

YOUR SPIRITUAL REVOLUTION



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Shift of Consciousness

Our Vibrational World

DNA Activation

Spiritual Art

Mysteries of Dreams



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Message From The Executive Editor

Dear Friends,

Dreams have baffled mankind since time immemorial.

Why do we sleep? Why do we dream? Where do we go when are unconscious during sleep? Do dreams foretell future? What are the meanings of various symbols seen during sleep? Do we really meet the deceased during dreams? Do dreams also teach us valuable spiritual lessons? How are dreams created? How can we increase dream recall?



Well, there are endless questions. We have tried to take up some of these questions and provide answers as well as practical tips to help you progress further on your own.

As we spend almost one third of our lifetime in sleeping, I think we should make most out of this time for our spiritual development. For this understanding dreams is very important step. We can learn a lot from our dreams which are like true mirrors reflecting our real self that we are hiding behind the mask we wear during waking state!

With this issue, we have also started 'Spiritual Art' section which can act as a stimulus just like textual articles for your spiritual revolution!

Also I am happy to announce winner of 'Astral Art' contest as well as winners of 'lucky readers' gifts of evolutionary spiritual products and services. Congratulations to all winners!

With Light & Love,

Amitt Parikh

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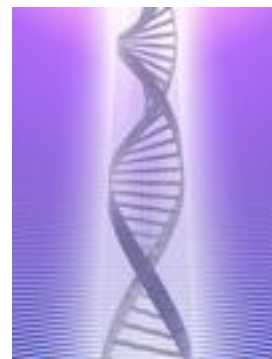
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How to Increase Dream Recall

By Craig Webb



The main barrier to recalling and benefiting from dreams is that waking and dreaming memory aren't connected nearly as well as they could be with greater intention, practice and focus. Making a

relatively consistent effort to remember and especially to record your dreams will help your waking mind align and integrate your dream experience. It's also an excellent way to increase imagination and intuitive capabilities which are both intimately connected with dreams. This alone should

provide strong incentive.

IT'S IMPORTANT TO WANT IT:

First and foremost, you must feel that it will be useful to you, if not extremely valuable. Without this intention, motivation will soon disappear. More importantly, the desire acts as a subjective magnet which draws your dreams into memory.

FOCUS and ATTENTION:

Understand that dream recall is an inherent, natural human trait. That is why young children are quite in touch with their dreams, as are many native cultures, some of which even share their dreams with each other daily and base important life actions upon guidance they receive. Dream recall is like a mental muscle; the more you use it, the stronger it becomes. Without exercise it may shrink, but it is there if you decide to work it out again. So if your recall is poor, trust that it will come in time, and the trust itself will actually help since expectation is a powerful subjective tool.

BEDTIME PRACTICE:

Before sleep, reread your dreams from the night (or more) before. This allows you to begin to connect with your dream memory, and is also an opportunity to interpret your dreams and spot connections to the day's events. Then, as you go to bed, clearly request (rather than command) yourself to remember any dreams when you awaken in the morning or during the night, especially ones that would be beneficial to you. Also remind yourself that it's a simple, natural process that happens by itself anyway. You can also suggest to yourself to spontaneously awaken when you need to without using an alarm, since any strong external perception such as a loud noise can inhibit recall. This method works well with practice, but you may initially wish to set your alarm for 15 minutes after your suggested wake-up time, just to be safe. Whenever you awaken, keep your eyes closed (or shut them if

already open) and remain as motionless as possible. If you moved since waking, return to your earlier body position. Gather as many images, impressions, feelings, or body sensations or waking thoughts as you can. A helpful technique is to think of it like fishing. Gently, cast out your intention to remember a dream, and wait a little to see what comes. As soon as you get anything, no matter how brief or vague they may at first seem, rise and immediately record (or write, draw, paint, etc.) it in a journal or speak into a tape recorder (which you keep bedside). You'll be surprised at how much more you remember as you begin writing/speaking/drawing/painting/etc.

BE PLAYFUL, PATIENT, and PERSISTENT:

Although most people start having success the first week or two, dream recall is a mental muscle which may require some time to get back into shape. Try to maintain a relaxed and playful attitude of looking forward to your dreams while being willing to let them come all in good time. Trying too hard or being too serious can be limiting factors. Dream recall and motivation tend to come and go naturally in cycles and also depend upon what else is going on in your life, and on how much sleep you get, how much you exercise, etc.. Once you begin a period of focusing on recall, stick with it for *at least* a few days, because consecutive nights can have an additive effect.

A WEEKLY STUDY GROUP with a shared interest in dreams is unmatched for sustained motivation, inspiration and plenty of intriguing surprises and insights.

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www.dreams.ca



FIND THE SECRET MUSE IN YOUR DREAMS

By Dr. Marjorie Miles, DCH, MFT

“In the ocean of the unconscious, dreams are swells that rise and pause and break on the shores of personal consciousness, only to retreat, leaving precious gifts on the beach of waking awareness.” - Jill Mellick



Dreams have always been an area of fascination and discussion. They are your personal, symbolic newspapers waiting each morning at your intuitive door

to be gathered, decoded and integrated into your life. Dreams are the universal language of both the personal and the collective unconscious. Scientific research confirms what people throughout history have always known: answers, ideas, inspiration, and inventions come to each of us in our dreams. They also contain guidance for every facet of living: career, finances, relationships, health, spiritual growth and creativity.

Everyone dreams, and when you pay attention to the messages in your *daydreams* - as well as your sleep dreams - you begin to inhabit a much larger part of your soul.

Dreams are really about *waking up*. Dreams tell you how you *really* feel about something, where you have been, where you are going, and the quickest way to get there. Your Dreaming Mind reminds you how much larger your life is than you consciously know.

Have you ever heard the phrase, "That was *only* a dream"? Perhaps, you were even scolded and told to "Stop daydreaming!" These dismissals of your rich inner life separate you from the Source and your

inner muse. By paying attention to the tales woven during your dreams, you maintain continuity with your total being

Dreams are more than stories about your lives. The ever-changing balance between conscious and unconscious activity is the rich and rewarding journey of receiving these dream images and then manifesting this divinely inspired creativity in waking life.

When you receive a daydream or sleep dream, the doors to your inner genius and inner muse have been opened. To fully realize this genius and innate creativity, it is important to **take one small action step in waking life** to honor your dream's message.

"By simply exploring the images of our sleeping and waking dream states, we can discover a wealth of ideas and inspiration that are more authentic and powerful because they reveal our underlying spiritual self." - Tom Crockett



When you engage in *any* form of creative expression, you are listening to your soul's voice, and recognizing that you are indeed an *Artist of the Everyday*. These soulful whispers can be heard more clearly through daydreams and sleep dreams. Your Dreaming Mind

reveals its treasures in images, thoughts, feelings and creative urges just waiting to be gathered along the shoreline of waking consciousness. Some of our daydreams and sleep dreams messages even ask to be transformed into a variety of Self-expressive actions.

These creative outpourings are additional ways to interact with your dream and to discover new layers of meaning. If you follow your muse, you will be inspired and encouraged to discover unique, varied and personal communications between your dream life and waking life. As mentioned earlier, sometimes these messages defy words and can *only* be expressed in a drawing, a dance, a poem, a sculpture, a collage or some new invention.

Have you “fished” the ocean of *your* dreams lately for a trophy winning imaginative idea or to unblock creativity?

Below is a powerful example of how a daydream and the sleep dream that followed, unleashed my own dream-inspired painting and poem.

Over a couple of week's duration, a specific *daydream* interrupted my thoughts with some frequency. This particular daydream's message urged me to learn how to paint - specifically with watercolors.

To honor my daydream's message, I decided to ask an artist friend for some basic watercolor instruction. As a result, I spent a lovely, soul-nourishing afternoon playing with water, brushes and color.

The day after I had my water color painting lesson, I experienced this wonderfully validating *sleep* dream.

The Sleep Dream

The Rose and the Nile

I am learning how to paint a rose. I see an image of a huge hand above my head showing me how to move a paintbrush by twisting and turning its wrist and using differing amounts of pressure to create red roses.

I need to travel up the Nile River, and I see an image of myself on a boat on the Nile. I want to do it in an orderly progression and not backtrack. I ask Ben (my husband) if we can do the rose first, and

then keep going toward the Nile.

Note: Upon awakening as I wrote down the dream, I felt a powerful connection to an ancient time and place (which, later proved to be an important commentary on the dream's message).

The Painting Process

After this dream, I just had to *play* with the technique shown to me in the dream. Although I had just a little knowledge of watercolor painting, I simply followed my sleep dream's guidance.

Using different types of wrist flicks, hand movements and varying degrees of pressure, I dipped my brush into red paint and watched the color as it danced and spread on the paper creating roses. I added strokes of green, which formed the stems, and then looked at the painting contemplatively. As the images of these *dream* roses began to dry on the still wet paper, I felt something was missing and that the painting was incomplete.

"Where's the Nile?" an inner, soulful voice asked.

Dipping my brush into some blue paint, I created a ribbon of blue diagonally across the paper. With that addition, I could now see and feel the energy of the ancient, mysterious Nile.

As I sat quietly absorbing the dream images in the painting, I began to feel the presence of my dear Aunt Rose who had passed away many years earlier. I looked deeply into the painting; I felt the quiet power of the flower images. Then Aunt Rose's face emerged from the paper a smile forming on her lips as she nodded her head in loving approval.

Note: You can view this painting and other dream -inspired art at:

www.journeyofyourdreams.com/gallery.php

The Poetry Writing Process

Months later, the *same* sleep dream that inspired my water color painting influenced me into another Self-expressive action.

Once more, a daydream urged me to return to the *Rose and Nile Dream* and the painting itself. This time, as I sat with the images again, I felt the desire to write a poem.

