related to family. Since I've made movie-going a lifetime practice, I feel I can offer this as an example.

First, let me mention the cross-cultural differences in attending movies in India, at least at the Fame theater in the Inorbit Mall in Malad East, Mumbai. Reserved seats for either \$2.75 or \$3.25 (they recommend seats all the way in the back which are the more expensive seats). I asked if they had a senior rate, and then realized the price I was actually paying! I chose one of those seats in the back, but moved closer to the front about fifteen minutes into the movie, because mostly everyone ended up in the back, people come in very late to the movie, and all the refreshment vendors were roaming through the aisles even after the movie started (they waited until the national anthem had played, with everyone standing up in the theater).

Some Bollywood stars appeared on the screen before the movie started, speaking about their love of the Fame movie experience, and they really do make it an experience. Halfway into the movie, the movie stopped, ads came on the screen (I physically had to hold my ears closed because they turn up the volume so much for the ads), and the vendors came back even though most of the theater exited for the restrooms. They don't make a lot of income with the ticket prices, however they do with the refreshment sales.

Now to the movie: A harrowing depiction of a family torn apart, in more ways than one, when the Tsunami hit Thailand at a resort where they were staying – a true story. The movie takes the mother and the older son through life-threatening and emotionally draining experiences, as they look for medical care, shelter, and the rest of their family. The movie also shows what happens to the husband and two younger sons, and “the impossible” that takes place through the family's fierce determination to find one another and to survive. I highly recommend the movie as an example of the inner force we have within ourselves to live and to love – a truly rewarding, touching story that brings home the power of love.

## **Blogging in Bombay, Bastion of Bollywood**

January 7, 2013

I've been in Bombay (Mumbai) for two days with no profound spiritual adventures, although I would like to share some new insights and another blessing offered to me by Maa last night.

Quite a contrast entering the city from the airport, with thousands of auto rickshaws, traffic jams, as I made my way in the hotel taxi to my quarters near the airport. I had organized for a room through the Internet, finding a great deal at a well reviewed hotel. When I entered my room on the seventh floor, I realized it to be the smallest room I had ever been in, with a bed, a bit of space next to it, a small low armoire I could place my suitcase on, and the bathroom – a highly efficient junior single. What came to mind was Maa speaking of creating rooms for inner contemplation, like prison rooms, where the food would be slipped through a small window at certain times of the day. Well, here I was. Of course, I exaggerate.

I ate a not bad veg biryani in the downstairs restaurant, and returned to appreciate the unique qualities of my room: the device for my air conditioner that didn't work too well, as I tried to turn reduce the cold temperature and speed of the cold air blowing down on my bed; keeping the noise of the AC going in order to reduce the reverberating sounds of the screaming children in the small space outside my window originating down seven floors; turning the air off when I slept to wake up at 5 am and turning it back on to drown out the sounds of the cooing pigeons on the air conditioner outside my window, and the sound of the elevator next door to my room (and some ringing sound coming from where I do not know outside). I finally got the room to "working condition" for the next day and night, and left this morning to another hotel with a much larger room nearby the store where I am having new clothes made for me.

Maa and I had spoken about these new clothes that I will wear at corporate trainings (if you know of any opportunities to offer stress reduction or meditation workshops, do let me know), and to travel and teach in certain countries in Europe as well as in Japan. I am very happy with what is being tailored right now, and will provide photos at some point shortly after the Kumbh. Of course, I will still wear my current clothing except at these chosen locations.

Insight: So, as I stayed in my room, and traveled in auto rickshaw back and forth to the men's clothing store, I realized I had the opportunity to activate the light within me, to align with Maa and all the energies I had established and anchored in all the cities and ashrams and with the Samadhi I have described over the last several weeks. We can all do this no matter where we are, breathing in, saying to ourselves, "Light, Light, Light!", or "Maa, Maa, Maa!", re-activating and re-aligning in the realization that we are always light, always with our Beloved Soul and Solar Angel, always one with our higher selves in multiple dimensions, remembering we are *all ways* (Maa's spelling) supported and loved and served by Maa, ascended and living masters, the "gangs" of light beings here for us now and forever.

Last night's blessing: This always happens. Maa calls me just when I have delayed a bit to wait until I feel it's late enough in the morning to call (or anytime when I intend on calling). Of course, there's no need to wait until it's later in the morning, because as Maa said, Maa is always doing the work at all hours, specifically now for the JOPH graduates who have gathered in Naples, Florida to be with Maa. I knew this was happening, as I had intended on attending before my unexpected three-month stay in India, Becky is there with the group, and I regularly tuned in over the three days, glancing to see what time it was here and there, and thinking what might be happening there when I tuned in.

When Maa called, we discussed the color of my new clothes (no, not just white!), and then Maa asked me about my pilgrimage, and I shared about being with all the Masters who had left their bodies, pranaming to the Samadhi, and realizing Maa is still with us in the physical form, and the blessing of this recurring realization. We spoke about this, and Maa also shared about Maa's gratitude for those JOPH graduates who have attended this program in Naples, the time they took during the holidays, the fact that they didn't have to be there, and are devoting themselves to do the Work. Maa then asked if I would like to share Maa's gratitude, and my insights from my pilgrimage, to the group on the phone in a few hours when the program would start at 10 am yesterday. I was thrilled and honored to share what I had learned, and what Maa had just shared with me, and to be verbally if not physically with the group.



As the telephone reception was not good in my room (another quality I forgot to mention above), I ended up in the hallway outside my room at 8:30 pm India time when Christian called me, and Becky (!), to plug me into the group to speak as their last day began with Maa. I started with “Om Jai Jai Sai Maa, Jai Shri Krishna, Jai Sai Ram,” and I heard the voices of everyone repeating what I said. What a joy to be with everyone!

I spoke to them about Maa’s gratitude, about acknowledging they had chosen to be with Maa to do the Work, how Maa appreciates that choice and the time spent with them. I then shared about my pilgrimage, what I have realized more and more about the blessing of being with Maa’s physical presence, of Maa speaking to us in a body with words and teachings that other Masters cannot share when they have left the body (Maharaji, Baba, Sri Aurobindo and the Mother, Ramana Maharshi, Master Jesus), of NO ONE out there doing this kind of work with light and the consciousness and matter, illuminating the cells (as Sri Aurobindo and the Mother did when they were in bodies), of Maa saying that Maa didn’t know where the Work is going (and the condition of Maa’s physical form), and the importance of our commitment and devotion to Maa and the Work. The importance of our deciding to attend programs with Maa (including the new program, “Journey of Enlightened Awareness” coming up in June), to benefit from Maa’s physical presence, the Shakti and Love of Maa, the teachings, the practice, the light work.

I was then asked to share about the Kumbha Mela, which I did and will not share in this blogst – just come to the Kumbh!!! I then shared as asked about “passion,” since the Naples program is “Living a Passionate Life.” The passion of realizing Maa is with us and being present with that 100%, of aligning with Maa’s Shakti and Love, the joy that comes with this alignment and the gratitude, both so related to passion, the passion of doing the Work. I was then asked to lead a meditation with the group, moving them into a state to greet Maa as Maa entered the hall yesterday morning.

I ask that you now tap into your Love for Maa, what realizing Maa is physically with us means to you, what this realization creates within you, feeling your gratitude and joy and passion in being with Maa and doing the Work. You can do this even if you have not yet met Maa, do not “know” Maa in that sense, realizing Maa as Love, as Self, as who we all are always and don’t yet realize consciously.

I have three more days in Mumbai. Being in a city of moviemaking, I will be seeing two movies showing in English. I don’t think I’ll blog about them, although you never know, and I will visit the MahaLakshmi and Ganesh temples which I will probably share about. Until then, adieu, and please mention this blog to others so we can expand our circle of bloggers and partners in the path. OM JAI JAI SAI MAA

## **Pondicherry for the New Year – Part Five** **(Fond Memories)**

January 5, 2013

As I ready to leave Pondicherry this morning, I recall with deep gratitude some of the highlights and take them with me in the present, continuing my journey to Mumbai, and then on to Allahabad and the Kumbh.

First is the blessing to be in the Presence of two great Masters, reminding me of the blessing of having a living Master in my life for so many years and many more to come. For those of you reading this, who are devoted to Sai Maa, the teachings, the Work, breathe in the Presence of Maa right now, how Maa is always in our breath, in our heart, in our entire being, at all times. Also know that Maa is with everyone, whether devoted or not, as Maa is our love, our essence, our Self, so everyone breathe in Maa now. Then breathe in the Presence of Sri Aurobindo and the Mother, of Baba, of Ramana Maharshi, of all those who are living on the planet and those whose energies and Shakti still remain to serve humanity.

I highlight the manifestation of the Matrimandir, a shrine for unity among all human beings, a sacred space for inner concentration, a tool to do the Work of Sri Aurobindo and the Mother, of our Maa, in illuminating our consciousness and physical matter, in bringing this light of Self deep into the cells for our transformation. As you read this, breathe in this light of Self, this eternal light that is always here for us, and even more piercing, purifying, and present through the new energies coming on the planet for the New Era of Light. For those of you who have participated in Maa's 40 Days of Light, and those working with the light, breathe in the light and say to yourselves, "Light, Light, Light!" Be still and Be Light.

I remember with appreciation the seva done by all those at the Ashram, at the Ashram dining hall, at Auroville, many who have been here for years, and many who come and go. Selfless service. Let us all breathe in these offerings of so many souls, and recognize within ourselves how we serve, the seva we do, whether in our relationships with others including family, our communications, community work and projects, whatever actions we take that serve, including shifting our thoughts, emotions, words and actions to be of the highest, to spread the light to others and the planet. Whatever inner and outer actions we take, however big or small we think they are. Take a moment to appreciate how you serve in your life.

Now let us appreciate the food we have to eat, where the food comes from, who has worked with the food to get it to us. I highlight this as I still taste the final breakfast I just had at the Ashram, feel gratitude for the pure, healthy, vibrant food I ate for six days, picture the lines of people waiting to be served and sitting in rooms filled with photos of Sri Aurobindo and the Mother looking at them as they eat, and reminding us of their eternal Presence. I see the same woman who has taken from me at every meal my silver thali (plates) and placed them in a huge pot of soapy water. Take a moment and thank those who serve you, whatever form that seva takes.

Thank you for accompanying me on my journey so far, and for taking your own journeys of transformation. On to Mumbai (Bombay).

OM JAI JAI SAI MAA

# Pondicherry for the New Year – Part Four (Auroville’s Matrimandir, a Place of Purity)

January 3, 2013

After my morning meal at the Ashram dining hall, a car picked me up and took me to my scheduled group appointment at the Visitor’s Bureau in Auroville. I was surprised by how many people were waiting in the video room to watch the Auroville video and join me after at the Matrimandir for group concentration – I would say about 70.

The video gives a sense of the construction of the Matrimandir and, even more so, the intention behind its construction, the vision of the Mother for creating such a structure, or let me say space and energy. Here is what is written about the Matrimandir:

*“The Matrimandir is a shrine of the Universal Mother and the Soul of Auroville; it is meant for those who, in the Mother’s words, are sincere and serious and truly want to learn to concentrate. The Matrimandir is not a temple in the conventional sense of the word; it is neither a place of worship, nor to be associated with any religion, whether ancient, present, new or future.”*

Following the video, we took a shuttle to the shrine grounds (the Park of Unity located at the center of Auroville), waited awhile, and were joined by a lovely French lady who has lived in Auroville for many years and served as our tour guide (beautiful energy). She explained the reason why it is difficult for visitors to arrange their concentration appointments, meaning the different steps of watching a different video, waiting for certain hours to get your ticket, coming back after a few days depending upon the crowds. She said that the Matrimandir is a tool of the work of the Mother, for each of us, for Auroville, and for humanity and, as it says above, we have to be sincere and committed to enter the shrine for meditation. The shrine and its grounds would not be the same (immaculate physically and energetically) if visitors came whenever they wanted as entertainment. I agree with this wholeheartedly, especially in experiencing the very powerful energy of the grounds even before entering the mandir.

Here’s a view of the Matrimandir:



The Mother's symbol that is seen everywhere is shown below, and symbolizes Auroville and the Matrimandir as its center. It is followed by the written words of the Mother explaining what the symbol represents.



*The central circle represents the Divine Consciousness.*

*The four petals represent the four powers of the Mother.*

*The twelve petals represent the twelve powers of the Mother manifested for Her work.*

You can see three complete and two partial petals of the twelve petals surrounding the Matrimandir in the photo above. The meditation rooms inside the twelve stone-clad petals carry the names and colors of the petals in the Mother's symbol, and represent the twelve qualities or virtues of the Universal Mother:

*Sincerity, Humility, Gratitude, Perseverance, Aspiration, Receptivity, Progress, Courage, Goodness, Generosity, Equality, Peace*

The first eight concern the attitude towards the Divine, and the last four towards humanity.

Outside of the Matrimandir are twelve gardens representing the powers of the Universal Mother, as well as a banyan tree that is the geographical center of Auroville. Our tour guide told us the story of the Mother receiving a map of the grounds and pointing her finger at one spot which she said would be the center where the Matrimandir would be built, and this happened to be the location of the banyan tree which was the only one for miles, and the only greenery on the barren grounds at that time. The grounds also include an amphitheater which is where Auroville's inauguration ceremony took place on February 28, 1968.

Now for my experience:

As I sat with the group on benches overlooking the Matrimandir waiting for our tour guide, I felt a huge energy rushing through me, especially into my brain. I had to close my eyes as I was penetrated by the Shakti. This reminds me that the tour guide said that the Matrimandir for her is Shakti, the energy of the Divine Mother without which nothing would be manifested. MAA, MAA, MAA.

The energy was palpable as we walked up the path to the Matrimandir and the huge golden dome hovered over us. I could see the intricacy and care of the construction, the beauty and elegance of the design that is so evident in every crevice outside and inside the shrine. After we left our shoes at the entrance, we followed the guide to an area that is called the lotus pond (no lotuses) that has circular white tiles vertically running through it along with streams of water, a meditative fountain that is exquisite. We sat around the pond on long stone benches for a while meditating, and then entered, walked past one of the twelve inner meditation rooms, and started our ascent up a flowing circular walkway with hand railings, white carpet, and light pink colored outer walls. In the middle of the ascending walkway is a thin stream of light coming from the upper ceiling into another structure at the bottom center.

We reached an area where we sat again on benches and were asked to place white socks on our feet, as the inner concentration chamber of the Matrimandir is all white – I really blended in and felt quite at home!!! We then ascended again and reached the inner chamber.

I had visited this inner chamber nine years ago, maybe four or five times, when the outer construction of the walkway wasn't yet completed, or the outside grounds and gardens. The chamber is pristine white, with white columns placed around the perimeter of the circular room, and floor pillows placed between the columns. At the center of the chamber is a very large clear crystal, maybe three feet in diameter. The crystal sits on a golden sacred geometry structure, and

penetrating the crystal at the top is a beam of light that streams down through a small hole in the very high ceiling of the chamber. You sit on a pillow and see this beam of light, and the illuminated crystal glowing atop the golden pedestal – what a sight, what energy, what an experience and inner state.

What came to me in sitting there, and in experiencing the whole outer and inner structure, was PURITY. I would say the purity that comes from deep concentration on Self, purification, pure thoughts, feelings, sensations, actions. What comes to my mind also is Perfection ... and the Beauty and Grace of Mother.

As I meditated, this purity ran through me, along with the stillness. No work had to be done, just being present in this state, washed and filled, as the soft air touched my skin (a perfect air control system, again immaculate design). When I exited the hall after maybe fifteen minutes, I walked slowly down the walkway with the others, deeply silent and still, my white clothing flowing and matching the white environment. Following our guide, we reached the level where we removed our white socks, then descended to the outer grounds, walking by one of the inner meditation rooms. Once outside we approached the large banyan tree encircled by stone benches (Baba's meditation tree and now this!). We walked slowly past the tree and then out to the entrance where our shuttle bus was waiting.

When I was experiencing the Matrimandir grounds, and its outer and inner design, and the power and purity of the Shakti of Mother within the inner chamber, I thought of all of you, wishing for you to come to Auroville to experience this elegance, beauty and grace, these qualities of Mother that our Beloved Maa embodies and expresses to us in our lives, and activates within us. If you have the opportunity, meaning if you are traveling around India, from our home in Kashi to other cities, please do visit Auroville and the Matrimandir, and of course the Samadhi of Sri Aurobindo and the Mother at the Ashram.

The only other visit for me tomorrow will be to Notre Dame des Anges (Our Lady of Angels), a nearby church, and I'll probably visit the Bay of Bengal again and the Promenade. Then on to Mumbai.

Thank you for joining me again on my (our) journey, with great love and blessings all ways.

## **Pondicherry for the New Year – Part Three:** **Tiruvannamalai Sites, Being Present, and** **Having Trust**

January 2, 2013

I summarize my New Year's Day activities: three nutritious meals at the Sri Aurobindo dining hall (for 40 cents), resting, sitting on the rocks again at the Bay of Bengal, and walking the

Promenade along the Bay with thousands of others, predominantly Indian families out and about for the holiday.

Today's lessons for me were about being present (mindfulness, or Nowism as Maa says) and having trust. I mix together facts below about the places I visited, along with the experiences I had there.

After breakfast, a car picks me up at the hotel to drive for three hours (with stops) to Tiruvannamalai to visit the main temple there, Annamalaiyar or Arunachaleshwara, that is dedicated to Lord Shiva. The structure originates from the 9<sup>th</sup> century, with its expansions attributed to periods between 1336 and 1570. The temple covers 25 acres, is one of the largest in India, and includes four gateway towers called *gopurams* with the tallest over 200 feet (see photos below of the the *gopurams* and the main tower).







Before arriving in Pondicherry the name of Tiruvannamalai (or some variation) kept on coming to me, and then I saw a sign on the highway with the name in the car on the way to the hotel – a sign to go there. I remembered being there with Maa and Apaji (Sri Tiruchi Mahaswamigal), who was like a father to Maa and initiated me as a monk (Brahmachari) with Maa about nine years ago. We were there for a festival called *Karthigal Deepam*, celebrated during the day of the full moon between November and December, when a huge beacon is lit atop Annamalai hill or Arunachala (see photo below of the hill) which is seen for miles, symbolizing the Shiva lingam of fire joining the sky. This festival is attended by three million pilgrims, and I remember standing next to Maa and seeing the lamp lit from below. Aside from this festival, on the day preceding each full moon, pilgrims circumnavigate the temple base of Annamalai hill in a worship called *Girivalam*, a practice carried out by one million pilgrims yearly. I had visions of my taking these steps today, however it turns out I took other steps that I will describe shortly.



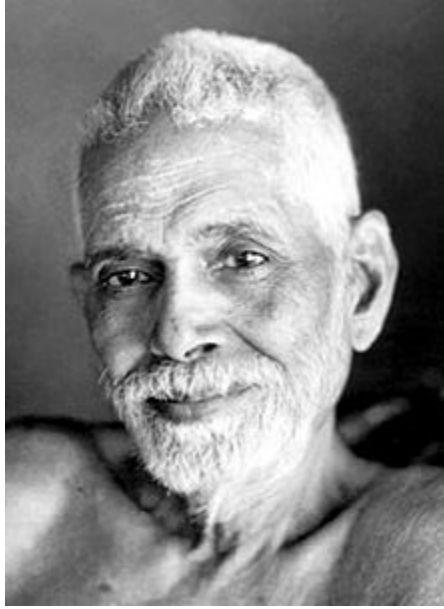
I checked my chappals (sandals) at a stand, looked way up and studied the carvings and majesty of the main tower, put some rupees into a silver box as a donation, and walked through the gate. The carvings in the towers, and the enclosed temples, are very intricate and well preserved for

the most part. I walked into several temples, for example one with a large orange Ganesh, waved my hands over the ghee-lit lamps held out by pundits (priests), offered some donations, and made my way to the main temple, although I didn't know this at the time. The surroundings and temples were peaceful, however the main Shakti (energy) came when I went into the main temple, and as I looked around, I remember being there with Maa and Apaji, at that time with thousands of people as we were ushered into the "inner sanctum" to honor the deities amidst Aarti lamps and the sound of conches being blown at full force. This area feels like a very long underground cave, and has tall metal bars in front of different statues and throughout the halls. I can remember visually and physically the crowded, dense, heavy, yet sacred space when I was there years ago.

Now comes one lesson in being present and trusting. When I returned to the parking lot where I left my driver, I could not find the car. I searched, looked in windows, spoke to the main attendant, I think for 30-45 minutes, or what seemed longer. I was calm yet after a while concerned about what happened to my driver, and what was going to happen to me. I had left my bag, with my phone and passport and a little cash, in the car, as it is customary not to bring bags into certain temples. As I realized I couldn't find the driver, I also realized I didn't have a phone, the phone number of the driver or the hotel, and only 100 rupees. Lesson # 1: Always take with you your phone (turned off), and the numbers of the driver's cell, the car's license plate number, and your hotel.

After my unsuccessful search and talk with the attendant, I walked around looking for a phone book or Internet café to find the number of the hotel, and I came across a police station. After one attempt to get a phone number from an officer there, a very generous young man looked up the hotel on the Internet on his phone, I called, and tracked down the driver who was indeed were I had searched for him in that same parking lot. Although I had some fleeting moments of not trusting the driver and thinking he had absconded with my bag, I did not fall into the trap of being carried away by the story of what would happen to me if I didn't find the driver, and was thrilled with the generosity of this young man who even walked me back to the parking lot and wouldn't take an offer of some rupees.

Ravi, the driver, said he was there asleep in the car, although I didn't see him and searched all the cars (it would have helped to have the license plate number since many of the cars looked alike). In any event, we drove off next to visit the ashram of Sri Ramana Maharshi (photo below). Here are just a few facts, since you can always Google for more: Ramana Maharshi lived from 1879 to 1950, and is described as a Sadhu who lived an ascetic life and attracted many devotees through his presence, teachings, and writings. He describes his experience of liberation (Moksha) at the age of 16, when he left home and spent the rest of his life living in Tiruvannamalai on the sacred mountain of Annamalai described earlier. His teachings center around the *Vedanta*, scriptures which he used to answer questions of devotees, focusing on self-inquiry into "I" and "Self" and self-realization.



When I walked into Ramanasramam, the ashram of Sri Ramana Maharshi, I felt a great peace. I walked the grounds after leaving my chappals near the entrance with others, and came upon a walkway going up on the right with a gate that I walked through passing some young children. I didn't know where this led, or how far the path was, however I just trusted and walked ahead. Little did I know that the path of stones I would walk on in my bare feet would take 45 minutes. Here's the path:



I had pictured myself doing the circumambulation of Annamalai hill for about 18 miles – which I didn't do – and here I was walking this path on my delicate not-too-calloused feet. So here's my second powerful lesson in being present, not focused on the future or what will happen, and trusting all will be well or even better than that. I also remembered as Maa has said, to breathe above my head, although I had to look down at each stone to see where to place each foot – mindful walking if not always meditation. I also remembered at one point Maa speaking about placing our feet down on Mother Earth with love, nourishing her with our steps. These practices, and frame of mind, worked for the most part, although certain more jagged stones or placement between stones sometimes caused me to “lose my balance.”

