

YOUR SPIRITUAL REVOLUTION

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The Pursuit of Eternal Happiness

- Inner Beauty, Outer Magnificence
- Human Body of Light
- Overview of Enlightenment
- Miracle of Your Minds



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Message From The Executive Editor

"Search for happiness outside of yourself, is like Sun searching for light outside of itself!" - Amitt



What is happiness? How to be happy? Is eternal happiness possible? Where do I find happiness?

We all are in pursuit of happiness. We try to find it in this material world - outside ourselves. We try to find it in morning newspaper, in the cup of tea/coffee, in our job, in tasty lunch, in chatting with friends, in picnics, in movies and dramas, in sex and in relationships. But years after years pass on and our pursuit of happiness continues, day after day, hour after hour, minute after minute!

Then we turn to God, visiting places of worship, making prayers, doing good work, helping others - still the search is essentially focused on outside. And it fails too. We still do not experience what our scriptures tell us - what we have heard - about eternal happiness.

Then frustrated, we believe it's a lie. There is no eternal happiness out there. And we shut our eyes and go within. And soon we get a glimpse of true happiness! And we wonder, did we ever really feel happiness before this?

True and eternal happiness lies within - in this eternal moment of Now. But why just read these words? Do experiment. Give up the search, forget all that you know about happiness, give up everything and just be! Be with yourself and let happiness be revealed to you, which is always there - ever present within you.

With Love,

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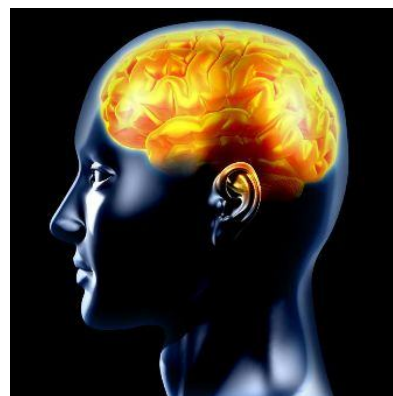
Contents

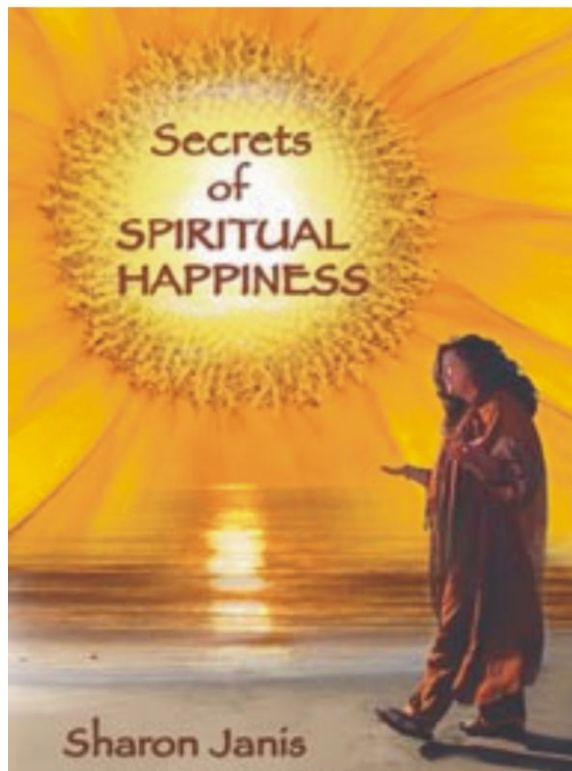
01. The Science of Happiness	01
By Sharon Janis	
02. Finding Happiness Through Forgiveness	06
By C. J. Martes	
03. The Law of Happiness	09
By Margo Kirtikar Ph.D.	
04. Q & A Session On Pursuit of Happiness	14
By Divyaa Kummar	



05. Inner Beauty, Outer Magnificence	16
By Rose Rosetree	
06. Scientific Overview of Enlightenment	19
By Sol Luckman	
07. Lightning Crashes	23
By Chris Cade	
08. The Human Body of Light	26
By Dr. Mitchell Earl Gibson, M.D.	

09. Co-Creation Part IV	30
By Ilona Selke	
10. The Miracle of Your Minds	34
By Leonard M. Rubino	
11. Humor Time	37
12. Spiritual Art	38





The Science of Happiness

By *Sharon Janis*

*Happiness is the meaning and the purpose of life,
the whole aim and end of human existence.*

--Aristotle

In medical circles, the experience of being happy can be ascribed to having a proper abundance of the chemical neurotransmitter serotonin in your brain. When the levels of serotonin in your brain are too low, you can be expected to also experience a decrease in a particular sense of subjective well-being that is generally described by the word "happiness". Many common anti-depressant medications work either by increasing the amount of seroto-

nin in your brain, or by increasing your brain's receptivity to serotonin. However, having too much serotonin in your brain can also create feelings of sadness and unhappiness. Therefore, seeking refuge in "chemical happiness" alone can be quite a challenging balancing act in the long-term.

Other scientists have theorized that human beings have actually evolved to be dissatisfied, suggesting that early humans who were dissatis-

fied were apt to try a little harder to acquire the necessities and comforts of life. Perhaps this trait of dissatisfaction would inspire them to hunt a little better, to stash away more food, or to find a way to keep a bit warmer -- practices that would have increased the likelihood of a longer life. With this longer life, came more opportunities for passing on their "dissatisfaction gene" for generations to come - and here we are.

Just think, the root of your present feelings of dissatisfaction may stem from the genetic DNA patterns of your "great, great, great, great, etc." grandpa, who wasn't content with having mere berries to eat, and was thus inspired by his dissatisfaction to take a course on *Hunting Buffalos 101*, or to figure out how to irrigate the fields, or to plant a greater variety of food sources.

With this "hereditary dissatisfaction" theory in mind, I'd like to suggest that even if you *do* feel dissatisfaction with certain elements in your life, this does not mean that you have to consider yourself to be "unhappy".

This is important to contemplate, because our experience of happiness is generally dependent on how we interpret things. Basically, if we think we're unhappy, we are unhappy, and if we think we're happy, we're happy.

If you experience certain dissatisfactions and interpret them to mean that you must be unhappy, then you are unhappy. An alternative approach would be to assume that your feelings

of dissatisfaction might be a helpful and positive signal that you are meant to *improve* your life. With this perspective, you can be happy, even amidst your dissatisfactions. With a positive frame of mind, you can also work more effectively to alleviate the sources of your dissatisfactions, whether those sources are outer circumstances, or your own inner habits.

In fact, many seekers begin their spiritual search because they have experienced some dissatisfaction with their lives, and want to feel more satisfied, complete, positive, whole, and happy. Therefore, rather than interpreting a sense of dissatisfaction as a sign of unavoidable unhappiness, you can choose to view it in a positive light - perhaps as a sign that you are growing and being prodded to create an outer world that better reflects and nourishes your evolving soul.



Why is Happiness So Elusive?

Oh, you hate your job? Why didn't you say so? There's a support group for that. It's called EVERYBODY, and they meet at the bar.

- Drew Carey

There is so much suffering in this world; many people don't seem to be as happy as they'd like to be. Those who don't have enough are struggling just to survive, while those who have all the comforts of life may find themselves becoming self-absorbed, spoiled, or worried about losing what they have. Many people are living frantic lives, with little time available for simpler

pleasures, such as appreciating the beauty of nature, sharing blessed moments with loved ones, or quietly enjoying the peaceful throb of being alive.

Instead, large multitudes are rushing through cities and towns around the globe, getting themselves in all kinds of messes. Some are trying to dig their way out of financial debt, while others are making arrangements for a marriage or a divorce - or perhaps a second or third marriage or divorce. Parents are speeding home from work so they can get the kids to ballet class on time, in between the football tryouts and the cheerleading practice -- driving here and there, and perhaps picking up some bags of fast food on the way home. Many find themselves barely making it through each day in time to get a few hours of sleep before getting up to do it all again. With so much to do, who has time to find happiness?

Even those who seem to have all that a good life can offer can find themselves far from the happiness they seek. Abd Er-Rahman III, Sultan of Spain in the tenth century, spoke of the elusiveness of happiness while describing what one would think to have been among the happiest of lives:

"I have now reigned about 50 years in victory or peace, beloved by my subjects, dreaded by my enemies, and respected by my allies. Riches and honors, power and pleasure, have waited on my

call, nor does any earthly blessing appear to have been wanting to my felicity. In this situation, I have diligently numbered the days of pure and genuine happiness which have fallen to my lot. They amount to fourteen."

Several years ago, I learned an intriguing lesson about the nature of happiness while editing a video commercial about a discount store in one of the poorest areas in Southern California. Most of the customers interviewed for this video were Mexican immigrants who barely got by on minimal wages. These were not the kind of elegant or well-dressed folks that you'd usually

see on a commercial. Some of them were way overdue for a haircut, while others could have used some heavy-duty dental work. The video production crew had approached these customers on their way in or out of the store, and asked them to share their thoughts about having a place where they could

purchase second-rate clothes and home goods for a fraction of what they'd have to pay in larger stores.

What struck me most was to see how many of these folks were simply, genuinely, and sincerely happy. You could see it in their faces. You could feel the sincerity of their happiness, as these humble immigrants beamed big, beautiful smiles, in spite of a few missing teeth here and there. You could imagine many of them going home after a hard day's work, spending time with their families and friends, and celebrating their simple lives while knowing they are loved. Obviously, each



one had their own individual stories, but from their faces, I could catch a glimpse into their challenging but happy lives.

It was striking for me to see such bright faces in contrast to all the producers and technicians working with me on the video. Here we were, being paid quite well with fairly cushy jobs, and none of us had nearly as bright and happy faces as these so-called "poor" folks!

Money can buy the husk of things, but not the kernel. It brings you food but not appetite, medicine but not health, acquaintances but not friends, servants but not faithfulness, days of joy but not peace or happiness.

--Henrik Ibsen

Ultimately, happiness is elusive due to misguided ideas about what happiness truly is, and how it can be nurtured. After all, how many of us have really contemplated what happiness is? We put so much time and effort - first into years of schoolwork, and then into toiling long hours for our households and workplaces. Yet, how much time have we actually put into contemplating what thoughts and actions will create greater happiness in our lives and in the world? When is the last time you really sat quietly and contemplated what happiness means to you?

In fact, when I was first asked to write this book, an old, forgotten, curmudgeonly, monastic mindset inside of me became somewhat annoyed, thinking, "Happiness? Happiness? What do I have to do with happiness? I'm an ascetic! I'm too busy being spiritual to bother with being happy!"

Along with this bit of monastic curmudgeonry, I was also very happy to be asked to write about such a beneficial and fruitful topic. I'd had the blessing of spending time with a number of very happy spiritual beings - including my two spiritual guides, or gurus, who had shown me that spiritual attainment can indeed come along with great happiness.

As my contemplations and preparations for this book continued, I also began to recognize more clearly that happiness is, and has always been, right inside my heart and soul, as it most certainly also exists fully inside of you. This is the level of happiness that I want to unfold with you in this book.