To discover the *poetry* within a dream, I used a simple technique that I developed to engage the conscious mind - while simultaneously - allowing the unconscious mind to access the Inner Muse. First, I selected three words that energetically called to me from the dream: *rose, Nile and ancient*. Next, I quickly (and without conscious deliberation) placed a check mark beside one of the words *ancient* to start the creative flow of the poem. To complete this poetry writing process, I continued to write (without stopping, or censoring, for a least 5 minutes) with the goal of including the remaining two words *rose and Nile* within the body of the poem. The result of this process is the poem shown below:

The Rose and the Nile Poem

*Ancient blood courses through me.
I am traveling down the Nile
Like my ancestors before me.
I am an explorer and world traveler
Anxious to reconnect with my roots and history.
I remember times when I was the enslaved
And the oppressor--
Both Moses and Pharaoh.
I bring cause and effect forward
Throughout millennia.
Unending learning, healing, teaching.
As I journey Home now,
I see the narrow, yet endless, stretch of water
before me--
An umbilical cord connecting me to the
Source.
Atop this ribbon of blue calm
Floats a single, perfect red Rose.*

Indeed, there is a powerful creative and intuitive force that comes through daydreams and sleep dreams. By animating it, through *your* own unique expression, you wake up to the richness of Life.

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Dreams can be viewed in so many ways!

By Divyaa Kummar



Dreams can be viewed in so many ways! And while we will explore some of these it is a good idea to not move away from the most

basic of dream 'interpretations' - that what you 'dream' of, can be yours ! Yes this refers to those *day-*

time dreams...where the waking conscious mind chooses which parts of self it wishes to explore and experience. And yet, these are not unlike nocturnal dreaming states. They take place in the same 'space'...which is beyond physical space and time! Thus they both have a certain freedom from the more physical limitations - and we must not mistake the non

material to be unreal for the inner realms have their own tangibility and form and structure; only the building materials are finer and more subtle.

To *experience where 'dreams' exist*, think of yourself as a teenager, and then perhaps as you choose to be few years down the line and even what you perhaps were in some past life! Visualize your self in all the roles you may wish to explore- artist, hotshot business tycoon, and perhaps a laid back beach bum! Experience self as a happily married woman with a bunch of kids and a femme fatale with a bunch of lovers! And become aware how these all simultaneously coexist- in the split moment now- in a tangible if not physical 'space'. And this freedom is what we wholly employ in our nocturnal dreams as we switch our focus from one level of consciousness to another.

Indeed dreaming is a highly creative state of consciousness and not some illusory mirage that we envision every night! Dream 'locations' are as real as our day to day worlds -with the only difference being that in the waking state, our consciousness is focused outwards; and in dreaming states it is focused on various inner dimensions. Just like we do not remember our dreaming experiences and worlds when awake- we do not retain our physical experiences and worlds whilst dreaming! But both have their own legitimacy and reality!

Thus let us lay our heads down, and switch from the alpha frequency of day dreaming to the *frequency of theta in which dreams occur* ...and even as our brainwaves slow down to ... we are now probably dreaming! *We are experiencing self through another frequency!* To the dreaming self, our physical life and home and bed does not exist and only come back into being when we switch our consciousness back to beta in the morning! It is only when we become aware of this do we realize that the ability to withdraw consciousness from the objective to the vaster realms is inherent and natural

in mankind!

Theta brainwaves in non sleep states are those associated with intense creativity, visualization ability, imagination and even issue resolution. In meditation theta is those classic out of body states where we are disconnected from the physical and experience self as one with Universes, Gods, Masters and other higher aspects of self. It is also that state where deep inner work on the deepest layers of our subconscious- is done on current self! Thus let us become aware that dreams encompass all of these and more- freed as we are in deep dream states from the more physical data, disturbances and constraints!

Let us explore some of these dreams now: several dreams, especially those that are a replay of the day's incidents, are actually serving the useful purpose of *creating our memories!* Thus what might appear a trivial rehash of the day really serves an important purpose of sorting out those incidents that are done with and those which still retain a 'charge' and thus have to be further experienced, explored or resolved and are thus saved in our sub conscious minds.

At a more complex level the dreaming state is *self exploring itself in an environment that allows us facilities not available in the conscious waking state*. We even experiment and try out *choice points* in this dimension and based on that experience do we then awake with the 'knowing' of which path we must take! Of course we do not recall this and presume it is a choice we have arrived at consciously at some waking point! This is often why a good night's 'sleep' brings us answers to confusing issues- for we have actually been there, done that!

Often this is what makes up *predictive* dreams, where we see the future- because we have indeed explored certain options and experienced the effect we will then choose here and when it happens we view it as a prophecy! But even in that 'prophecy'- we were creator- we choose our life experiences for the good of

the larger self, and thus positive or negative are viewed in terms of soul growth more than what current self perceives them to be! Sometimes this exploration is done at larger scale- because just like we are all 'one' when viewed through the macrocosm- then we are all one in dream levels too- and thus a country or race or humanity explores certain options through dreams! Sometimes we choose not to experience it in physical reality- sometimes the need is felt!

More so, dreaming is a form of *astral traveling*, which occurs naturally every night. This is why the body in theta frequency actually stiffens- because the brain sends a message to the muscles to seize- so that the body does not inadvertently move and get hurt during the time when our main consciousness is traveling far away! Our day to day waking life only makes up a small portion of who we are, and sleep is not as passive a state as we may think it to be! Indeed we live a very active, creative and expanded being ness when we 'sleep'. The *rest*

and rejuvenation sleep is known for is usually the delta frequency, when we do not dream, but are connected to source itself. Deep sleep is thus a tool we have created while we play the game of separation so that we may daily revitalize our self with source! There is no memory of this, as it cannot be translated in anyway for the waking mind to recall or decipher- and thus we call it non dream

sleep!

Dreams actually take place at *different levels of consciousness*- and it is only our waking consciousness that clubs them all together as one dream state! The inner universe is as rich and varied as the external- and each dreaming self exists in its own state of consciousness, one as different from another as waking is to dreaming! And thus there are dreams within dreams, each being a 'consciousness' or focus

we exist in, experience and explore simultaneously. Most of the dreams we recall are those closest to our current consciousness, because those are what we can 'translate' most easily!

If we view dreams like an extension of life, we can understand them better. Freed of the limitations of current self- we explore a variety of experiences for our larger soul growth, just as we do in physical life! We may *meet whom we refer to as our past, future and probable selves*, because as we saw above, the dream dimension is beyond linear time and space. Thereby we meet different aspects of self to swap notes so to say- exchanging experiences

energetically and aiding our larger self through this. What's really happening is that the soul is not limited by time and space, and indeed views no separation in its different personalities and uses this medium we call dreams towards its expansion as a whole. More so just as we have our various physical roles to play, we have *myriad tasks at other levels of being*- and many of



these experiences are what we call dreams. These can cover as wide a range as life itself- thus for example some times we attend the universal 'universities' of inner planes towards some learning required in this life or for larger self! Some of us teach on different dimensions, some help the recently 'dead' to adjust to the change of consciousness, and yet others help the living in a variety of ways! Indeed Seth a channeled entity (through Jane Roberts) spoke of the future when there will be what he calls '*dream scientists*'- those who will... 'at will' with conscious intention and recall...enter into theta states and into the dreams of others to help them at that source level towards issue resolutions and healing. In reverse, sometimes the work we do on self in the waking state is experientially completed in sleep states- for example having understood forgiveness- old relationships may come up where you experientially forgive the 'other'! Or they may come and hug you to express this forgiveness! In *day-to-day terms* dreams can give us a lot of information about our self- deeper material not accessible easily to the conscious mind; and also help us (like any healing process does)- by working at them at source level!

Dreams are often our experiences as life forms and in dimensions we have no conscious knowledge of- and thus our *mind cannot convert such dreams for us to recall!* There is nothing in current mind that it can possibly use, to decipher the dreams for us to bring back into waking consciousness! These are often those bizarre dreams that make no sense, because the mind is trying to decode them with limited means at its disposal! The best it can do is to describe them through the use of *imagery and symbols*...which we may interpret. Thus we may dream of people in our lives and certain dramatic events...but they are often symbolic representations only! So many times we dream of a special kiss- that often is just our way of translating some contact with a beloved soul and as a kiss is the penultimate

intimate contact for humans, we translate it as such! Sex too! When energies blend with others in dream experiences we sometimes translate it as sex and wonder why we dreamt of sex with x,y,z!!! Sometimes we 'try' it to choose whether we will go through the physical enactment! Sometimes it is how we get attracted to another human- as we dream about sex with him/her and then that triggers the blueprint... so many variations (pun unintended!)

Dream interpretation is much written about and there are many books in the market which even tell you what the different images or symbols mean! However the language of symbols is a very private language, and the same image- for example fire- may mean danger to one person, warmth to another and passion or glory to yet others! These books do sometimes tap into the meanings of the collective consciousness-often called universal archetypes which represent the critical mass of humanity at any given point- but from personal experience i have seen that true dream interpretation requires a very personal interpret! More so what we *usually recall of dreams are bits and pieces of the whole*-as the mind cannot usually bring back a dream experience intact- and then we try and piece it together and wonder why its seems incongruous! It is very much like dropping an album of your wedding photographs and then picking up a few in random and trying to describe the wedding based on this medley! You may well pick up the pictures of the used and eaten from dinner plates that wedding photographers somehow seem to like clicking....and then those of the reception hall after your guests have left... and as you see... you may well end up with a much distorted view of your wedding! Dreams also take us into what we may call the *collective consciousness*- where we are one with the people and events that make up our world! At deeper levels nothing is hidden from anybody, no matter how much a secret we may think it to be- and this comes alive in the context of the dream world where there are no veils as such. I recall an early dream from my

dream work days in reference to this- I was at a large airport terminal, looking at a large board which would normally show flight details of incoming and outgoing flight- but what I was seeing was material I needed to know about a group of people that would help me understand them deeper, and which indeed came of practical use to aid me make major decisions at a point not much later in waking life! *Interpretations in deeper ways imply viewing all the people in your dream as aspects of self!* For if in life-there is no one other than I - then in my dreams too am i the dreamer and all whom i dream about! And this understanding can take dream interpretation too profound levels of 'knowing thyself'!