As it turns out, at the end of my path I reached the Virupaksha cave where Ramana Maharshi lived for 16 years, and wrote “Self-Inquiry” and “Who Am I?” (see photo below). This was a most auspicious end of my upward journey, as I sat inside the cave on Annamalai hill and meditated deeply with a few other visitors – powerful, peaceful Shakti that relaxed me into myself.



Although the *descent* in my bare feet seemed more difficult than the *ascent* (this could be a metaphor for life and the traps of the ego) – my feet were a bit sore – I ended up walking into the building near the entrance of the ashram that turned out to be the location of the Samadhi of Ramana Maharshi. As I walked around the Samadhi and shrine three times clockwise, I felt the inner tranquility and expansion of the presence of this great Master.

I didn't realize as I began this pilgrimage that it would be a pilgrimage honoring the Samadhi of five great Masters: Sri Satuwa Baba Maharaj, Bhagawan Sri Sathya Sai Baba, Sri Aurobindo and the Mother, and Sri Ramana Maharshi. I am blessed to have this opportunity to receive their blessings, and I am grateful to Maa for these sacred moments that never end. OM JAI JAI SAI  
MAA



# Pondicherry for the New Year – Part Two (Happy New Year to One and All!)

December 31, 2012



Before getting into the New Year, let's start with my profound relief at obtaining a meal pass at 7 am on December 31<sup>st</sup> for the Sri Aurobindo Ashram dining hall. I was highly incited to go early to the Central Bureau by memories of the quality and vibration of the meals from almost nine years ago, and my wish to eat in the peaceful setting of the Ashram. I won't spend this entire post writing about the food, which is very simple and pure: fresh-made bread torn into hot milk and two bananas for breakfast; dal and rice, and curd and banana for lunch. We stand in line to get our tickets punched, and then walk slowly up to those doing seva in serving the different courses. As we proceed in the line, we can look at photos of Sri Aurobindo and the Mother, and read their quotes, one by Sri Aurobindo writing about the Presence of the Mother in the food we are about to eat. Glance above and take in these Masters of light.

Today, New Year's Eve day, also included my half-hour car ride to Auroville to make arrangements for "concentration in the inner chamber of the Mother's Matrimandir" – I love how that sounds (read it a few times). When I arrived at the Visitor's Bureau in Auroville, I was aware of how touristy the site had become since my first and last visit there years ago. The large photos and informational panels in the Bureau building, surrounded by several buildings containing fancy boutiques and large restaurants. The Matrimandir was still under construction when I was there, and now there is a whole administrative process to enter the temple (or what some call a shrine) for concentration. Today is Monday and I am scheduled for the first available group visit on Thursday. I had gone into the inner chamber four or five times in the past during a week; understandably the site has become very popular.

Auroville is a town constructed by Sri Aurobindo and the Mother for members of the global community to live together in peace, harmony and unity, creating their lives together

economically, practically, and spiritually. From what I read, there are currently 2300 people living there from 46 different countries. I provide here words describing Auroville and its charter:

The Mother's first public message about Auroville: ***“Auroville wants to be a universal town where men and women of all countries are able to live in peace and progressive harmony above all creeds, all politics and all nationalities. The purpose of Auroville is to realise human unity.”***

At the inauguration ceremony attended by delegates of 124 nations on February 28, 1968, the Mother gave Auroville this four-point charter setting forth her vision of integral living:

### **Auroville Charter**

1. Auroville belongs to nobody in particular.  
Auroville belongs to humanity as a whole.  
But to live in Auroville, one must be a willing servitor of the Divine Consciousness.
2. Auroville will be the place of an unending education, of constant progress, and a youth that never ages.
3. Auroville wants to be the bridge between the past and the future. Taking advantage of all discoveries from without and from within, Auroville will boldly spring towards future realisations.
4. Auroville will be a site of material and spiritual researches for a living embodiment of an actual Human Unity.

As I rode through the town, I noticed as I had before when I visited, the number of beautiful young Western “Hippie-like” seekers and locals (I lived through the 60's, remember, and I was far from a Hippie as the “good child” of the family – read my book). Many have written about the success or lack of success of Auroville's vision, and Sri Aurobindo's and the Mother's intention, which is not surprising for being an “experimental lab” with so many varying nationalities. However, to be honest (Maa loves that phrase – like we're not being honest otherwise!), I feel more comfortable in the peaceful and what I feel to be the pure surroundings of the Ashram – maybe it's my age although I don't think so. I know that I felt and will feel this peace and purity inside the Matrimandir, as I do sitting beside the Samadhi and the Mother's bed. Of course, these aren't in the “real world”.

I will update you in a later blog about my visit to the inner chamber. I end today's blog with a summary of my hotel's New Year's celebration, which I will probably write tomorrow (January 1<sup>st</sup>), depending upon whether I remain at the party until midnight.

It's 2013, we made it through 2012 and the world didn't end!

**Subsequent finish to this post:** I didn't remain at the party although it's very loud and it's outside the windows of my hotel room. Another 1½ hours until midnight, and I'll be staying up since the music won't end until what time I can't say right now. I was sitting alone eating at a



table outside my room in the hotel courtyard, thinking I can't wait to write this blog to describe the surreal yet surprisingly peaceful experience I was having.

There are a few tables scattered throughout the courtyard, with a dancing platform on one side and a small bar on the other. The DJs (unfortunately not our Brandon, DJ Sol Rising) are playing American hip-hop and rap music at high volume, while a few of the middle aged (probably younger than I) Westerners and some Indians sit at the tables trying to speak to one another without success because of the volume of the music. The surreal part is the kind of music playing, the setting, the occasion, and the peaceful surroundings a few blocks away at the Sri Aurobindo Ashram.

Speaking of the latter, after I finished my meal (not bad veg), I was pulled to walk to the Ashram and just stand outside its doors soaking in the Shakti and Love of Sri Aurobindo's and the Mother's Samadhi. Such peace, and such a blessing for the New Year.

I may get some of the desserts at the buffet when I finish this post, although I'm feeling physically cleansed from my Ayurvedic treatments – I may or may not, without having any guilt to begin 2013.

I wish you all a glorious, healthy, joyful, abundant, peaceful New Year and many more to come, blessed by the presence of Her Holiness Sai Maa in our lives, whether you have actually met Maa or not.



# Pondicherry for the New Year – Part One (The Ashram and Bay of Bengal)

December 30, 2012



Onwards with our journey together. First I am providing a map of India above to give you a sense of where all the cities are for my pilgrimage, and in general (you can click on it to zoom in). Varanasi is northeast where I was for Maharaji's Val Samadhi, and where Maa's (our) ashram is being built. Then I went to Delhi to the north and west (Ayurvedic treatments), and then south to Bangalore (it's a 2-hour drive from there to Puttaparthi). I flew to Chennai this morning from Bangalore (east), and then drove to Pondicherry (a 3 hour drive south with stops for tolls and permit). The weather changed from temperate to hot and humid in the bat of an eye (remember the bats at the banyan tree – you won't get that if you haven't been reading my blogs!).

After checking in at the centrally located Hotel du Parc, I walked around with a small hotel map to get my bearings, which I finally did after getting lost and going in circles (Becky and I always joke about our abysmal sense of direction – we don't discriminate and get lost everywhere). The

streets are very crowded as this is Sunday just before New Year's and the season for many tourists. I found the Sri Aurobindo Ashram dining hall, however as I am not staying in an Ashram guest house like I did eight years ago when I first visited here, I have to make arrangements to eat there (by going to their Central Bureau at 7 each morning to see if they have passes for ashram meals). Luckily, now that I know where I'm situated and I'm not getting as lost, everything is very close by.

After eating lunch, I walked by the nearby Ganesh Temple to the Sri Aurobindo Ashram (only 3 minutes from the hotel). As I left my shoes at a stand on the street as everyone is required to do, and entered the Ashram, I felt the familiar peace and stillness when I went through the doors. I then followed some ladies through the small garden to the Samadhi of Sri Aurobindo and the Mother (see photo above). As I remembered, the marble was covered with fresh flowers as those gathered pranammed to the two Masters. I approached and the Shakti was intense, penetrating my brain, and I remembered Sri Aurobindo writing about the descent of the light, and the Mother writing of her cellular work especially just before she left the body (her assistant Satprem wrote a book from transcripts of the Mother's tape recorded teachings called The Mind of the Cells, or Le Mental des Cellules in the original French, which I highly recommended for the light work that we do with Maa). Many times Maa refers to their work with the light and illuminating the cells.

I can feel the light still in my brain, like my brain is "squinting" because of the brightness of the light – I think that's the penetration of the light in the ajna chakra, third eye (first eye according to Maa). I walked slowly and first pranammed to the Mother and then to Sri Aurobindo, the light again intensifying as I lay my head on the marble next to the flowers. I then sat with many others around the Samadhi in deep meditation which came easily – as when Maa says, let the meditation meditate you, it was natural with the intensity of the Shakti surrounding the Samadhi. I then went to one of my favorite spots (in addition to this area): just by the Samadhi sits the bed of the Mother at the end of a small room – you can sit in front of it and take in the soft, loving, yet intense Shakti. The bed is very narrow, and I can picture the Mother resting her small body there. A very large framed photo of the Mother sits to the left of the bed in the front where you walk into this space from the Samadhi.

After sitting by the bed for quite awhile, I returned to sit in meditation next to the Samadhi. When I left the Ashram through the bookstore which is required to exit, and turned left, I walked to where I was drawn and it turned out to be the Bay of Bengal (the northeast part of the Indian Ocean), which is just nearby and runs along the east side of Pondicherry. As I approached the Bay, the breeze cooled me; it was close to 6 pm and less hot and humid than earlier. Many couples and families were gathered on the black rocks in front of the Bay, as high waves hit them and splashed some children who walked on the rocks close to the water to get drenched when the waves came in. I noticed a large sign that said something like "Puducherry isn't the same when you litter" (the Tamil version of Pondicherry), however the rocks and whole area were strewn with garbage dropped by people appreciating the water but not the sign. I sat on a rock glancing at the rolling waves, closing my eyes and loving the ocean breeze, and realizing my brain was still buzzing from the Shakti of the Samadhi and the Mother's bed.

That's it for my first day in Pondicherry after many years. I prepare now to see whether I can have breakfast tomorrow at the Ashram (I remember their delicious bread dunked in rich milk, and porridge with bananas), and then I will visit Auroville's Matrimandir that the Mother created for meditation which I visited numerous times during my first visit here. Then comes New Year's Eve at my hotel: a compulsory dinner celebration with live music.

## **Christmas Time in Puttaparthi – Part Six** **(Paying Attention to What Matters Most)**

December 29, 2012

This is the last in my Puttaparthi series as I leave tomorrow morning for Pondicherry where I will continue my blogs.

I realized this morning in Baba's mandir (temple) about the power of distraction and remembering what is important to focus upon to appreciate the moment and transform the most. After the sloka recitation, and bhajans (chants), as usual, comes Aarti and chanting of the Sai Gayatri as the procession takes place to Baba's Samadhi to pranam and honor Baba. As we chanted the Sai Gayatri, the older Indian gentleman sitting next to me chanted to the sloka completed "off" from the timing (and tune) being led by the student chanting with the microphone. He rushed through the first phrase much faster, slowed down a bit after that, but was distractingly (for me) and loudly distinct from everyone chanting around him and in the hall, including me.

At first, actually for quite awhile, I paid attention to his chanting and was thrown off by his timing and pitch. I wondered how he couldn't hear everyone else, let alone me sitting right next to him. I judged. As time went on, I realized I was focused there rather than here, within myself, to the chant, its vibration, its intent for honoring Baba. As this realization happened, I started to play with my attention and noticed the difference within me when I focused within, how I could feel the Shakti, expand the vibration within me, become peaceful when my attention was focused within. As I did this, the gentleman actually moved closer to the timing of the first phrase, although he went back to his faster pace after a while.

For the most part, I stayed within myself and reaped the benefits of my focus. When we went up to form lines near the Samadhi, he was in the line next to me still "off" (although "on" for him), and I smiled to myself. As he moved up faster to the Samadhi in that row, I could still hear him and laughed inside. I paid attention to the waves of Shakti coming from Baba's Samadhi, to the large powerful, framed photo of Baba hanging near the ceiling above the Samadhi. I looked into Baba's eyes, and took in his loving smile, as I approached the Samadhi. I pranamed my head on the marble next to Baba and felt my love for Baba, and Baba's love for me, with my focus in that moment.

We now proceed to the afternoon when I made my final visit to Baba's meditation tree (I have become quite addicted to that banyan tree with the yantra underneath of it). The bats were still

squeaking, the monkeys still swaying from the trees, as I sat underneath of my favorite branch on the left of the tree (see photo), and then with my back up against the tree trunk on the left. Along the way, I came to the theme of this blog in meditation, as my brain lit up with such a high frequency. This time my chest opened and heart expanded in relationship to the expansion of my brain. The breeze wafted through where we sat, the trees moved, I felt the softness of the air on my face and appreciated these moments of meditation and being in the moment. Yes, this is what matters most, being present, focusing within, on the expansion of our heart and mind, on BEING, and as Maa teaches, on THE BECOMING, and on THE DIVINE IMPULSE that runs through us in each instant and moves us in our evolution of consciousness and the matter.

Goodbye for now from Puttaparthi. Please join me next in Pondicherry with Sri Aurobindo and The Mother, and all ways with Maa.

OM JAI JAI SAI MAA

JAI SHRI KRISHNA

JAI SAI RAM

**ADDENDUM:** I forgot to mention another example from this day about distractions of the past and being in the present now. As I wrote in my book [In the Path of Light with Maa](#), there was a male sevadal at Baba's ashram who used to always "get everyone's goat", so to speak, yelling at the men to move closer, closer, closer, Sai Ram, Sai Ram, Sai Ram. He was very nasty, at least that was my and many others' assessment of him. I used to be distracted by his presence when I was entering the Omkar room, Baba's meditation room which we entered at 5 am in the morning for chanting of slokas and silent meditation. I would say to myself, "What is he going to do today?", "Where will he tell me to sit?", and he usually put me in the corner somewhere. I bring this up now because I saw him as we proceeded into the Omkar room after pranaming at Baba's Samadhi, sitting in a chair outside the Omkar room. I looked at him, remembered him, and saw him for who he is now and smiled. He smiled right back at me, a big warm smile. Paying attention to his presence now, not being focused on the past but on what matters most, the heart.

JAI SAI RAM



# Christmas Time in Puttaparthi – Part Five (Visiting Baba’s Meditation Tree)

December 27, 2012



After visiting the ashram bookstore and general store (no purchases), I decided to revisit a site that I always loved and brought me great peace: Baba’s meditation tree (Vata Vriksha).

First, let me describe what I found out about the banyan tree and the history of Baba planting the tree. The Banyan tree (known as Vata Vriksha or enclosure tree, and Bodhi tree) has been described in Indian literature and history, including those under which the Hindu deities Vishnu and Shiva sit in meditation. It is written that the tree symbolizes Sanatana Dharma, the Eternal Wisdom, because its branches reach out in all directions and draw sustenance from every type of faith and spiritual path. The tree is also called Rahupada or “many footed” in Sanskrit, because the roots that its branches send down into the earth strike the ground and seek food within, making the branches independent of the parent trunk, therefore meaning that the tree is immortal. Sai Baba planted a sapling of a banyan tree at the eastern side of the Prasanthi Nilayam mandir on June 29, 1959 near the ashram museum. Baba created from the sands of the River Chitravathi

a yantra (thick copper plate of about fifteen inches by ten inches) on which were drawn mystic symbols and numbers in squares, like those described laying under the Bodhi Tree at Gaya under which Buddha meditated and reached Moksha (enlightenment). Baba described the yantras as keeping away evil forces and stimulating spiritual impulses and concentration of the mind and control of the senses. He said that yogis who have reached a certain stage of spiritual progress would be drawn to it by its mysterious force.

When I walked up the circular tiled walkway to the tree, I started to feel the serenity of this worshipped area of Puttaparthi. There were just a few Western meditators at the tree, and one Indian man cross legged and deep in concentration as he recited a mantra to himself. I sat near the tree on a tiled ledge and closed my eyes. All I can describe, which comes to me now as I write and close my eyes, is that my mind becomes “blank”, in other words, still and expanded; it’s even hard to think when I try. I decided to repeat the Gayatri mantra to myself, which I understand from Maa years ago is Baba’s favorite mantra. I provide this mantra below.

I’m not sure what happens to the brain under Baba’s meditation tree and the yantra underneath it, however the intensity and duration of this “blank state” endures even now. I might call this stilled concentration where thoughts disappear. I invite anyone who have the privilege of coming to Puttaparthi to visit this site – just ask someone for the path to Baba’s meditation tree. I close my eyes and that same state is still within me, behind my eyes. I think I’ll lie down for a few minutes before I have dinner. JAI SAI RAM

**ADDENDUM TO LAST ENTRY:** It’s the next day and I return to Baba’s meditation tree. Even more powerful today. In the photo you can see a branch on the left side of the tree reaching out to the left – I sat right under that branch. My crown chakra opens wide, that deep stillness and blank state start again, however I’m aware of huge light in my brain. I breathe and move into a deep meditative state and, at the same, time a very high squeaking of a bird starts very fast, sounding like a squeaky toy of an infant, although it seems to be doing pranayama because the squeaking is very fast and consistent. This sound and vibration accompany my meditation. After quite a while meditating, when I pranam to the sacred banyan tree and leave, as I’m walking down the winding path from the tree to the street, I look up and see what appear to me to be bats ... and they are, hundreds of bats in a tree right near Baba’s tree, thus the squeaking I heard. Bats up above me on my left side as I walk, and a gang of monkeys walking past me and swinging from trees on the right. I’m surrounded by nature, and the call of Baba’s sacred meditation tree and the yantra underneath of it.

### **Gayatri Mantra**

By many Hindus, the Gayatri is seen as a divine awakening of the mind and soul, and within it a way to reach the most supreme form of existence, and the way to union with Brahman. Understanding, and purely loving the essence of the Gayatri Mantra is seen by many to be one, if not the most powerful ways to attain God.

**om bhūr bhuvah svah  
tat savitur varenyam  
bhargo devasya dhīmahi  
dhiyo yo nah prachodayāt**



## Translations

“May we attain that excellent glory of Savitr the God: So may he stimulate our prayers.”

Word-by-word explanation:-

- *om* the sacred sound
- *bhū* ‘earth’
- *bhuvas* ‘atmosphere’
- *svar* ‘light, heaven, space’
- *tat* ‘that’
- *savitur* of ‘Savitr the God’
- *varenyam* ‘Fit to be worshipped’ *varenya-* ‘desirable, excellent’
- *bhargo* ‘Glory Effulgence’ (radiance, lustre, splendour, glory)’
- *devasya* ‘of God’
- *dhīmahi* ‘may we attain’
- *dhiyaḥ naḥ* ‘our prayers’
- *yaḥ prachodayāt* ‘who may stimulate’

“Almighty Supreme Sun impel us with your divine brilliance so we may attain a noble understanding of reality.”

“O God, Thou art the giver of life, the remover of pain and sorrow, the bestower of happiness; O Creator of the Universe, may we receive Thy supreme, sin destroying light; may Thou guide our intellect in the right direction.”

“Unveil, O Thou who givest sustenance to the Universe, from whom all proceed, to whom all must return, that face of the True Sun now hidden by a vase of golden light, that we may see the truth and do our whole duty on our journey to thy sacred seat.”

“We meditate on the glory of that Being who has produced this universe; may He enlighten our minds.’ Om is joined to it at the beginning and the end.”

## Christmas Time in Puttaparthi – Part Four (We Continue with Aarti and Slokas)

December 26, 2012

I passed through the ashram gates at 8 am, left my shoes at the gent’s shoe racks, and entered the mandir for morning Darshan. Once again, very friendly sevadals ushered me towards the front to join other overseas visitors. My mind was busy this morning, as I moved in and out of meditation, taking in the Shakti and peacefulness of doing the inner work. I played with letting the thoughts be and move by, relaxing into the peace as I focused upon my third eye and placed the tip of my tongue on the back of my palate – thoughts and senses stilled. I embraced my Atma, and breathed the Violet Flame into where I felt some pain in my right hip and leg (an historical ache for me). All was remedied by not concentrating there, and staying with my Atma, focusing upon the stillness point of my third eye and the tongue position.

Slokas are chanted for the first hour in complete harmony and unity by gents, putting us into a deep meditative state, and at 9 am the slokas transition into bhajans (chants), led by a high melodious male voice (as they all have been over the years of bhajans), and we clap along and sing if we know the words (some I do). Then comes Aarti to Baba at the end which I provide below with an explanation, transliteration, and English translation. The Shakti increases and moves in waves through me as it is chanted, and as the hall is readied for everyone to pass by Baba's Samadhi and pranam (bow their heads down) on the marble. The Shakti increases even more in its movement and intensity.

I provide below the Sai Gayatri that is chanted by us all during the procession of people past Baba's Samadhi: the words are imbued with Baba's Shakti and Grace. I go up to the Samadhi this morning, slowly pranam and feel deep respect as I honor and surrender to Baba's Love (Prem). As I move on, a young student hands me two rose petals. I then proceed along with others to the Omkar room where we meditated and recited slokas for so many years at 5 am. I then leave the mandir feeling peaceful and content.

Take in Baba's Aarti and the Sai Gayatri below, offered to you with great love and blessings from Puttaparthi.

OM JAI JAI SAI MAA

JAI SHRI KRISHNA

JAI SAI RAM

**SAI BABA ARATHI (AARTI)** "Aa-rathi" is a Sanskrit word meaning "The Close". "Aa-rathi" is the prayer song sung at the close of each Bhajan session. The "Aa-rathi" at the close of Sai Bhajans is really of profound significance. The camphor flame has itself been endowed by Bhagavan Baba with the value and validity of a grand prayer, the culmination of the hour-long yearning of all devoted hearts. Bhagavan says, "While it is being waved pray – O Lord! Make the allotted span of my life as pure, as fragrant and as transparent as camphor; let it consume itself in the fire, scattering light and the warmth of love to all around me and at the end of it all, let there be nothing left of me (as the camphor leaves no ashes or residue) to render me liable to another sojourn amidst pleasure and pain." This is the prayer with which every session of homage to Sai can appropriately close.