Happiness Comes From Within

Men and women are rushing hither and thither in the blind search for happiness, and cannot find it; nor ever will until they recognize that happiness is already within them and round about them, filling the universe, and that they, in their selfish searching, are shutting themselves out from it.

--James Allen

The first step in finding happiness is to understand that happiness always comes from inside yourself. Even if your experience of happiness appears to be coming from an outer source or experience, the actual happiness is coming from within you.

Happiness arises from within us, and dances with whatever appears to be bringing those apparently outer enjoyments. This inner-outer happiness dance may create the illusion that your happiness is actually coming from the outer

enjoyments, however it is not.

This becomes clear when we discover that certain situations that had once brought great happiness no longer create the same effect. Time and time again, each of us is given opportunities to learn and remember that it is not outer things that bring happiness, but the interactions of our inner thoughts and feelings with those things. Our inner thoughts and feelings are the basis of both our happiness and our unhappiness.

Because happiness comes from within, even when things don't appear to be going perfectly well outwardly, it is still possible to experience sincere happiness. It is our inner feeling that creates happiness, along with how we interpret the events of life. For one person, breaking a leg may be a horrible and unhappy tragedy, while for another it may be a trophy of great honor.

Several years ago, I was shopping at an office supply store, when my car's license plate number was read over the loudspeaker. It turned out that a woman had just dented my fairly new car in the parking lot. The woman either didn't have insurance or didn't want to use it for some reason, so she offered to personally pay for the repair costs, and gave me a phone number for where she worked - at a nearby Denny's restaurant.

As soon as I drove away, I could feel that I didn't really want to take this woman's hard-earned money just to fix a bit of cosmetic damage. I mean, the car still ran fine, and I couldn't even see the dent while driving. Why, the dent would even make my car easier to spot in parking lots, and would probably lower its

theft value as well. But mostly, I just didn't want to take money unnecessarily from someone who obviously worked very hard for every dollar. I wanted to forgive my debtor just as I wished God to always forgive me.

When I phoned to tell the woman this decision, she argued at first, but eventually conceded to *not* paying for the damage. How wonderful it is to create a situation where two people in a car incident can be arguing about wanting the other person to be okay. This is a great example of how one generous spirit can bring that same higher level of response from others, and perhaps eventually uplift the whole world.

The woman and I both walked away from this experience feeling blessed. And now, whenever I see the dent - which is still there after nearly ten years - I feel a sense of happiness rather than upset. I get to remember my own kindness rather than feeling a sense of loss. If the dent had been there because I bumped into someone else's car, or from an accident with a lot of anger and conflict, then I most certainly would have wanted it to be fixed up right away so as not to be reminded of an unhappy memory every time I saw my car.

This story shows how happiness is ultimately all in the interpretation. Any outer situation can be either a source of happiness or unhappiness, because happiness comes from within ourselves.

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Finding Happiness Through Forgiveness

By C J Martes



What is forgiveness?

Forgiveness is the act of accepting the actions of yourself or others which you felt were harmful or negative based on your personal perceptions.

There are three areas of embracing forgiveness:

forgiveness of others, others' forgiving us and forgiveness of ourselves.

Forgiveness of Others

Sometimes it can be very hard to let go of being upset or angry at another person. Anger is a healthy emotion but can be harbored for a long time and cover up other emotions such as fear. It can also be

completely avoided since it feels uncomfortable. I was like that. Anger was the most difficult emotion for me to express for many years.

It can be common to simply glaze over the anger we have and suppress it entirely. This does not make the anger go away. Anger can then be expressed in an inappropriate way causing greater hurt. Having a reaction of anger over a situation is generally a cover up for some type of fear. Anger is not the final emotional destination we have when we are upset with some one. Underneath any anger are additional fears we need to look at in order to understand ourselves. True healing of our relationship to others can be accomplished this way.

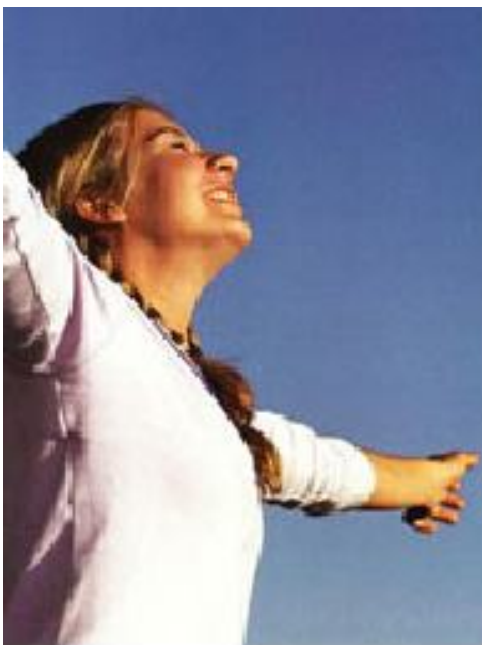
If we live in the moment we can appreciate all situations in our life as perfect just the way they are. It's hard to do, but worth it to try. How many times does someone upset you and cause some anger? All events in our life are growth opportunities. Though we categorize events as either "good" or "bad" they are neither. They are all a part of the one. Understand that there is no real "good" or "bad" actions in a universal sense. Our actions can receive a positive or negative cause and effect relationship in our lives.

So what happens when someone wrongs us? Perhaps they lied to you about an important topic. Maybe a family member hurt your feelings or a friend betrayed you. Maybe it's just a personality trait that you don't care for in someone you know.

We find it so difficult to forgive others depending on our perception of the situation. Whatever we feel

the other has done can make us hold a grudge. Seeing the behavior of others as their fear issue can make it seem less important to hold onto the grudge. Hanging on to anger at another person only brings harm to yourself. The other person which doesn't cause the other person pain but can cause you countless Suffering.

We all are living beings who learn and grow each and every day. Others may have the best intentions but still fall short of giving you what you think you need from them. Having your initial reaction of anger or frustration is normal. What you do with it from there is your choice and your choice alone.



Forgiveness from others

When we wrong someone we may wish to be forgiven. How many times have you done something you wish you could take back? When we've caused another person pain and hurt it is simply not our truest intention.

Perhaps you did something you that you wish you wouldn't have: a little white lie, deceiving someone or not being there when a friend needed you?

At some point in our lives we will be faced with regret. Regret and guilt are powerful blocks to peace and happiness.

In life we all find situations we want to be forgiven for. Similar to forgiving others, we can hope that conveying we are sorry will help to heal the situation.

Even if we are not forgiven we should know that we have done our very best to correct our past behavior. Given what we know about offering forgiveness, we can find empathy for another who chooses to hold onto a grudge about us. Since we know it will ultimately

hurt them.

We are so busy at times seeking forgiveness that we do not realize we must forgive ourselves to really receive the forgiveness of someone else.

Self Forgiveness

The area of self forgiveness is often left out of life's equation. We seldom give our permission to have negative outcomes in our lives. Being less than perfect is par for the course of our human lives. We learn our life lesson's through trial and error. If we continue to judge ourselves so harshly, we will overlook the path of self forgiveness. This pain can linger for years. Then it can become a habit and surround all situations we feel we could have done better. We can judge ourselves for things as small as forgetting the doctor's appointment to lying to someone we love causing hurt and pain. We don't allow ourselves to be human. We as many have said are "our own worst enemy.

Self forgiveness is so very important. Tremendous energy is expended to suppress the feelings we have about our own short comings. If we forgive whatever we judge as inferior within ourselves. This can set free the many ties that bind us from greater happiness.

Doing a self forgiveness meditation can allow us to not only release our self imposed guilt but come to greater self-acceptance. Self-acceptance is the key to understanding our true selves. We all should practice self-forgiveness more often. An exercise could be simply to write down all the things you wish you'd done differently

and through allowing yourself to be what you are (a human being with flaws) and say "I forgive you". You can cut up or burn the paper.

What damage is done when we do not forgive ourselves or others? We sit in self judgment and cannot view life with full altruism. When we forgive

ourselves of our imperfections, then we can do so with others more fully.

We can even find the deepest forgiveness which looks from another's point of view. When we do this we gain empathy for whatever may have caused the harmful action.

Forgiveness is a key to growth, granting us understanding and awareness of our inner and outer worlds. Release judgments of self and others as much as you can. Find forgiveness and set yourself free.

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The Law of Happiness

by Margo Kirtikar PhD



The law of Happiness states that it is not what you are, what you do, or what you have that determines happiness, but how you feel about who you are, what you do, what you have and more important, it depends on what you do with what you have.

Many people spend their entire life chasing after happiness and never find it. Many seek their happiness through other persons or objects in their life, unaware that true happiness comes from within and has much more to do with the attitude you have about yourself, life, your role in life and relationship with life and your fellow humans. When you have arrived to this awareness then you will not need to look for happiness because joy and happiness become a part of you.

The secret of all success and happiness is to manifest in your own behavior whatever you would like to receive from others. The law of Happiness is very much connected with the law of Acceptance.

The Law of **A cceptance**

This law is about truth. Because truth is absolute, acceptance of truth is absolute. To resist such a reality will not succeed. To resist is denial. In a practical way acceptance of things that we cannot change works to our advantage and makes our life easier to bear.

For example, acceptance of the laws of the universe, acceptance of our birth circumstances, the acceptance of blows that fate dishes out to us over which we have no control. There are many situations in life that are imposed upon us that we have little

control of. We cannot change nature and the differences in races, color or culture, therefore, it is wiser to accept the fact that others differ from us and that there is nothing wrong with that. It was meant to be so because we cannot change it. Another example is that we accept the responsibility individually and collectively for our thoughts and actions and that we do not constantly blame others for our own mistakes and shortcomings. Accidents of nature, illness, death, are all situations that are not within our powers to change so we might as well accept each situation for what it is.

Genuine acceptance of a situation, i.e. practicing non-resistance, is the first step towards finding the solution to turn things around for the better.

This law does not mean you to sit back, to be passive and to allow everything just to happen to you. On the contrary, it requires you to be fully aware, to be able to distinguish between what you cannot change and that which you can change, to see things for what they are and to accept them. Once you have accepted the situation as it is, you know where you are. Knowing where you are facilitates you taking action in the right direction to change things for the better. See also the law of Attitude.

The Law of **A ttitude**

Attitude is the only weapon that can harm an individual. Nothing, absolutely nothing, can harm a human being but his or her own attitude. Each experience is put in its proper perspective and is hopefully resolved in a favorable manner. How you react toward those experiences, your attitude about them, determines how the experience affects you. Only you can control and change your perception and

your attitude towards life and your experiences. The choice of your attitude is yours.

It is our attitude that determines the quality of our life and having the right attitude is one of the main keys to having a balanced and pleasant life. Having success and achieving our goals or failure to achieve our goals in life depend very much on the attitude we have towards life in general. Our thoughts and feelings determine our behavior patterns. Our innermost attitude, that we do not necessarily reveal to others, dictates our outlook on life and our interaction with the world at large. When we are in harmony with our inner self this has a positive effect on our thoughts. If we are in conflict with our inner self, no matter how much we try to hide it, it will show itself in our attitude towards others. If we deal with our self with love and understanding, our attitude will project the same as we interact with our family, friends and strangers. See also the law of Gratitude.