Maintaining a *dream diary* can be fun and enlightening! *While much of my initial understanding of dreams was due to the beloved SETH books, I have deeply explored my dreaming self over the years through a dream diary.* I do not do that anymore, but will share with you what helped me! The trick is to make intent to recall the most valid portion of the dream state that you require in the Now! Very much like capturing on a camera 'that' shot which you most want to bring back from your holiday! Keep some writing material near your pillow, so that as soon as you are waking up...you may quickly start to write down what you recall. Do not go for your morning ablutions or that glass of water for you then break into a beta state of mind which is a complete switch from your dream consciousness...and thus the dream begins to fade! I have observed that a morning wake up alarm due to its very abruptness also takes away from the recall...so whilst you are choosing to work with dreams a natural awakening is always helpful! Even if you think you cannot really remember much, just put pen to paper and write as it comes and indeed you trigger the flow rather than trying to remember in one shot! Leave interpretations for later...or your conscious mind enters again and slams the door shut

on the creative theta frequency!

Use your dreams to discover self; and explore self through dreams! Should I end with a "good night beloved reader...sweet dreams!"

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Analyzing Dreams To Seek The Truth

By Amitt Parikh

Every night we go to sleep and witness many dreams. We almost spend our one third life in sleeping. Whether you are able to remember your dreams or not, everybody dreams and it's a fact.



I have been conscious of my dreams since past few years and wondered their complex stories and how they would perfectly reflect my state of beliefs,

desires, fears, aspirations working as a perfect mirror of my waking consciousness.

Lately I began to see them more closely and many a times, became conscious of dreaming inside the dreams and altered the output of the dream or course of the dream. Sometimes, I rewind and experience the altered sequence. Often I would analyze dreams while dreaming.

Once I woke up from a very complex dream. I was amazed at a sudden thought of my mind working as a projector, projecting such a complex script as a dream sequence involving so many characters, huge landscapes, twists and turns like that of a movie story and weaving everything together as one coherent dream sequence without any 'editing' or 'revisions' needed!

Once I was hearing an audio recording of Deepak Chopra's interview who view this whole thing with little different perception and immediately it struck me. I used to think of my mind projecting this story, but I did not see my mind as 'me'. So now I have me myself, in my dream as not only the character which is 'me' in the dream but all the other characters, the plot, the locations... everything as 'me'!

So if you are witnessing a dream of you playing volleyball on a beach with your friends, then essentially you are the 'you' who is playing along with 'yourself' as your friends, you as the sea, you as the sand of the beach, you as the net, you as the ball as well you are the sounds you hear, you are the sunlight you see, you are ALL THAT IS in that dream including the OBSERVER observing and experiencing that dream!

The REALITY as we know is no different than a DREAM, only it is a waking state dream. I am my physical body, I am my mind, I am the PC on which I am reading this, I am the article, I am the reader and I am the writer and I am the one who is observing and understanding this and saying 'hmmm'!

Think of what happens when you 'wake up' in the morning. You suddenly realize all that happened in dreams was only an illusion and so it never actually happened. What if we 'wake up' to 'divine light' again from our so called waking consciousness just to find out that this reality is also an illusion? Nothing actually happened?

As we know the 'I' in our dreams never existed, it was just a projection of 'myself' (which is 'higher self' for the 'I' within the dream state). So isn't this 'I'

of waking state also an illusion - a projection? Isn't this 'I' our limited perception of the omnipresent One Higher Self?

Well, it seems dreams do tell us a lot about 'reality' if we analyze them more deeply.

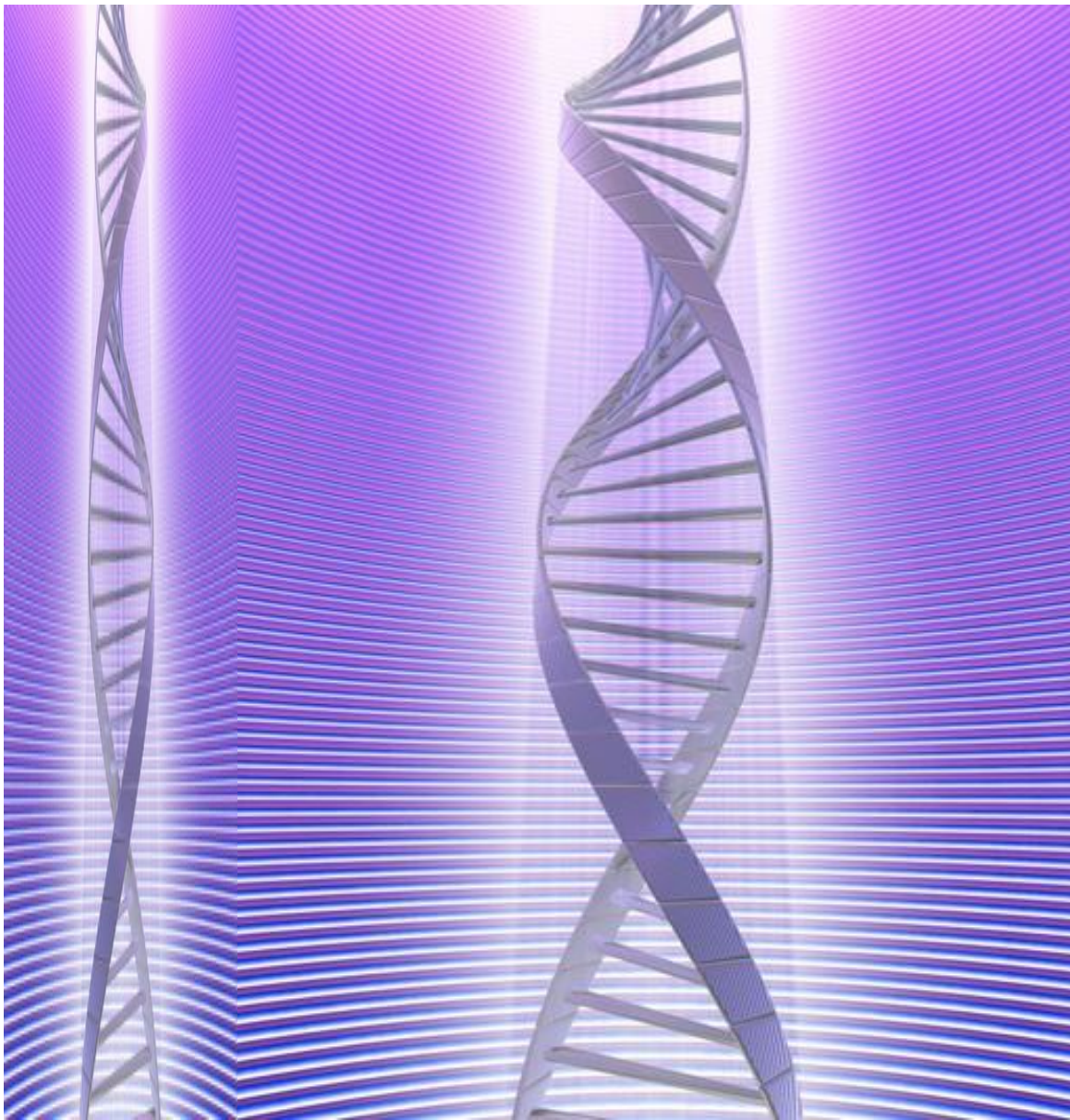
So I recommend writing down your dreams as soon as you wake up in the morning. Keeping a dream journal will go a long way in acting as your 'guide' and 'mirror'. The insights you gain from dreams will assist you in your spiritual evolution.

So as I always say, don't just read, do experiment! At least do this for a few days and see what you learn about 'yourself' through your dreams.

It is easy said than done. If you waste even few moments after getting up, you might miss a lot of information from your dreams. If you do not recall what the dreams were about, use 'key words' method. Think of standard terms like water, fire, tree, railway, car, road, flying or names of your friends/relatives... You might recall related dreams in this way. This needs sincere efforts.. Keep trying and you will certainly improve your dream recall ability.

Happy Dreaming!

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DNA Activation, Healing & Enlightenment

By Sol Luckman

Today a variety of techniques exist to facilitate adaptation to new forms of thought and their corresponding biological structures or "thought-forms." Over the centuries, many modalities have been developed to assist in unfolding the spiritual human (the "Holy Grail") that exists as a genetic potential in everyone. Alchemy is an excellent example from antiquity. Etymologically, alchemy derives from the Arabic *al* (the) and *khame* (blackness) and might be defined as the science of creating light out of darkness. As students of this discipline eventually discover, alchemy's real goal is not to turn lead to gold but to transform human biology into a physiology of golden light. Stated a bit differently, alchemy's primary objective is bio-spiritual enlightenment, or creation of what has been called the lightbody.

Currently, many more lightbody activation techniques are being made available. My partner Leigh and I have been blessed in developing one such technique. The Regenetics Method employs specific combinations of sound and intention, which are differentiated aspects of the primary creational ("torsion") energy of unconditional love, to stimulate the latent potential in DNA designed to facilitate the evolution of human beings into unity consciousness and its corresponding physiology of light.

DNA, as Gregg Braden points out in *The God Code*, is by its very sacredly encoded nature a unifying principle for humanity--one capable of bringing peace and harmony to a planetary population faced with a decision between succumbing to crisis or embracing opportunity. That we can activate DNA to expand our worldview and, in the process, evolve a biology based on unity consciousness is truly a divine gift at this historical crossroads when, to quote Barbara Marx Hubbard, we must "decide between conscious evolution, or extinction through misuse of our powers."