***Om Jaya Jagadheesa Harey Swami Sathya Sai Harey,  
Bhaktha Jana Samrakshaka Bhaktha Jana Samrakshaka Parthi Maheshwara Om Jaya Jagadheesa Harey***

Victory to Lord of Universe, Lord Sathya Sai, Who destroys grief, evil and miseries of life and Who guards and protects devotees. Victory to Lord of Lords – Lord of Parthi.

***Sashi Vadhana Sree Karaa Sarva Praana Pathey,  
Swami Sarva Praana Pathey  
Aasritha Kalpa Latheeka Aasritha Kalpa Latheeka***

***Aapadh Baandhavaa  
Om Jaya Jagadheesa Harey***

O Graceful and Charming as a Full Moon! O Auspicious One! O Lord Sai! Thou art: the Indweller and life force of all Beings; the wish- fulfilling Divine creeper to those who have surrendered to Thee; and kinsman, protector and friend in times of distress and calamities. Victory to Lord of Universe.

***Maatha Pitha Guru Dhaivamu Mari Anthayu Neevey  
Swami Mari Anthayu Neevey  
Naadha Brahma Jagan Naatha Naadha Brahma Jagan Naatha  
Naagendra Shayanaa  
Om Jaya Jagadheesa Harey***

O Lord Sai! Thou art Mother, Father, Noble Teacher, Supreme Divinity and everything to us. O Lord Universe! Thou art Primeval Sound and art reclined on coiled serpent.

***Omkaara Roopa Ojaswi Om Saayi Mahadeva  
Sathya Saayi Mahadeva  
Mangala Aarathi Anduko Mangala Aarathi Anduko  
Mandhara Giridhari  
Om Jaya Jagadheesa Harey***

O Splendorous One! O Lord of Lords – Lord Sai! Thou Form is Pranava (Aum). We pray Thee to accept the auspicious waving of flame of light (signifying the removal of ignorance). Victory to Thee, O Lord of Universe, Resident of Mandhar mountain – Lord Giridhari.  
[Sing the following three times, each time at a faster pace than the previous one]

***Narayana Narayana Om  
Sathya Narayana Narayana Narayana Om  
Narayana Narayana Om Sathya Narayana Narayana Om Sathya  
Narayana Narayana Om  
Om Jai Sad Guru Devaa***

Chant the name of Lord Sathya Sai Narayana, Whose Form is Pranava. Victory to Noble Teacher and Supreme Lord Sai, Sathya Sai.

**SAI GAYATHRI**

***Om Sayeeshwaraya Vidhmahe  
Sathya Devaya Dheemahi  
Thannassarvah Prachodayath***

Meaning:

I know through Gurus and Shastras (and by direct experience) that Sai is God Himself; He is Bhagawan and Easwara. I meditate on this form in my heart with all my mental faculties. He is the embodiment of truth, divinity, universal

consciousness and the one who pervades all the worlds. I pray to Sathya Sai Parameshwar to direct our intellect to engage in auspicious and righteous activities. I meditate on this great Form.

## Christmas Time in Puttaparthi – Part Three (Joy to the World!)

December 25, 2012



It's Christmas! I get up at 4 am to go to the mandir as instructed by our longtime friend and assistant in Puttaparthi, Vijay Sai. I walk the block to the ashram, enter the gates, leave my shoes at the gent's rack, and walk to the mandir, seeing a long line of men sitting beside the gates as I expected. I walk past them all, more and more men in rows sitting next to each other along the way. I get to the end of the line, ask the sevadal whether to sit, and he directs me to keep on walking past the line somewhere in the distance. I walk and see a small line of men gathered, looking a bit confused about what to do. I join the confused group. As I'm standing there, I realize I'm not frustrated or upset; I'm going with the flow, looking at the mandir and decorations, listening to chanting going on as the gents and ladies walk around outside the mandir, enjoying Christmas morning at Baba's ashram.

After five or ten minutes, we're asked to move a bit closer to the main mandir gates, and I'm standing among Russians (many come to Baba's ashram), other nationalities that aren't Indian, and I thought I heard someone say something about this being an overseas line. Therefore, with reason, I thought that was our designation and why we were standing together. Finally, we're called into the mandir, just our group! OK, what's going on, there are all these other guys waiting in long lines, and we're up first?! I don't question, and I end up leading the line into the empty mandir, excluding sevadals who are setting up. We're instructed to line up against one of the walls of the mandir, we wait for about ten minutes, and then we're instructed to walk up and sit at the front of the mandir, just in front of Baba's Samadhi!!! Again, I don't question, and just sit with our group, joining another group of men to our right.

I notice most of the men in my group are wearing badges or flowers (like a corsage for prom), and the group to the right of me made up of Japanese, some Indians, and others are all wearing identical blue and silver scarves. Just before I sit down, I'm handed a Xeroxed handout with Christmas carols. I notice the first row of gents has instruments. I notice the musical director of the group next to me instructing one of the instrumentalists. Then the ladies come in to the right of all the gents and sit down, some with instruments, and I notice their choir director.

I think you've caught on, which I did, that I'm sitting with choirs. I look around for other unsuspecting, innocent gents who are not members of the choir, trying to pinpoint some so I don't feel alone. It doesn't matter. I look over the pamphlet with the songs to brush up on some old Christmas carols, and learn some new ones. I'm ready for whatever comes, as I take in the Shakti of Baba and opportunity the day has presented to me.

We sit there for half an hour until 6:30 when the choir director takes his position in front of us (I like him: he's animated, smiles a lot, and is very dynamic and loving his seva). The instruments play, he motions for us to get ready, and we're off singing. The men I came with are not part of the group to the right of me that he is instructing, but some of us join in. I am thrilled, loving the carols, fully engaged with the choir, a full choir member looking down at my copy and up to the choir director to keep time with the group.

As I refer to the handout now, we begin with Gaudete (I don't know that one), then The First Nowell (spelled that way; I know that one!), the Angel's Carol, We Three Kings (I know that one!). O Come, O Come Emmanuel, God Rest Ye Merry Gentlemen (I love that one!), Mary Did You Know (this has a great line at the end: "This sleeping Child you're holding is the Great I Am. Mary did you know?"), Hark! The Herald Angels Sing (yes, yes!), O Come All Ye Faithful (yes, yes, yes!), and finally Joy To the World which for some reason we don't sing, I think because of time. I'm rejoicing however, sending great joy to the world, having lived this once-in-a-lifetime, sacred moment with others, performing for and giving ourselves to Baba and Master Jesus.

Thank you Baba, thank you Master, thank you Maa, and a very Merry Christmas to one and all. Let us rejoice together this time of birth and rebirth, of love and devotion, of celebration in our togetherness. Whatever country, nationality, religion, spiritual path ... or choir affiliation.

OM JAI JAI SAI MAA

JAI SHRI KRISHNA

JAI SAI RAM

## [Christmas Time in Puttaparthi – Part Two \(A Walk on Christmas Eve\)](#)

December 24, 2012

After a nap at around 5 pm on Christmas Eve, I decided to do some errands in the streets of Puttaparthi, and then wandered to the ashram where I heard voices streaming through my apartment singing Christmas carols and chants.

Seeing the many shoes gathered at the entrance of the ashram, I knew there were many devotees in the mandir, and I was correct – it was filled with thousands of people, hundreds standing outside the gates watching the program and a large screen that showed everything happening at the front of the mandir.

I spent time there, watching and hearing the choir chant “Sathya Sai Ram”, the small orchestra with the violin solos during the chants. I watched those watching the screen next to me, including a Russian (I think) woman wiping away tears as she chanted along, calling her husband over who had tears in his eyes and watched for a while and then walked away wiping away his tears. I watched the faces of men and women watching Baba on the screen in a video, folding their hands at their heart in respect, as he walked among devotees collecting letters, waving his hand slowly and gracefully as we loved him to do, wiping perspiration from his forehead and mouth. I remember Maa saying to Baba why not stop these Darshans in the later years, and he said they come to see me and I must be there for them.

I feel the great peace settling through me when I am in the ashram, I breathe easily, come into my heart, when I watch Baba, remembering the last fifteen years or more visiting the ashram and being at Darshan with Baba, being with Maa in the bedroom of Maa’s apartment overlooking the mandir as we looked at Baba (Maa loved those binoculars sitting in the sacred geometry structure in a rocking chair looking at Her Beloved Guru!).

I am glad to return to that peace, love, inner harmony, in the ashram and with my memories, and embraced by the present Shakti, Love (Prem) of Baba and Maa. Thank you to these Gurus, and to all Gurus, who are so devoted to us and serve without conditions and expectations. Thank you to Master who incarnated at this time, or another, it doesn’t matter. We are blessed by our lineage of Divine Love and Compassion, of Divine Masculine and Feminine, of Living in Love as Light Incarnate.

OM JAI JAI SAI MAA

JAI SHRI KRISHNA

JAI SAI RAM, SAI RAM, SAI RAM

## **Christmas Time in Puttaparthi – Part One**

December 24, 2012



I sit here in my old apartment in Puttaparthi just after signing the familiar registration book the doorman has given me, with Becky's 2008 form filled out as the first page in the book! I arrived yesterday from Delhi to be here for Christmas – it feels like home although Baba's physical presence is missing. The stillness in the air, the feeling of floating as I walk through the streets, Sai Ram's said to several people I know and recognize in the streets. I see Aftab, who Maa and I love, and who owns the Himalayan Heritage gem and statue store near the front gates of the ashram. Maa is thrilled to know that Aftab accepted Maa's invitation and will be coming to the Kumbh to be with all of us. I see Anil Kumar, who ran Sai Surya, a restaurant just outside the gates, who now runs a café and guest house just outside our apartments. He asks for Mataji's blessings.

I went to the mandir (temple) this morning at 7:30 not knowing what to expect. I sat through chanting of slokas and bhajans, followed by a procession of everyone up to the Samadhi of Baba. Where Baba used to sit in his chair in the front center of the hall, they have created a resting place for Baba covered with white marble and colorful flowers, with photos of Baba encircling the background, in a circular area that is first covered by a golden curtain that is pulled back at 10 am for everyone to see and pass by the Samadhi. Above the Samadhi hangs a banner saying "Live in Love", an important message for each and everyone of us.

When I first entered the mandir I was pleasantly surprised by the power of the Shakti in the temple, and was washed by Baba as I sat there for a few hours listening to the chanting and clapping along during the bhajans. Everything felt much calmer than before, with no tension as in the past to get closer to the front, especially to see Baba as he passed by during Darshan. Interestingly, there is much more Shanti (peace) now, respect, courtesy by the sevadals (those men doing seva) and those attending.

As I slowly approached the Samadhi, I closed my eyes and breathed in Baba, the love, the heart-filled compassion, the grace, the power of Baba entering me and everyone. I bowed down and placed my hands on the marble by Baba's physical form, honoring and thanking Baba for his



physical presence on the planet, the many years of service and devotion to us all, the continued service through his energetic presence, and Baba's devotion to Maa and grand and glorious contribution to who Maa is now as an enlightened master, Divine Mother, Guru to me and many of us.

As Maa could not be Maa without Baba, I could not be who I am now without Maa.

I pranam at the lotus feet of Bhagawan Sri Sathya Sai Baba, I pranam to the lotus feet of my Guru, Her Holiness Sai Maa Lakshmi Devi.

I will continue to share my experiences, including the Christmas celebration tomorrow, in future blogs from Puttaparthi.

OM JAI JAI SAI MAA

JAI SHRI KRISHNA

JAI SAI RAM

## Words to Ponder

December 17, 2012

OM JAI JAI SAI MAA JAI SHRI KRISHNA OM NAMAH SHIVAYA

Here are some of the words I shared before Maa's global address on December 12<sup>th</sup>, with some variation and additions.

Maa asked us, has asked me several times, why am I here, what am I doing here? I don't have to be here to do the work.

Maa doesn't need to be here. What does that feel like to hear this? I was speechless at first, I couldn't answer. Then I said Master, Archangel Michael, St. Germain, Maa's gang, asked Maa to be here (a selfish reminder on my part to keep Maa here).

I've become much more aware during my trip to Kashi, being with Maa during the Jal Samadhi of Maharaji, during my 63<sup>rd</sup> birthday, during many satsangs with Maa sharing written teachings, especially when Maa wrote in silence: DO NOT TAKE THE MASTER FOR GRANTED – meaning the Master as Maharaji, as Maa, any Master.

Seeing the physical body of Maharaji entering the Ganga, seeing the bodies burning on the pyres at the burning ghat just outside Maharaji's ashram, hearing Maa speak about not being here – these are all wake-up calls for me, emphasizing the PRECIOUSNESS of every moment with Maa, of being in a body, of living life consciously. Maa asked us to ask ourselves: ***What am I doing now, how am I filling my time between birth and death, am I taking Maa for granted,***

***am I realizing the Master within me, what is my legacy for future generations?*** These questions are leading me to a new level of commitment, of devotion to Maa, of devotion to my Self. Please ask yourselves the same questions and see where you end up.

I realized in Kashi, it's so easy to "zone out", to be distracted, to lose my focus (Maa never does; we experienced one very palpable example, when Maa cared in every second for the body of Maharaji as it was being prepared to enter the Ganga). If we "zone out", it's okay, we can just realize it and come back in the zone quickly, in alignment. Sitting in Maa's presence in Kashi, I'd start thinking, drifting. I would constantly come back to Maa, look into Maa's eyes, take in all of Maa, merge. We can all do this whether we're in Maa's physical presence or not, just by saying, Maa, Maa, Maa, or I Am Shiva, I Am Atma, whatever action within ourselves that brings us back to our Self.

I was thinking during dinner tonight here at the Ayurvedic clinic in Delhi, it might help us to create a survey from 1 to 5: how often am I spending my time with problems, suffering, stories, drama, distortions, and how often am I spending my time with my light, my Atma, my Presence, my Maa? We can keep a running survey, track our daily, hourly, even minute-by-minute focus, and make adjustments as needed (most likely, many adjustments for most of us).

Know that the more time we spend with the light, our Atma, Presence, Maa, the more the distortions are purified, dissolved, transformed in the light – we don't have to do anything but stay with the light, come back to it, use it – we can decide to fill our time between birth and leaving the body with the light, and all is taken care of by itself.

Maa is asking us to be aware, alert, active, to create with the light and the Masters, to do light work continuously in our consciousness, in the matter of the body, to free ourselves of distortions of the mind and personality, to let our Presence embody us. It's as easy as we make it, as easy as remembering that the light is available to us, the light is within us, and using it for our evolution, individually and collectively. The more we practice, the greater the transformation and the easier our life gets.

Each of us is here in a body to do the work, so let's show Maa we're doing the work, we're transforming, not to keep Maa here, but to be the light as Maa is, so we can play with Maa, play and co-create with the Masters as Masters. Maa wrote about loneliness, that Maa has no one to play with, as Maa played with Maharaji, or Apaji, Guruji, Guru Nathan, other Gurus who have been in Maa's life and played with Maa in the past in the physical. We're always asking, sending Maa emails upon emails, even those who have left Maa are coming back to ask for something (let me be clear, Maa is not complaining; it's just a fact). Here's another question to ask ourselves, and I include myself here: ***Am I asking or acting?***

Following are some words of Maa's about how we can do the work, the actions we can take, accessing the power within us, the love of and from our Presence through which we can heal ourselves:

*"How can I remind you of the power of life within you? How can I make your daily life much easier? You have used human consciousness for a long long time, so you now live in a limited*

*life. So now I wonder how can you overcome this limited consciousness so you do not live in doubt any longer? You have that greater Power of Life in you; you can do miracles. Clear your mind, clean your feelings, your emotions, so you can be available for love, for Grace, for divine activities, fulfilling the divine plan, serving greater consciousness, starting to invoke the Ascended Masters' consciousness."*

*"Required for all healing is the love of your own life, which is the love of and from your Presence, always within your body, within the atomic structure. As long as there is a consciousness within the mind, as long as there is energy in the body, the light of your own light, which is only the love of your Godly Presence, all healing is the settling of light that is already within you. All healing is a release of light from your Presence, so you are free from the discordances that have been imposed upon the light. All healing is a release of light, which is the purity of life of your own Mighty Presence. The love of your Beloved has trusted, accepted the physicality, a divine activity."*

## **Deeply Appreciating the Master**

December 12, 2012



I am sitting in my room at the Maharishi Ayurvedic Clinic in Delhi, a place and a time for transformation that I only experience due to the presence of Sai Maa, Maa, Mataji in my life, among so many opportunities that have come and will continue to come in my life. After my time with Maa in Kashi for the Val Samadhi of our Beloved Maharaji (Sri Satuwa Baba Maharaj), the immersion of his body into the Ganges River, and the celebration of my 63<sup>rd</sup> birthday, I am now on a month-long pilgrimage throughout India before traveling to the Kumbh Mela in Allahabad for five weeks mid-January.

As my life unfolds so perfectly by the grace of Maa, my first day in the clinic for Panchkarma treatment is 12-12-12, and they call me for my pulse diagnosis at noon! I just finished soothing, releasing, freeing treatments, including Abhyanga or herbalized oil massage by two men simultaneously applying the oil on both sides of my body; Naadi Swed or the spraying of steam on my whole body; Shirodhara or bathing of my head by having medicated oil dripped slowly on my forehead (so relaxing!); and Hriday Basti or herbal oil poured into a circular herbal paste form placed over my heart. I then returned to have a delicious meal of kitcheri, different vegetables, rice and dal, and japati (bread).

I sit here in a very rested state, looking at a recent photo of Maa smiling radiantly, and I have to write this blog right now.

I *appreciate* more and more that I have an enlightened master, a Divine Mother, a Guru in my life. I know many critique Gurus, react emotionally and speak about clones or sects or cults. Yes, there have been cases that might induce people to use such terms and cause such judgments (although we know judgment comes from the ego). I can only speak/write about my time with Maa, and what I am experiencing now, as I have for so many years.

I ask you to look at the two photos above of Maa and myself. In the first one, look deep into Maa's eyes, and feel the love and compassion streaming from every fiber of Maa, and know the same to be coming from me as I glance upon Maa, and even more accurately, merge with Maa in our love for one another. The tears in Maa's eyes thanking me for being with Maa, as I thank Maa for being with me. The tears of grace, of recognition, of love, devotion, and gratitude. This is appreciation: my appreciation for Maa, Maa's appreciation for me, in oneness.

Now look at the other photo, and feel the blessing Maa is bestowing upon me, Maa's hands of light placed on my head, penetrating my brain and whole being, illuminating me, expanding within me. A blessed offering of Maa, a higher frequency energy serving me in my transformation. The grace of Maa, the grace of love, the grace of light. Feel this entering your brain, your entire being.

Maa is serving us in every moment, and many of us are not aware of the quantity, the quality, the constancy of the Shakti (dynamic, creative energy) Maa provides for us to evolve. In these times, right at this moment, the energies coming on the planet are unique, never before experienced, intense and piercing. Maa spoke of the vortex of energy being created today on the planet. Maa is doing work right now with this vortex for the planet, unfortunately on an airplane which makes it

harder on the body, as Maa travels to Albany from India for Shiva Nights to serve all night long for two nights.

The more we appreciate Maa, or any Master in our lives, any Guru we have decided to be with in our spiritual path, the more we merge in this love, in this light, the more we are blessed by the grace of the Master. This is truly a time to surrender, meaning surrendering to our soul, our Higher Self, our Truth, our essence as Love, the light within us that is activated by the Master, that becomes more and more evident to us as ourselves as we become more aware, conscious, realized. The spark or candle flame within us is illuminated and expanded by the sacred fire, the furnace of divine light, embodied in our Master, so we then know ourselves as that, and live as that in the third dimension.

Please look at the photos of Maa and me once more. Take in the energies, and sit with whatever resonates within you, whatever is activated and rises within you. Be with this for several moments, appreciating what you are experiencing and who you are as this. Appreciating yourself with Maa, with Master, until you realize yourself as Maa, as Master, as Self. Write me with whatever you experience, the state created within you.

## **Birthing Through My Guru: The Power of Love**

December 6, 2012

What a day with my Guru ... yet another time of blessings, teachings, family, celebration, realization. December 5th, the day of my 63 years on this plane, 18 birthdays with Maa in this life experience.

I awoke in Kashi at Sri Satuwa Baba Maharaji's ashram to go to morning meditation with the other shishyas (students). After meditation and before breakfast and satsang with Maa, I was told by Trilokanand that immediately upon waking, Maa said, "It's Swamiji's birthday!" What a joy to be remembered as we are remembered, loved, cherished, by our Guru. As Maa wrote and expressed today, when we are loved, know how loved we are, we can face anything with power and peace: "Being so deeply, profoundly loved brings faith, strength, gives harmony and peace. As well, loving profoundly, deeply gives great great courage to face everything with Love."

When I entered one of the student's rooms I was greeted with refrains of "Happy Birthday" from everyone, including Mahantji, Santosh Dasji, the successor of Maharaji. I felt such intimacy, togetherness, heartfelt joy in being with everyone. After breakfast, we climbed the stairs to Maa's room for our traditional morning gathering when we sit with Maa, share, receive teachings (through notes as Maa is in silence). I entered first to present my Guru with Prasad (sweets), my new booklet in English and French, rose petals, and complete love and devotion. Maa hugged me over and over again, saying how grateful Maa is for my being with Maa for so many years, and so many, so many lifetimes. We both cried as did others in the room. I will send some photos when I receive them soon.

As happens every morning, all of the ashram gurukul (Vedic school) boys come to Maa's room for blessings and teachings, so alert, open, devoted, disciplined, listening intently to every word. Maa is in silence, writes notes that are read aloud. Maa asks each and every boy to share what they feel during short meditations with Maa (for example, closing their eyes and being with their Atma/soul), asking them what God or deity they wish to be, what they wish to be when they're older. Maa is concerned about their not having blankets, being cold when they sleep, not having proper food or clothing, books and pens. Maa takes responsibility and cares for all her children, including all of the devoted boys at Maharaji's ashram, me, all of our community members around the world, everyone on the planet.

The day of birth continues with all of Maa's students going to Maa's ashram that is being built at the Harishchandra Ghat along the Ganges (Mother Ganga): this is the other burning ghat in Kashi, aside from the Manikarnika Ghat which is where Maharaji's ashram is. I am astounded at what has been accomplished in building the outer structure of the ashram, since I was there two years ago and laid one of the first stones into the ground for the inauguration of the construction. The ashram grounds and we are filled with Maa's Shakti (powerful feminine, dynamic, creative energy), as we gaze upon the overall structure that is in the shape of two merging hearts (Maa's and Maharaji's), curves flowing into one another on all floors, unlike any other structure in Kashi or anywhere, difficult to understand and construct for the male engineers.