The Law of **G**ratitude

Although the Creator allows us to create through the absolute principle of Grace, gratitude is a function of free will. Compliance with this law does increase our heart's desire and heals old patterns. The law of Gratitude is that sense of satisfaction in knowing that energy, which has been given, receives its certain reward according to its nature. Energy that is given moves out on that curved and unequal line and when extended far enough, can only return to its source bearing its appropriate gifts. It governs the process of petal unfoldment and so it demonstrates a triple law, the law of Solar Heat, the law of Solar Light and the law

of Solar Fire.

You have heard it many times that an attitude of gratitude has the power to get you realizing your dreams at record speed. Why? Because gratitude completes the cycle of knowing. Remember, you cannot know what is without knowing what is not. What you like and what you hate are two ends of the same thing. For example, if you like being with your spouse and hate being separated from them, realize that you are working within the same essence, which is your spouse. It is because of the moments of absence that you appreciate and recognize the moments of presence. When you are grateful for both what you like and what you don't like, you complete the knowingness and you are released from having to experience what you don't like. This cannot be explained logically, but some very significant shifts occur in your mind and soul and you can feel this releasing shift whenever you are genuinely grateful for all things, even the ones you don't like.

Gratitude will speed you through your growth and success more than any amount of hard work ever can. Gratitude completes the lesson, and as a statement of completion rings that tone of success, pulling to you the end result desired. Another way to put it is that you cannot leave a situation permanently unless you appreciate the gifts it brings you, and all situations bring a gift, no matter how terrible the situation may appear to be. This law ensures that you will always complete your knowing and embrace all that is before moving on.

The way to put this law into practice is to be constantly grateful and thankful for what you have, never to complain when the going gets rough, but to

show gratitude at all times.

Develop a habit of counting your blessings each morning when you wake up and each night before you go to sleep. Focus on your blessings in life rather than on the negative or what fails or ails you. Having an attitude of gratefulness and being thankful for all the experiences you have in life, both the good and the bad, will surely bring back its rewards. Refer also to the law of Increase.

The Law of Love

Love is the key to everything, building and disintegrating of forms and gives the urge to progress. The law of Love is one of the seven laws of the solar system and is the law of the astral plane, the plane of emotions. This law aims at the transmutation of the desire nature and links it up with the greater magnetism of the love aspect on the Buddhic plane. On the astral plane, the home of our desires, originate the feelings which we call personal love, in its lowest form it shows itself as animal passion. In the highest form it manifests as pure love. We are unfailingly responsible to act with love in every thought, word, deed, intent, motive and action.

The stages of love in the personality develops with a simple and selfish love for the self, then expands to love of family and friends and more people, until it arrives at the stage of group love consciousness which is the characteristic of the soul. At this level one is a master of compassion, loves, suffers with and is loyal to his kind. This love gradually develops from love for humanity to love of the universe and all forms of divine manifestation. The first love in the personality is

love for the three worlds, the second love in the soul is for the solar system and the third, which is love of the Monad, demonstrates Cosmic Love. Love was the primary motive for manifestation, love bears all on the path of return and love eventually perfects all.

When one is aware of divine love as more than just an abstract principle, then one will realize that one can generate it at will, and direct it consciously, to accomplish whatever one decrees. Divine love for the Ascended Masters is a Presence, an Intelligence, a principle of Light, a Power, an Activity, and a Substance. Love is magic. When we refer to that great Love of Life it is the Scepter of Power. It is the law of all that is perfect. It is the illuminating power of all wisdom, and it is energy without limit to produce whatever manifestation we command to appear in action. We are required to live our life with love. Love is the key and the motor of life. When you live your life with love you cannot go wrong. The three expressions of love are, love in the personality, love in the soul and love in the monad.

The law of Love is that law which places the welfare, the concern and feeling for others above the self. The law of Love is that close affinity with all forces that you associate with as good, it is a force that denies the existence of evil in the world that resists not. For love follows the course of least resistance. The greatest gift that an entity can give to another is that portion of themselves which is given with love, which no strings attached and no expectations. In giving yourself, unconditionally, the spiritual self moves in communion between you and the other.

Love is the building block of all things. Love is energy. It is energy, the actual building material of all

things. It is an actual substance; in fact it is the only substance that exists, taking on the appearance of many forms. Love is also acceptance. It is acknowledging that All Things Are One. That is acceptance. The law of love ensures that you see this truth. You cannot leave an experience permanently unless you exit with love and acceptance. That is why people tend to keep repeating the same types of experiences until the day they stop hating and fighting it and instead embrace it with love and see what the situation holds for them, and heal it with love. This could be a money, health or relationship issue. It doesn't matter. You cannot leave a situation permanently until you exit it with love. You can't permanently get rid of what you hate; you can only leave it or transform it through love. This law ensures that you recognize the truth of unity and drop the illusions of separation.

Do you now clearly see how these laws work and how your life can be so much more effortless and prosperous simply by flowing with the laws? Why resist what you can't break or change? Just flow with it! Resistance creates time, acceptance creates miracles. Look at all this again and you will see how time and effort are the creations of resistance against these unbreakable laws. Flow with the laws and allow them to carry you where you wish to go effortlessly. They have to, they can never fail. You were not meant to struggle through life.

Love has the highest frequency vibration and is the best cure for healing. The feeling of love produces certain chemical reactions as well as hormonal effects in the body that create an emotional high unmatched by any other means of

healing. Only the few realize that you need not depend on anyone or anything else to experience the feeling of love. You can develop love from within you for yourself and for all life.

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QUESTION AND ANSWER SESSION ON THE PURSUIT OF HAPPINESS

By Divyaa Kummar



I am told true happiness is in seeking union with god?

We all seek union with god, and desire to merge with our masters. We think this yearning for unity is divine...sacred...very spiritual...but at the very core level it comes from separation! A desire for union and merger only arises when there is some sense ...some degree of separation. When there is no separation where the desire for union? Do we yearn to be one with our self? With our toe? Nose?

As long as we seek 'union'- till this yearning for 'oneness' remains -it implies 'another'! It implies a master or god to revere outside us; and paradoxically we remain in separation...the veil however thinned... remains ...and the Godself that I am that what we really seek- cannot be ..

But surely happiness is in finding or meeting god...outside or within?

Lot of us talk in terms of 'meeting' God or 'becoming one' with God, but we all have to become aware - that there is no God 'out there' to meet or

even become one with. We are going to grow into our awareness of being God. In analogy it's like me saying "when am I going to meet my adult Self, or my older Self!" But I'm never going to meet them ... I'm just going to grow into them surely! So we have to become aware that we are going to grow more and more into our awareness of our God Self; but as long as we desire to meet God or even 'become one' with God then you are going to have a God outside you to do that.

What about love? I am told happiness is in loving everyone?



If there's no God and if there's no Master then there is no 'lover' outside me too! As long as I'm seeking a lover, someone to love outside me then the veils are on! All of us want this one (or more) special person whether it is lover, husband, child, friend... But as long as I'm finding love through another then I'm not love within.

Does that mean we cannot experience or enjoy the love of whom we call others? With a special other? Of course we can! That's one of the reasons why 'I/Godself' individuated into my myriad Selves...to become many points of focus....so that I may experience the Love that I AM! But let us know that the 'beloved' is: Self- a reflection- and enjoy it thus! That is true happiness... not dependant on another, yet

reflected all around you!

So it does not mean that you cannot have beloveds but when you are Love itself- the lover and the loved- then are you a beloved! And be-loved means what? Be Love! Being love. When you are (being ness of) love, it will reflect in loving relationships-indeed all around -and far vaster and deeper than even that 'special' one! But you will know you reflect self, and thus will you never 'need' another to feel, experience, view love, you'll never 'yearn' for another, it'll just 'be'. It'll be a natural beautiful reflection to enjoy when it comes! Like when you pass a mirror in which you choose to take a peek-you don't carry one around all day to look into! Or Like you enjoy a rose...its fragrance, its color and beauty...if it comes your way....yet you do not require to have a rose? There is no must have, must need... day in day out for your happiness...yet you enjoy it wholly when it blooms in your garden or vase or bouquet...?

What about abundance...that gives me happiness?

As long as you see abundance outside you it is a veil- but yes you can enjoy abundance-**and** on the outside- as long as you know it is Self! Self created! Your Reflection! Then there is no 'need', no desperation- you know you can reflect when you want, and what aspect you want! That's the point of existence- to enjoy the infinite, infinitesimal abundance that I am...!

What is happiness?

Happiness covers many states which we tend to club together as happiness! But there are subtle and all important differences, pointed out by many masters and I only reiterate:

Pleasure is physical... physiological. It can be sexual, it can be food, it can be of other senses, but it is experienced in the body. Thus not only does it run

itself out, it is also dependent on some on or something outside you... and in the long run that becomes the problem rather than pleasure. Pleasure is experienced in the lower chakras.

Happiness is more psychological ... it goes beyond the body.... there is a shift to higher chakra's.... it is now shifting to the intangible. Yet something outside you allows you to touch this within you.

Then there is joy; joy is spiritual. And different from pleasure& happiness...as it's source is within. Yes it will reflect around you, but you will be the source, not the other or outer circumstances. Thus it is not as transitory or fleeting or undulating...more a pervading sense of being. Indeed it can co-exist with states where everything is not what we would call 'happy' or 'perfect'!

And beyond joy is bliss. It is neither physiological nor psychological nor spiritual. It is what I describe as a state of 'it is it is'...or what Indian scriptures describe as 'neti neti'...not this or that... where there is no opposite state which we would call displeasure or unhappiness or lack of joy! Indeed it is our natural state of being....and when all that stands in its way disappears....we are bliss! It knows no division, no other, no time....it is not union with Godself... it is not awareness of Godself...there is no self in bliss!

Enjoy....all states dearest beloveds! Through experiencing all, will we easily expand from pleasure, happiness and joy to bliss...! Do not seek to suppress the former...do not seek to short circuit... we have chosen to experience them all and in that transcend each.. So think... what a beautiful blueprint? Its all about pleasure, happiness, joy and bliss!

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Inner Beauty, Outer Magnificence

By Rose Rosetree



When's the last time someone paid you a better comment than, "You look good"? It's perfectly reasonable to aim for "You look magnificent."

Inwardly you can bounce like a baby boy or girl. Of course, this would show in your appearance. But if you're Baby Boomer age or beyond, your bounce may be just a tad dusty. Here are some easy, painless way to shake off that dust, bringing a new shine into

your life. Use the tips and techniques here to develop DAZZLING EYES, AWESOME EARS, and SUPER-SENSUOUS LIPS

In the process, according to your own beliefs, you just might find yourself more strongly connected to your spiritual Source. That makes magnificence for you, for anyone entirely possible

FRESH BEAUTY BEGINS WITH YOUR CHOICE

You happen to live in a culture with way too many images of beauty. Even if you didn't

watch TV, you'd see these images in stores and on the Internet. Spiritually empty, these images are inflicted upon you, usually with the ulterior motive of making you buy things. Call it coercive beauty.