The Regenetics Method features three integrated DNA activations that collectively establish the "energetic" precondition for lightbody unfoldment. The first of these, Potentiation, activates DNA to repattern the body's electromagnetic fields, resetting the human bioenergy blueprint to an "infinity circuit" based on the alchemically transformative number 8. DNA has been compared to an antenna connecting humanity to Source whose reception can be clouded by toxicity and trauma. Potentiation activates DNA to begin removing this toxicity and trauma, establishing a clearer connection through harmonic resonance with the unconditional love frequency emanating as higher-dimensional spiral standing waves of sound and intention (light) from the Healing Sun at Galactic Center. In other words, Potentiation attunes DNA to the primary torsion energy of Source.

Leigh and I consider ourselves merely facilitators for the individual's own bio-spiritual unfoldment. We actually heal (evolve) ourselves. This is an important point that can hardly be overemphasized. As investigative mythologist William Henry reminds us, the "Healing Sun rises from within us when we place ourselves in balance with its energies... By conceiving of these healing energies... we can tune into them. What we can conceive we can achieve." I would add that we place ourselves in balance with the Healing Sun not by merely looking inside ourselves but first and foremost by adopting an internal attitude of unconditional love.

My illness, which inspired the Regenetics Method, had affinities to chronic fatigue syndrome (CFIDS), multiple chemical sensitivity (MCS) and fibromyalgia and was precipitated by toxicity and trauma from a series of hepatitis and yellow fever vaccines I received in the spring of 1995. After years of intense suffering and trying one expensive (and mostly ineffective) therapy after another, my turning point came when I realized that if I could somehow "reset" myself at the genetic level, my thirty or so debilitating symptoms would eventually resolve

themselves.

I found myself on this path after reading a disturbing book by Leonard Horowitz called *Emerging Viruses*. Basing his claims on meticulous research, Dr. Horowitz demonstrates that vaccines are a principle cause of a variety of autoimmune diseases, including AIDS. He further exposes what is in essence covert biowarfare conducted by the medical establishment against a largely unsuspecting population in *Healing Codes for the Biological Apocalypse*, where a main theme is [the use of sound to heal the physical body by restoring it to genetic integrity](#).

The specific sounds used to restore genetic integrity derive from the ancient Solfeggio scale. This primordial six-note scale, which was dubiously "lost" by the Roman church during the time of Pope Johannes in the 17th Century, was recently rediscovered by Dr. Joseph Puleo as described in *Healing Codes*. Here it is simply necessary to point out that [all three DNA activations of the Regenetics Method employ the Solfeggio scale](#), which some scholars believe to be the sacred set of six notes employed by the Creator to fashion the world in as many days. Specifically, Potentiation employs the note "Mi," a frequency (528 Hz) that has been used by cutting-edge molecular biologists to repair genetic defects.

Having discovered Horowitz and Puleo, I was then fortunate enough to stumble on another book that greatly expanded my awareness of the immense scope of human potential: *The Cosmic Serpent: DNA and the Origins of Knowledge*, by French anthropologist Jeremy Narby. *The Cosmic Serpent*

is an exploration of DNA from a shamanic perspective that describes how [sound can be used to stimulate a genetic self-repair mechanism](#). Intrigued (and desperate) enough to delve into this subject, I learned that the power of sound to activate DNA had recently been documented by the Gariaev group in Russia. Dr. Peter Gariaev and his brilliant team of geneticists and linguists proved that [damaged DNA can be healed without gene splicing or other physical manipulation by merely immersing it in radio and light waves keyed to human language frequencies](#).

According to Gariaev's research, DNA not only assembles proteins but also stores and communicates data in a decidedly *linguistic* fashion. His team found that the genetic code in "junk" or *potential DNA* follows, for practical purposes, the same foundational rules as human languages. In order to prove this, the syntax, semantics and grammar of language and DNA were compared. It was discovered that potential DNA's alkaline sequences closely mirror linguistic communication rules. This strongly suggests that the many human languages did not appear randomly, as is commonly believed, but reflect our essentially

similar genetics. Supported by Braden's revolutionary discovery that the ancient Hebrew name for God is code for DNA based on the latter's chemical composition of hydrogen, nitrogen, oxygen and carbon, Gariaev's findings offer scientific corroboration that in the beginning was the Word!

Gariaev and his colleagues also studied DNA's uncommon electromagnetic behavior. They concluded that living chromosomes function exactly like holographic biocomputers powered by DNA's own laser radiation. The Gariaev team modulated certain linguistic frequencies onto a laser. With this



technology of language-modulated codes translated into radio and light waves, they were not only able to heal damaged chromosomes--they also regrew endocrine glands in animals, stimulated regrowth of new adult teeth in humans, and even successfully altered genetic ex-pression. Amazingly, they obtained results similar to those documented by Dr. Yu Dzang Kangeng, who was the first to employ torsion energy to map DNA sequences between organisms. Using radio and light waves keyed to human language frequencies to rewrite DNA, as opposed to gene splicing, Gariaev's team literally transformed frog embryos into healthy salamander embryos in the laboratory.

In this manner metamorphosis was achieved without any of the side effects encountered when manipulating isolated genes. The "random and risky nature of gene splicing has been sadly hidden from the public," warns Horowitz. "With gene therapy, researchers cannot definitively predict where on a [chromosome] the modified gene might land, raising a hazardous possibility of inadvertently disrupting other genetic ex-pressions and cellular functions." Compare this to the organic alteration of genetic ex-pression that can be achieved by simply applying vibration and language (or sound and intention, or *words*) to DNA. Gariaev's historical experiment in embryogenesis points to the immense power of what many are calling "wave-genetics," an area which, contrary to current molecular biology dogma and propaganda, has an obviously more primary influence on the origin of species than biochemistry.

Spiritual masters worldwide have always insisted that our genetic code can be "potentiated" through language--thus the healing effects of prayer,

hypnosis, affirmations, mantras, etc. Happily, Gariaev's research has now scientifically substantiated such phenomena. The more developed the individual healer's consciousness, the less need there is for a mechanical crutch.

Human consciousness, not technology, is the key to enlightenment. Reliance on something outside ourselves to heal us, or make us "whole," is at best giving away our power, at worst worshipping a false god. In an article partly inspired by the Regenetics Method entitled "Finding the Holy Grail," psychologists Barry and Janae Weinhold emphatically argue this point, writing of what they call the Path of



Technology (as opposed to the Path of Nature), "We have nothing against technology per se, and believe that some devices are helpful as 'boosters.' When created by minds connected to heart and spirit, technology can become a useful, but not essential, spiritual tool for enhancing genuinely spiritual living. Technology lacking connection with heart and spirit becomes just another box from which it is necessary, at some point, to break free." When technology transforms into a path, "it encourages dependency because it

implies that people need to rely on a technical intermediary to help them open their own gates of perception. Rather than using primordial tools grounded in nature to empower initiates on their return to Source, the Path of Technology can end up disempowering people and encouraging spiritual co-dependency."

Astonishingly, Gariaev's research reveals even more far-reaching implications with respect to the unlimited healing power of human genetic consciousness. The Russian team found that wave-activated DNA can manipulate the space matrix,

producing small electromagnetic wormholes of a subquantum nature. These DNA-activated wormholes, whose energy signatures are similar to those of Einstein-Rosen bridges found near black holes, are connections between different areas in the multiverse through which data can be transmitted outside space-time.

Potential DNA, which regulates transdimensional self-organization (epigenetic) functions, magnetizes these nonlocal streams of information to itself and then forwards them to our consciousness. Grazyna Fosar and Franz Bludorf, authors of an excellent summary of Gariaev's findings entitled *Vernetzte Intelligenz* ("Networked Intelligence"), refer to this data transfer process as hypercommunication, pointing out that it is often experienced as "intuition" or "inspiration."

When hypercommunication occurs, according to Fosar and Bludorf, an extraordinary phenomenon can be observed in DNA. They relate how Gariaev irradiated a DNA sample with a laser until a typical wave pattern formed on his monitor. When the DNA sample was extracted, its electromagnetic pattern remained, perfectly intact. Many control experiments established that the pattern still emanated from the absent sample, whose energy field apparently remained undisturbed in the holding chamber for up to thirty days, causing light to spiral all by itself following the shape of the physically removed double helix.

This nonlocal, light-bending torsion energy phenomenon has since become famous as the "DNA phantom effect." It is theorized that torsion waves from outside space and time continue to flow through the activated wormholes even after the DNA is removed. DNA activation, remote or otherwise, is thus explained as an ener-genetic transfer of universal creative consciousness manifesting as torsion waves that stimulate a molecular rearrangement of transposons or

"jumping DNA" in potential DNA. In turn, potential DNA shifts the bioenergy fields, which then modify metabolic and replication functions in cells, facilitating healing. This same process of DNA activation that encourages healing, by inviting more torsion light into cells, by definition promotes enlightenment.

"Most people tend to think that the DNA created the [phantom] energy field, and that the energy field is somehow just a 'shadow' of the DNA," writes author and scientific researcher David Wilcock, who proposes a fascinating reinterpretation: "However, I believe that the wave actually exists before the DNA ... [The] only logical explanation is that the phantom energy of DNA is actually the creator of DNA." Since this etheric or torsion energy has been shown to pervade the galaxy, wherever the "materials that create life exist, the subtle, spiraling pressure currents of this energy will arrange the DNA molecule into existence."

Combined with much research of my own, my intuition led me to theorize that the correct combination of sounds, intentionally geared to the body's electromagnetics, could invite an influx of torsion energy capable, for instance, of clearing vaccination toxicity and trauma at the genetic level and upgrading the human bioenergy field to higher harmonic functioning. I came to view the electromagnetic fields as an individual's ener-genetic blueprint that not only can be reset like a blown fuse but, in the process, transformed. Leigh and I named this approach to DNA activation the Regenetics Method after Potentiation Electromagnetic Repatterning resolved my chronic illness and we began to develop other DNA activations. The "fringe benefit" of Potentiation was that it also promoted enlightenment by initiating lightbody activation.