We begin the tour by descending to the meditation cave underground. I could remain there for days lying down, sitting and meditating, communing with my soul, merging with Maa, expanding into oneness consciousness. As we climb the stairs to the ground floor (the large Darshan hall), then the first (student quarters, kitchen, dining room) second (student quarters and library in the middle), third floor (Maa's quarters), and the roof where Maa's Jhoola (swing) and the garden will be, we are all filled with joy in knowing this sacred space is being created for all of us in Kashi, the most sacred city in India, where no other living female Guru has an ashram.

We then look at drawings showing the design concept and sacred geometry in the structure explained by Amit Bhai (one of the team leads for the design and construction of the ashram) and Mohan Das. After marveling at what will be created, we go to a nearby restaurant for a joyous birthday lunch celebration with all the students, gifted to us by Amit Bhai. We spend about three hours together, in silence, sharing, laughing, having fun, eating many courses, Indian, Italian, Chinese, Mexican, as I share when presented with an ice cream chocolate cake with candles, "This is one of my best birthdays, to be together with Maa, with everyone as a family, to see our ashram, to be in Kashi."

When we return to Maharaji's ashram and I'm walking alone to my room, I see Maa sitting upstairs outside of Maa's quarters, looking at the view of the Ganga, writing in Maa's journal, having time "alone" which never happens – I smile and go to my room. After a few minutes of lying down, I suddenly feel to go out on the balcony outside my room and look at Maa's floor across the ashram grounds. Maa looks at me and calls me over. We sit, appreciate the silence and each other's company, I read some of Maa's words which I later type and read the next morning during satsang. Having such precious time with Maa, Mother, Guru, Atma, Self ... beyond words, beyond blog.

Maa sends me later some of the Prasad that I offered Maa in the morning, blessed for some time at Maa's puja (altar). I'm eating and savoring every bite, and vibrating with the Shakti gifted to me by Maa in the sweets ... a sweet reminder of Maa as Atma, as Self, within me.

As Maa has taught, we are born three times: by our birth mother when we take our first breath; when we meet our Guru; when we attain Moksha, enlightenment. I celebrate my incarnation through my birth mother. I celebrate with all my heart and being my birth through the presence of Sai Maa, Mataji, my Guru, in my life. I celebrate my enlightenment, illumination, in every moment with Maa, every moment when I become aware of something new about myself, my state and energy, how I'm living my life. I am enlightened by being in the spiritual path with Maa, with all of our global community, as I learn to be one with my Atma, my Self, to think, feel, speak, act as Atma, as Self, as MAA.

Thank you all for being with me at this time, sharing your presence with me, and teaching me as we progress in this path together. Thank you Maa for your love, your seva, your devotion to me, for all that I know you have done for me, for all that you do for me now, and for all that you do for me of which I am not at all conscious. I am so loved, and I love so ... bringing me such faith, strength, harmony, peace ... bringing me to the Truth for which I was born.

## **The Passage of Maharaji to Mother Ganga**

December 2, 2012







JAI SHRI KRISHNA, JAI JAI MAA

Sri Satuwa Baba Maharaj has left the body after 99 years in this life experience devoted to Lord Krishna, to being an expression of loving devotion for all of us, showing how we can realize ourselves as Atma (Soul), Self, Source. Maharaji's devotion to Mother, to our Sai Maa, Mataji, has been a living example for our community. The following is my testimonial after being a witness to Maharaji's Jal Samadhi, the immersion of his sacred physical form into the water.

Honoring, respecting, grieving, mourning, tears, pranams, multitudes of devotees back and forth, encircling the body, the physical presence of Maharaji for the last time before immersion in Mother Ganga.

What comes to me again now, remembering what was written by Mataji in notes this morning, shared by shisyas meeting with Maa, is the importance of cherishing Maa, each moment in Maa's presence, to show our love and respect in our focus, commitment, with each action, even in how we look upon Maa when Maa is present with us. Maa as Maa, Maa as Guru, Maa as Maharaji.

Maa shared about the loneliness of no longer having the physical presence of Maharaji "to play and dance, to be Maa 100%, thus no judgment ... no more support, understanding, love, divinity, in the physical". Another teaching: "Is there anything greater than Devotion?" This Guru to Guru love, devotion, tenderness, caring, the knowingness and embodiment of oneness consciousness. As humans we project onto Maa (Guru), we get caught up in our illusory thoughts and emotions and forget about Maa, or we judge Maa, we put a distance between Maa and ourselves, so we can't play together.

In viewing Maharaji yesterday, in watching the Jal Samadhi entering the Ganga, I remember now being together with Maharaji laughing, enjoying Maharaji's sense of humor and the twinkle in his eyes, experiencing first-hand Maharaji's joy to learn and practice English, writing in a journal, or so carefully writing sweet notes to Maa. Maharaji practiced reading English aloud, using transcripts I had prepared of his satsangs in Crestone and Boulder. Such a thirst to learn, especially to be able to speak with all of us more fluently. I loved holding Maharaji's hand or arm, as we walked slowly together, the great love and powerful Shakti moving through Maharaji

to me. I love Maharaji's love, activated within me, as happens with Mataji's love – the Guru's love for us reminding us of our love, allowing us to express this love again so naturally.

In our memories, in reminding ourselves and activating what we feel for Maharaji (for Mataji, for Guru), let us say to ourselves what Maharaji has said so often to all of us: "Come soon, quickly, immediately." Come to this love, devotion, Krishna consciousness, Source, where Maharji has been, is now, and all ways will be.

## Light the Light

November 13, 2012



Today is Diwali (Deepawali), the Celebration of Light in the Hindu tradition. During this time, we welcome back Ram, the guru, the soul (Atma), the light, and thus prosperity in our life (Maha Lakshmi).

We are light, everything is light, and we are lighting the lamp of light within us, welcoming the light, being grateful for the light, realizing ourselves as light, to BE LIGHT in our everyday life.

By embracing our light, expressing our light, we dispel any darkness within us and around us, we serve ourselves, we serve humanity and the planet. Our focus upon the light we truly are purifies us, transforms us, serves us in our evolution to be love, light, Self, in every moment, as our birthright, as our dharma or purpose.

I offer here some words of Sai Maa about Diwali, about light and darkness, about shining our light. In reading these words, in reflecting what the Celebration of Light means for you, open to your light, love your light with all your heart, cherish this opportunity to recognize yourself as light and to be a beacon of light for the world.

*“This lamp is to be fed by and with devotion, our steadiness can be represented by the wick. The light coming and shining must illuminate every instant of our life. Every moment we are to feel the Love coming from our supreme Self. The splendor of this light will definitely dispel the thick veil of darkness as soon as the wick starts shining. What is left is Joy, Love, peace, and harmony, which are all aspects of truth, the changeless. These qualities are then your companion, meaning God wins, meaning one does not feed ego, evil, or darkness anymore. When God wins or Self wins, one is not feeding anymore lower qualities which lead to pain and suffering.”*

*“Now, let’s see what is darkness and what is light. Darkness will surely contract us. Darkness is doubt, sadness, jealousy, greed, peacelessness, disappointment, inner poverty, inner misery, restlessness of mind, so many different forms of darkness. So, to transform all these qualities which lead to darkness, one is to light the lamp of light (the lamp of truth) to install, to establish this lamp, to sacrifice the darkness of ego—this is the real sacrifice. Light the lamp of prosperity in your life experience.”*

*“This celebration is also to express gratitude, for one is seeing the light, one is merging with the Divine Love because the darkness, the emotion that drags one from divinity, is not being nurtured anymore. Attachments, worldly earthly things that lead one down to pain, are to be transmuted into the light of Supreme Atma. One is to wear new glasses, glasses of Love, of light, of awareness, of knowledge, of wisdom, of peace....”*

*“Allow Diwali to burn the darkness, and all hidden Divine qualities will surely come to the surface. This is the true significance of a celebration of light, a real inner significance. ... Set the flame to the light of God within, the wisdom, so one is not enveloped by darkness anymore. Let the light shine within as well as outward. Yes, allow the Divine flame of your spirit, your inner divinity, to shine.”*

## **Focus on Success and Not Stress**

October 22, 2012

I’ve just finished writing my third booklet, ***Less Stress, More Success***, and am now moving into times of travel and teaching. It’s been a month since I last wrote a blog, having focused on the series of three booklets (also ***The Healing Power of Action***, and ***The Healing Power of Meditation***), and recording an mp3 in English and one in French of seven meditations and two mantras.

In writing this booklet, and leading a workshop about stress and success in Boulder (one coming up in Denver on November 6th), I’d like to offer a few tidbits here for you to read and reflect about, posting your thoughts on the blog if you choose (which I’d love).

We tend to concentrate on the stress we’re feeling, identifying with it, creating stories and drama, worrying, tightening up even more as we pay more and more attention to it. Even in writing and teaching about “stress reduction,” we’re focusing on the stress – I use that term however because it’s well known and attractive to audiences. As I wrote the booklet, and included many

practices that reduce stress, I realized that stress dissolves when we're still, in the heart, loving, aligned with our Self and what's important to us in life, with our inner power. I call this "success", and that's where we're to let the Law of Attention do its work. What is success for each of us? How can we focus there, and allow the stress to disappear through that focus?

Here's what I write at the beginning of the booklet:

"I'm now going to offer you ways to reduce your stress and increase your success in life. I repeat and highlight an important consideration for you to remember as you move forward: ***Although you might be feeling stress, the point is not to focus on the stress itself but on actions (inner, outer) that create increased alignment, power, and expansion, thereby leading you to achieve the indicators of success mentioned above and any others added by you.***

I rephrase and reinforce the above consideration by reversing the words in the title of this book to: *More Success, Less Stress*. The more you succeed (including in your inner/outer actions, empowerment, and energy), the less stress because the stress dissolves, is transformed, in your success. At the same time, it's also true that the less stress you have, the more you're able to take actions that lead to your success. I invite you to use whichever order of these four words you like, including both.

As you will see in the following practices, your focus is to be on your breath, inner stillness, essence, Self, lightness and light, new life possibilities. You're to communicate effectively with others, manage your time and life priorities, take care of your body. You acknowledge, accept, and welcome your stress, which allows you to more easily change your focus and use these practices in your everyday life."

Using me as a case study, when I focused in the last several months on who I really am, what I offer to the world, realizing what I love about my offer, and appreciating what I have to offer, I moved into alignment again (see the last blog about **the ins and outs of alignment**). I'm no longer separate from myself (my Self), which I never was in truth. My energy has shifted, the Shakti is flowing, and as a consequence, I'm acting and creating with power and passion. I had wasted time focusing on the stress, the worries, the discomfort of non-alignment, and then through some coaching and practice, the power of the realignment took over. This transition took place by moving from my mind to my heart, by getting in touch with my soul, by expressing myself with others, reinforcing and embodying my offer through conversation. I got clear about my offer, the goals I want to achieve and associated results with time frames. Because I'm feeling what I love, and have clarity about what that looks like in my life, I'm taking action to manifest it, continuing with my practices (breathing, meditation, self-expression, conversation) to keep in alignment, and coming back quickly into alignment when I'm out. I can honestly tell you there's much less non-alignment due to the actions themselves that I'm taking.

I finish with more from what I just wrote, about action, alignment, and energy:

"We succeed and reduce our stress through **action**. As I wrote in *The Healing Power of Action*, just acting reduces our stress and heals us. Everything we do is action: we take action within ourselves (our thoughts and feelings), and in the world (our behavior and interactions). By being

conscious about our inner and outer actions and their consequences, we affect the amount of stress we produce within ourselves, and therefore the effects the stress has on our success in life. Vice versa, our actions affect our success and thereby the amount of stress we create and experience.

We influence our success and stress through **empowerment**. We empower ourselves when we shift how we see ourselves (e.g., acknowledging what makes us whole, all our dimensions), and how we see our world (the possibilities inherent in our circumstances). We're empowered when we know there's nothing wrong with us, we have everything inside of us, and we align with and realize our inner power as love, as light. We take ownership and responsibility to create our life, and our mental, emotional, and physical health.

The levels of our success and stress transform through our **energy**. When we become aware of our energy (everything is energy, including our thoughts, emotions, words, all our actions), we can release energy that doesn't serve us, expand our energy, use energy to transform ourselves and our stress, and to live in a higher frequency, as light in our daily life. Stress is based in fear and is low frequency, while living from our heart and loving is high frequency."

## [The Ins and Outs of Alignment](#)

[September 12, 2012](#)

This last year has been a time of many life changes for me: where I live (a house in Evergreen); how I live (alone though never alone, with increasing interactions with our international community); how I express myself (more published writings, recordings, traveling and workshops, telecourses); my relationship with Maa (evolving, deepening, changing form). Through times of upheaval within myself (questioning of my purpose, uncertainty about what I have to offer, worries about finances, self-imposed separation from who and what matters to me), I have realigned with my Self, my soul ... with Maa.

I write about this now, for you to know that this cycle of "in alignment", "out of alignment", "realignment", is part of our evolutionary path, our transformational journey, our playing the game of life experience, moving in and out of illusion ... and let me tell you, I'm one of the players along with all of you!

I'm now in the midst of a powerful realignment with Maa, with Self, with Source, that has come about through those times of self-doubt, questioning, non-alignment. In fact, as I write this, what I truly wish to share with you, for you to "get it" within yourself, is that it's okay ("normal") to be out of alignment, to be uncomfortable, to feel like you're regressing or going backwards, to want an end to how you're feeling right now.

The point about not being aligned is how long it lasts, how long we get stuck or embedded in the mood, energy, habitual pattern, drama, identification of this perspective about ourselves and our lives, how we and the world occurs to us, and all of the thoughts, emotions, and behaviors that go along with that.

So what got me out of that “stuck state”? Realizing what I was creating within myself and where that was getting me (nowhere other than suffering). Creating a new way to look at myself, and express that new perspective in the world through action. Shifting my inner relationship with Maa, which really has to do with “me with me”, my relationship with myself. Remembering to act, interact, express and communicate, as I say now, “be out of my room,” or as I put it in the old days, “be out of the cave.”

Now for the good part ... the results of this shift, of this action, for me (consider what the results can be for you!):

In realigning, in truly having a sense of who I am, my talents, what brings me joy (teaching, writing, coaching, traveling ... MAA!!!), I am blessed by and in the flow and movement of SHAKTI, that dynamic, creating energy of Mother. As with my book and workbook, I can't stop writing. I wrote a first book, “The Healing Power of Action,” incorporating unpublished quotes of Maa's – it's now printed in English and French for the upcoming Denver, Montreal and Munich events. I've just finished the second booklet, “The Healing Power of Meditation,” to be printed in English and French for Munich and beyond. I'm writing the third booklet, “Less Stress, More Success.” I'll be recording in English and French ten meditations from the meditation booklet. I'll be touring Quebec, Europe, Japan, offering workshops, satsangs, and coaching. I'll be offering telecourses. As Maa often says, “I could go on and on ...”

ALL OF US can create from the Shakti within us, be a movement of action and outcome (without attachment), pulsate with our inner power. How? That brings us back to alignment and realignment ... AND acknowledging, accepting, welcoming. This is the teaching of Maa: to acknowledge what is happening within us (oh, this is what's going on, it's in me), accepting all of it (I own it, I accept it, it's okay, it is what it is), and welcoming it (I embrace everything about myself no matter what). From those three steps, or states within ourselves, we can transform what doesn't serve us, what causes us to suffer, and thereby re-create ourselves with new perspectives, thoughts, feelings, words, and actions.

Let these words (energies) encourage you, nourish you, inspire you, and shift your thoughts, feelings, and actions:

*“It's okay, I'm okay, everything is okay. What can I do now within myself, in my life, to know myself, to express myself, to learn, to grow, to transform? I'm not alone, never separate, always supported. I am breathing, moving into my heart, aligning once again with my Self, my soul, Source (choose words/energies that fit). I am a movement as continuous, conscious evolution. I journey in the path with everyone together ... togetherness, unity, oneness. In gratitude for the blessing of life, for realizing who I am and how to express this in living my life. And so be it, and so it is.”*

## [Coming Home](#)

[August 27, 2012](#)

The visit last night of a young man to my home reminded me of a meditation I created for my book and workbook, "Coming Home".

He has been in our community on and off for several years, disappears for a while and then shows up again to visit or speak. He also lived for a time in our ashram, The Temple of Consciousness, in Crestone, Colorado. When he came to visit yesterday, I showed him downstairs to my meditation room, a sacred space that used to be a bomb shelter!

Upon walking into the room, he stood still, took in the room, and began to cry. As he said, the tears came in waves. We stayed in the space for some time in silence, communing with our Selves and each other, and I offered him Sai Maa Diksha at the end. When we returned upstairs and spoke about his experience, he said he really missed that energy, that experience, and I shared it was like coming home again ... to himself, to Maa. The very still energy of the space is the pure love that is our inner essence we are remembering and returning to through our life experiences and, in the spiritual path, our practices and daily discipline. The remembrance, mixed with the missing and longing, are what this young man experienced, along with the grace of the love that flowed through him as he opened to it.

The meditation I wrote guides us to breathe, love the higher realms of ourselves with all the love in our heart, and bring the love and light of those realms back into our physical form. I offer the meditation below for your use.

***Sitting comfortably, close your eyes and breathe consciously. Notice and appreciate each breath. Allow each breath to bring with it more and more peace and stillness. Now breathe into your heart and rest there, expanding in the love that resides there. Love your breath; love this moment. Expand even more in this love. With your breath, allow this love to move throughout your entire physical form, from just above your head to just below your feet. Allow the movement of this vibration of love to flow freely for several minutes throughout the physical form.***

***Now breathe just above your head, and move with the breath farther above the head with all the love in your heart. Embrace your expansion into the higher realms above you. Call upon these realms, what you may call the Presence, the Self, or the Source. Merge with this high vibration of love and light. Breathe deeply and rest in this union, this homecoming.***

***After several minutes, breathe deeply again and bring this one love, one light, down into your physical form and deep into the core of your heart. Breathe there, and rest in the embrace of this love for several minutes. Then, with your breath, become aware of your surroundings, of your physical body, and slowly and gracefully open your eyes. Appreciate and be present with your current state of being.***



# Our Common Denominators

August 18, 2012

We often hear and repeat in our teachings, “We are all one”. This truth, this state, became very evident to me during the last two satsangs (spiritual gatherings) at the Denver Center when male prisoners from a nearby Halfway House were invited to attend.

These men were exposed to teachings, practices, and energies they had never before experienced, and many of our community members were exposed to men, a side of life, they had never before experienced.

What did we all have in common? We practiced going inside of ourselves and shifting our perspectives, becoming aware of our power in re-creating ourselves by where we place our attention, what we do with our breath, what we accept about ourselves or wish to change.

We participated in Sai Maa Diksha training during these two evenings, when eleven different prisoners came in a van together each time. I commend the teachers on delivering the teachings in a simple, down-to-earth way where everyone could understand and apply what was said. As I listened, I reflected about my own languaging and how to shift it for this and different audiences. Although it was a bit awkward for some of the men, they caught on quickly, received Diksha from community members and practiced among themselves.

They didn’t hesitate to share what they felt, and the frequent comment was they felt PEACE they had never felt before and didn’t think they ever could. They felt a warmth, tingling. They shared with smiles on their faces, surprised and even shocked. Several said they just loved being in the space – it felt so good!

They were led through a practice in which they were asked to think about an uncomfortable situation, and shift how they felt about it. They learned how they could just witness, accept, be in their heart, align with higher aspects of themselves. They could change their perspective about the situation so they weren’t stressed out, frustrated, angry, and could see how this shift would impact the rest of their day and longer. They saw how they always have the option to see things differently, and that the consequences change for themselves and others because of that choice.

When I spoke to two men during our meal break, we had teachings in common, meaning they receive mentoring around acceptance (of themselves, others, situations) and communication (expressing themselves and not holding in). Then we all chanted, led by Shirdibhai, a community member and talented performer many of us have known for years. Chanting was a first for all these men, however, they quickly got it, especially when Shirdibhai played around with his motorcycle road companion, Bruiser (his dog). We all laughed, joked, and came together even more through the chants.

Each man was given a flower before leaving, and they were very touched as most had never received a flower before from anyone. Michael from our community, who works with them and organized to bring them, told us that several got vases at the Halfway House to keep the flowers in their room.

So, let's review our common denominators: peace, acceptance, communication, laughing, chanting, giving and receiving, AND the one common denominator between all of these ... LOVE.

POSTSCRIPT:

Eleven men were present with about 1000 people last night in Boulder as Maa offered Darshan, an energetic blessing in the presence of the Master or Guru. Each of us stood in front of Maa, as Maa brushed our face and neck with a peacock feather which came from Vrindavan, India, the home of Krishna. These men joined together in a group in front of Maa, as Maa blessed each and all of them, with the rest of us watching them directly or their image on a screen. I was fortunate to be with them before, during and after Darshan, and they were shining, smiling big smiles, hugging us, and holding the individual pink and white rose given to them by Maa. They shared how they had never experienced anything like this before, they were so happy to be with Maa and us. One told me how wonderful it is to be with our community, during the Darshan program, at the weekly satsangs in Denver, and that he is doing whatever he can to earn enough credits through his behavior and work activities so he can join us. Again, they expressed our common denominator of LOVE ... and GRATITUDE. I am grateful to them for giving me and many of us the opportunity to feel and express our love, to witness their transformation, to serve them however we can to grow and flourish in their path, to welcome them into our family. Yes, we are all one: our hearts merging into one heart, our souls uniting into one soul. We are being Maa, the glory of Maa's Love expressed through us.

## [Birthday Homage to Maa](#)

[August 3, 2012](#)

During the two chants last night at the Boulder Center celebrating Maa's birthday, I deeply felt the continuity and evolution of my relationship with Maa, of Maa's constant love and service. I am so grateful that Maa incarnated at this time when I incarnated, that I have been with Maa for so long, and that Maa is here with all of us now at this crucial time for the planet.

During last night's birthday celebration when we chanted "Kali Maa", I was brought back 10-15 years in my mind, heart and energy to when we chanted this with the children and families in Betlar, the remote village where Maa's first ashram is located in the lower Himalayas. I saw and felt Maa sitting with us around the fire, remembered the fire of Kali in Maa's eyes, the love and devotion in the bright eyes of the locals, all of us clapping, smiling and screaming together.

Then we chanted "Jai Jai Vitale", and I pictured a small number of Maa's students dancing in a circle in Guruji's room again in the middle Himalayas around the same time, in his jewel of an

ashram, Binsar Mahadev. Guruji was the first Guru I knew in the line of male Gurus who loved Maa, cared for Maa, devoted themselves to Maa (Guruji, then Apaji, then Maharaji). The power of the chant, the memories, the energetic activation within me, led me to stand up and dance, to become one with the chant, Maa, Guruji, Krishna.