But beauty is best enjoyed when you make the choice to seek it. This kind could be called soul-awakening beauty.

A third type is *customary beauty*. Even an exquisite painting becomes a mere possession if you habitually see it the same way. How can you make it come alive again? Be willing to look long enough, differently enough. When you find something new, joy will be your signal. You have rediscovered soul-awakening beauty.

All three kinds of beauty are part of a Beauty Scale. It ranges from coercive through customary to distinctively lovely. Once you understand this, you can choose where to position yourself along the continuum. Intention can move you from a low-end beauty experience to the kind that thrills your soul.

Each day you start toward the low end because familiar surroundings (no matter how gorgeous) are dulled by habit. But you can easily re-position yourself

Start by choosing one sense. Which will delight you most a sound, a sight, a touch, a smell, a taste? Decide, then pick your beauty object. It could be something you never noticed before, like one square inch of a table. Stay with it long enough to find its lotus-like heart of splendor.

Or begin with something you already find beautiful and deepen your senses by adding something new. Put on a favorite shirt or fragrance, then ask inside for an original idea to link with it, for example, "Through this I explore a new quality of God's tenderness."

A person can be undernourished though fat. Similarly, though bombarded by images, you can

long for real beauty. What will happen when you switch it on, full and strong, early in your day?

With experience, moving up high on the Beauty Scale can be done in seconds. All it takes is practice. Whenever you seek and find *soul-awakening beauty*, the process changes you, opening up a channel to beauty's Source.

Each channel works in two directions, both to and from Source. So your game of hide-and-seek for beauty creates new ways for the joy of God to find YOU. Sneaky, huh?

GET GORGEOUS WITH YOUR EARS

All around you, heavenly choirs sing. The trick is to hear them through *human* ears.

Whether auditory or otherwise, beauty for humans registers only when we are willing to receive it. This is one way to distinguish a beauty experience from a pain experience.

If you're walking down the street and a piano falls on your foot, you'll notice. Pain grabs attention. Real music, however, is never inflicted upon you. To hear really beautiful music (the kind that awakens your soul) you must meet it halfway.

Background music may rightfully make you snooze. Dispassionately you recognize what's playing, but so what? To open up delight, you must open the ears within your ears. Inwardly you must say, "Let the concert begin!"

Your role as listener is so instrumental, you can even attend a concert where no official music plays at all. Right where you are now, for instance, you can breathe deeply, close your eyes and investigate what you hear.

Postmodern life may be treating you to layers of electronic buzz from half a dozen gadgets. Can you hear car rhythms or the wordless chant of an air

conditioner? Nature adds harmonious sounds, like wind and rain. Listen closely enough and your own body will play music. Have you ever appreciated the quiet roar of your breath? If you were to listen intently enough, could you hear your heart beat?

One extra sound of delight is available no matter where you are. Silence underlies everything. In silence, God's voice speaks with majesty. Listen for That comfort, That wisdom, variations on the theme of love.

Could there be more to the heavenly concert? Sure. As you develop deeper perception, you open up mystical layers of hearing. Next time you hold a flower, listen for its song. At every layer of creation, you can eavesdrop on sounds of delight.

ADORABLE FLAVORS TO KEEP YOU YOUNG

Yum, a new day!

Perhaps that isn't how you greet each morning...yet. But how long has it been since you took in your minimum daily requirement for flavors?

According to the ancient healing science of Ayurveda, you need six different flavors each day. Unless you taste them all, you'll feel incomplete. Here's the lineup:

- ◆ Start with sweet or perhaps end with it. Sweetness doesn't come only from desserts. It's the subtle essence of many vegetables, from asparagus to zucchini.

- ◆ Sour provides the obvious contrast. Citrus fruits, unsweetened yogurt, vinegars or pickles will get you there.

- ◆ Bitter isn't necessarily bad, or folks would never crave coffee and chocolate.

- ◆ Salty can come from celery, olives or sea vegetables (like those that wrap sushi), not only

snack food like pretzels

- ◆ Astringent tastes make you pucker, such as the apple a day that keeps the doctor away or oh-so-mighty spinach.

- ◆ Putting pungent flavors into your diet requires just a twirl of your pepper grinder, a dollop of hot salsa, a smidge of Tabasco sauce or a wink of chutney.

So there you have it, six highly distinctive and necessary flavors. All it takes is one bite of each to balance your buds, and multiple tastes can combine in one dish. One salad, for instance, could score you the flavor equivalent of bingo.

Ideally it's best to sample all six at each meal. Doing this might help you to lose weight. It's definitely guaranteed to help you lose boredom.

Has anything been left out from our discussion of the six flavors? Only the best part: Your own moods may need to go through the full sequence, too. Let all your emotions not just the sweet ones be welcome as you savor this day.

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HISTORICAL & SCIENTIFIC OVERVIEW OF ENLIGHTENMENT

By Sol Luckman

Many ancient traditions worldwide maintain that humans not only inherently possess the potential for fully incarnating light at the physiological level, but that some have already achieved it, and millions more will do so in the very era in which we live.

The historical literature "suggests that there are unusual physical, as well as psychological, consequences in humans to the attainment of the exalted state of mind known as enlightenment," writes biochemist Colm Kelleher in a fascinating

article published in the *Journal of Scientific Exploration* entitled "Retrotransposons as Engines of Human Bodily Transformation." "These reported changes include, but are not limited to, sudden reversal of aging, emergence of a light body and observed bodily ascension." While many of these descriptions associate the *lightbody* with death, Kelleher makes it clear that a number of reports indicate that "transformation of the body can happen Independently of death."

The path of physical transcendence or bio-spiritual

enlightenment through lightbody activation was embraced as a reality in most of the ancient world. The death and resurrection of Christ and Osirus are two famous examples from the Near East. In the Middle Ages, a group known as the Cathars from southern France claimed to possess the secret gospel of Jesus called the Gospel of Love, believed to contain linguistic keys for creating the lightbody.

After the existence of this text became known, the Roman church began to torture the Cathars in one of its infamous Inquisitions, killing millions of innocent people--at which point the Gospel of Love mysteriously disappeared. Ironically, owing to the stringent proof requirements for canonization of saints, the Catholic church maintains some of the most detailed records of paranormal phenomena associated with the lightbody, including several instances of individuals levitating, flying, or bilocating.

It seems that the Gospel of Love was, among other things, a manual for creating the *merkabah*. The merkabah, according to investigative mythologist William Henry, is the "light body vehicle of resurrection and ascension that is the foundation of Hebrew mysticism. These texts make it clear that the Mer-Ka-Ba is a vehicle of light that emerges from within the human body."

Henry points to the Resurrection, following which the doubting fingers of Thomas appear to enter Christ's transfigured, luminescent flesh, as one famous description of the completely activated lightbody. In an article entitled "Finding the Holy Grail," psychologists Barry and Janae Weinhold make a similar claim, pointing out on the basis of decades of in-depth historical research that the "individual human body *is* the Holy Grail. It isn't something 'out there.' Like a tuning fork, the body can be tuned to different frequencies," including that of Source, through DNA activation.

"Many indigenous traditions of Mesoamerica believe that [Source] emits a frequency or tone known as 'Ge' that not only heals the body-mind-spirit but provides immortality," write the Weinholds, adding that the

Spiritual practices used in the ancient mystery schools of Egypt and Greece employed a variety of ... vibrational tools to attune people's DNA to Source. This caused the DNA to ring, sing or vibrate so that it resonated with the tone of Ge--the frequency of Galactic Center. This attunement activated a *San Graal* or Song Grail--a "love song in the blood"--creating a rainbow bridge that synchronized an initiate's consciousness with Source. This love song energetically united Heaven (Galactic Center) with Earth (initiates), opening human hearts and pumping crystallized Ge-tuned blood through their bodies. From this perspective, "Ge-sus" is a Master Being sent from Tula or Galactic Center to help humanity attune its DNA to the frequency of Ge so that we can return to Source.

In a nearly identical vein, Leonard Horowitz in *DNA: Pirates of the Sacred Spiral* writes that "DNA seems to be transmitting the equivalent of heavenly love songs. From this music, played through genetic equipment, variations in sacred geometric forms materialize in space."

The profound and numerous connections between the Egyptian Osirus and Jesus have been noted by generations of scholars. Among many other similarities, both are linked to the phoenix or heron, represented in hieroglyphics coming from Galactic Center, also (as indicated in the above quote by the Weinholds) called *Tula*, carrying the key of life.

In Egyptian hieroglyphics this key appears as an *ankh*, which may have been a type of actual tuning fork for harmonizing with Galactic Center, or may have merely symbolized techniques for producing this celestial harmonization. In either case, the ankh or key

of life is of a musical nature and designed to be employed along with a type of inspired (and inspiring) speech known as the *Language of the Birds*. This powerful combination, properly performed, keys DNA to build the Holy Grail or lightbody.

The Language of the Birds, according to the Weinholds who cite Henry's research, "is a vowel-only phonetic code ... Genetic and linguistic research indicates that the five vowels correspond to the five letters used to represent DNA and RNA ... Initiates of the Language of the Birds who are able to speak or tone these vowels in certain ways know that these sounds permanently activate the DNA of all those who are able and willing to hear."

At the genetic level, such a radical activation, according to Kelleher's research in the mutable components of DNA called "jumping" DNA or transposons, occurs through a *transposition burst* involving the molecular rearrangement of perhaps thousands of genes. Consistent with Bruce Lipton's evidence that consciousness can alter genetic expression (*The Biology of Belief*) and David Wilcock's compelling model of spontaneous evolution that simultaneously transmutes both consciousness and biology ("A Scientific Blueprint for Ascension"), Kelleher insists that true enlightenment, in addition to being a mental state, appears to have *physical* consequences.

The "appearance of a light body as a result of attaining enlightenment ... could be described as the emergence of a new species in a single generation from humanity," he writes, adding that a "synchronized, non random transposition burst is the most simple molecular mechanism to account for the required new configuration."

While pointing out based on the historical literature that lightbody creation appears to occur only "in humans who have attained spiritual

mastery," Kelleher emphasizes the existence of "stages on the road to ... enlightenment [that are] experienced by a great number of ordinary people." This supports the potential effectiveness of a step-by-step process, such as DNA activation, to bio-spiritual enlightenment in which transposons are incrementally stimulated in preparatory phases--culminating in a "synchronized, non random transposition burst" when, and only when, the individual is consciously prepared to experience it.

In one apocryphal text known as the *Pistis Sophia*, Jesus (considered a master of the Language of the Birds) discourses on the afterlife in terms that appear straight out of the *Egyptian Book of the Dead*. Henry calls this "the first lesson of the Mer-Ka-Ba mysticism." "You are to seek after the mysteries of the Light," Jesus is quoted as saying, "which purify the body and make it into refined light."

Later, Jesus describes the connection between our dimension and higher dimensions as operating "from within outwards"--a statement, according to Henry, that "refers to a transformation of consciousness that opens the door to other worlds." Similarly, in the Bible Jesus insists, *The Kingdom of Heaven is within*. Dr. Horowitz's meticulous research leads him to affirm the material truth of this assertion: "The bioacoustic and electromagnetic matrix through which the Holy Spirit flows is real. It's what animates your DNA [by transmitting] the Kingdom of Heaven to you, and through you, right now, on Earth as it is in Heaven."