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The Shift of Consciousness

By Praveena Sanjay



Consciousness is an integral part of our psyche and perhaps the only tool that guides us to pure and gentle wisdom. We all are just prisoners of what we call the "ego" game played by our minds. We seldom think back on whether our actions, words and

thoughts reflect the Beings We Are in Reality. We seem to just be bothered about what we are in terms of what others want us to be and what others term as "GOOD and JUST ". And in this race of proving ourselves, our Identity and Truth remains hidden . We have been trained from our childhood that we are supposed to be good human beings who are talented, intelligent and smart enough to tackle the world!!! Even though, what a Good human being means, is

something we have to still find a proper definition for. All the while, we push ourselves hard to become great successful and intelligent humans ...Our own true self is washed away by the brutal demands of the world around us. Or shall I say, the hard truths that life keeps showing us ?

Many of the people whom I meet, ask me "What's the need to know One's true self...what is it going to give us ?" ...To which I say "There are certain things in Life which are much more than Giving and receiving. We either do not want to think the truth about ourselves or we are lazy enough to admit that, or there are few of us who do not even know that such a chapter exists".

The question that arises is " Is it really necessary to know our True self ?". Well yes, but then, just be prepared for a few surprises and a few shocks. The first milestone to achieve while gaining this wisdom is to come out of your comfort zone. Now how many of us are ready to risk this? May be a very few of them. Believe me, from my own personal experience , It is extremely difficult to lead a life of Truth-speaking, however; what you achieve in return is something you can never imagine; if your life has been covered by a river of lies and disguises. The initial outbursts, people getting judgmental about you, calling you as "adamant", "dogmatic" or "very rigid" etc... Are just some of the after effects of speaking and Living the Truth.

We seldom take risks in Life. We always wish to follow what others have been or are following. Our deepest values and ethics that we have been following have never been questioned as they have been followed for ages. If I dare to question them , I may be termed "adamant" or even crazy. We must follow our set of ethics and principles as that is what guides us and makes our life meaningful. Delving deep into our culture, religion and spirituality is an important phase of our life and that makes us understand our truth and how far is it being portrayed in our lives. When we read, we understand the difference between what is the Truth and what we have been believing to be the Truth. Once we

understand and analyze our own truth, we must speak them aloud. A true spiritual seeker is one who thinks, speaks and acts his Truth. A person who appreciates and respects the other persons way of life and beliefs , but at the same time , has full faith and confidence in his own.

By speaking and acting out our Truths, what you achieve, is a state of "stillness", contentment and inner calm that gives you a feeling of being true to your self with respect to your deeds, words and thoughts. So, are we prepared for this big shift in our consciousness? Seems tough, but certainly, possible. We do experience a temporary shift in our consciousness during meditation or sometimes just when we remain still and experience the silence within, however; in order to incorporate this shift into our lives we must start knowing, telling and living our truths. It takes a real shift in our way of thinking to tell our truths in front of others, isn't it!!!! But the immense joy and ecstasy one experiences due to it ; is worth taking the risk!!

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Co-Creation-Part III

By Ilona Selke



I am writing you from Key West in Florida this month and I will add a different flair to your chapter on your path to Co-Creation. Dolphins that look like Flipper abound in the warm waters of the Keys. Tropical flowers, palms, the turquoise water and the very quaint houses with their white balconies transport your heart to paradise.

Don and I had originally seen dolphins at Seaworld in California, in a pool, jumping through hoops and performing all sort of tricks. I sat in the bleachers, my jaws dropped open, and crying. In disbelief I stared at what we as humans could do to such an intelligent being. For some reason I felt that

the orca and the dolphins we saw, were conscious like you and I, and were possibly more capable than we had yet understood. I vowed right then and there to find out. But only in the wild. Since then we have been doing research on dolphins and the higher functions of their minds in the wild. We have traveled to many oceans around the world to find places to meet dolphins on their terms, in the wild.

We have swum with dolphins for hundreds of hours, in Hawaii, Florida, Costa Rica, Mexico, and looked for them in even more places. We discovered that they have some secrets to teach us. Dolphins have a knack for mind to mind communication. They have been known to heal, to be keenly interested in helping humans in need, (which got them the name “Angels of

the Seas” in Grecian legends. Handicapped children have inexplicably overcome some of their challenges after swimming with dolphins, and humans have had relieve of pain after being 'worked on' by dolphins. Because they have such amazing abilities, humans have tried to capture them and make them work, for us.

I can understand the need to connect with beings such as dolphins that are very capable, maybe more capable than humans. But to capture them, stick

called “Picutres in a Dolphins Mind” where he told about their ability to be trained simply by projecting the image of what he wanted them to do. If he wanted them to jump high and touch a red ball with their nose, he just visualized that, and they would do it. He didn't reward any behavior with a fish as most trainers would, but rather gave them love and appreciation.

I took that lesson into the open oceans. Here I discovered that you need to be careful what you imagine. Many times at the beginning I would send



them in a prison and only feed them if they do the 'right' things, or letting them even go hungry, is not acceptable.

You may wonder how dolphins are connected with co-creation. I wrote about this very subject in my book “Journey to the Center of Creation” (1 800-758 7836, now available in four languages.) We discovered that dolphins somehow have the ability to read our minds. They are far better at it than most gifted humans. Frank Robson had written a book

pleas to the dolphins to please come swim with me, with no results. They just stayed at a distance to me. To be exact they stayed as far away as I kept imagining them to be, so that I had reason to keep sending my plea. Do you get the point? I was swimming but imaging that the dolphins was further away, and I wanted them to come closer. They followed my bidding, by staying at the exactly the distance I imagined.

Of course with time I figured out that I needed to

imagine exactly what I wanted, as if it had already happened. From then on I no longer 'longed' for the connection, I simply felt the feeling as if the dolphin was right next to me, or several of them. I imagined what it would feel like to be surrounded by them, to be sonared, to have five of them swim head on to me and then sonar me. Each time I got what I had imagined.

I actually just experienced that today. Last year I had worked with a group of adults here in Key West, getting them to image exactly what they wanted to experience, before getting in the waters. We just slid into the waters that afternoon and played. From a distance a group of dolphins came to us. They are as interested in us as we might be in them. I had held the image of getting sonared by five dolphins head on. And exactly that happened last year. But not only I got what I had imagined, others did too. I love to see the joy on peoples faces when they see this method work. The trick is that you have to FEEL as if it is really possible, actually as if it is really happening.

This year, just after starting on this article for you, I thought, "that was luck, and to do it twice would be unreal. But I made myself imagine this year again my wish fulfilled. And voila, today it happened again. Normally you can see moms and baby parading by, or you see a pair of males or even a whole group swimming underneath you. But you don't usually have five dolphins poking their head toward you and all five sonar you. That's why I imagined this very image. I wanted to make sure it was a unique event. And today it happened again. Their sonar touched my entire body, and it feels like they see through you. Being with dolphins I learned to see how well the method of "seeing and feeling the future as if it had already happened, as if it was already fulfilled."

This is one of the fundamental laws for co-creation. The universe responds justly, by giving us what we imagine to be real and true in our feeling

body. We can either feel the fulfillment, or stay with the longing. If we keep the longing, we don't get the results. If we generate the feeling and imagination of having what we really want to experience, despite the odds, we will get the result.

By simply shifting our attention to feeling what it would feel like to have the wish fulfilled, we move from longing to fulfillment.

We have a great course for this method, called "Living From Vision." You can practice step by step how to create by utilizing your feeling and visioning skills.

This month take ten minutes and prevision your day. Feel what you really want to feel like, what expresses your hearts desire. Additionally if you want to, you can try every morning to imagine a wish fulfilled. You can imagine one wish for a while, or create one for each day. Some wishes are bigger and take some persistence on your end. Some are just small wishes for the day.

You will find yourself getting more successful with each wish you manifest.

Have a great month, and also do some of last months exercises from last month. How many things can you notice, or feel, around you? Notice how you become more peaceful as you do.

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Flowing with Universal Laws

Chapter 2

By Margo Kirtikar PhD



Hermes Trismegistus said: 'That which is below is like to that which is above.' Some people erroneously believe this to mean that what is on earth is the same as it is in Heaven, the macro-micro cosmic relation. In fact, what is actually meant here was that life on earth is subjected to the same Cosmic Laws that the

Higher Spheres are subjected to.

Modern science is well versed in physics and chemistry. However, modern science does not as yet fully accept the existence of spiritual physics or spiritual chemistry, or the psychic world as governed by moral laws. Granted it is not always easy to identify these laws but that is no reason to claim that

they do not exist. An invisible world does exist and our whole life, if we really stop to think about it is based on things we cannot see. More and more we are becoming aware of the fact that our inner world is governed by a non-physical world. Even if you do not believe in God you cannot fail to recognize that there is an order in nature and consequently, there must be a 'Higher Intelligence' which created that order.

Initiatic science acknowledges the existence of three worlds:

The divine world which is the level of ideas, the psychic world which is the level of thoughts and feelings, and the physical world, the world of forms and materialism. Just as we earthlings have to obey nature's laws, nature obeys the laws of the spirit and it is spirit that commands nature. The material world in which we live is linked to the 'moral' world, which in turn is linked to the far higher world of ideas. Because these moral laws are not written down on paper, some people think that they have the right to do whatever they want, but ignorance is no defense before the law. Even if we do not know of these unwritten moral laws, those who fail to abide by these laws inevitably pay the high price of remorse, suffering, bitterness, disappointments and sometimes they might even have to pay the price for their folly with money or with their life. More and more we begin to understand that everything in life is connected and related to everything else, so one can never act alone and think it does not concern anyone else. In fact what each one of us thinks and does very much concerns and touches everyone else in some fashion or another, in the short term or the long term.