I recognized – and still do – the times, experiences, states of energy and consciousness with Maa back then, and the flow of the many years up to now filled with different and even more powerful experiences and expanded states. Maa has transformed, especially in the last year, energetically, physically. Our relationship has transformed and continues to, where I have less physical contact with Maa, and I do inner work to remain aligned with Maa, and to be clear and powerful in who I am, how I express myself, what I offer in the world.

At the same time, last night and now I recognize the evolution of Maa's relationship with my daughter Becky, of my relationship with Becky, of my relationship with Maa's and Becky's relationship. What I mean by this is that Maa's birth has played such a monumental role in my life, in Becky's life, in our lives together. Maa has been with us for 18 years (in this life), has been with all of us for so many years, loving and serving, being devoted to our transformation and evolution. The relationships change, the experiences and states of consciousness change, and yet Maa is always present, loving us no matter what we do, what we decide, how we live our lives.

The Grace of the Guru, the Love of Maa, the Devotion of Maa, the Service of Maa.

Maa's birth is serving us to give birth to ourselves every day, every minute, when we open to Maa, call upon Maa, embody and express Maa in our daily lives.

Thank you Maa, merci ma Maa. OM JAI JAI SAI MAA ... I honor the Divine Mother within me, I honor Maa within me.



# The Healing Power of Action

July 27, 2012

I've been occupied writing my first booklet in a series – the title of this blog is the title of the booklet. I present different teachings and practices, and incorporate many quotes of Sai Maa related to action.

I offer you below some passages from the current version of the booklet which will be finalized soon and printed for sale by the end of the September. See if your view of action shifts reading about how action heals and reduces stress, and practice changing your expectations and broadening your context to impact the actions you take.

Comment on this blog and let us know what you think about the healing power of action.

***What are some ways of looking at action to shift your frame of reference about taking action, so that you're more enthusiastic, engaged and active?***

(1) **Action heals us.** As Sai Maa has said, "action by itself is a healing tool". Ponder those words, just as I ask you as a daily practice to ponder more of Maa's words at the end of this booklet. Action is healing because being in action is our natural state. Everything is energy; we are energy. As energy, or what we call Shakti that is dynamic creative energy, we're meant to create. We could say that energy wants to create, produce, manifest. When we're in our natural creative state, we're healed.

I offer a personal example of healing action: my writing. The first instance is when I wrote a book about my seventeen years with Maa, In the Path of Light with Maa. The Shakti moved through me, the words flew off the keyboard, I felt enlivened, nourished, energized in the writing of the book (we've made up an adjective describing this: *Shakticated*). Now I'm experiencing this again in writing this booklet. I mentioned to Maa the idea of writing booklets, and then the title and content came to me quickly, and here I am writing. This booklet is an expression of my being in alignment with Maa, with my inner essence, with that dynamic energy within me, and allowing the energy to flow, to move through me in written form. I feel that my acting, my writing, is healing me.

Maa is a perfect example of being a healing power, as Maa is in constant action, non-stop seva (service), constant creation. Maa says regularly, "I have an idea" and doesn't stop there – Maa puts all ideas into action. Maa is a healer, and we can all be healers through the actions we take. We can keep our frequencies high through the decisions we make about the kinds of actions we're going to take.

We take the path of healing ourselves through our actions when we align with our true inner essence, when we transform and evolve as I discuss later. Maa speaks of Master Jesus healing others by raising their frequency, and their becoming ill again because of the decisions and

actions they took afterwards in their lives. We are all powerful creators: we can create or “miscreate”.

(2) **Action is a stress reducer.** Stress is a disease of our accelerated times, so prevalent in daily life, at home, at work, spilling over into many areas of our lives. Related to healing ourselves, when we act we release stress that may have built up through inaction, through self-destructive thoughts and emotions that precede action, for example, worrying about what may happen, creating stories and scenarios about the future, feeling unworthy or hopeless or disempowered. When we sit back and don’t act, stress builds up in our body, in our muscles, organs, down to the cells. When we finally act, especially in situations that are important to us, we focus our energies on what we’re doing rather than what we’re not doing, we release stress, we transform contracted energy into expanded energy. Action is a relief to our system, a breath of fresh air.

### ***What supports/directs your action?***

All of the following are actions you can take within yourself, perhaps in conversation, that enable you to progress, to be empowered to take important actions in your life for your transformation.

**Change your expectations.** I’ll never forget what a coach said to me as I was going through coaching training: “Why not set your standards so you win rather than lose?” This doesn’t mean being lazy; it means enjoying life rather than suffering through the actions we take.

Take a look at your expectations of yourself in different areas of your life, and see which ones you can adjust so that you succeed and achieve results that are important to you. Include some “stretch” in what you expect of yourself, without stretching so much you break the rubber band or, in other words, your spirit.

Notice whether you are very attached to the outcome of your actions, if you expect some return that you’re more focused on than the actual actions you’re taking. Greater happiness, well being, contentment in life, come from non-attachment and living in the present rather than expecting future gain.

**Broaden your context.** We narrow our view when we’re afraid or worried. Our actions are less effective when we have blinders on and can’t see what’s around us. We’re more likely to take effective action, and to see more options for the actions we take, when we shift within ourselves to see the bigger picture, a broader context within which our actions take place.

For example, we can look at a current circumstance in the context of our whole life, appreciating the present in relationship to the past and future, the point we’re at in life. One example in my life is what I’m offering now in terms of teaching, coaching and writing. I see these offers stemming from my background, experiences, accumulated talents and skills, what I would like to accomplish in my life, what I value as important given the life I’ve lived and who I am right now. This view helps me to approach actions in my life with greater power, appreciation and sense of myself, and openness to new possibilities.

We can also look at what life offers us right now, what we might see as problems or concerns, in the context of what's happening in the world, across the planet, with all of humanity. This view can give us comfort, remind us to join others or ask for support, and facilitate our taking actions that we wouldn't have before because we felt alone, separate, or helpless.

## [Take a Look at Your Actions](#)

July 16, 2012

I've been working with David Cunningham around my new offers in the world, and taking specific actions to achieve specific results during this year and next. One of these actions is creating booklets incorporating the teachings and words of Sai Maa. The first one I'm working on now is titled, "The Healing Power of Action".

In line with my actions, and the upcoming booklet about action, I thought I'd offer you some questions to ask yourselves about action in your life right now. Use your answers to redesign any actions you're taking, or to shift your perspective about your actions. Here goes:

- How active would you say you are in your life right now?
- Are you more reactive or active?
- Do you worry more than you act? When you act, what happens to your worries?
- Do you feel passion when you act?
- Does your passion vary depending upon the area of your life (family, work/career, recreation)? What does this tell you?
- Are you clear about what you want, what you desire, what you value in life, what your priorities are?
- Do you have specific results in mind that you actions will achieve?
- Are you specific about the time frames for your actions, who is involved, resources you need to complete the actions?
- What actions are more difficult for you to take? What actions do you resist more than others? What does this tell you?
- What fears come up before or during your taking certain actions? Are you able to quickly overcome these fears, or do you get stuck in them, creating drama and stories?
- Do you have teachers, coaches, communities, that support you in taking action?
- Do you share with others, express yourself about the actions you're taking, your concerns or questions, what's working or not working? How can you express yourself more?
- What questions can you share with us on this blog that we can ask ourselves about our actions?

# Where Two or More Are Gathered

July 9, 2012

As it is said Master Jesus said, “Where two or more are gathered in my name, there will I be also” (The Christ, Self, Truth, Source, God). During these turbulent, energy-infused times, all of us are served by coming together in community to support one another. This support takes different forms and impacts each of us in different ways. We can offer satsang (“company of truth” from the Sanskrit), gathering together to speak, co-create what is true for us, who we truly are. I’m offering the first Evergreen satsang this Thursday evening if anyone is interested in attending.

We can be a community of two of three or more, and just express what is going on for (in) us, our concerns, our questions, our requests. We can join existing communities, whether they be religious, spiritual, academic, professional, recreational, etc. We can create new communities that don’t yet exist, perhaps centered around a project or service.

We recently had a meeting of the Boulder community to brainstorm the about the reinvention of the center. In that conversation we shared about the *purpose of community* from which the vision and aspects of a “new center” will be created. I’d like to highlight some points to see if they speak to you, and can assist you in joining or creating one or more communities. From my workbook, I also add some questions and practices around this topic.

I’m going to share these points and some of my own in a few words, and see what is stirred within you in reading them. Community provides:

- Personal connection
- A place to be loved, to express our love
- The opportunity to co-create a sacred space
- More powerful energies, an energetic field that serves others and the planet
- Ways to share, communicate, learn about ourselves and each other
- Teachings, tools, practices for our transformation to apply in life
- A means of creating oneness, unity, where we see and treat each other as ourselves
- A place to belong (satisfy our need for belonging)
- A chance to share our gifts and appreciate those of others
- Opportunities to have fun and celebrate

From my workbook:

## Questions for Reflection

Creating community supports your transformation in the path and the evolution of the planet. Reflect about your relationship to community: “Am I creating community in my life? What communities am I part of? Am I being supported and supporting others in the community? Is there any community I can join or create that will serve me and everyone?”



Our families and communities can be so powerful in our lives. Do you receive support in your spiritual path for your practices and way of life? From your family? At work? In your community? Are you a member of any spiritual community or group in which you meditate, discuss spiritual life, and practice together? Do you feel alone or part of community in the path?

### Practices for Transformation

**Create more community.** Identify how you will come together more with others or engage more in your existing communities. Express yourself more in these settings. Encourage everyone to share about his/her personal growth and transformation and for all members to take action together that will serve the group or community.

**Build community support for your practice.** If you're already in a community or supported by others, reflect about the benefits of being together. Identify any actions you'd like to take to have this support be even more powerful. Take those actions. If you're not part of a community or supported by others, determine what steps you'll take, conversations you'll have, to become a member of a community or to receive support from loved ones, acquaintances, or those you don't yet know.

## [Creating New Pathways in the Brain and in Life](#)

June 29, 2012

I alert you to what I've read recently and heard that I tie together for your consideration, always in service of your transformation and living a better life.

(1) I'm just learning about EFT (Emotional Freedom Techniques), having purchased the manual and CD's of the recent Tapping World Summit 2012 organized by Nick Ortner. I've been using the morning and evening clearing and affirming meditations, and reading/listening to excerpts about reducing physical pain, increasing financial abundance, growing one's business, etc.

The practice of EFT stimulates acupuncture energy points of the body and combines this with psychological procedures (focusing on and speaking the problem at hand) in order to send signals to the brain that can impact stress chemicals (cortisol and DHEA), deactivate limbic system arousal, and alter neural pathways (due to "neural plasticity"), so that undesired responses are uncoupled from triggers in one's life. In other words, the fight-flight responses due to the amygdala in the brain (and the stress hormones that are activated) are short-circuited, so that we don't react like we're running from a tiger where our brain freezes, our memory is impaired, and our body stores stress – we can think, focus, make full use of our brain, especially the capacity of the frontal lobes for problem solving.

(2) I'm not able to give you details of what I learned during the "Direct Access" course of Landmark Education, however I provide you with a high-level summary related to the topic at

hand: we can shift how a stressful, troubling, undesired circumstance occurs to us, how the surrounding environment occurs, how we occur to ourselves in this situation and our correlated ways of being and acting, so that we are empowered and create a future that fulfills what is important to us in life. In my words, these shifts reprogram the neural patterns that are networked together in our brain, causing a new connection between how the situation occurs to us and how we are and act – the old survival mechanism of the amygdala in the limbic system of our brain is altered. We're no longer in survival mode, where our fears and concerns automatically create our future (like a CD on repeat, or our brain automatically preparing our body for an attack).

(3) In his book God Goes to Work: New Thought Paths to Prosperity and Wealth, Tom Zender writes about “cranial roadways” and how our habits in life create pathways in our brain that reinforce our desire for and return to certain behavior. We can, however, change our attitude and behavior so that we break down these mental pathways. The way he puts it is that we can have a positive attitude that is part of our Spiritual Assets. He advises us to aim beyond the problem to keep up our momentum, to see the problem in the greater context, to have a more positive attitude in this context, to use affirmations, to force our thoughts to take different pathways, i.e., “neural road building”. Thus, we can speak the new future into the now, the future we desire, the something positive that the fixing of the obstacles will lead to.

In summary, for you to consider:

- Realize our states and actions in stressful situations are many times automatic due to neural pathways, embedded networks, in our brain. We can shift these habitual patterns by creating new perspectives about ourselves, and situations in which we find ourselves.
- See how you can shift how a situation occurs to you, how you occur to yourself in that situation, so that you feel empowered. Determine empowering ways of being and acting in the situation.
- See the problem in a bigger context and if the problem becomes smaller in that context.
- Use affirmations and create a positive attitude.
- Learn about EFT, “tapping”.
- Speaking about focusing on the positive, pay attention to your skills, gifts, talents, and focus your time on expressing these, rather than being distracted and wasting your time with activities that don't make use of those positive aspects of yourself (see Peter Bregman's article, “Defend Your Sweet Spot” in the HBR Blog Network (<http://blogs.hbr.org/bregman/2012/06/defend-your-sweet-spot.html>)). Tom Zender also speaks how every situation is an investment of time, and we must access time in a spiritual way, accepting everything that comes our way and finding the best possible way forward. He asks us what we have to invest that allows us to move forward. This relates to Peter's comments about our “sweet spot”.
- For those of you who are trained, continue to use Sai Maa Diksha and the Brain Illumination Method to bring light into the amygdala (limbic system) and stimulate/activate the frontal lobes – a few of the many benefits of these practices.

# Keep It Light!!!

June 18, 2012



I came to a new joy-filled awareness today: I can laugh at myself, and it feels great! Rather than being weighed down by my self-judgment, embarrassment, “Oh my God, what will people think?”, I felt a tickle in my chest and had a smile on my face, laughing to myself while realizing what happened, and laughing with others telling the story. Here it is:

Late last night I received a text from Maa, and was thrilled to read that Maa wished to see me where Maa is (a flight away) after 3 pm today. I quickly purchased a flight through Expedia, ecstatic that I would be with Maa very soon. This morning during meditation it came to me why Maa might have asked for me to come; I anticipated seeing whether my hunch was true or not. After that I packed my bags, made my nutritious green drink, told Herwig and Kerstin where I was going (they’re staying in their trailer home on my property, and they were thrilled as well I would be with Maa), and left for the airport.

When I was taking the shuttle from long-term parking, I just felt to re-read the message I had received from Maa – to relish what Maa wrote and how I felt. I took my iPhone out of my bag and scrolled to the message. I read it. I re-read it with an inner double-take. Maa abbreviates words in text messages – as we know, everything is accelerated, and we don’t need to write/say

everything longhand. What did I realize after re-reading the message, you might be asking yourselves?

I thought Maa had written, “can i ci you tmrw after 3 pm”, meaning see you after 3 pm, right? No ... the re-read confirmed that Maa had written, “can i cl you tmrw after 3 pm”, meaning call me after 3 pm. I’ll allow you some time to laugh WITH me (not at me) .....

Of course, “see you” would be “c you” and not “ci you”, I said to myself in retrospect.

I arrived at the airport, checked with Delta if I could receive a refund, and was told to contact Expedia (I did on the way home and received a refund – Maa probably had a hand in that!) In the car, I called Herwig and told him what happened, and we laughed loud and long about it. I called three other people I had told about the trip, and more laughter ensued with tears.

I got home, unpacked quickly, and waited for Maa’s call. Maa called exactly as written in the text message, and had some wonderful words to share with me. I told Maa what had happened and that I was writing this blog. I had written a text earlier about my almost-flight to Maa that Maa hadn’t seen yet. How we laughed!!!!!!!!!! How good it felt!!!!!!!!!!

So what’s the lesson? That’s right, keep it light! Let’s not be serious, significant, creating stories and dramas that drag us down, move us into moods of self-loathing. Why waste the time and energy doing this? We can create whatever we want within ourselves and with others. Smiling, laughing, joking, reveling together in mistakes we make and then moving on ... being a movement.

Just shifting our view of ourselves, of the circumstances, makes such a big difference in how we feel, our mood and energy, how we are with others. This shift becomes contagious and easier the next time around, as we remember how we felt, we re-activate it within ourselves. We smile, laugh, awaken and intensify the light that we are ... we radiate with joy even though we made a mistake. This is in-light-enment.

I leave you with a catchy phrase you can use – it’s not copyrighted: ***KEEP IT LIGHT AND KEEP THE LIGHT!!!***

## **I Don’t Know ... Now What?**

June 15, 2012



I played around with so many titles before I finalized *In the Path of Light with Maa* (which came, by the way, from Sai Maa, tweaked by me to use “in” instead of “on”). I called and emailed my favorite advisors, including Becky, offering and asking for options. I had one title I thought was great that would attract readers when they saw it on bookshelves: *You’re Already Enlightened, You Just Don’t Know It!* I felt quite content with this title, until Maa pointed out that we do “know” it. Maa’s nuanced teaching highlighted the different levels of knowing: not knowing in the conscious mind, but knowing deep down, an inner knowingness, true knowing.

I’m playing around in my life now with knowing and not knowing, what this means, what we do with our perspective about knowing, what happens inside us, and how this affects our actions. Not knowing is showing up for me right now, as I sit with what I have to offer others in the world, when I’m not completely clear, when I’m moving through states and emotions of uncertainty, nervousness, self-questioning, self-judgment. I’m reaching a new knowing about myself that manifests in what I have to offer you.

I’ve learned, and I’m still learning, how to master not knowing and the associated states and emotions, how to shift what’s happening inside me so that I take effective actions from a place of here-and-now, peacefulness, openness, wonder, engagement ... culminating in vitality, passion, and power. Those actions I’m taking are within myself and with others in conversation and relationship.

I’ll speak about some of these actions so that you can see how they apply to you, how you’re being with not knowing in your life, and what actions you might take. However, as all unfolds in divine order, I’m going to refer first to Peter Bregman again who is repeatedly reappearing in my life, mainly because I’m resonating with his advice and life examples. I received another email announcing a new HBR Blog Network article he wrote on “The Emotional Adventure of Leadership” (<http://blogs.hbr.org/bregman/2012/06/the-emotional-adventure-of-lea.html>), and his third TEDx talk about the emotional side of leadership and innovation (<http://tedxtalks.ted.com/video/TEDxMillRiver-Peter-Bregman-I-D>).

Here's a summary of some of Peter's comments for you to consider:

- Being open and vulnerable, admitting you don't know: "But coming out of hiding did ease my suffering. And that night turned out to be an exciting bonding experience for everyone on the trip. It gave us — all of us — the confidence that, even though we could get lost, we would find our way."
- Admitting that you don't know, don't have all the answers, entails social risk and vulnerability. An important lesson: "I don't know" is the reality of life. Be honest and say, "I don't know".
- The other side of "I don't know" is creativity and engagement.
- Employees who were asked about great leaders said that great leaders ask for help.
- Not knowing is being on a cliff we're about to jump off of (note: see Chapter 16 of my book, "Let's Come to the Edge"). We need tremendous confidence, self-esteem, strength to not know something; it requires the greatest leadership, admitting to the truth and reality of life.
- We're to start with this truth: that we don't actually know. From that insecure, scary place we sit in, innovation is born.

From what's I've learned, we can't learn without admitting we don't know. "I don't know" is a place where beginners move through the steps of mastery. We seek advice, coaches, resources, when we admit we don't know. Here's another teaching I've had about different types of not knowing that opens me even more to admitting I don't know and learning: there's what we know we don't know, and there's what we don't even know we don't know. Ponder that! What we're conscious of, and what we're not conscious of, related to what we don't know.

As I mentioned, I'm clarifying what my offer is now in the world, so I can communicate and promote this, create opportunities for me to actually make the offer and satisfy the inherent promises. Although I wasn't comfortable at first not knowing what my offer is, and admitting this to others (even more difficult), I'm here to say that so much comes from being in that place of honesty, vulnerability, humility, and taking the steps to ask for support and work together to create something new. If you can accept what I'm saying here, then just move through any discomfort and take action – dare, dare, dare, as Maa repeats to us.

My inner shift in admitting and accepting I don't know led to an outer shift: it put me in relationship with others. As a consequence of what happened within me, I realized I'm not alone and can open up to others so they can participate in what I'm creating, in this case my offer in the world. Especially at first, these conversations heightened my sense of vulnerability and associated nervousness. However, through the conversations with myself and others (PRACTICE), my inner dialogue is transforming from "It's okay not knowing", to "I wonder what I'll find out", to "It's getting clearer and feels right", to "Yes, that's it and here I am!"

With each step, I breathe, relax, open, expand. I offer myself to that open space within me that I create when I say to myself and others, “I don’t know” and “Can you help me?” I allow the flow of what’s true for me, what I know deep down (that inner knowingness) to reveal itself, to unfold through my openness and vulnerability. As this freed-up energy, I now have access to new energies as information I can receive and use that I couldn’t before (i.e., I can tap in). In addition to what now shows up within me, I receive new insights and co-create statements about my offer that wouldn’t be possible without being in conversation with others who know me and what I have to offer, who see things differently or see what I don’t see, who are skilled in crafting offers, who love me and want me to succeed.

I’ll be writing more about my offer in future blogs, and what I’m learning about myself and others in conversations about my offer. Speaking of conversation, **I’d love to receive comments from you about this topic** – and fact of life – of not knowing.

- What are you learning about yourself and life through what you don’t know?
- What actions (or inactions) are you taking related to what you don’t know?
- Do you know that you don’t know? Do you know that you don’t know all that you don’t know? Do you understand the last sentence?
- Now what?

## [Daring to Act](#)

June 13, 2012

In Maa’s global webcast this past Sunday, Maa spoke about “daring to be you”, how we can change the course of planetary history through the vital roles we can play as part of the Divine Plan, the Great Design. We have all that we need within us to move forward and step into an awakened state. Our Higher Self, our Presence, are waiting for us to open, call upon them, so they can bring forth different qualities of energies into our field. If a challenge appears in our life, it is happening because we can handle it – Maa says, take a breath and call on Maa. We can always call upon Maa, our soul, our Higher Self, other living and ascended masters, angels and archangels, cosmic beings.

Some of us have experienced and know about these beings, these energies, and their availability to us when we choose to call upon them. Some of you may not be aware of this, and then greater trust and faith come into play for you to make this choice. Why not go for it? Dare, dare, dare, to access and make use of these powerful energies waiting to serve. Opening to, calling upon, offering to, these energies ... these are actions we can take.

More actions: As Maa suggests, observe your thoughts and feelings to see if they are in the path of your soul, and shift them, refocus, if they are not. Pour love from your heart, light from your being, into what comes to surface due to the planet’s ascension, the energies coming to the planet as we move through the Photon Belt, as we experience the effects of the solar flares. Stop resisting and open yourself, your heart. Use the Violet Flame more and more – as Maa says, St. Germain is activating it with a new frequency that is charged regularly every few days.