Another important figure from the Mediterranean associated with the lightbody is the Egyptian Thoth, called Hermes Trimegistus by the Greeks and considered the father of alchemy. Thoth is credited with the enormously influential phrase "As above, so below." Of the many seemingly miraculous gifts he brought his people, arguably the bird-headed Thoth's most important legacy is the doctrine of inner or spiritual light that can literally metamorphose the human body into a physiology of divine radiance.

Interestingly, Thoth was also revered as the creator of writing and his alchemical science of transformation, like that of Jesus, is associated with the Language of the Birds.

The lightbody is also a theme in the ancient mystical traditions of Central and South America. A variety of mythical figures exist similar to the Incan god-man Amanumuru, who according to legend walked through a portal called the Muru Doorway and returned via the Black Road to his true home among the stars.



In what is today Mexico, a figure known as Quetzalcoatl embodied the higher light of divinity. Judith Bluestone Polich has called Quetzalcoatl "the Osirus of Mesoamerica" and sees him as symbolizing the bridging of duality, a being who "represents light in physical form ... freed from the confines of matter." Daniel Pinchbeck's fascinating new book *2012: The Return of Quetzalcoatl* offers another insightful perspective on this highly complex figure from myth, legend, and--perhaps--reality.

It seems poetic justice that Quetzalcoatl is usually depicted as a serpent with bird wings--an obvious reference to the ability of DNA (symbolized

by the serpent, as in Jeremy Narby's *The Cosmic Serpent: DNA and the Origins of Knowledge*) to transform one into an angelic being capable of f/light, which is an excellent definition of the merkabah.

Equally important is that Quetzalcoatl is thought to have revitalized the great ceremonial center of Teotihuacan, believed by some archeologists to be Earth's interdimensional gateway to the legendary Tula, the celestial home of Quetzalcoatl--and perhaps other "messianic" herons or phoenixes who arrived in this dimension carrying the key of life, or the knowledge of how to inspire ("breathe life") by speaking or singing the bio-spiritual Language of the Birds.

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Lightning Crashes

By Chris Cade

With a thundering and ominous boom, lightning struck fiercely into the redwood tree nearly splitting it in half. As the rain continued to pour, Mother Eagle knew she had but one chance to save her offspring before the tree would no longer stand. She knew they all had at least another 30 years of life left in them, and she was going to do everything in her power to make that become reality. Even then, she was not confident that her family would survive this storm even taking into account the tree's promise to do its part by standing tall as long as possible, regardless of the fact that it knew its moments were nearly gone.

Mother Eagle knew she had to move each offspring one by one to a new safe place, so she flew

them individually to a small nearby cavern where she knew they'd be safe. Unfortunately, Mother Eagle was growing old and her talons were not as strong as they used to be, and this ordeal was a significant strain upon her already wavering body.

She returned to the nest for her last little one, Antinanco, and as she was closing her talons upon him, another bolt of lightning struck the tree its final blow. The eagle's nest also split in two from the vibration, Mother Eagle lost her grip, and little Anti plummeted towards the ground.

Without hesitation, Mother Eagle dove down, cutting through the air like a razor, in an attempt to save her littlest, yet oldest child. Fortunately, Mother Eagle gripped him in the nick of time and swooped

him away to be safe with his other siblings.

For the next few years Mother Eagle taught her offspring how to hunt. It became a necessity because her beak was now crooked, her feathers old and tattered such that they couldn't keep her in flight, and her talons weak and weary. She could no longer hunt herself. Just as she had taken care of her children, now it was their turn to take care of her. In fact, some of them took care of her for another few decades as she become incapable of doing it herself.

Some of Anti's siblings left their new home to explore the world on their own, and Mother Eagle understood. She saved them on that night knowing that not all would stay. Some had to pave their own path, even if it meant they would die at a young age without their siblings or family to care for them when their own beaks would curve and talons would weaken. Still, it did not matter because when the soul calls from within an eagle, the eagle must respond.

Upon reaching the 40th year of her life, Mother Eagle knew it was finally time to give her life to the Great Spirit. Anti and his few remaining siblings carried Mother Eagle to the highest rock within hundreds of miles and they laid her there to rest. Upon this rock, she knew there would be no food and so she continued to stand proud until she was so weak that her talons could no longer hold her up.

Not long after her body collapsed onto the rock, wings hanging heavily over the sides like wet clothes set out to dry, she took her final breaths. And upon that last exhalation, she saw the green light of compassion emanating from the Great Spirit as it lifted her into the clouds above.

Meanwhile, back at home only Anti and one other remained -- his brother Quidel. As the oldest, Anti's responsibility was to protect all of his siblings just as Mother had done, and Anti had done so with joy and diligence. That is, until, another storm came.

Again, the lightning violently struck the tree that he and Quidel were perched upon. Anti knew his brother would be fine though because over the years he had taught him to be prepared for the worst. Anti leapt into the sky knowing Quidel would follow. But Quidel didn't.

Anti looked back to see Quidel's body split in half and burst into flames in just the same place and way the tree had been. It was a perfect hit, a bull's eye as they say. Anti didn't see this as perfect, but he had no choice except to turn his head and continue back to safety. All the way back, he mourned and wondered why these storms often wrought havoc among his family.

Not long passed before Anti's talons began to become weary and his beak began to curl. His feathers were becoming old and had difficulty sustaining him in flight, and he knew his time was now coming just as his mother's had before him. And just like the lightning had split Quidel in two, this new awareness struck fear into Anti's heart more fiercely than anything he had ever experienced before. Simply put, he wasn't ready to die and he knew it!

Of course, what he wanted didn't really matter because his body was telling him it was time. Knowing he had very little time remaining, Anti spent his last energy flying to the same rock where his mother gave her soul to the Great Spirit. He found some solace in knowing that he and his mother will have departed in the same way, from the same place. Unfortunately, he could not make it there. He slowly floated back to the ground because his feathers were so worn that no matter how hard he flapped them, he could not lift off again.

Then an unmistakable vision came into his awareness... he saw himself on the fateful night of Quidel's death. Anti felt trapped in a cone of flame, his body burning to ashes as he saw himself flying away. Anti couldn't understand what this vision was trying to tell him, but he knew it was important. The vision

dissipated, and he was left again looking at the sky feeling as though he'd never make it back to the rock for his final meeting with the Great Spirit.

Moments later, a giant bird unlike anything he had ever seen before dove straight at him from miles above. Anti shook his head at the irony because he intended to give himself to the Great Spirit, not to a giant bird! He quickly learned that life does not always turn out as he expects.

The giant bird opened its mouth wide and picked Anti up entirely in it so that only the blackness this bird's closed mouth could be seen. When the darkness finally left and the light returned, Anti looked to see the giant bird in front of him hovering next to the rock that Anti had been incapable of reaching on his own. As he looked into the giant bird's eyes he knew that he was looking at his brother, Quidel, reborn. Quidel understood that just as he had faced his own death and rebirth, Anti must face his own death. Quidel gave a nod, and like a lightning bolt, he left even more quickly than he had arrived.



Over Anti's last numbered days he became weak and weary just as his mother did. His talons slowly became weaker and weaker, and his body drooped more and more. His feathers had become so ragged that even if he wanted to fly, even if he had the strength to fly, they would be unable to hold him in the air.

As Anti slipped in and out of consciousness, he had an incredible vision. An aura of green light surrounded him and the rock he was slouched over and the Great Spirit's presence gave Anti the awareness that his life did not have to be over. His mother did not know this when she left, but there was another way. Then the aura faded, the Great Spirit left, and all that was left was a battered and torn eagle upon a rock in the sky.

Suddenly, Anti knew what had to be done and he mustered up all the strength he had to repeatedly batter his beak against the rock. He did this so fiercely that half of his beak broke off and brought forth the most excruciating pain he had ever known... a pain that reminded him of what Quidel must have felt when he was struck by the lightning.

In this newfound understanding, Anti also realized that he could live for many more days without food. He didn't understand how this was possible or even how he could know this, but it didn't matter because he knew it to the core of his being. During the following days, his beak grew back to its original length, but without the curl it was now sharp and useful again.

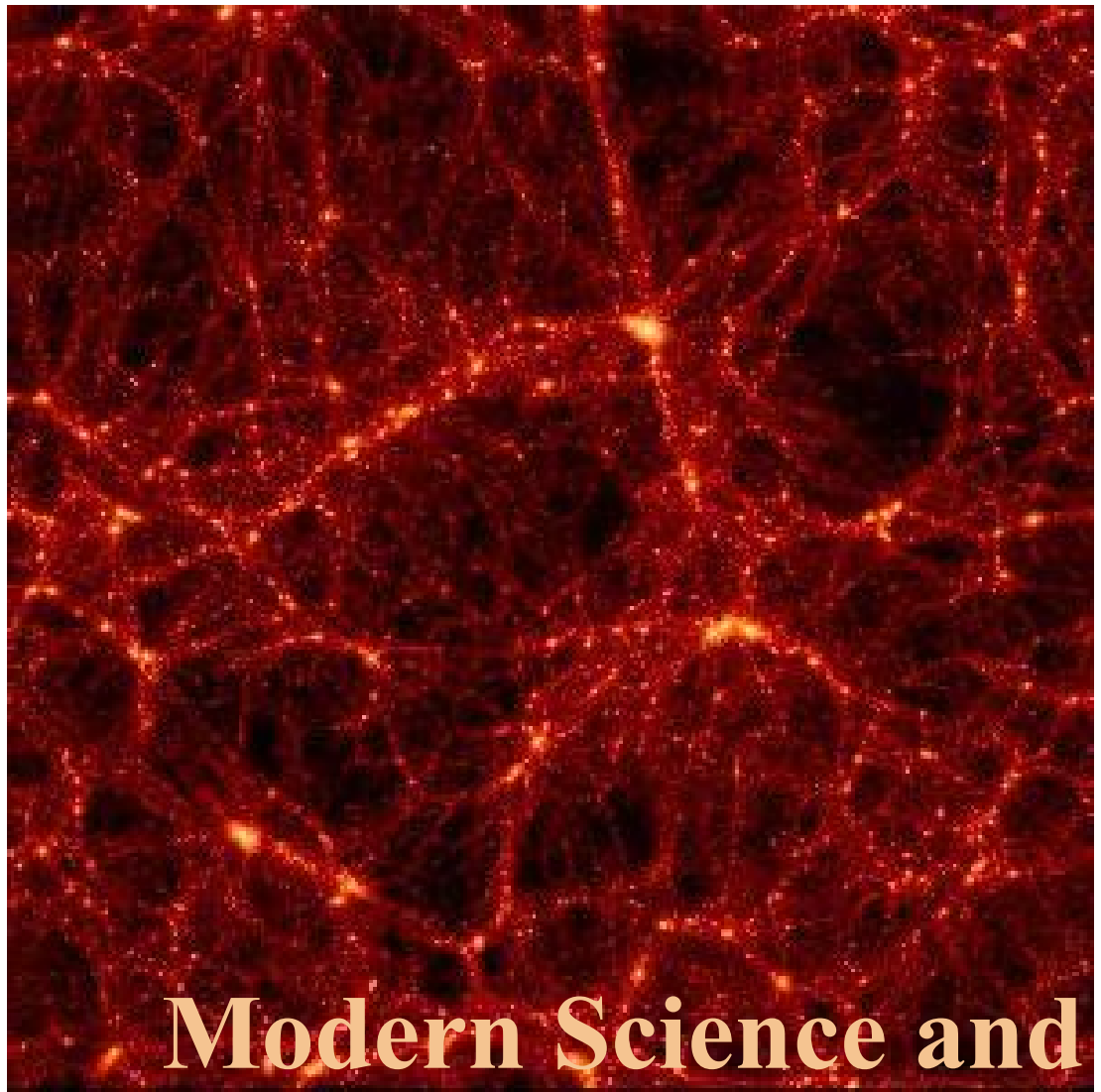
He then plucked all of his feathers, one by one, until he had none left. Just like his beak, over many days the feathers grew back in fresh until the final day when Anti pulled upon his last ounces of strength and gently glided down to the earth where he slowly fed his way back to full health.