For us to have a contented and joyful life we must recognize and accept three major laws: Universal Laws, Moral Laws and Human Laws. The same laws are at work on all levels of existence for the Universe is one and on every level and at every

stage, the same phenomena can be found, although always in different more subtle forms. Our Earth is a living being, it breathes and grows and changes constantly. It is said that nature has a memory and nothing can ever erase what it has once recorded. Whatever we find on Earth can be found also in water, and whatever is in water exists in air and in all living things. All four elements of nature obey the same laws with some differences in the way they apply the laws. Some react violently and others rapidly. For instance the human mind is analogous to the element air, and this is expressed in the form of ideas and thoughts. Emotions are analogous to the element water and these can be abysmal, dismal and cumbrous or pure, virtuous and light.

Over and above the physical body, the human has subtle bodies namely, etheric, astral, mental, causal, buddhic and atmic. The tragic reality is that most of us are ignorant of our own structure and composition and of the constant interaction that goes on between human beings and the invisible beings in the other regions of the universe. It is this ignorance that is the cause of all of our misfortunes. It is easy to create the future but it is very difficult to erase the past. Good always produces good and evil always produces evil. Some people might think that if one is too kind one can get hurt or if one is too generous one gets taken advantage of. This is in reality selfish thinking. The truth is we can never be too kind, too generous, too loving or too considerate towards others. The universe created by God is an immense world bursting with treasures in great abundance. How can we go wrong if we live in abundance following the guidance of the Higher Intelligence that has so marvelously ordered and arranged such a miraculous bounteous beautiful world.

The Constitution of the Universe

In recent decades, modern science has systematically revealed deeper layers of order in nature, from the atomic to the nuclear and sub-nuclear

level of nature's functioning. This progressive exploration has culminated in the recent discovery of the unified field of all the laws of nature, the ultimate source of order in the universe.

Both modern and ancient understandings, locate the unified source of nature's perfect order in a single, self-interacting field of intelligence at the foundation of all the laws of nature. This field consecutively creates, from within itself, all the diverse laws of nature governing life at every level of the manifest universe. The unified field of natural law inside and its diversified expression outside are completely parallel to each other. The laws governing the self-interacting dynamics of the

unified field are the eternal non-changing basis of natural law and the ultimate source of the order and harmony that is displayed throughout creation.

It is written in ancient scriptures that the laws of nature are imposed upon humanity and cannot be avoided. If these laws are broken, infringed or side stepped, they carry their own penalty within themselves, and this nemesis cannot be avoided. This gives us a sense of justice as we create our own heaven or hell right here on earth.

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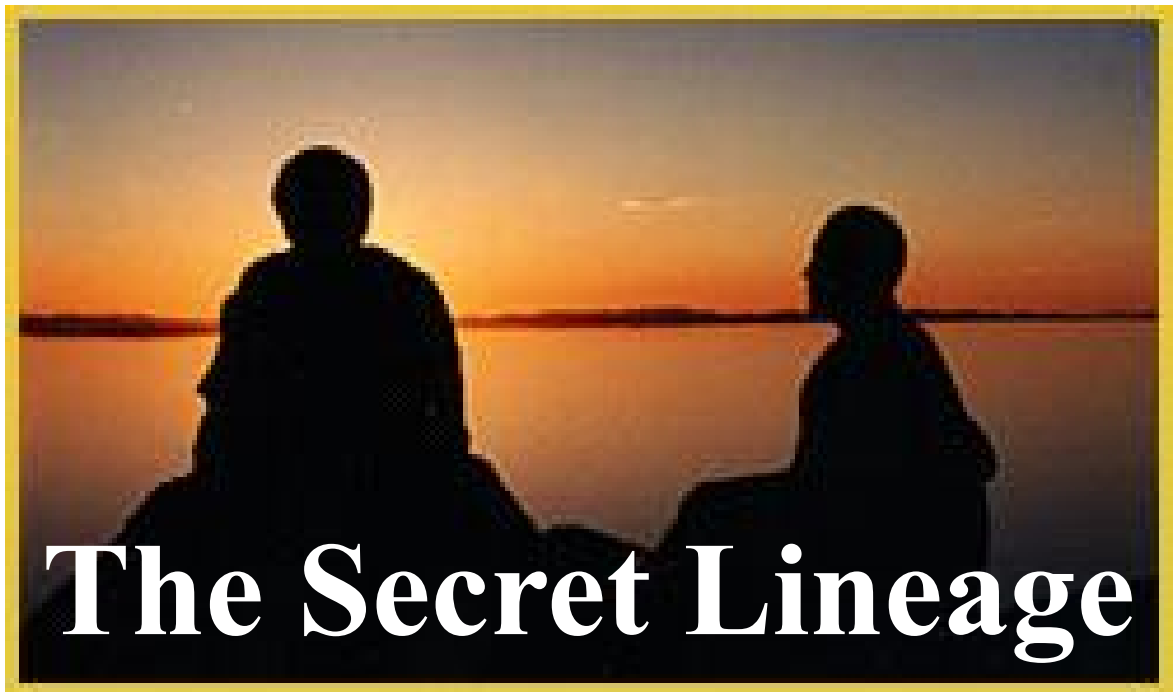
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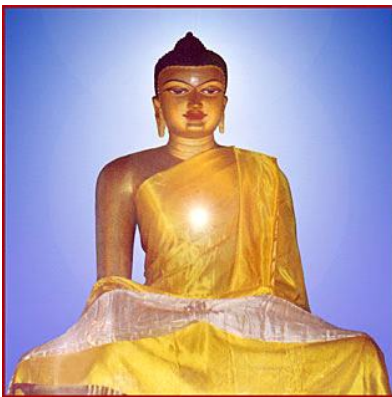
Chapter 3



For centuries the knowledge and techniques involved in the creation of the human light body have been shrouded in secrecy. Occasionally a legend or myth springs to the surface, only to be silenced by the more popular Western waves of cynicism and “rational” scientific thought. The fact that the energetic transmutation of the human body is at all possible is miraculous.



The secret knowledge that allows this transformation has been protected by several sacred orders that have closely guarded this information for centuries. To date, more than 100,000 priests have attained the Rainbow Body using these practices. As we speak, there are literally hundreds of priests and masters utilizing these techniques in order to attain supreme realization. Let us explore the roots of this long and proud tradition.



In the hills of Tibet exists an ancient sect of monks called the Nyingma Dzogchen Buddhist Order. This order began as a teaching of Buddha Shyamuni who was born in 626 B.C.E. In Tibet, Dzogchen is considered to be an advanced secret teaching, which paradoxically, may be easily applied to modern life. The original Dzogchen

lineage was transmitted from Dharmakaya Buddha Samantabhadra, to Sambhogakaya Buddha Vajrasattva, to Nirmanakaya Buddha Shakyamuni. Shakyamuni is the founder of the Order. At the age of thirty-five, Shakyamuni attained Buddhahood in Bodhgaya, India and began to teach the Path to Enlightenment (dharma) in this world. For the next forty-seven years the Buddha's teachings flourished and many beings attained enlightenment. At the age of eighty-two, Buddha Shakyamuni passed into nirvana. The Buddha Shakyamuni then manifested in two separate incarnations or emanations. A Master is said to be an emanation when he reincarnates into the world in human form for a specific purpose.



In 90 A.B.B. (After Buddha's Birth), eight years after Buddha's Parinirvana, the first emanation of the Buddha, Padmasambhava, came into this world and received the complete teaching from many enlightened masters. As an emanation of the Buddha, Padmasambhava taught the Sacred Dzogchen Khandro Nyingthig to numerous beings in India and China. He also introduced Buddhism throughout Tibet.

His main disciple, the Dakini Yeshe Tsogyal, also taught the Dzogchen Khandro Nyingthig to many practitioners who achieved the enlightenment of Buddha. After achieving enlightenment, a Master will generally choose disciples to whom he will impart his sacred knowledge. This process involves many years of oral teachings and energetic transmissions that are designed to prepare many the student for the transformation.

These secret teachings are then handed down in the sacred manner from one disciple to another. This creates a lineage by which the energy and knowledge is preserved. In the seventeenth century, The Grand Dzogchen Monastery was founded by His Holiness Dzogchen Padma Rigdzin (1625-1697) in the Holy Rudam Canyon in Tibet. This great Master traveled to this area with his three main disciples: Terchen Nyima Drakpa, Ponlop Namkha Osel, and Rabjam Thenpai Gyaltsen. (1)

When a Master chooses to impart his energy into a disciple, the power transfer is called the paradosis. This transfer allows the student to attain the knowledge, wisdom, and technique of the Master. This technique is ancient and has been employed by nearly every major religion in the world.

When Padma Rigdzin helped his students achieve realization, a major part of his work was achieved through the power of the paradosis. In this way, the student could acquire the “transmission” and become a living conduit for the power of the teaching. Today, there are hundreds of living “conduits” who are transmitters of secret knowledge from a hundred different sects, religions, and mystical orders. This is the way that a true spiritual lineage is propagated.

Padma Rigdzin and his disciples taught the Dzogchen Khandro Nyingthig for many years. Thousands of Tibetans came to the Holy Rudam Canyon to receive teachings and practice Dzogchen. More than sixty-four of Padma Rigdzin's disciples in this area attained Rainbow Body. Because of this, the Rudam Canyon area came to be known as the Holy Dzogchen Area. The monastery, Rudam Orgyen Samten Choling, became known as the Mother Dzogchen Monastery. Today it is the center of Dzogchen Buddhism.

Many generations of the Dzogchen Rudam Orgyen Samten Choling Monastery's Vajra masters continued to care for and preserve the Dzogchen lineage. Over many years, thousands of practitioners attained enlightenment and transformed themselves into light. The Mother Dzogchen Monastery became the center for the development of the Vajrayana Buddhist tradition in Tibet.

Gradually, the Dzogchen Monastery grew to include seven hundred branch monasteries with tens of thousands of lamas and millions of followers throughout Asia. The Dzogchen Monastery continued to flourish until 1959. This coincided with the Chinese Occupation.

The Great Natural Perfection Yogi Dzogchen Khenpo Choga Rinpoche, is the twenty-fourth holder of the Dzogchen Khandro Nyingthig lineage. Within his being flows the energy of the original Buddha. In this way, he is a living conduit to the Primordial Life Force of the Buddha.