I offer some practices (actions) below from my workbook related to Self-Expression, that represent more “daring” in your life, taking the next steps necessary for your evolution and awakening:

- **Be your truth.** Find an area in your life where you’re not being honest, authentic, and standing in your truth. Reflect on why this is so. Determine what action you will take to transform this, to express and live your truth. Take whatever action is required to make the shift. This is as easy as making a decision to act. At the same time, remember about discernment in your actions and compassion in your interactions (love with understanding).
- **Speak up.** This is another opportunity for authentic expression, in this case speaking a truth for you that you didn’t express before. This may mean speaking to someone who did something you didn’t agree with or like. It may be someone who reacted to another’s actions in a way you didn’t agree with. Choose an example that’s centered around a fundamental truth that you value in life, something you feel strongly about. In preparing your conversation, remember to start first with the importance of the relationship, or the benefits of the conversation from your perspective. First ask the person to listen so you can express yourself, and then he can respond afterward. Remember to speak honestly. When the other person speaks, remember to listen authentically. See how you feel at the end of the conversation. Are there any follow-up actions to take? What’s the state of the relationship if there is one going forward? What did you learn about yourself for future opportunities to speak up?
- **Go with what feels right.** Speak to a person. Pursue an activity. Join a group or community where you feel a natural attraction. I’m not speaking about physical or sexual attraction. This kind of attraction is a resonance or comfortable feeling deep within yourself. Decide to make a phone call, send a text or e-mail message, or attend a meeting. Just go for it. Be present with what occurs within you and with the other person or people. Reflect about what you thought would happen and what actually happened. Continue to take these kinds of steps aligned with what you feel deep down. Pick up on the cues and signals that we often ignore or don’t pursue.
- **Say yes more often.** Especially in cases where you normally say no to yourself or others, play with saying yes, and see what happens. Do you overcome some fear? Do you learn something you couldn’t have learned otherwise? Do you meet people or get to know people better than before? Do you shift your mood from pessimistic to optimistic, or reactive to proactive? Choose people you know, groups you are part of, and play with saying yes to them. Expand your yeses throughout different parts of your life. Ask others if they see a difference in you without mentioning that you’re saying yes more often. Take in their feedback, and play some more.
- **Seek alignment through life changes.** See whether there are areas of your life that don’t feel aligned with your current state, energy, values, interests, knowledge, or skills. Determine what life choices you will make, with the related action steps and time frames,

so that you have people, work, and pursuits that fulfill you. Don't be rash; use your discernment and act. Explore, experiment, and be courageous.

- **We're creators, so create.** As creators, we can reinvent our lives and ourselves. We have the power and responsibility to eliminate the suffering we create in our lives, to create divine lives in which we live as the Self. We can take action to express our gifts and passions more freely. Choose one thing you'd like to create in your life right now. What comes to you when you think about it? Do you feel willing and passionate, or passive and powerless? Reflect and identify exactly what you'd like to create. Name specific aspects of this creation to yourself. The greater the specificity and clarity, the greater the likelihood that you'll create what you're looking for. Now think about the possible actions you can take to achieve what you've identified. Weigh these possible actions in terms of their impact on creating what you'd like. Choose one or more actions that resonate and have the greatest impact. Now take action to create what you'd like. As you do, keep in your mind and heart those aspects of the creation you've identified. Feel how important they are to you, how you'd like to see them in your life. Reflect about your progress. Make any necessary adjustments, and keep going until you've created everything you imagined.

## [Follow the Path of the Heart \(posted in English and French\)](#)

June 4, 2012



I've written about being in the heart in earlier blogs, about the heart related to gratitude, abundance, music, and so forth. We can't overestimate the importance of the heart in our life, how returning to the heart, accessing all that is within it, expressing ourselves from the heart, can bring us everything we desire in this life experience. Our health and well being come from our choice of being and living in the heart.

Therefore, in this blog I'm going to offer some magnificent quotes from Sai Maa's webcast to the French speaking communities around the world yesterday about "Living the Voice of the Heart" ("Vivre la Voix du Coeur"). I'm also going to translate this blog into French for those joining us from French speaking countries.

***Use these quotes to remind you of the power of your heart, and to serve as a catalyst for you to enter your heart, to live in your heart, to express yourself from your heart. Notice the effects of this new and evolving relationship with your heart.***

- Maa advises us to "leave behind the stories that we hold onto of lower frequency," to "leave this state of uneasiness to live in a state of fullness."
- Maa says we don't have lessons to learn (this is an ancient concept); instead we're to look at what comes up as "a little something that reminds me I am to be in my heart."
- Maa speaks about how we are a "planet of duality" where "the sense of separation is tangible". We're to become "ambassadors, pillars of love and light, so that the more we are this manifestation of love and light, we penetrate the Earth to evolve, for the conscious evolution of the human family."
- Related to our mastery, Maa insists "you cannot be dependent upon masters alone; each of us is to go inside the heart to find the master within, always supported by masters." In other words, we're to be "responsible for our light."
- "The heart is sublime; it carries within it such power."
- "There is a gigantic ray of light in the heart we cannot see" and "all of the cosmos, creation, God, is in your heart."
- "Carry all of the planet in your heart, your master in your heart."
- "Dare, dare, dare to enter in your heart, to feel your heart, to vibrate with your heart."
- "You can be given an enormous amount of light, yet you hold onto your inner wounds and pain. You lack nothing".
- "There is an intensity of love, of light, and with this intensity you are capable of changing the history of humanity – it's in your hands.
- Maa repeats, "we've entered into a system of acceleration that no one can stop," although we have free will and "the planet can disappear or enter its evolution of awakening as a function of the heart of each human being."
- "Use your heart as a tool for your well being and the good of humanity."

- Maa speaks about the connection of the mind and heart: “The mind serves us to have discernment, to have high frequency thoughts like the Masters.” As Maa has said many times, we’re to “think with the heart and love with the mind.” The heart and mind are to be in relationship.
- “When the heart expands, there is a light that awakens.”
- “Awakening comes from the heart and brain, the pulsation in each, the pulsation of God, of Life.”
- “You suffer because you are in the past or future.”
- “Stop blaming yourself. You weren’t educated about living in your heart, especially about practicing this.” Maa suggests coming together, even two or three, to educate each other, to move together toward inner understanding.
- “Follow the path of the heart.”

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Et maintenant en français pour les francophones:

## **SUIVEZ LA VOIE DU COEUR**

J’ai déjà écrit dans les blogs précédents concernant “d’être dans le coeur”, les sujets associés de la gratitude, l’abondance, la musique, et ainsi de suite. Nous ne pouvons jamais surestimer l’importance du coeur dans notre vie, comment le choix de retourner au coeur, réaliser tout à l’intérieur du coeur, nous exprimer du coeur, nous apporte tout ce que nous désirons dans cette expérience de vie. Notre santé, notre bien-être, viennent de notre choix d’être et de vivre dans le coeur.

Donc dans ce blog je vous offre plusieurs citations magnifiques du discours offert hier par Sai Maa aux francophones autour du monde, “Vivre la voix du coeur”.

***Utilisez ces citations pour vous rappeler de la puissance de votre coeur, et pour vous servir comme catalyseur d’entrer dans votre coeur, de vivre dans votre coeur, de vous exprimer de votre coeur. Remarquez les effets de cette nouvelle relation avec votre coeur qui évolue.***

- Maa nous conseille de “sortir des histoires qui nous accrochent de basses fréquences” et de “sortir de cet état de mal-être pour vivre dans cet état de plénitude.”
- Maa dit que “nous n’avons plus de leçons à apprendre (c’est l’antiquité). Maintenant nous pouvons nous dire: “Voilà petite chose qui me rappelle que je dois être dans mon coeur.”
- Maa parle de “notre planète de dualité” ou “le sens de séparation est tangible.” Nous devons devenir “les ambassadeurs, les piliers de l’amour, de la lumière” et “le plus que

vous serez cette manifestation de l'amour, de la lumière, vous pénétrez la terre à évoluer, une évolution consciente de la famille humaine.”

- A l'égard de la maîtrise de soi-même, Maa insiste que “vous ne pouvez plus dépendre des maîtres seulement; c'est à chacun, chacune, d'aller à l'intérieur, dans le coeur, pour trouver le maître à l'intérieur”, toujours soutenu par les maîtres au même temps. Autrement dit, nous sommes “responsable de notre lumière.”
- “Le coeur est sublime; il porte en lui une puissance.”
- “Il y a un rayon de lumière gigantesque dans le coeur que nous ne pouvons jamais voir”, et “tout le cosmos, la création, Dieu, est dans votre coeur.”
- “Apportez toute la planète dans votre coeur, votre maître.”
- “Osez, osez, osez d'entrer dans votre coeur, sentir votre coeur, vibrer avec votre coeur.”
- “Vous pouvez être donné énormément de lumière, mais vous vous accrochez à vos douleurs intérieures. Vous ne manquez rien.”
- “Il y a une intensité de l'amour, de la lumière, et avec cette éternité de l'amour, de la lumière, vous êtes capable de changer l'histoire humaine, humanitaire – c'est entre vos mains.”
- Maa répète, “nous sommes rentrés dans un système d'accélération que personne ne puisse arrêter”, bien que nous ayons le libre arbitre et “la planète peut disparaître ou rentrer dans son évolution d'éveil en fonction du coeur de l'être humain.”
- “Utilisez votre coeur comme un outil pour votre bien-être et le bien de l'humanité.”
- Maa parle de la connection entre le mental et le coeur: “Le mental nous sert à avoir le discernement, à avoir les pensées de hautes fréquences comme les Maîtres.” Comme Maa disait plusieurs fois, “pensez avec le coeur et aimez avec le mental.” Le coeur et le mental devons être en relation.
- “Quand le coeur s'expande, il y a une lumière qui s'éveille.”
- L'éveil vient du coeur et du cerveau, la pulsation de Dieu, de la vie, dans chacun.”
- “Vous souffrez parce que vous êtes dans le passé ou le futur.”
- “Arrêtez de vous blâmer. Vous n'étiez pas éduqué à vivre dans le coeur, surtout de pratiquer cette éducation.”
- Maa nous suggère de nous rassembler, même deux ou trois, pour nous éduquer l'un et l'autre, pour “aller vers la connaissance intérieure.”

- “Suivez la voie du coeur.”

## Faith: Access It, Use It

June 2, 2012

I ask you all to read these words and experience what they bring to you, what they create in you. I ask this since the topic here is FAITH, which isn't something you can hold, look at, touch, smell. Faith is intangible; it's a state, an energy, a choice we can make inside ourselves to be in this state and energy, to live in it. I'm writing about faith here because I think it can serve you in your life by better understanding it AND sensing it and accessing it within yourself. You can then nourish it within you, and use it to take more powerful actions that will manifest what you'd like in life, what's important to you.

Faith includes faith in yourself, faith in the world around you, faith in what you don't know, what you can't see, what's uncertain or unknown, what's unfamiliar or not normally accessed within ourselves. This is where trust comes in. Faith and trust go together: having faith, trusting. On a Life Divine conference call this morning, Reverend Thomas Brown spoke about this faith-trust relationship. He also spoke of other ways to define or capture faith: “Faith (trust) connects each of us to the Creator, to the Divine.” “Faith is an invisible magnet that attracts to it what it desires..” “Faith is not blind.” “Faith is the knowledge and conviction that we are made in the image of God.” “Faith is the *presence, purpose, power* of God's image within you.”

What do you feel, experience, when you read these words? What happens when you say to yourself, “I trust”, “I am trusting”, “I have faith”, “I am faithful”? Is there an energy shift in you, energy moving in certain parts of the body? What happens in your heart? What happens to your breath?

Some more points and questions about faith from my book and workbook: “We could say that faith isn't just about religion. It's about our perspectives on life, each other, and ourselves. What is faith for you? Would you say you have faith? What does it feel like? What does it bring into your life? How does it affect your actions? Would you like to develop more faith in yourself and in your life?”

Speaking of the breath, Reverend Brown spoke about how to strengthen faith through a simple practice: Breathe in God's presence, and breathe out (let out) doubts. Allow for the energy of faith within to spread. “Being actively calm and calmly active.”

Related to action: As mentioned above, Reverend Brown spoke of faith as a presence that gives purpose and has power that can be used. Using this power of faith is action, service (seva), becoming a servant. Very important words for me related to power and action: **FAITH IS A TOOL**. We can access this faith within us, and use it by taking action in this state. When we are in a state of faith, in this energy, the actions we take are more powerful, more effective; they attract what is consistent and aligned with our faith – in other words, what is divine in us and in life.

**Meditation** is a practice, another tool as Reverend Brown says, that allows us to be that presence, purpose, and power of our inner divinity. One type of meditation is breathing in God, the divine, whatever name or form we choose, and breathing out doubts. Also, just being still, breathing continuously (no pause between the inhale and exhale), moving “into the zone” with the breath. Breathing in the heart. Saying to ourselves, “I trust myself as I trust my breath.” Saying, “I trust that all is within me, all is here for me to receive, all is here for me to be.” Perhaps just silently repeating the word “faith” with each breath (words are vibrations, are energies, even when they are unspoken). Try one, some or all of these practices and see what happens. Share your comments of what arises within you when you try them.

We can develop and use faith within us to transform our energies, our personality, our fears and doubts, what doesn't serve us to realize and be fully who we are. Faith ignites within us our purity, wholeness, expansiveness, multidimensionality ... our power. We are empowered in faith.

## Nothing Lasts

May 29, 2012

This title isn't meant to be pessimistic, just a teaching that everything is impermanent on this planet. Our bodies don't last. Our thoughts, feelings, words, actions are here and then gone. Now what do we do with this teaching?

If nothing lasts, let's appreciate even more each moment, each experience, each relationship and interaction. Let's not take anything or anyone for granted. If nothing lasts, there's no time to waste!

We could react with nervousness and panic if we focus on the downside of nothing lasting. We could get stuck in the story that we're doomed and everything is hopeless. Or we could become hedonists, satisfying our every desire, because it doesn't matter. On the other hand, we could use this teaching, this awareness, to be even more alert, attuned to what's going on in our lives and around us, so we act, express ourselves, create, live how we really want to live from deep in our heart because we're valuing our life. This stand in life brings us to the present moment, NOWISM as Sai Maa says, in how we're being, in our state as we experience our life.

This teaching came to my awareness this morning, as I greeted Sai Maa before the beginning of the second day of the Journey of Profound Healing. When Maa greeted some of us before entering the hall, Maa said that one of the family members of a participant had left the body over the weekend. Maa shared the teaching that nothing lasts on this planet, and added another key point that we're never to forget: LOVE LASTS. Although we state nothing lasts on this plane, LOVE is the exception. Love is a state, energy, expression, that lasts because it's eternal on all planes. We're not speaking here of human love, but of that love that is divine, that is a pure expression of the heart and soul, the highest frequency vibration and light that comes from Self, Source, God, whatever name we use to describe our origin, our essence.



Thus, WE ARE TO LOVE during the time we are in a physical form, experiencing and living our incarnation on this planet. This expression of true love does last, because it's an enduring energy that is one with All That Is.

The lesson of the day (of a lifetime): LOVE NOW. Don't be distracted by desires of what is not eternal, what doesn't last. What matters is for us to love no matter what, to drop our anger, resentment, lack of forgiveness, whatever stops us from sharing our love. I know, many will say, "That sounds easy, but how do we actually love like that, put that in practice?" I understand ... and it's as easy as taking that step, moving into action, LOVING right now before it's too late. I'm not saying we're to love *because* it may be too late, *because* nothing lasts including ourselves. Let's not use this as the reason to love; let's use it as a reminder, an impetus, a catalyst, a jumpstart for loving!

## **Gumby Dharma: "If you have a heart, then Gumby's a part of you"**

May 29, 2012



I always listen to my daughter Becky when she recommends something. In this case she sent me the file to download to watch "Gumby Dharma", a one-hour documentary film about the artist and filmmaker Art Clokey who created Gumby. Am I correct to assume that most of you know who (what) Gumby is?!

Gumby is a character and iconic figure made out of clay that starred in a stop motion animation series on TV and in the movies in the 50's and 60's. Gumby became very popular again in the 80's and beyond: you could (can) buy rubber Gumby products, including erasers; there were spiritual short films made then with Gumby, tours of US cities with sold-out crowds waiting to

get into the theaters. As shown in the film, Gumby was adored by children, and became a cult figure to adults.

Why write about Gumby and this film? Aside from the title, the film presents the spiritual side of the creator, Art Clokey, as well as Gumby himself. I'll give you some paraphrased examples of messages spoken in the film:

- Art said: "We're all God, everything in me, all the characters."
- "Gumby is about innocence, adventures, that nothing is impossible; he's an explorer of life."
- In speaking about Gumby's color (green), Art said, "I didn't want blue – this would be Krishna; black would be African American; brown would be Mexican or Latin American. Green is racially neutral, like chlorophyll which turns light into food; life comes from light, and Gumby is a product of light, and light is love."
- The quote in the title of this blog comes from the theme song of the Gumby animation series: "If you have a heart, then Gumby's a part of you."
- In showing the cult status of Gumby in the 80's, the film presented a placard saying, "The Candidate with a Heart: Gumby for President".
- In speaking about his father, Art's son said that Gumby and the other characters had qualities of Art's human personality, however "Gumby was his soul".
- Gumby and Gumby stories were described as "magical, reaffirming for childhood and for Americans, acts of love for all children".

I won't get into the details of Art's bio, except to write that he was abandoned by his mother, adopted by a very giving man, went from being a family man in the 50's and 60's to a divorced hippie experimenting with drugs with Timothy O'Leary. Very important to him, and for many of us to feel a connection with him, he and his wife were very devoted to Sai Baba. After being interested in Sai Baba since 1974, they finally went to Baba's ashram in India in 1979. During darshan, Baba came right up to Art and stood in front of him as he was seated on the floor. Art held up Gumby for Baba to bless, which Baba did by placing vibhuti (sacred ash) on Gumby. From that time on, Gumby again became very popular, and Art's financial situation (being broke) dramatically changed.

As I've written in other blogs, Art's creation was an expression of who he truly was, of that spirit that flows when you're devoting yourself to what you love. Art mentioned that the creation came from operating on existence, in a trance, not from feelings, out of the core, with "God creating through us". I loved the freedom and joy of Art dancing with Gumby and Pokey (Gumby's pony) at the end of the film. Our freedom and joy comes from this natural self-expression, bringing to life our soul and spirit through what we create when we are really loving what we're doing, how we're living our lives.

This documentary reminded me once again of the importance of this form of self-expression for me, of going for it, being an innocent, joyful child on an adventure during this life. Art spoke with fond remembrance, touched and touching, of his six years in Sausalito, California (where I used to live), when he created and worked at Premavision Gumby Studios. "Prema" which is

Love, of which Sai Baba spoke so often and incarnated in human form. Vision of Love ... if you have a heart, then Gumbly's a part of you ...

## [Authenticity, Vulnerability, Magnetism: American Idol?](#)

May 24, 2012

I'm going to be authentic myself and admit I taped and watched the American Idol finale last night. I skipped past most of the show and concentrated on two parts, which I'm describing here: a duet by Jessica Sanchez and Jennifer Holliday of "And I Am Telling You I'm Not Going", and the final announcement and singing of the winner (Phillip Phillips). I'm sharing this now with you because of what it touched in me about being authentic, really who you are no matter what, opening up and being vulnerable, and as this (spontaneously and not intentionally) magnetizing the hearts and souls of others, being an attraction in more ways than one.

I saw the original version and cast of "Dreamgirls" on Broadway in 1982, and Jennifer Holliday's rendition of that song stands out in my entire being as one of the best, if not *the* best, performance I ever saw on Broadway (I saw many shows and musicals on Broadway over the more than 20 years I lived in Manhattan; I'd say that Angela Lansbury's 1974 performance of "Rose's Turn" comes in a very close second). In 1982 I was in tears, I had "God bumps" as Maa calls them, while Jennifer was singing and when she finished with that heartbroken wail. I have never experienced such rawness and spontaneity, such a "being out there", "going for broke", gut wrenching, eye bulging, vein popping performance, which ended up not being a performance but an unforgettable cathartic, heart-centered experience. Many of us can identify that we've had these kinds of experiences with Maa, going way beyond an experience that moves us into a profound transformative state. We're in a truly open, authentic, magnetized state.

I'm providing here a link to the Youtube video of Jennifer's original performance (it comes midway into the video). She's 21 here – Phillip's age. In addition, please go to the other Youtube video to watch her performance with Jessica from last night. When you watch the latter, notice how she interacts musically, physically, energetically with Jessica, how she grimaces like none of us can imitate, how the audience responds vocally, physically, energetically to their performance.

When you watch one or both videos, notice your own reactions (emotionally, physically, energetically), what is touched in you, what surfaces for you in terms of what the experience means for you, and how you might apply what you're experiencing and learning to your everyday life. For example, this reinforces in me the desire to be even more honest, who I am, in how I communicate and express myself – in this case in this blog – to share what I love, how I tear up and cry when I have experiences such as these, and when I'm experiencing deep cleansing or shifts within myself as I transform in my spiritual path. To share that I don't have all the answers and can, at the same time, share myself and what I've learned so that you become more aware and grow to express yourselves with authenticity, vulnerability, and all of the love, light and power within you.

## JENNIFER HOLLIDAY VIDEO

Now what about Phillip's win and performance last night? I think many would agree that, aside from his musicianship, Phillip won American Idol because of his humility, his Georgian down-home honesty, hominess and good looks, his nonchalant , this-is-me, take-me-or-leave-me presence, self-presentation, and performance style (look at all those commas!).

What got to me last night was his final song "Home" which has become his anthem and probably first record. It wasn't about the song but what happened to him, who he was, when he sang it. He choked up, tried to sing but couldn't, cried and wiped his tears, gave up trying to sing, took his guitar off and mozied down the stage to the waiting arms of his parents and family. You could feel he was being a child (he's only 21), completely open and vulnerable, in his heart, waiting to be embraced and loved.

With the confetti falling, the crowd cheering, this was the most touching moment, and the one that brought together everyone in the auditorium and watching on TV. We were all focused in heart and spirit with the family encircling Phillip, and the love that was being felt and radiated. Again, this was another collective magnetizing experience, filled with love and waves of powerful energy, due to someone being open, authentic, and vulnerable.