Anti lived another several decades and enjoyed raising his own family. He taught his children of the many hunting tricks he knew, of some stunningly beautiful aerial maneuvers, but most of all, he taught them what he had learned about being reborn. He told them the stories of lightning and thunder, of fire and rock, and he passed to them the deep understanding that even when their beaks curled and their feathers could no longer hold them in flight, death was not a guarantee. Anti made sure they understood that when this time of life comes, they will be faced with the most difficult decision of their entire lives. In this rite of passage, they will have to ask themselves a single question:

"Am I willing to sacrifice all that I am and know myself to be in exchange for rebirth into a new life?"

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Modern Science and The Human Body of Light

Chapter 4

By Dr. Mitchell Earl Gibson, M.D.



Cosmology - the study of the beginnings, formation, and evolution of our Universe - is currently in a badly confused state. At the moment, scientists don't know what makes up 99% of the Universe. The physics that is taught in high

school is more than three hundred years behind the recent explosion of knowledge in science. This new knowledge reveals to us that we know very little about the true makeup of the human body. We know even less about the universe that the body lives in.

If we are to understand the phenomena of the light body, we must first understand that there is a great deal science does not understand about the nature of matter

itself. In astronomy, as in all sciences, one can detect an object in one of two ways: either by observing it directly, or observing the effect that it has on other objects. This is a basic tenet of astronomy.

It's always been known that there was matter in the night sky that we couldn't really directly see. When astronomers use telescopes, or even radio telescopes, they can only see objects that emit light or radio waves.

Not all of the matter in the universe does this - for instance, we wouldn't be able to see planets like our own, because they would be too dim to see. The human body would be totally invisible in a darkened space for instance, as it does not emit light.



All the mass of all the planets in our solar system is significantly less than one percent of the Sun's mass. So worrying about matter that didn't shine - non-luminous matter - wasn't of great concern.

The first evidence that there was a *significant* amount of matter that we couldn't readily see was in investigating clusters of galaxies, which are simply aggregates of a few hundred to a few thousand clusters otherwise isolated in space. This by the way, constitutes a lot of matter. In the thirties, two scientists named Zwicky and Smith both examined closely two relatively nearby clusters, the Coma cluster and the Virgo cluster. They looked at the individual galaxies making up the clusters individually, and the velocities of the clusters.

What they found was that the velocities of the

galaxies were about a factor of ten to one hundred times larger than they expected. In other words, these galaxies were moving much faster than what they should have been.

What did that mean? Well, in a group of galaxies like a cluster, the only important force acting between the galaxies is gravitation. It is the pulling of the galaxies on each other that gives rise to their velocities. The velocities can indicate the total mass inside the cluster in two ways. The first way is simple; the more mass in the cluster, the greater the forces acting on each galaxy, which accelerates the galaxies to higher velocities.

Cosmologists like to talk about the amount of matter in the universe in terms of a parameter called *Omega*. *Omega* is defined so that a closed universe - a universe that is massive enough that it eventually collapses back onto itself - has *Omega* larger than 1. An 'open' universe is one that expands outwards forever and has *Omega* less than 1. A 'flat' universe is perfectly balanced between the two and has an *Omega* value of exactly 1. The amount of visible matter in the universe is about $\Omega = 0.05$; not very much at all. Theoreticians like to believe that for the universe, the total of all of the mass is $\Omega = 1$. This would mean that dark matter makes up the other $\Omega = 0.95$. In other words, 95% of the universe would be dark matter!

Most of us did not learn this in high school. We learned that matter consisted of protons, electrons, and neutrons. Science has learned that there are literally thousands of different particles of matter that have never been seen before. Unfortunately, none of these make up dark matter either. Most of the universe is made up of a form of matter that no scientist understands!!

This gives way to an intriguing question. Is the current condition of the human body a natural state?

Could it be that a more evolved, more exotic state of matter is the truly natural condition of the human form? Could that exotic state of matter be related to the human body of light?

What might the Dark Matter Be?

There has been wide spread speculation among scientists about what might constitute the dark matter. For thousands of years, mystics, philosophers, spiritual teachers, and theologians have taught that the universe as we see it is an illusion. They have taught that a larger, more complex universe exists beyond our senses and is the true home of humanity. What is this larger universe composed of?

Ordinary Matter Planets

We know that dark matter can be such normal things as planets; and while normal Earth-like planets aren't particularly massive, perhaps such things as Jupiter s could be the dark matter.

There are a couple of problems with this scenario. First, we assume that planets only form around stars; and if that's the case, than even huge planets are dwarfed by the stars near them. They can only contribute a few percent of their mass - another $\Omega = 0.005$ or so, which clearly isn't enough.

Suffice it to say, there isn't enough normal matter in the universe to explain the way things are, even with our best theories.

'Exotic Matter

Exotic matter doesn't have to be all that exotic; it just is matter that isn't electrons, protons, or neutrons. Lots of such particles are known to exist, and some have been theorized to exist to solve the dark matter problem. Unfortunately, none of these theorized particles have bothered to show up in our

best experiments.

Neutrinos

Neutrinos are an example of a particle that is known to exist. It is currently thought to have no mass, but there has been recent evidence that it might have some very small mass. There are so many neutrinos in the universe, however, that even a small mass would be important for dark matter. So far however, we have not found this to be the case.

WIMPS

Most other exotic matter candidates fall into the category of *WIMPS*, or Weakly Interacting Massive

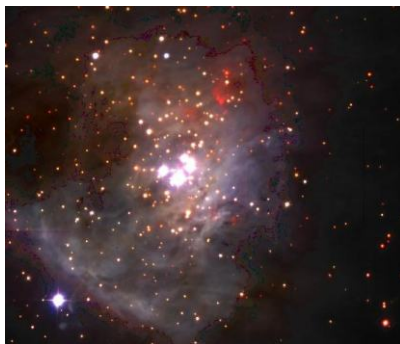
Particles. These are, as a class, heavy particles that only interact weakly with other matter (or else they would have been discovered by now.) There are many possible such particles, going under such exotic names as neutralinos, axions, and the like.

Changes to Gravity

One final possibility, although somewhat extreme, is that we don't really understand gravity particularly well. Perhaps gravity on large scales, such as the size of galaxies, doesn't work the same way as gravity does on the small scales we can measure. Although that seems odd, it should be considered as a possibility. This leaves a lot of room for the existence of forms of matter yet to be discovered.

Dark Energy

Even more vexing and perhaps more closely related to the question of the body of light is the existence of dark energy. Dark energy hit the scene in the late 1990s when astronomers discovered the universe is not just expanding, but racing out at an ever-faster pace. Some hidden force, a sort of anti-gravity, must be pushing galaxies apart from one



another in this accelerated expansion.

Separate theories have been devised to try and solve each mystery.

To explain dark energy, for example, theorists have re-employed a “cosmological constant” that Einstein first introduced as a fudge factor to balance the force of gravity. Einstein called the cosmological constant a great blunder and retracted it. Yet many theorists are now comfortable re-employing it to account for the effects of dark energy. But it does not reveal what the force is.

There have been quite a few attempts to find one explanation to both dark matter and dark energy. Dark energy, which many experts say is likely to remain mysterious for decades, might involve an outside “vacuum energy” that acts upon our universe, which many theorists suspect is just one

amid many. (1)

So we have two very, very exotic forms of matter and energy that dominate the universe as we know it. Dark matter and dark energy are exceptionally abundant. They not only exist within the stars and planets, but also within the human form. Do spiritual exercises and meditations cause the release of this exotic form of matter from our bodies? Does our DNA encode for a transitory connection between physical matter and the more exotic states of matter that possibly compose the body of light?

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Co-Creation

Part IV

By Ilona Selke



How did your month go? Did you develop the habit of imaging the day ahead as you would like it to be? Or did you come up with images and feelings for wishes **FULFILLED**, feeling as though you had your wishes already? If you have done it more than once, **GREAT!** If you happened to do it even for a week out of the month, you probably felt the results, giving you more joy in life.

Best results happen if you set up a habit every day, best in the morning. Even three minutes will be rewarded.

I was teaching the **Living from Vision** course in

French during the fourth week we were in Key West to be with dolphins. I taught a French-Canadian group. They were incredibly loving, which was a real gift at the end of four intensely packed weeks of 15 hours a day of work. In the first group we had a bad apple and it just wouldn't change. She felt she was above it all, knew it all, and tried to sow doubt in the mind of others. I couldn't do anything but keep imaging around me the kind of world I wanted to experience. I felt sorry for some of the participants as it took some time for some to see through her games, but in the end many did. The doubters sat in their misery at dinner, sending critical remarks to each other, while the other side of the table had people appreciating each other, laughing, sharing. It looked like I was sitting between heaven and hell. I don't get into such situations often, and

therefore I nearly doubted my self for having 'created' such a chasm around myself.

But I kept on seeing and feeling myself in the company of love. The second group was already my dream fulfilled, but when it became such a symphony of love during the fourth week, when around me in very real terms, people poured love out to me and everyone around us, I felt almost like I couldn't believe my 'luck.'

My question to you is: Was it luck, or did the world around me reflect my inner "feeling the future fulfilled"?

Let me take this a little further. At the end of the stay in Key West I ran across two men, each of whom were writers. One wrote a book, the other felt like he should be writing and I was in the process of writing a book. The two men, unbeknownst to each other told me about their version of luck. For some reason this was the most exciting topic they had landed on in their writing and thinking about life.

The first man told me how he was into betting on sports-outcomes. He felt he had discovered that the human psyche was predictable, that masses of people acted like a wave and were predictable as a wave would be. He had risen above the seemingly separate events and realized the connectedness with all things. Remember the Newtonian scientists who had realized that life acted according to specific laws, seeing each thing as a separate item acting in concord with immutable laws? This man was more like the quantum physicist who came along and who observed that everything that looked like parts,

really was part of a wave. Light was not only observable as billiard-balls but also as a wave.