In 110 A.B.B., twenty-eight years after Buddha's Parinirvana, the second emanation of the Buddha, Prahevajra (Garab Dorje), came into this world and received teachings directly from Sambhogakaya



Manjushrimitra

Buddha Vajrasattva. Prahevajra taught the Dzogchen Nyingthig to various beings for many years in India. His main disciple was Manjushrimitra. Manjushrimitra's main disciple was the Great Dzogchen master Shri Singha, who still lives in an enlightened state in the Holy Dzogchen Valley. Shri

Singha studied and practiced the dharma in India with Manjushrimitra and eventually became a great Siddha. From his guru he received the transmission of the six million Dzogchen Tantras, the essence of the buddhadharma that enables one to accomplish buddhahood in one lifetime. Shri Singha became the sixth holder of the Dzogchen Nyingthig Lineage.

After Manjushrimitra transformed himself into light, Shri Singha summoned his Master forth with a long heartfelt prayer. Suddenly Manjushrimitra reappeared in front of him. He gave Shri Singha a small treasure box containing the essential points of the Tantras, Gomnyam Drugpa (The Six Experiences of Dzogchen Meditation).

Following his master's instructions, Shri Singha then went to the Rudam Canyon. There, Shri Singha transmitted the Dzogchen teachings to numerous beings from many worlds and purelands. His main disciples were Jnanasutra and Vimalamitra.



Shri Singha

After many years of benefiting beings, Shri Singha transformed into a Rainbow Body and disappeared into the radiant Dharmata. His secret transmission, Dzir Bu Dunpa (The Seven Dzogchen Nails), was passed into the hands of Jnanasutra. (2)

Jnanasutra in turn gave the Dzogchen teachings to Vimalamitra, who then taught them in Tibet for many years. Hundreds of his followers attained enlightenment of Rainbow Body. His main disciple

was Tendzin Zangpo, who also taught the Dzogchen teachings to many practitioners. Later, this Dzogchen lineage passed from Rigdzin Jigme Lingpa through to the Vajra masters of the Dzogchen Shri Singha University.

Today, The Great Natural Space Yogi Dzogchen Khenpo Choga Rinpoche, is the thirty-third holder of the Dzogchen Longchen Nyingthig lineage. (3)



The fact that there are two great lineages of Dzogchen points to an ancient heritage that has been passed down for centuries. The history of these lineages is deeply embedded in the “legends” associated with the power of Dzogchen. The Masters of this Great Order are connected with the Original Buddha who later incarnated in two separate emanations.

The energy from these emanations survives to this day in the being of two men who propagate the energy through a thriving spiritual tradition. The next great lineage holder of this great sacred power stems from a profoundly mystical tradition called the Sakya. The history of the Sakya Lineage begins with a race of celestial beings that descended from a part of the Spiritual World called the Clear Light heavens. This part of the Spiritual World exists as an extension of the Realm of Form. The Spiritual World may be divided into four great divisions; Consciousness, Being, Intellect, and Form.

Several beings from the Realm of Form took up residence in the mountains of Tibet. They were known as “Lha Rig” which means “The Celestial Race”. After eight generations the “Lha Rig” also became known as the “Khön”, which means 'dispute' or 'strife', due to a dispute with a Yaksha leader. In 750

AD, the Khön family became students of Guru Padmasambhava. They received the Vajrakilaya empowerment, and one of the Khön sons received novice monk ordination. He then became one of the first seven monk translators in all of Tibet.

For the next thirteen generations, (750-1073), the Khön family was a central pillar of the Nyingma School in Tsang Province. In the eleventh century, the head of the Khön family, Sherab Tsultrim, decided that it was time for his family to seek the spiritual teachings of India. The younger brother, Konchog Gyalpo, went to India and studied with Drogmi Lotsawa (992-1074).

The name Sakya derives from the Tibetan *sakya* which means “white earth”. This is the beginning of the name “Sakya.” The holy family who are the hereditary leaders of this precious lineage are known by these three names, “Lha Rig”, “Khön” and “Sakya.”

The son of Khön Konchog Gyalpo was Sachen Kunga Nyingpo (1092-1158). He was a person of extraordinary skill and spiritual attainment who held all the lineages of Sutra and Tantra. At the age of twelve, Sachen Kunga Nyingpo undertook a six month Manjushri retreat during which he had a vision of Manjushri accompanied by two Bodhisattvas.



Sachen Kunga Nyingpo received the Lamdre teaching first from Shangton Chobar, and secondly from Virupa in a series of visions that lasted a month. This became known as the close or recent lineage. Sachen had four sons; Kunga Bar, Sonam Tsemo, Drakpa Gyaltsen, and Palchen Rinpoche. The first died

while studying in India. The second son Sonam Tsemo (1142-82) became a learned scholar at the early age of sixteen. At the age of forty-one he ascended bodily to Khecara, the divine realm of Vajra Yogini. He had visions of many deities and also produced many enlightened disciples.

Jetsun Dakpa Gyaltsen (1147-1216), the third son, received lay celibacy vows and showed strong signs of spiritual maturity in his youth. At the age of eleven he gave his first spiritual teaching. The main student of Jetsun Dakpa Gyaltsen was his nephew, the famous Sakya Pandita Kunga Gyaltsen (1182-1251).

Sakya Pandita studied Buddhist and non-Buddhist philosophy, tantra, logic, Sanskrit, and astrology. When he was twenty-seven years old, after meeting with the Master Pandita Shakya Shribhadra, he became a fully ordained monk and maintained his vows. His works, including the Treasury of Logic on Valid Cognition and the Discrimination of the Three Vows are famous to the present day. He wrote 114 religious treatises. The Treasury of Logic on Valid Cognition was the only text of Tibetan origin ever to have been translated into Sanskrit.

In 1244, intrigued by Sakya Pandita's reputation, Godan Khan, grandson of Ghengis Khan, invited Sakya Pandita to Mongolia, where he gave Buddhist teachings. Later, in 1253, after both Sakya Pandita and Godan Khan had passed away, the emperor, Sechen Kublai Khan invited Drogon Chogyal Phagpa, the nephew of Sakya Pandita, to his court.

Phagpa invented a new script in which to write the Mongolian language. Kublai Khan was so impressed by Phagpa's performance that he declared Buddhism the state religion of Mongolia and presented him the rule of the three provinces of

Tibet. Thus, Phagpa was the first person in Tibetan history to gain religious and secular authority over the whole country. It was at this time that the great temple Lhakang Chenmo was completed in Sakya.

To this day it still stands and houses the greatest religious library in Tibet. Phagpa was succeeded by his brother Chagna and altogether the Sakyapas ruled Tibet for more than a hundred years. Tishri Kunglo (1299-1327), eldest of the fifteen grandsons of Sakya Pandita's brother, founded four dynastic Palaces: Zhithog, Rinchen Gang, Lhakhang and Ducho. Only the last of these four great houses survives. In the eighteenth century, at the time of Sakya Trizin Wangdu Nyingpo, the Ducho Palace split into two - the Dolma Phodrang and Phuntsok Phodrang.



His Holiness Sakya Trizin Ngawang Kunga

The present heads of these two palaces are His Holiness Sakya Trizin Ngawang Kunga (b. 1945) of the Drolma Palace, and His Eminence Dagchen Rinpoche (b. 1929) of the Phuntsok Palace. His Holiness Sakya Trizin, the head of the Drolma Palace, is the current head of the Sakya tradition. He is the 41st holder of the Sakya Throne and lives in Dehra Dun, India. His Holiness has two sons and a sister, Jetsunma Chimey Luding, who teaches extensively throughout the world. His Eminence Dagchen Rinpoche founded Sakya Thegchen Choling in Seattle, Washington. Dagchen Rinpoche

has one brother, His Eminence Thinley Rinpoche.



His Eminence Dagchen Rinpoche

Dagchen Rinpoche has five sons. The second son, Ananda Vajra Rinpoche, an accomplished lawyer, is currently living in Dharamsala, India. He assists the Dalai Lama with legal and constitutional matters. Succession to the position of Sakya Trizin, head of the Sakya tradition, has been hereditary since the time of Khön Konchog Gyalpo and recently alternates between the two palaces. (4)

A third great lineage holder of the secret knowledge of the Rainbow Body lives in Java. His Eminence Prince Ratu Agung Sri Acarya Vajra Kumara Pandji Pandita Pandji Sakti was born in Bandung, Java. He is an incarnate Tantric and Mahamudra master in the unbroken lineage of the Indonesian Sakya tradition.

From the lineage of his father's Royal Dragon clan, he is a 12th generation direct descendent of the enlightened King Pandji Sakti of Bali, who dissolved his body to light in 1663.



H.E. Prince Ratu Pandji Pandita is the great grandson to the last Dharma King of Bali, Ratu Agung Made Singaraja, who spent the

last half of his life in dark retreat in a cave. Ratu Agung Made Singaraja was known throughout Indonesia as a Tantric master and hero in battle

against the Dutch.

H.E. Prince Ratu Pandji Pandita's mother, Raden Juariah (Princess of Dawn), is a direct descendant of the lineage of Asanga and Nagarjuna, in which all the Dharma kings dissolved their bodies to light.

In addition to H.E. Prince Ratu Pandji Pandita's training as a Buddhist Master, he was taught and guided by his grandfather Raden Sasmita Atmadja. His grandfather is a very well known Sufi and Dzogchen master in Java. The great grandfather of Raden Sasmita Atmadja was Syech Abdul Muhyi. He was an enlightened being and a greatly revered Sufi master from Indonesia.

On the 9th December 1994, H.E. Prince Ratu Sri Acarya Vajra Kumara Pandji Pandita Pandji Sakti was recognised and coronated as King of the Dharma of the authentic Vajrayana lineage in the mandalas of Manjusri and King Pandji Sakti. This was the first such recognition of a high spiritual teacher in the lineage since the death of his great grandfather in the 19th century. This is an extremely high spiritual honor.