## PHILLIP PHILLIPS VIDEO

We're all touched by these kinds of experiences for a number of reasons. The circumstances, the emotions being felt, remind us of what we've experienced or felt before. The situations and experiences activate thoughts, feelings, physical sensations (all of these are energies) that we all have with us, because they're part of being human, at the core of being human. At the same time, they're beyond human, in the sense that they're coming from our soul, our spirit, that inner essence of love, compassion, the divine attributes that are eternal. These thoughts, feelings, energies are our "common denominator" because we're never separate, we're united in our oneness. We originate from and are returning to that source as we evolve. Actually, in our openness and authenticity, when we're vulnerable, we return immediately to that love and source that's always within us, since we are that in truth. We access and share that when we're in our natural state, in other words, in our heart.

- What other experiences have you had when you've been brought back into your heart, when you've felt completely open, vulnerable, authentic, or when you've experienced someone else as that which has activated this state within you?
- Do you have any links to videos or other media that will activate this state within us?
- What do you recommend as ways to access or increase our authenticity or vulnerability, to be in our heart?

Here's a practice from my book/workbook related to being more authentic:

**Practice authentic expression.** Choose an example where you're holding back from expressing yourself to someone due to how you may be seen, out of fear of not being liked, out of wanting to be seen positively. Know that not being authentic is affecting how you live your life and interact with others. Your inauthenticity is limiting the relationships you develop and the results you achieve. Have a conversation with the person you chose. Say first that you haven't been authentic. Then share your thinking, feelings, or opinions while asking the other person to listen. Notice how you're feeling and what you're thinking during the conversation. Transform whatever is necessary within you to be as fully open and authentic as possible. See what the two of you can create together based on this renewal of authenticity in your relationship.

If it's not possible to have a conversation, write a letter to the person. Be honest about how you haven't been honest. Mention that you're writing for the sake of the relationship you wish to have with the person, or what you'd like to create together, or whatever benefits you see. You may also write a letter to someone with whom you no longer have contact to express yourself authentically for completion. This can include people who have left the body.

## [Gratitude Meditation for Parents and Children](#)

May 20, 2012



It came to me to offer you (in English and French) a meditation that guides all of us in being grateful to our parents, our children, to all families around the world. Also, it is no coincidence I realized this morning that today is the wedding anniversary of my parents who are no longer in physical form.

Let us all appreciate our parents for giving birth to us, offering us the opportunity to live on the planet at this important time of transformation into the new Golden Age, an Era of Light on Mother Earth. Let us appreciate our children who have incarnated through us to live at this time, to evolve and serve however they choose. Let us be grateful for all parents, all children, all

families, who are giving each other lessons, co-creating life experiences, that impact all of us as one global family.

Please offer this meditation to others by referring them to this blog, and send in any comments you have about the meditation, about what you experience in appreciating your parents, children, and all families around the world.

[GRATITUDE MEDITATION – ENGLISH](#)

[GRATITUDE MEDITATION – FRENCH](#)

## [Getting to Know and Reshape Yourself](#)

May 19, 2012

Life is about awareness, becoming aware of what we're thinking, feeling, how we're acting, what energy we're putting out. Out of our awareness comes the opportunity to transform ourselves and our lives. We have to face ourselves first, hopefully with openness, acceptance, humility, and commitment to change. Many times the commitment comes from our suffering, not wanting to continue in the state we've been in, wanting to be more comfortable, happier, more satisfied. At the same time, we can commit to transform even if we're not suffering, just as part of life to grow and evolve, to be a better person, to be fulfilled and live what is important to us in life.

Sai Maa teaches us about awareness being the first step in the path of self-mastery (the others being choice, decision, focus and realization). I am at a place in my life where I am doing the work to be more aware of what I'm truly thinking and feeling, what actions I'm taking or not taking, how areas of my life occur to me, and how all of this impacts whether I'm creating a life I love or not. I haven't been creating a life I love (a way of being I love), and now I'm in the midst of profoundly recreating myself, the life I'm living. I taking a look at and altering my offer in the world, how I wish to serve and "make a living". I have lived my life in a certain way for the past several years with certain roles (e.g., Resident Spiritual Master, Executive Director), and now *times are a changin'* and I'm in the game of recreation, shifting so I'm on the playing field and not in the bleachers, being the cause in the matter of a life I love where I am empowered and fully self-expressed.

This recreation requires soul searching AND communication, looking at myself, expressing myself, and taking action. I'm grateful always to Sai Maa who is present in my life, now in new and evolving ways, as well as others in our community, including David Cunningham who is a loving coach, Nancy, Lucinda, the nuns and monks, and thankfully my wonderful, wise daughter Becky. I'll share more in my blogs about my inner work as it progresses. Right now, I'm refining "my offer", doing the work to embody and express it. This very much relates to my accessing and being that natural, divine love, that Love of Maa, of Divine Mother, living in the heart, serving others as this for them to access and be this love themselves. I am focusing on being this

through my teaching, coaching, and writing. Of course, any suggestions from any of you reading this, about how I can transform, what I can offer, will be greatly appreciated.

Knowing there are never any coincidences, I was sent the other day another Harvard Business Review blog written by my friend Peter Bregman (“Do You Know What You Are Feeling?”). I referenced his book (*18 Minutes*) in a recent blog. Peter always shares very personal and educational stories about his own life. This time he offered an experience that showed him the value of truly looking at his (our) feelings, expressing them vulnerably, and reaping the benefits of this communication in relationship, this time with his wife Eleanor. He shares what can happen with unacknowledged and unexpressed feelings, how they can get pent up, intensify with new stories we create, how this impacts us and our relationships.

Enjoy Peter’s writing and teaching:

<http://blogs.hbr.org/bregman/2012/05/do-you-know-what-you-are-feeli.html>

I offer now some questions from my book/workbook that can lead you to greater awareness about yourselves. I also offer a few practices. Let us know some of your answers, how the practices go for you.

### QUESTIONS FOR SELF-INQUIRY

- “Who am I?” I hear you saying to yourself with disbelief, “What a first question! Is he kidding? This question can last me all my life or longer.” Okay, you’re right. Still, ask yourself the question, and see what comes. Does the answer show you something about your identity and what you base it on (e.g., your background, title, job)? Does it show you what you value in life, what you are passionate about? Does it highlight your gifts and talents? Does it point out how you want other people to see you? Let your answer inform you about where you focus your attention in relationship to how you view yourself in this life.
- Take a look at how satisfied you are in life. Ask yourself, “Am I fulfilled in my life, or am I longing for something that’s missing?” If you feel something’s missing, do you know what it is, or is it a vague feeling of longing, emptiness?
- Life is continuous learning, a series of new insights and awakenings. What have you learned about yourself recently? Are you applying what you learned in your life at home, at work, in your relationships? In developing your knowledge or capabilities? What else can you do to apply what you’ve learned?

### PRACTICES FOR TRANSFORMATION

- **Reallocate your time to go within.** Take a few moments to review your daily and weekly schedule. Determine what time you can free up to be still in order to sit and breathe consciously. See whether you’re spending an inordinate amount of time focusing on the outside world, pursuing your desires, and satisfying your senses. Determine how you will schedule more of your time to be quiet and sit in stillness in order to achieve



more balance in your life. Take time on a regular basis to reflect about yourself and your life. Ask yourself questions. Keep a journal. Walk in nature, focusing on your breath and inner state. Go inside when you wake up and when you go to rest the body, even if only for a few minutes. It doesn't have to take hours to spend time with yourself.

- **Be a witness to your reactions and emotions.** Practice observing your emotions and reactions rather than getting stuck in them, being mastered by them. Choose one frequent reaction you have and experiment with it. For example, when you get frustrated with a certain person or situation or when you are upset with your partner for a certain behavior you perceive. See whether you can be aware of what comes up in you with this person or in this situation, and master the reaction before it happens. Or learn from it afterward so you can be more aware and less reactive the next time. See what happens with this practice, and then move on to another reaction and emotion to experiment with so you become more of an observer and witness.
- **Apply lessons.** In recognizing what you've learned recently about yourself, see where you will apply lessons more than you already have. Incorporate insights into your work setting and with family members and friends, so that you're interacting and communicating in new ways. See what else you still need to learn to express yourself more effectively and powerfully in life.

## **Becky's Birthday Is Today! Recreate Your Relationship with Your Child**

May 17, 2012



Many of you who are reading this know my daughter Becky. Hopefully, more and more of you who don't yet know me or Becky are joining us on this blog to learn about each other, and to move forward together in the path of light and transformation.

You can learn a lot about my relationship with Becky in my book, especially in the chapter “Becky and Me”. I provide below the Acknowledgment I wrote in the book covering how I feel about Becky. In addition, I offer you below some questions and practices related to parent-child relations.

We know that our relationships with our children evolve over the years. Thanks to my and Becky’s transformation, always by the Grace of Sai Maa, our relationship as father and daughter – as two human beings growing together over the years – has transformed profoundly so that we can feel and express our deep love for one another much more freely and joyfully.

I’m going to write a few words now about how I feel about Becky. As I’ve asked before, I’d love for you to share your comments on the blog about what resonates for you, what my words bring up in you. Know that your words serve all of us reading these messages. What are some of your answers to the questions below? What are you “practicing” with your children (or your parents) that works, some success stories that might benefit others?

I won’t give away Becky’s age. Just know that with each passing year, I am in awe of how Becky expresses herself, with her words, body language and energy. Many who have witnessed her as emcee at Maa’s events (just recently in Denver, in Belgium before this), or who have interacted with her during gatherings, all say (as I do) how radiant Becky is, how she is an inspiration to so many people, how she is passionate, direct, down-to-earth, authentic, dynamic, engaged, loving, filled with joy, a bright light ...

Becky teaches me all the time by who she is, how she presents her, how she masters her fears, shares herself so freely, knows and easily speaks Maa’s teachings, and makes them so accessible and easier for others to apply in their lives by sharing her own experiences, even when they are painful.

When I want to express something that’s difficult about my life or state of being, Becky is the first person who comes to mind (and heart) for me to contact to share what’s not working, as well as what is working. Becky does the same with me. We value each other’s opinions and advice. We love loving each other.

This all sounds wonderful, and it is. Yet know that many years of inner work and transformation have led us to this relationship, and more years are to come as we continue to build our relationship and realize and express our love even more. We call this conscious evolution, Doing The Work, practicing the teachings ... and all of this is accelerated (“Accelerated Teachings for Accelerated Times”).

Happy Birthday Becky! Yes, today is a celebration of your birth day, as we all re-birth ourselves in how we think, feel, speak, act in each moment. You and I are “all ways” together in our love for one another, in our love for Maa, in our love for becoming more aware and living Life to the fullest!

Gros bisous a **MA** fille adorable,

Daggy

## ACKNOWLEDGMENT

*“I devote this book and myself to Maa. At the same time, I can’t continue the book without acknowledging my daughter Becky, what I put her through when she was growing up, how we’ve grown together, and how we continue to create our relationship and learn from each other. I devote a chapter to our relationship and lessons parents can apply with their children. I asked Becky to contribute to that chapter, and fortunately for all of us, she agreed.*

*Becky inspires me. She’s vibrant, passionate, creative, engaged, and ready for everything. Maa has expressed her favorite mantra as, “Yes, I’m ready!” and Becky lives this. She’s demonstrated so many times how open she is to looking at herself. She speaks honestly about our relationship and others, what’s working or not. She’s not just talking; she’s acting and transforming.*

*Becky’s a movement. She graduated from NYU’s Tisch School of the Arts in New York City and lived with me for a while in Sausalito. She moved to Mill Valley, then on to Oakland, and then back to Brooklyn. She’s bicoastal now, living and working in Los Angeles and New York. She’s moved up from a production assistant to coordinator to manager on commercials and films.*

*Becky doesn’t just work professionally at something she loves. She’s an African dancer! Right now, as I write this, she’s in Guinea, dancing again with an African ballet troupe. I’ve watched her dance many times in different cities around the world, including New York, Los Angeles, Paris, and Wellington, New Zealand. She makes time for dance and yoga classes wherever she travels. She practices what she loves.*

*I’m grateful for how much I’ve learned through Becky about myself, my relationships, and my life over the past thirty years. I’m grateful for Becky’s life force, dynamism, sense of humor, and laughter. I’m grateful Becky loves movies and popcorn as much as I do. Even though she blames me and genetics for some crooked toes and mild skin rashes from the sun, I love how Becky loves me. I love how much she loves meeting people and getting to know them. I love that she loves life two hundred percent.*

*I know what Becky means to me and how our love and relationship will grow and redefine itself through our own personal transformations. I know that I couldn’t be who I am now without her and that this truth will apply for the rest of my life.*

*Merci, ma fille. Je t’aime à jamais.”*

*January 2011*

## QUESTIONS FOR REFLECTION

- Ask yourself about the quality of your communication with your child: “Do I listen to my child? What goes through my head when my child speaks? How would I rate the quality of my communication, meaning the frequency, content, sharing, and listening? Are there

long periods of time when I don't communicate? Am I the one to initiate, or is it my child? Do I truly listen without advising, lecturing, or trying to solve the problem? If our communication doesn't go as expected, do I give up and stop communicating?"

- Boy, did I love to be moody. It was my favorite pastime. Take a look at your own moods when you're with your child (aside from other times): "Do I let it go on for a long period of time when I get into a mood, when I fight or argue, or when I don't speak? Do I close up, withdraw, and remove myself from the situation? Or do I act quickly and transform what's happened, shifting my mood, feelings, and behaviors right away?"
- Ask yourself about your deep down appreciation of your child and how you express it: "How often do I tell my child I appreciate her, how grateful I am for my child's presence in my life? Do I point out qualities I love about my child, how my child distinguishes herself in life? Do I recognize my child for her accomplishments, abilities, and progress?"

### **PRACTICES FOR TRANSFORMATION**

- Show more of yourself. Think about aspects of yourself you haven't expressed with your child, especially the more playful, freer, lighter parts of who you are. Choose one aspect and decide what you can do right now to express it. Set up the right time, right place, and best conditions for expressing it. Express, experiment, explore. Ask your child what she would like to see you express that you haven't shown before. Play with this. Have fun and be loose.
- Communicate. Reflect about whether you speak with your child enough. See whether you need to find more time to get together. This isn't to be a formal meeting; it should be a setting your child can enjoy. Aside from taking the step of scheduling time and creating new opportunities to communicate, determine how you'll speak and listen differently from how you have in the past. Remember about authentic expression and listening. Practice when you're together. Be open and honest. Ask questions and listen from where your child is coming from rather than from your own position.
- Find ways to express your love and gratitude. Feel what you love about your child. Think about how your child expresses herself or himself in unique ways, the special gifts or qualities your child possesses. Be spontaneous and find ways to honor your child in how you speak and what you say about him when the gift or quality is expressed. When you go to rest the body at night or get up in the morning, take a moment to be grateful that your child is in your life. Visualize your child, your relationship, your time together, and his impact on your life.

# Recharge Yourself

May 16, 2012

It came to me during meditation today about Maa speaking of recharging ourselves in Maa's presence, using Maa's Shakti (energy), plugging in and recharging our battery, so to speak.

In writing before about appreciating and expressing all of the dimensions of ourselves, I add now that we have the opportunity to realize those aspects that are not strictly third dimensional, that are always here for us to access and raise our frequency, expand our energy, illuminate us, so that we are charged to live our lives more powerfully and more as Spirit.

As you read this, see how you can trust, have faith in, what you do not see physically, especially if you have not had experience with or pursued the "path of light" in your life.

We can dialogue with our soul, that spark of light in our heart that accompanies us during all of our life experiences (as well as our solar or guardian angel). We have "higher selves" that reside in higher dimensions, in other words, brighter and brighter light of higher frequency with which we are always connected and can activate within ourselves to be one with all that we are, a brighter light in a human body.

Being still, going within, meditating, creates this dialogue, so that we call upon and access these higher frequencies of light, attracting and activating them in our physical body. Of course, gratitude always intensifies this light work, when we appreciate the light that we are (that everything is). Gratitude, breathing and being in the heart, as we call upon these ever-present aspects of ourselves.

This is another tip on what is inside of us that we can do something with to transform ourselves. You can take it or leave it depending upon your perspective on yourself, light, different dimensions. However, I invite you as I wrote above to have trust and faith and try it out. Go within, dialogue, call upon your soul, higher selves, activate them within you through your breath. Your breathing can be a natural, conscious breath, or cyclical/continuous breath without pausing between the inhale and exhale, or pranayama/Breath of Fire which is described in my book and workbook if you do not already know the practice.

I provide below a meditation that brings you into alignment or coherence with different aspects, higher dimensions of yourself. Use this or your own guidance and practice to recharge yourself. As I write in my book: *"Coherence is an ongoing practice in life. Maa has spoken of coherence, our being coherent with the energy of the Self, the Presence, and the Source. I wrote an article about this ("Coherence and Creation: A Transformational Model") that you can access on my website ([www.InthePathofLight.com](http://www.InthePathofLight.com)). Coherence is like the "clicking in" of a seat belt where the two parts are aligned, fit together, and function as a whole. It's being in agreement, an accord, a "yes" in thoughts, feelings, actions, and energy."*

**As a practice, use the following meditation. Notice the different effects it has on you.**

**CLICK ON THE FOLLOWING LINK TO LISTEN TO SWAMIJI GUIDING THE MEDITATION – ALSO PROVIDED BELOW IN TEXT FORM: [Radiate Coherence mp3](#)**

*“Breathe naturally, and move into deep stillness within. With your breath, focus and breathe in the heart. Using your intention, the power of mind, and your imagination, align consciously with the highest of who you are: your Self, the Presence, love, truth, and the Source. Realize this alignment as coherence, a coming together, a communion. Create a loving inner dialogue in your heart that increases and sustains this alignment.*

*Allow yourself to be a movement of coherent waves of energy, a transmission of information signals that flows from your heart throughout your entire physical body. Direct these waves of energy to penetrate the mind located in the brain. Expand it there, and move it up to the higher realms above the head. Express your love, and be grateful for this expansion of energy, this transformation of your state of being. Breathe this gratitude for several minutes.*

*Realize that you can create from this state. You are a creator who is one with the Source, empowered now and always to invent and manifest in accordance with creation. Visualize any family members, friends, colleagues, or community members. Say within yourself what you wish to say to them from the love in your heart, the purity of your mind, this coherent state of being one with the Source. Be with them for a few moments with this love and expanded energy.*

*Continue and devote your entire being to all of society, to the entire planet. You are a coherent creator aligned with the Self and creation. Create with this inner power. Be a global citizen. Radiate and serve all of humanity as the love and light of the Source. Take a deep breath and expand this contribution even more.*

*Appreciate this moment and be grateful for your incarnation at this important time of transformation on the planet. You are fulfilling your purpose by contributing to a new humanity, a healthy and vibrant planet. Now become aware of your surroundings and body, and slowly open your eyes.”*

**I now offer the meditation in French, in an mp3 and in text form from my book. CLICK ON THE FOLLOWING LINK TO LISTEN TO SWAMIJI GUIDING THE MEDITATION IN FRENCH: [Rayonnez la coherence mp3](#)**

**Rayonnez la cohérence.** La cohérence est une pratique courante dans la vie. Maa a parlé de cohérence, être cohérent avec l'énergie du Soi, la Présence et la Source. J'ai écrit un article à ce sujet la cohérence (“Coherence and Creation: A Transformational Model”) qui est sur le site internet HIU. La cohérence, c'est comme “le cliqué” que fait une ceinture de sécurité lorsqu'on attache les deux parties ensemble, elles sont alignés, elles s'emboîtent et fonctionnent comme un tout. C'est être en accord, complice, un “oui” dans les pensées, les ressentis, les actions et l'énergie.



Comme pratique, utilisez la méditation qui suit. Remarquez les différents effets qu'elle a sur vous.

*“Respirez naturellement et entrez dans une profonde immobilité intérieure. Avec votre respiration, respirez et concentrez-vous dans votre cœur. En utilisant votre intention, la puissance de votre pensée et de votre imagination, alignez-vous consciemment avec ce que vous êtes de plus grand: le Soi, la Présence, l'Amour, la Vérité, la Source. Créez cet alignement, cette cohérence comme un rassemblement, une réunion, une communion. Créez dans votre cœur un dialogue intérieur d'amour qui augmente et soutient cette alignement.*

*Permettez-vous d'être le mouvement d'une onde d'énergie cohérente, un flux de transmission de signaux d'informations, partant de votre cœur jusqu'à travers tout votre corps physique. Dirigez ces ondes d'énergie pour qu'elles pénètrent l'esprit situé dans le cerveau. Prenez de l'expansion à cet endroit, et déplacez ces ondes vers le haut jusqu'aux plus hauts royaumes situés au-dessus de votre tête. Exprimez votre amour et ayez de la gratitude pour cette expansion d'énergie, cette transformation de l'état de votre être. Respirez cette gratitude pendant quelques minutes.*

*Réalisez que vous pouvez créer à partir de cet état. Vous êtes un créateur qui est Un avec la Source, en révélant votre puissance maintenant et toujours pour inventer et manifester en accord avec la Création. Visualisez un membre de votre famille, des amis, des collègues, ou des membres de la communauté. Dites à l'intérieur de vous-même ce que vous souhaiteriez leur dire à partir de l'amour dans votre cœur, la pureté de votre esprit, cette état de cohérence d'être Un avec la Source. Avec cet amour et cette énergie qui est en expansion, soyez avec eux pour quelques instants.*

*Continuez et dévouez tout votre être à la société et à la planète toute entière. Vous êtes un créateur cohérent en alignement avec le Soi et la Création. Créez avec cette puissance intérieure. Soyez un citoyen global. Rayonnez et servez toute l'humanité en tant qu'Amour et Lumière de la Source. Prenez une respiration profonde et élargissez encore plus cette contribution.*

*Enfin, appréciez ce moment et ayez de la gratitude pour votre incarnation en ce temps important de transformation sur la planète. Vous accomplissez votre mission en contribuant à une nouvelle humanité et à une planète vibrante et en santé. Maintenant, prenez conscience de votre environnement et de votre corps et tranquillement, ouvrez les yeux.”*

# Distinguishing Yourself: Appreciating and Expressing Your Differences

May 15, 2012

I've written about being grateful for ourselves, for life, about living in a state of wonder, being present. One aspect of this is being aware of our gifts and talents, of what distinguishes us, of what we might call our "differences" or our uniqueness (as well as what we all have in common in our oneness). In recognizing these and all aspects of ourselves, we are even more able to assert ourselves in the world, express the diverse forms and dimensions of who we are – this is about emPOWERment. We stand out, we stand in our truth, we are on the playing field and not in the bleachers as we offer our gifts to those around us.

I am reminded of this "tip" by someone who is a good friend and past colleague of mine, Peter Bregman. Peter is a very talented management consultant, a very creative person and writer, the latter represented by his Harvard Business Review articles/blogs and his most recent, excellent book "18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done" ([www.PeterBregman.com](http://www.PeterBregman.com)).