We usually think of ourselves as individuals, but really we act unconsciously in unison. How often does it happen that within a few minutes we get 3 orders for the same item, and then not again for a week!

This man who told me of his understanding of luck had discovered a way to perch himself above the billiard balls and instead of everything being separate, he was able to predict the wave.

Trend-readers have that ability, or fashion designers, as well as music writers, who catch a current.



The other writer told me his version of luck:

He felt it was an energy, that inhabited a person, inexplicably lending him super-powers. Upon a touch of a knowing other person, he would suddenly loose such luck, which now instead was pulled into

this someone else. He had observed gambling too. Gambling exhibits the belief in luck to the fullest.

Now what does this have to do with you?

I realized that our culture, and for that matter in every culture, you find humans who are hoping for better luck. They just can't figure out how to make it happen. Winning a lottery ticket, or winning at a gamble, is the hope for the masses for a better life.

Believing in luck is like saying that one has not figured out how to co-create. And they don't exactly teach **"How to Co-create 101"** in high school either. No wonder that we as humans, resort to a pleading prayer or it's cousin 'hope' for a lottery ticket.

Ask yourself what you currently feel about luck, success, and how responsible you are for what you experience in your life.

Believing in luck is like trying to give an inexplicable reason when we observe positive outcomes in our three-dimensional world, and we don't understand the connection between cause and effect.

Imagine for a moment you are a Flatlander. This is a being that understands only two dimensions. Really if you had a shape you would be flatter than a piece of paper.

Now imagine you could only observe reality between two flat surfaces, like the top of a table and a board that was six inches above the table top. Imagine you saw two fat fingers coming from above into view, until they hit the table top. Now remember you would only see two-dimensionally. What would the fingers look like? Yes, like to flat ribbons coming from above. You would not see or be able to conceive of a hand that connected the two ribbons, which were actually two columns, both being attached to the same unit, namely the hand.

Well, as a flatlander your perception would be tied to the two dimensions you are capable of perceiving. We would be rather hampered, but defend we would what we could know. After all, all our Flatlander scientific equipment would also be invented by our two-dimensional minds and would not be able to prove, other than in theory, that other dimensions existed.

We as humans are in the same predicament. We usually can't go into the fourth dimension to perceive the unity there, and we cannot see how things go together.

We don't understand how our psychic or energy-body actually precedes the physical manifestation. But if we could, we would see how our thoughts and

feelings pre-create a mold, a blue-print, so to speak, a pattern of energy, according to which we would find that the physical world shapes itself.

Seeing luck is a similar way of observing seemingly unrelated outcomes, usually of good fortune, and not knowing how to create the outcome on command. We don't see or usually understand, how our mind, emotions and our visions tap into the fourth dimension and co-creates the "luck."

Here is a little story of how one of our teachers of the **Living From Vision** course in Germany utilized the methods of the course to manifest something he really wanted: An Audi convertible, at about \$30,000 US at the time.

He worked for three weeks with the CDs every morning, which helped him focus his mind and emotions in a particular sequence on his wish as if it was fulfilled. That Audi was giving him a feeling of being on top of the world, and instead of imaging the Audi, he imaged being on top of a mountain. (I have altered his imagery, but the content is the same). After three weeks the Lottery called him to let him know that he had won the grand prize of, yes you guessed it, an Audi. "What color is it?" he asked. "Red" they replied. "Oh, I had imagined a blue one," he laughed.

It was a red instead of blue like he had imaged but all the other details were the same.

Now I ask you: Was it the Lottery that gave him the unbelievable luck, or was it his imagery that got him the results?

If you start looking behind curtain for the workings of luck, you will see that it is not an arbitrary force, but rather the universal energy around you forming according to what you create as a blue-print in your mind and heart first.

In effect, you are the designer that dreams your dream.

Here is how you do it:

Think of something you want.

Imagine how it would be if you had it.

Feel how you would feel if you had it.

What image could represent that feeling?

Now imagine this feeling for a moment.

Do this every day in the morning for your wish, and watch it come true.

If this month you can do something differently, just imagine and feel what you want around you, and assume it is already so.

Next month we will learn a technique how to handle negative circumstances to get you back on

track.

You can also get the course Living from Vision to help you do these exercises every day on CD.

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Decoding the Mysteries of Dreams - A Transformative Workshop

How to use dreams for your spiritual development



We spend one third of our life in sleeping! Why not make positive use of this precious time?

Why do we have to sleep? Why do we have to dream? Are dreams important? Do they carry messages from higher realms? Do dreams predict future events? Can we control dreams? What is lucid dreaming? What is astral travel? What is OBE? What is the Truth? If you have ever thought of any of such questions - this workshop is for you.

The emphasis of this workshop is on practical exercises for becoming aware of dreaming process and the practical use of dreams to gain invaluable insights and decode several mysteries of life. You will learn to seek out the eternal truths using the theory, practical tips, guidance and scientific approach of the workshop.

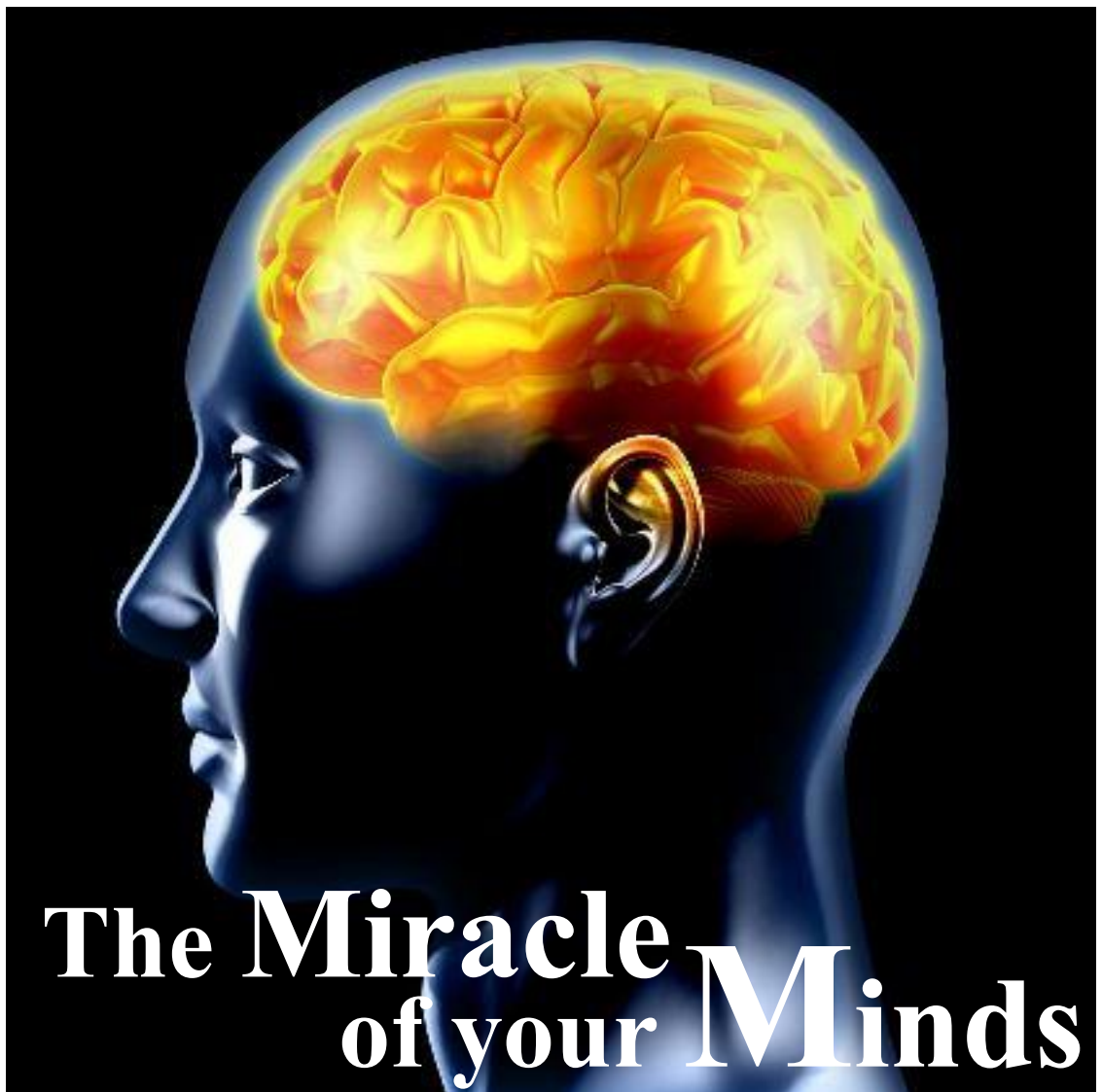
Workshop will be facilitated by Amitt Parikh - Executive Editor of YSR emag & founder of SSRF, India.

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The Miracle of your Minds

By Leonard M. Rubino

You have been blessed with three minds the first is your Conscious Mind, which is your body and it carries you through this period you call your life. God has blessed you with a free will and you can think and create, no other of God's creatures can create. The Conscious Mind can be characterized by voluntary awareness. When you are not sleeping, you are aware. When you are awake, you have the capacity to be aware. The fact that you are aware is confirmation that your Conscious Mind is dominant and in control. The Conscious Mind is the gatekeeper to the

giant Subconscious Mind. God gave us a Conscious Mind so that we could decide which of God's miracles are for us. Yet, so many of us do not believe they are worthy of miracles. What are these miracles?

- ♦ The miracle of love; to share in god's love, and love for all humanity
- ♦ The miracle of faith; to believe in our immortality
- ♦ The miracle of wealth; to share in god's prosperity

♦The miracle of thought; to rise above all other creatures in this universe

♦The miracle of death; so that we may return to god from whence we came

All miracles start in your conscious mind and are directed to your subconscious mind of which its main function is to make into reality the commands put forth by our conscious mind.

Take control of your thinking, for you are the director of your life.

Secondary you have a Subconscious Mind, also known as your Soul. Which is the storehouse of all the information in the Universe. You have access to all this information by simply asking for it. We do this by thought or by word. Our Subconscious Mind controls how we breathe, the actions of our heard, the circulation of blood, digestion, all secretions and all excretions. It is the Subconscious Mind that carries on the work of assimilation while we sleep. It reveals God's presence in an actual realizable form. It warns of approaching danger. The Subconscious Mind carries out the best aspects given to it, providing your Conscious Mind does not intercept and change its course. The Subconscious Mind heals the body and keeps it in good health, it it's directed to do so by you. Your Subconscious Mind is your soul, and this soul is infinite. Your Subconscious Mind is in direct contact with the Universal Superconscious Mind of God. Your Subconscious Mind is the creator, it will create into reality what ever the Conscious Mind commands and you control your Conscious Mind. You tell God what you desire, and God tells you HOW to get it. Even the Bible states: "Ask and you shall receive, seek and you shall find, knock and the door shall be open to you." It's amazing that so few believe it and even fewer use it to their good.

Third we have access to the Universal Super-Conscious Mind of God. This is how God communicates with us every minute of everyday. The Universal Superconscious Mind is the force that rules the Universe, and it is within us. It has been called the Mind of God, Infinity, Creation or Universal Mind. The Universal Superconscious Mind is around and through you. It is the vital force of the Universe. You are a Creator, with the

God-given power to use this vital force as you please, to make of it what you will. To create and manifest your positive, healthy desires requires four steps:

♦The mental image of what you desire, this is the mold

♦Knowledge of your power so you can conscientiously draw to you all the vital forces you need

♦Faith in your creative power; faith to crystallize the vital force until it manifests for all to see

♦Convincing your Subconscious Mind through the Universal Superconscious Mind that you believe you have already received what you desire. If you desire a new car, get a picture of it, place it in front of you and visualize it parked in your driveway. Do you want to lose weight? Get a picture of yourself when you were slimmer, and put in on your bathroom mirror. Visualize yourself at your desired weight.

It is not enough to know you have this power. You MUST put it into practice not once, or twice but every hour of every day. It will not be easy at first, but then anything worthwhile never is.

What greater miracle can you ask for than the miracle of having God as your partner? You are a mind with a body and that mind controls the Universe, your Universe. Stop right now, close your eyes and see your life, as you want it. Believe and it's yours, believe whole-heartedly and it's yours faster.

By Leonard M. Rubino, also know as The Sage from "The Sage & The Spirit" © videos on YouTube

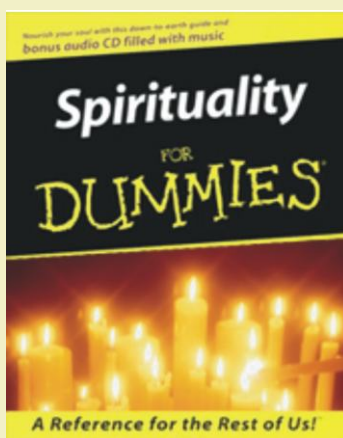
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Spirituality For Dummies

By Sharon Janis

Coming in February 2008: The New Second Edition!

"Spirituality For Dummies is a Mecca for those who are sincerely seeking the genuine meaning and practice of spirituality. Sharon Janis fuses mystical insights drawn from the east/west approaches, resulting in a volume that opens the heart, exhilarates the mind, and inflames the soul. No matter upon which rung of the spiritual ladder you now stand, expect to be catapulted to the next level of awareness through practice of the wisdom-offerings in this scripture of Truth." — Michael Beckwith (featured author and speaker in The Secret)



Spirituality For Dummies brings intelligent, practical, and profound spiritual wisdom and guidance together with the friendly and familiar style of "...For Dummies" books, complete with humor and icons. However, in this book, instead of warning icons telling you what not to do with your computer, readers find warnings about traps that keep them from achieving their highest spiritual and personal goals, such as, "Be yourself, but not your obnoxious self!"

The 2nd edition of *Spirituality For Dummies* has been revised, updated, and polished to be a blockbuster spiritual guide for modern times. Author Sharon Janis gives readers tools to uplift their understanding of life, guiding them into enlightened perspectives about who they are and why they're here. User-friendly descriptions of spiritual principles and practices are generously backed up with humorous anecdotes and insightful quotes from great thinkers, spiritual teachers, scriptures, and texts from many different religions and traditions.

The accompanying *Spirituality For Dummies* music CD in the back of every book gives a delicious taste of inspiring spiritual music, including Gregorian chanting, Christian songs, Hindu chants, Latin hymns, and gospel music, sung by artists including the Agape International Choir, Erik Peterson, Purushottam and Anup Jalota, The Eternal OM, the Desert Fathers, Swami Nirvanananda, and the author.

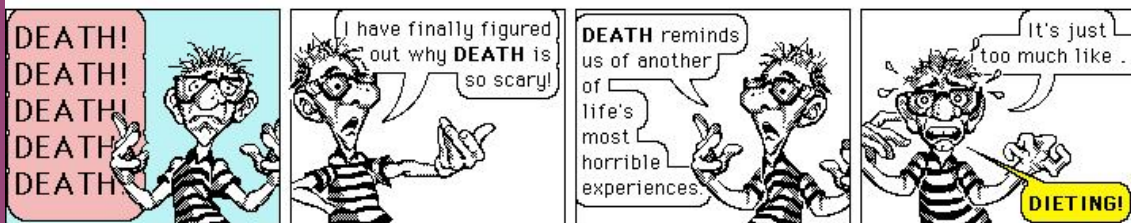
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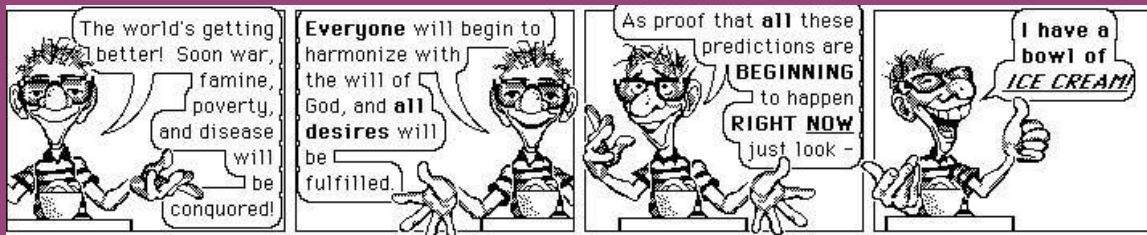
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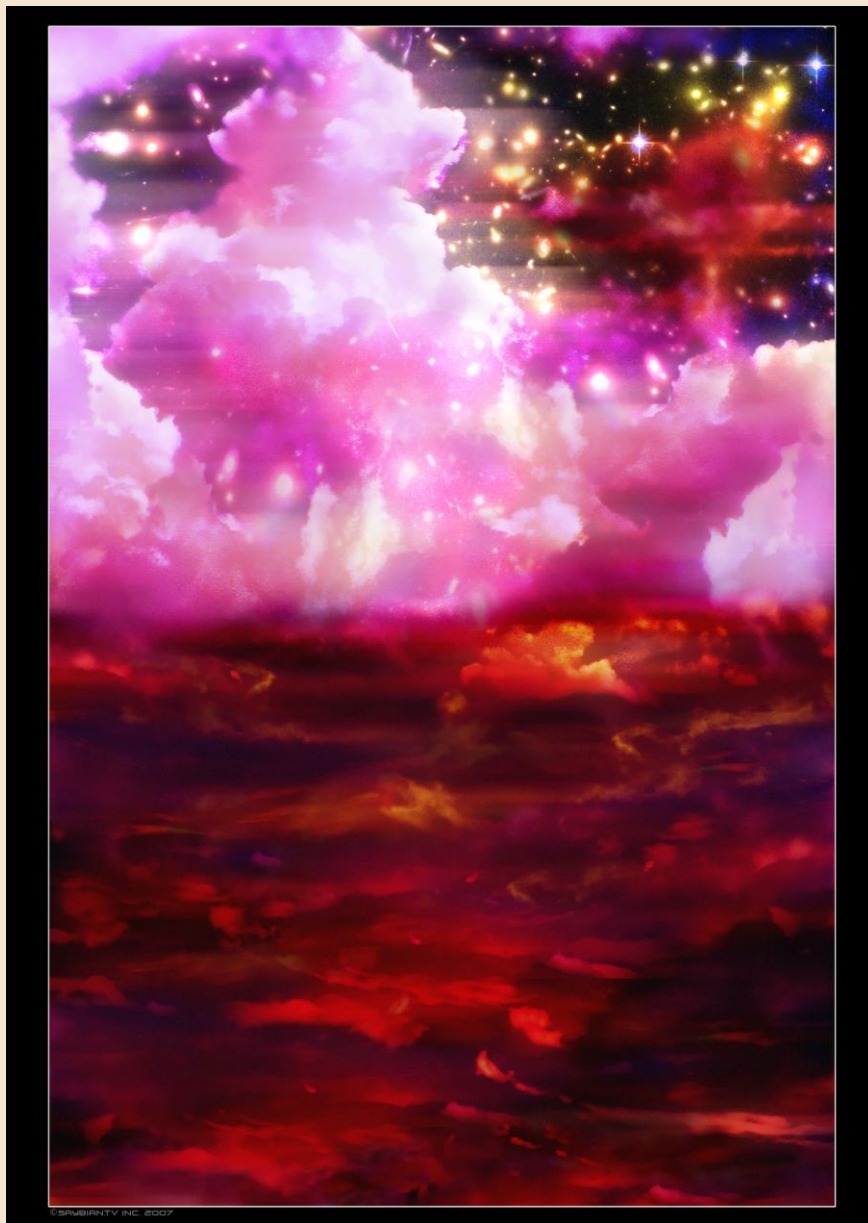
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SPIRITUAL ART

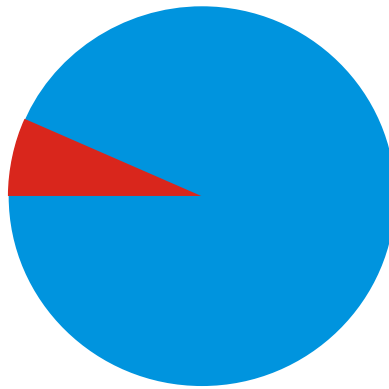
"The Gates"



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YSR September Month Poll Result

Do you believe in miracles like staying alive for years without food & water as claimed by yogis?



■ **Yes - (95%)**

■ **No - (5%)**

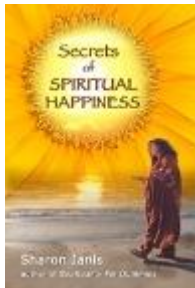
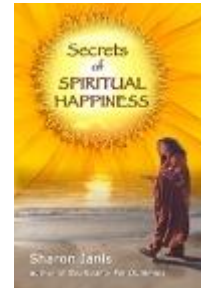
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Secrets of Spiritual Happiness Book

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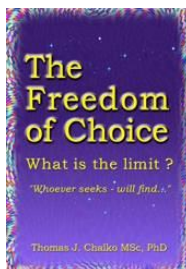
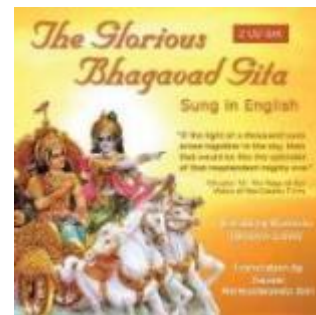


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- ♦ **Truth** leads to Peace & Happiness
- ♦ Art and Science of **Balance**
- ♦ Brain is in the **Mind**
- ♦ Love and Fear - **Duality** in Design
- ♦ **Awareness** Transforms
- ♦ Consciousness + Energy = **Reality**
- ♦ Law of **Attraction** - Act to Attract
- ♦ **Freedom** of Choice - Evolution vs Entropy
- ♦ Law of **Karma**
- ♦ **Time & Space** - An illusion
- ♦ **Psychic / paranormal** abilities exist
- ♦ As above so below: Microcosm vs **Macrocosm**
- ♦ **Change** is the only constant - **Evolution**
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