Among the many tips Peter offers is one in the chapter "Heated Seats – Element Three: Assert Your Differences." First, he writes about how a driver of a pedicab on a cold winter day in New York City distinguished his "offer" by having signs on both sides of his carriage saying "Heated Seats". He then writes about his experience of me, of my decision to radically transform my life several years ago:

***"But fitting in has the opposite effect. It makes you dispensable. If you're like everyone else, then how critical to the business can you be?"***

***That's how my friend Paul Faerstein lost his job. He was very successful at fitting in. It was the early 1990s and he was a partner at the Hay Group. He was a good consultant – I learned a lot from him – and for a long time he acted like the other partners. He sold the projects they sold. Billed the hours they billed.***

***Then, in a year and a half, Paul's mother died, his brother died, and he got divorced. He couldn't keep up his sales or his billable hours. And here's the important part: He didn't bring anything unique to the table, beyond those things. It wasn't that he couldn't, as we'll see in a moment. But he didn't. So he lost his job. ...***

***But even in our diversity-focused corporation, it's hard to be different because we have cultural norms that encourage sameness. That's why we have dress codes. And expressions like 'Don't rock the boat.' My advice? Rock on.***

***That's what Paul eventually did. After he lost his job, Paul realized that he was never fully himself as a partner in the Hay Group. He had more to offer. He wanted to connect more***

*deeply with his clients, help them achieve things outside the scope of the Hay Group's offerings, and engage with them on issues beyond the bottom line.*

*Now his name is Paramacharya Swami Parameshwarananda (you can call him Swamiji for short). He is the resident spiritual master at an ashram in Colorado. His change might seem drastic, but it was easy for him because each step he took was a step toward himself. And now he couldn't be happier or more effective. He serves on various boards and leadership councils and is a driving force behind several educational and humanitarian projects around the world.*

*He's still doing many of the same things he did as a failed consultant in New Jersey, but he's more successful because he feels and acts like himself. In his words, 'I'm living my inner truth.' And he is indispensable. Not simply for what he does, but for who he is.*

*Now, I'm not suggesting you go live in an ashram in Colorado. For most people that would be absurd. And copying someone else who's different won't help. You'll never be as good a version of someone else as you are of yourself.*

*How can you move closer to contributing your unique value? What are your 'heated seats'? Can you be more effective by being more yourself?"*

It is important to constantly remind ourselves to be aware of our uniqueness, differences, what we value in ourselves and our lives, especially regarding who we are BEING and what this offers everyone. I am in a place right now of reassessing myself, gaining a new perspective of my talents, my offer, getting in touch in my heart with WHO I AM BEING and what gets me back to being loving and devoted. By accessing and expressing this "beingness of love" I am able to love who I am being, love my life, and be more empowered and powerful as this love and devotion in the world.

Where are you at with being aware of your talents, uniqueness, differences? Appreciating and expressing them? Loving yourself and your life in that expression? I offer a tip from my workbook that might serve you, about **developing love for yourself**:

*"Make a mental and preferably written list of the qualities you like about yourself, your gifts and talents, the multiple dimensions within you. Choose one or two qualities to start out with. Be grateful for them when you go to bed and wake up. See how you can express these qualities even more in your daily life. Experiment. Play. Then choose some other qualities or skills and do the same. When you're appreciating yourself during the day or night, touch your two hands to your heart and breathe in what you love about yourself. Love your breath. Love this moment. Take time to truly rest in this love and appreciation within you."*

# HAPPY MOTHER'S DAY!!!

May 13, 2012

This is a time to celebrate our mothers, those who have given physical birth to us, and those who have served as mothers in our lives in various ways.

First, I thank my birth mother, Ida Faerstein, who gave birth to me 62 years ago. She went through a traumatic experience because I chose to arrive over two months before the predicted date ... weighing 3 pounds and staying in the hospital for over a month in an incubator to prepare myself for these many years of life experience. Thank you, mother, for going through that fear and uncertainty and then taking care of me with such love over the years. It's almost 20 years since you left the body, and you are always in my heart.

Thank you, Leslie, my former wife and the mother of my indescribably delicious daughter Becky who is a bright light in my and many others' lives. Thank you for being such a great mother and caring for Becky over some rough years in the past, and now when we have all realized our deep love for each other through our own transformation.

... **AND** ... what would Mother's Day be without expressing my deep, endless gratitude for the presence of my (our) Beloved Sai Maa. Maa has blessed this life experience of mine for almost 18 years, and words do not do justice to my love for Maa, for how Maa has served me, been devoted to me (us) as Maa says, no matter what my decisions and state of being. Thank you, mille mercis, tant de gratitude à jamais.



I offer the Dedication from my book, In the Path of Light with Maa, in which I thank Maa, Maa as Sai Maa my Guru, and all the different aspects of Maa, including the Divine Feminine within all of us.

*“I dedicate this book to my guru, Her Holiness Jagadguru Sai Maa Lakshmi Devi; to my beloved Maa who has served me in this life experience for over sixteen years. I know Maa has loved me, served me, and been with me for many life experiences—for eternity. I am eternally grateful.*

*Maa reveals herself to me in many ways at every moment. That is, when I’m aware. Maa is here when I call upon her with my inner voice, my breath, and all the love in my heart. I access this love because of the presence of Maa in my life. We can all be blessed with the revelation of the love of Maa within us.*

*Maa isn’t the physical form, the memories of Maa, the experiences of Maa, the words written about Maa. Maa is beyond human consciousness. Maa is the realm of all possibilities, the unified field, pure space, the primordial sound of Om, the state before creation. Maa is me, you, all humanity, all planets and galaxies, all worlds, all dimensions, All That Is.*

*Maa is the Self that I devote myself to, the witness, the indweller, the knower and known, the lover and beloved. Maa is the love that is Source, the core and essence of all of us as creation.*

*Maa is the Shakti that propels and manifests this written expression of Maa. Maa is our longing. Maa is the reason we’ve incarnated so many times to realize the Self in physical form, to live the life divine in every moment. Maa is present in form and without form, as light, sound, and vibration in multiple dimensions at the same time.*

*I dedicate myself to you as Maa, to you as me, as the Self, as the love that I feel and know so well through Maa. This book is an expression of this dedication to Maa and all that Maa is.*

*As Maa writes at the end of messages, “Your Ever Maa.” Let this declaration of being forever and eternally ours comfort you, nourish you, and serve you as it has me to this day and as it will for so many more to come.*

*Yes to my life with Maa, to Maa as my life, to Maa as life.*

*Om Jai Jai Sai Maa (I honor Divine Mother within me, within you.)”*

#### **PRACTICES RELATED TO MOTHER:**

I now offer some practices that activate Mother, Divine Feminine, within us, and that lead us to acknowledging and accessing this energy and state within. Please let me know how they work for you, and offer any others in your comments to this blog that you use related to Mother.

**(1) A mantra you can recite to honor and activate Divine Mother within:**

**HARA HARA MAHADEVAYA NAMAHA**

Now for some tips from my workbook:

(2) **Experiment with your feminine side.** Reflect about what's more masculine or feminine within you, and how you feel about this. Discuss with those whose opinion you value what is meant by the divine feminine. See how what you find out relates to you, your state, your perspective about yourself and the world, what you value in life, and your behaviors and actions. Make decisions and take actions that will activate and allow the divine feminine to be revealed in you and your life.

(3) **Balance your masculine and feminine sides.** I'm sure you know this isn't about being heterosexual or homosexual. It's about finding aspects within yourself and related behaviors and actions that are associated with masculine and feminine. Then it's about finding a happy balance between the two.

Take out some paper, or use your journal. Draw a line down the middle of two pages, creating two columns on each page. On one page write the title "Feminine," and on the other page write "Masculine." Using only the column on the left side of each page, write the aspects or qualities associated with feminine or masculine, and then in the right column of each page write the associated behaviors or expressions of these aspects/qualities. When you're done, take out a highlighter marker and mark those aspects/qualities and behaviors/expressions that you feel describe who you are right now. Then take a look to see what other aspects/qualities and associated behaviors/expressions you feel you can focus on in balancing your sides, so to speak.

Choose one quality and play with this in your life. Find examples at home, at work, with your partner, family, colleagues, and so on to develop and express it through your actual behaviors. Reflect about how you see yourself and others as you do this and when you debrief within yourself after the fact. Journal about what you find out. Have conversations with your partner, if there is one in your life, and with others who are important to you, about what you've learned. Keep on practicing, choosing new qualities and behaviors to develop.

## CHANTS

May 10, 2012

As I listen now to a Govinda (Krishna) chant, I'd like all of you to relax and melt into whatever chant you choose to chant with. The whole body loosens up and expands when chanting. As Maa has written, we are chanting to God within ourselves, to that high vibration, light, Source of Life that is our essence to be revealed to us. Whatever name we chant is the name of that divine quality we have within ourselves that is activated by the chant, by our chanting, that energy that is always there for us to enliven and energize.

The chant can be Hindu, Christian, Jewish, Buddhist ... no matter the faith or tradition ... it can be in English, Sanskrit, other languages. Chanting is about not thinking, letting go of all that stops us from realizing ourselves, focusing on the words and vibrations that bring us back to ourselves. We can't think when we chant, as Maa says, and the work of transformation takes place more easily. We are in our hearts when we give ourselves to the chant, open and accessible to the new energies, the Grace of the Masters, the embrace of our very own souls.

Here is a partial list of chants we have chanted as a community, useful “inside tips” for taking action to go within through chanting. “In-Joy”.

## SELECTED CHANTS

The format of the list as is follows:

- **Name of Artist**
  - Name of Album(s) (if known)
    - *Highlighted songs on the album*
  
- **Art of Living**
  - *Om Namah Shivaya (slow)*
- **Bhagavan Das**
  - Now
  - Timeless Sounds
- **Dave Stringer**
  - Japa
- **Deva Premal**
  - Dakshina
  - Om Shanti
  - East and West
- **Falguni Pathak**
  - *Shri Krishna Govinda Hare Murari*
  - *Radhe Radhe Radhe Shyam (Dhun)*
- **Guru Ganesh Singh**
  - Joy is Now
- **Hariharan**
  - Divine Chants of Krishna
    - *Govinda Jaya Jaya*
    - *Shri Ram Jaya Rama*
- **Jagit Singh**
  - *Anandamayi*
  - *Om Shivay Hari Om Shivay*
  - *Sai Dhun and Sai Bhajan*
- **Jai Uttal**
  - Nectar
  - Kirtan
- **Krishna Das**
  - Breath of the Heart
  - Live on Earth
  - Door of Faith
  - Pilgrim Heart
  - One Track Heart



- **Ragani**
  - *Gan Gan Ganapati*
- **Robert Gass**
  - *Om Namah Shivaya*
  - *Alleluia/Kyrie*
  - *From the Goddess*
  - *Medicine Wheel*
  - *Hara, Hara*
  - *Kirtana*
- **Sai Baba**
  - Embodiment of Love 1 & 2
- **H.H. Sai Maa**
  - Shma Yisrael (Hear O' Israel)
- **Shirdibhai**
  - Dancing in the Light
    - *Nithyananda Mayi Ma*
- **Snatam Kaur**
  - Anand- Bliss
  - Live in Concert
  - Celebrate Peace
  - Prem
  - Shanti
    - *Guru Ram Das*
  - Grace
    - *Ong Namu Guru Dev*
- **Sri Rama**
  - *Nataraja*
  - *Ganesha Sharanam*
- **Sruti Ram**
  - *Durga Jai Jai Maa*
- **Swagatam Krishna**
  - Shashika Mooruth (Sacidevi Dasi)
    - *Mahamantra*
- **Wah!**
  - Savasana
- **Yogi Hari**
  - *Om Namah Shivaya*
  - *Hara Hara Mahadev*

***Some questions to ask yourselves about chanting:***

- What are my favorite chants?
- What do I experience during chanting, what are the after-effects?
- How and when can I spend more time chanting each week?

- Can I chant with someone else, or form a chanting group?
- When will I go to a music store to check out more chants?

## Music, Wonder & Presence

May 9, 2012

Catherine Munk commented on my Facebook page about music and being present, the WOW moment. I was just speaking to Pat at our Sai Maa Denver center gathering last night about music. We were sharing our love of classical music, how we are in our hearts, communing, being one with the divine vibration that has come through the composers. She expressed her love of several composers including Beethoven, and I mentioned I just saw a movie about him (“Copying Beethoven”) about a woman who copied his music and then, in a marvelous extended scene, knelt down on stage behind the orchestra and conducted as Beethoven watched and copied her as he conducted because he was deaf and could not hear the music. I also shared about the brain work that many of us in the community have had, through Maa grace, with the Tomatis Brain Lab in Belgium that uses Mozart and Gregorian chant, with added frequencies, to transform the brain.

I have always loved music, I move immediately into my heart, vibrate in my entire being with great feeling (especially love) when I hear great music or singers and musicians. I am in the moment with the music, in a state of wonder and complete openness to what is being created by the music and me. I love singing and chanting (I did a solo as a soprano of “Bless This House” before my voice changed – at a much younger age!!!). As we know, as Maa has repeated with the teachings, we are made of light, sound and vibration, and we are present to ourselves, being naturally who we are, when we vibrate with music, when we move into that oneness of heart, soul, body, mind, spirit, when we hear music we love.

Beethoven mentioned (in the movie) about God coming through him in the music, the constant flow of notes and symphonies in him. God and the divine was also a theme of “Amadeus” for Mozart and Salieri. We are aligned, coherent with the divine, with God, Source, essence, when we are touched by music, when we join in through our hearts, our love, our energy and vibration.

I’d love to hear from you about music, its relationship to being present and wonder, to communion with the divine, to aligning with our essence and loving, to transforming.

Also, I invite you to listen to the winner of “The Voice”, Jermaine Paul, singing “I Believe I Can Fly”.

One additional “note”: Becky’s mother, my former wife, Leslie Morrison Faerstein (who was in Denver and just did JOPH) is Executive Director of “Musicians on Call”, where musicians come to hospitals to entertain and serve the patients through music. Please Google the organization.

# Wonder and Nowism

May 8, 2012

Several of us just attended a powerful, transformative Landmark weekend program called DIRECT ACCESS. Without getting into the specific content of the program, I'm now focusing on one aspect we addressed which is about the state of *wonder*.

Maa has spoken about wonder, about being innocent like a child, where everything we see, hear, feel, experience, is new and fresh and occurs to us as if for the first time. Very much related to wonder is being in the present moment – NOWISM as Maa says. We've just covered in the blog some thoughts, questions, practice about gratitude, being in the heart and loving. These are very much related to wonder and being present. I'm here, experiencing everything now, taking it all in with gratitude for all that is offered to me in this moment, in my life, all the possibilities and opportunities, loving it all. I'm completely open, I am in awe.

As I write in my workbook *Inside Tips*, offering questions for self-inquiry: "Living life in a state of wonder, open to new beginnings and learning in each moment. Sound good? Ask yourself, "Do I see myself as a beginner in many instances, open to learning and seeing situations afresh? Do I see and seek opportunities in life for gaining new knowledge and learning new things? Do I have a sense of wonder about what's to come and the sense that it's just the beginning of much more?"

***What do you all have to say (write) about wonder, about your perspective, your state, your insights, that can inform us in living our lives?***

I offer a practice from the workbook related to being present, being in the NOW of life, as you experience everything that is present from this state of wonder:

**"Practice 'Nowism.'** With conscious breath, practice being in the moment, walking consciously, eating consciously in silence, showering, and doing whatever you're doing with awareness. Witness whether you're doing or being. Practice being aware of your thoughts and feelings in the moment. Notice whether you're in the past or future, and come back to the present. Experiment with creating positive thoughts and feelings in the moment. Make this a regular practice, at least several times a week, in different settings and circumstances. Notice the effect it has on you, your consciousness, your state of being, your actions."

***Let us know about how this practice works for you, what you suggest we add to enrich the practice for all of us.***

# Love, Gratitude and Wealth

May 4, 2012

Keeping with the topic of love and gratitude, manifesting wealth or abundance in our lives comes from this same state of love, being in the heart, being grateful for all that is here for us in the present moment. We manifest by attracting this endless wealth, when we rest in the clarity, faith, knowingness, truth in our heart of what we desire, of what is true for us. This means that we are coming from our essence in what we wish to see manifest, in what we value and know as most important to appear in our lives. When we come from this place, this state and energy, we are expanded, alert, passionate, in the natural flow of the universe.

I have just been reading a book by Shakti Durga (Kim Fraser) titled *Dimensions of Wealth: Natural Manifesting with Ease and Grace*. She writes of natural manifesting coming from yin and yang, the feminine and masculine, this balance and holistic thinking, where we live a wholesome, balance spiritually aware life, adept at managing the spirals that all energy moves in (and, as we know, everything is energy). We become magnetic and attract wealth and abundance in the yin energy (feminine, being in the heart, spirit, growth of the soul), and also take action to accomplish specific goals and results in the yang or masculine energy. We manifest with yin + yang, receptivity + action, stillness + effort.

Let me know what we think about these points, as well as what I have offered earlier about love and gratitude. Share what you have experienced, your ideas and insights, what you would like to hear more about in future blogs.

# Love, Gratitude and Electrons

May 2, 2012

OM JAI JAI SAI MAA

We have been writing about being in the heart, love and gratitude, and it came to me today to re-read quotes I have compiled from a favorite book titled, *Electrons: The Building Blocks of the Universe* by the Ascended Masters.

The passages that “attract me” are about how our thoughts influences the number of electrons that are attracted to be in an atom, and how our feelings influence the speed of the movement of the electrons, how LOVE is the cohesive force that brings the electrons together (all of this has implications for how we manifest in our lives).

I am providing some quotes below, and I'd love to hear about how you respond to them, how you see the relationships between the passages and love and gratitude, how this impacts your view on your own energy, vibration, thoughts and feelings, daily spiritual practice (sadhana).

Here are three quotes:

*“Thought is the ideation – it is the form – the outline and the cup. Feeling is the initial vibration that passes through that thoughtform and sets up the rhythm of the electrons within that thoughtform, which they follow obediently, until manifestation occurs.”*

“The purpose of drawing the light consciously into one’s body is to increase the vibratory action of the electrons by an added charge of power. As each electron spins around the central core of the atom to which it belongs, its increased vibratory action charges the contours of the body and the processes of your thinking and feeling. When this acceleration has taken place to a certain intensity, the slower vibrations of discord, disease and disintegration can no more attach themselves to the set of vehicles attaining this state of acceleration ...”

“Now, in order to quicken the vibratory action of your inner bodies, you must use that Immortal Threefold Flame within your heart and you must make *conscious effort* to accelerate the rate of the electrons as they move around the center of the atom. This is done through your decree work, through your songs, visualizations and applications, individually or in groups. It is done, also, by a constant vigilance over the type of feelings you allow to rest in your emotional world and the type of thoughts you dwell upon. This vigilance is necessary ALL THROUGH THE DAY ...”

## [Heart and Gratitude](#)

April 30, 2012

OM JAI JAI SAI MAA

This is my first entry in the blog, taking place right after Sai Maa’s glorious event in Denver: “Healing: Accelerated Teachings for Accelerated Times”.

Maa spoke about being in the heart as we become 5th dimensional beings, creating together the new Golden Age on Earth. Yes, constantly reminding ourselves to be in the heart, breathe in the heart, focus our attention there and think, feel, act from the heart. We are to live that heart-mind connection (“thinking with the heart, loving with the mind”).

We activate, intensify, radiate our divine light when we reside in the heart, where our soul resides, where we are always united through the antakarana, the tube of light, with our I AM, our Presence, our Supreme Self, Source, God, whatever names we choose for our true essence.

Very importantly for our transformation and how we live our lives, we are to **BE GRATEFUL**. When we are grateful, we are naturally in the heart, we are loving and expanding as we appreciate whatever we are grateful for ... ourselves, our loved ones, our life.

Maa offered us at the Denver event the opportunity to take home with us a Gratitude Book, with instructions to place in this book a word, statement, paragraph of GRATITUDE each day. Of course, I began my book last night (it's on my night table next to my bed), being grateful, feeling in my heart my gratitude, for ***MAA, MY GURU ... all ways grateful for Maa's Love, Maa's Grace, Maa's Shakti, Maa's teachings – to remember, feel this in my heart.***

I invite all of you to keep this book literally and figuratively, to remind yourselves each day of what you are grateful for. This may not be a new practice, you may have heard this before and perhaps practiced it before, however as Maa informs us, it is **CRITICAL** at this time to be grateful, to be in the heart, as 5th dimensional beings.

I provide below some passages from my book, *In the Path of Light with Maa*, related to the above (lessons, questions, and practices). Please write us back on the blog so we can all share, resonate, be in our hearts, and transform together through our words. Remember, words are energy and we impact one another as we write and speak.

Quotes from the book:

**Lessons Learned:** “*You gotta have heart.* More song lyrics. When I step foot in Puttaparthi and feel Baba's presence, this is love. When I first met Maa, and now having spent so many years in Maa's presence, this is love. It's all about heart, the love that resides in our hearts. As Maa teaches, there is a thin membrane that separates the left side of the heart (the human) from the right side (the divine). As we practice, become aware, and progress in the path, this membrane starts to disappear. We experience and become that divine, universal love that is our essence. This love has been, and continues to be, activated and reinforced within me through my sadhana and devotion. Our birthright is to live as this love. Divine love in action: the vision of Humanity In Unity.”

**Questions for Reflection:** “We tend to be focused either in the mind or the heart. From what I've experienced, a higher percentage focuses in the mind, including me for many years. We can develop a close relationship between the two. What do you think or feel, or both, about any or all of these questions: ‘Am I more of a thinker or feeler? Do I spend most of my time in my mind or my heart? Am I guided more by one than the other? What touches me most in my heart or impacts me the most in my mind? Can I achieve more balance between the two?’”

**Practices for Transformation: Take time for loving and appreciating.** When you go to bed at night and/or when you rise in the morning, take a few moments to be grateful and appreciate your life. Appreciate any specific developments that have taken place recently. Picture your loved ones, and love them with all your heart. Appreciate their presence in your life. Acknowledge within yourself any particular interactions you've had with them recently that bring you happiness and joy.”

# Welcome to Swamiji's INSIDE TIPS BLOG

March 7, 2012



I have created this blog so that we can share our thoughts, ideas, insights, and suggestions about our personal transformation. I will offer different **questions we can ask ourselves** to become more aware of where we'd like to transform, and also **specific practices we can use to transform** whatever we have identified to be top priority in our lives.

This is continuous conscious evolution, a transformational journey we are on together. This journey is facilitated by what we can call *practical spirituality*, in other words, practical tools we can apply in our lives to transform and live as Spirit, to express the truth of who we really are powerfully in the world.

Please join me as we co-create and serve one another in our transformation.

Great blessings,

Swami Parameshwarananda

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