H.E. Prince Ratu Pandji Pandita was recognised by both the Dragon and Tiger lineages as an emanation of Manjusri and Maitreya Buddhas. He has also been recognized as a direct emanation of King Pandji Sakti. This lineage is famous for its teachings on pristine awareness, absolute compassion and healing. Throughout history all of the Indonesian masters are renowned for their healing power. H.E. Prince Ratu Pandji Pandita, was a Doctor of Traditional Chinese Medicine and Master of martial arts.

The Indonesian Vajrayana lineage is a healing and Tantric tradition. This lineage teaches the art of liberation through loving relationships and our

relationship with the world around us. H.E. Prince Ratu Pandji Pandita is the founder of the King Pandji Sakti Sangha Vajrayana Buddhist Society, International. (5)

The knowledge and power of the transmission of Rainbow Body technique has a long and complex history. Not only is the power real, it is protected with a fervor that is unlike anything I have ever witnessed. However, the knowledge of the Rainbow Light Body transcends Buddhism. There are a number of the world's great religions that teach about the existence of an immortal light form to which all humans are heir. All the major spiritual traditions of the world demonstrated that enlightenment of spiritual realization is not simply a one-time psychological event. As a process, spiritual realization has progressive phases, or sub-stages, of transformation. Very real and tangible physical changes occur as a person ascends in consciousness through mystical or transcendent experiences. In the last stage of enlightenment, according to esoteric teachings in various sacred traditions and schools, the human body itself is changed from flesh into light.

Through the process of transubstantiation of the flesh, blood, skin, and bone, one actually becomes a being made of light. This Light Body is generally accepted to be an immortal and indestructible Form by all accounts.

In the Judeo-Christian tradition, this body is called the "resurrection body" or the "glorified body." Saint Paul called it the "celestial body" or the "spiritual body."

In Sufism, it is called "the most sacred body" and the "supracelestial body." In Taoism, it is called the "the diamond body," and those few humans who have attained it are called "the Immortals." In Tantrism and various yoga systems it is called "the vajra body"

and “the adamantine body.”

In ancient Egypt, it was called “the luminous being.” Sri Aurobindo, a great Indian teacher and mystic, stated that “divine body” is the ultimate stage of human evolution. He felt that a deathless condition resulting from transubstantiation of the fleshly body could be attained by personal effort, meditation, and divine grace. The seeds of this immortal form are said to exist within each of us.

The caterpillar contains all the information within its genome necessary for its transformation into a butterfly. In the process, there is a complete transubstantiation of its fleshly body into something totally unlike its birth form. According to the ancients, all humans possess this transformative ability. How does Western Science perceive this phenomenon? Is there any scientific basis for these miraculous claims? Does physics as we know it support these teachings?

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Our Vibrational World

By C J Martes

You exist in a world comprised of many different forms of energy vibrations. Various stimuli enter your consciousness or at a more subtle level - your subconscious.



Your life is filled with a myriad of different energy frequencies. When you were born your perception of these energies was limitless. As children you could automatically tune into the unseen universe around you. As you became an adult, this awareness began to diminish.

You feel limited due to your inherent struggle to adjust to harshness of physical existence. It is not a struggle for you to exist etherically. The world is truly a melting pot of not only different types of living beings, but also different types of energy and vibrations.

The world around you is changing. You are entering a time now where your previously limited perceptions are expanding toward an evolution in human consciousness. Your blinders can be removed to reveal a world full of depth that you didn't realize was there all along. This is partly due to so much other stimuli in the world that can work against the perception of your etheric energy. This is mostly what can cloud your vision. Things such as the electromagnetic radiation emitted from electrical wires, cell phones, television sets and computers. These types of energies disrupt the natural cohesive quality of our etheric body and energy.

Shifting our perceptions to the dynamics of energy all around us can be difficult but is essentially

necessary to become a part of the vibrational world around you.

The key is to shift your perception slightly and understand the existence of such energies. This allows you to incorporate more energy concepts in your daily life. By recognizing that all individuals have a unique energy such as, plants and animals, emotions and feelings and thoughts. The words you speak contain their own energy frequency. So be careful what you say and think! Because the energy will come back to you at some point in the future.

By expanding your consciousness this way, you will accept that you are receiving energy and vibration throughout your day. Once you view these dynamics, then you can begin to assess how you feel in relationship to these energies. You can form greater trust with your instincts and feelings. You can learn that your reactions and feelings are based on our interpretations of energy between yourself and others in the world around us.

There are some people who grow up in their physical existence but are already fully aware and in tune with these energies. They learn to interpret them and in this way are connected to the universal life source and the information it brings. These people are the seers, psychics, mystics, healers and the gifted ones of our world.

These abilities are not just reserved for those with "special abilities". Anyone can tap into the energy and information it brings. It simply takes practice. The more you practice something, of course you get better at it.

Everyone is capable of learning to interpret energy and connecting to the universal energy if you

desire to.

So that you can begin to shift your own perceptions, here is an example situation to illustrate a common energy dynamic and one that causes a lot of frustration:

Let's say you are waiting at a red light at a busy intersection.

You see a car coming up to the intersection, headed your direction in the lane next to you.

The light turns green and you push on your accelerator to proceed across the intersection. The car in the lane beside yours whizzes past you and suddenly cuts you off in your lane.

Several seconds later the car hits its brakes to slow down to turn onto the next street.

You are upset and startled. Why did this person just speed up to slow down?

The situation occurred quickly and was over the moment the car in front of you turned that corner.

Now you continue to drive to your destination. How do you feel?

A common response to this question would be angry, mad, frustrated, frantic, and so on.

Can you see the energy dynamic happening in the above situation?

You could say that the behavior of the individual in the other car was rude and or get mad and yell at them.

Having emotions about the action of this other person is not a bad response. We are human and have emotions and frustrations just like everyone else. It's important after your initial reaction to take your processing of the situation a step further to look at

what's going on energetically.

First, the person in the other car has their own energy just like you do. They are traveling at a high rate of speed in a vehicle. Let's just imagine for a moment what happening with this energy dynamic as you sit in your car as the force of their energy is coming up behind you.

Your etheric self can feel the wave of energy moving toward you long before it reaches you. Then the wave arrives as they pull into the lane next you. Not just the momentum of energy of that individual but also their thoughts and feelings as well. That

person could be late or worried about getting somewhere. All these lower vibrations wave across you as the individual is even with you on the road. As they pass and then move in front of you, the energy surrounds you.

As a being made of energy, you can imagine the reaction you would have to feel such an energy force coming at you and surrounding you.

This is where our emotions come into play. Our emotions are reactions and can be a counter move to stimuli as you experience it. Often when energy comes at us that is forceful and of a lower vibration you often match the vibrational energy you are receiving. In order to reach an equilibrium with the "invading" energy. This is called entrainment.

So when the car came forward and cut you off, your etheric reaction was to emit an emotional energy in order to accommodate the new vibration you were receiving.

Your etheric body is a perfect adapters to life situations. Your etheric body can entrain or match a vibration in order to maintain a balance of energy.

Over time you can learn how to higher



frequencies of energies rather than the lower vibrational energy of the above situation. You do not have to necessarily match the chaotic vibrations of others. You can hold your own vibration in balance and harmony instead of allowing it to get pulled to and fro.

This ability will come with practice and a willingness to hold the highest vibrations in the universe – spreading altruism and unconditional love. Apply this same principle to other interactions in your life. Understand the energy dynamics in your life. They are all around you in every person you interact with. The goal is to fully awakening of your etheric self..

You can also assist others with there own spiritual transitions if you begin to open your heart to understand the energy everywhere in your life. As you begin to perceive the energy in your life, a

dramatic shift can occur.

Through this new awareness you gain greater empathy for people through your utilization of these vibrational concepts.

When you view the energy involved in a particular situation it becomes less and less about "he said, she said" or "me and them" and more about being one with the collective vibrations of the universe.

You can help to remove the judgments from your world by incorporating energy and living more vibrationally in the years that follow.

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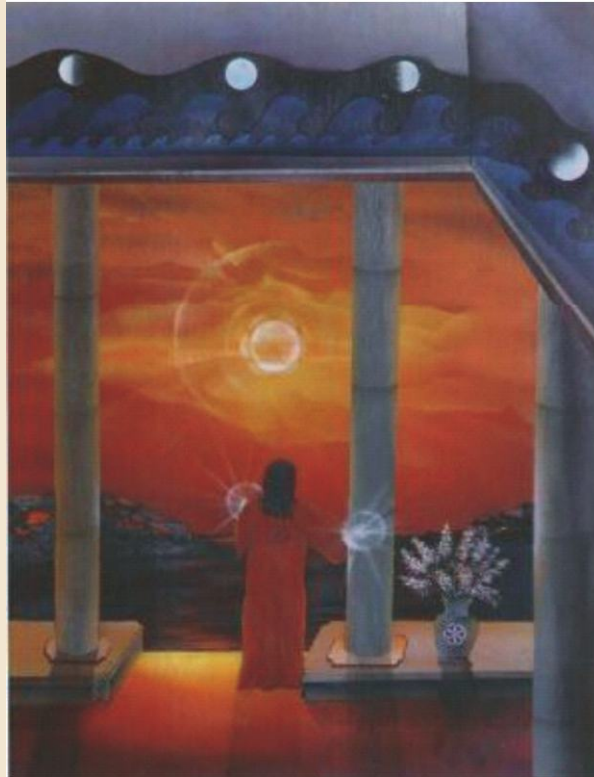
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SPIRITUAL ART

"Home"



Each of us has an aspect of ourselves that guides and oversees our human existence and the progression of our spirit.

In a meditation my Higher Self chose to reveal itself to me. I had a rare moment to see my highest-expression-of-being and experience the energy of myself as my solar, or guardian angel being. I was moved by my feminine to androgynous loving energy and awed by the dazzling brilliance of my chosen place of dwelling in the spiritual realm.

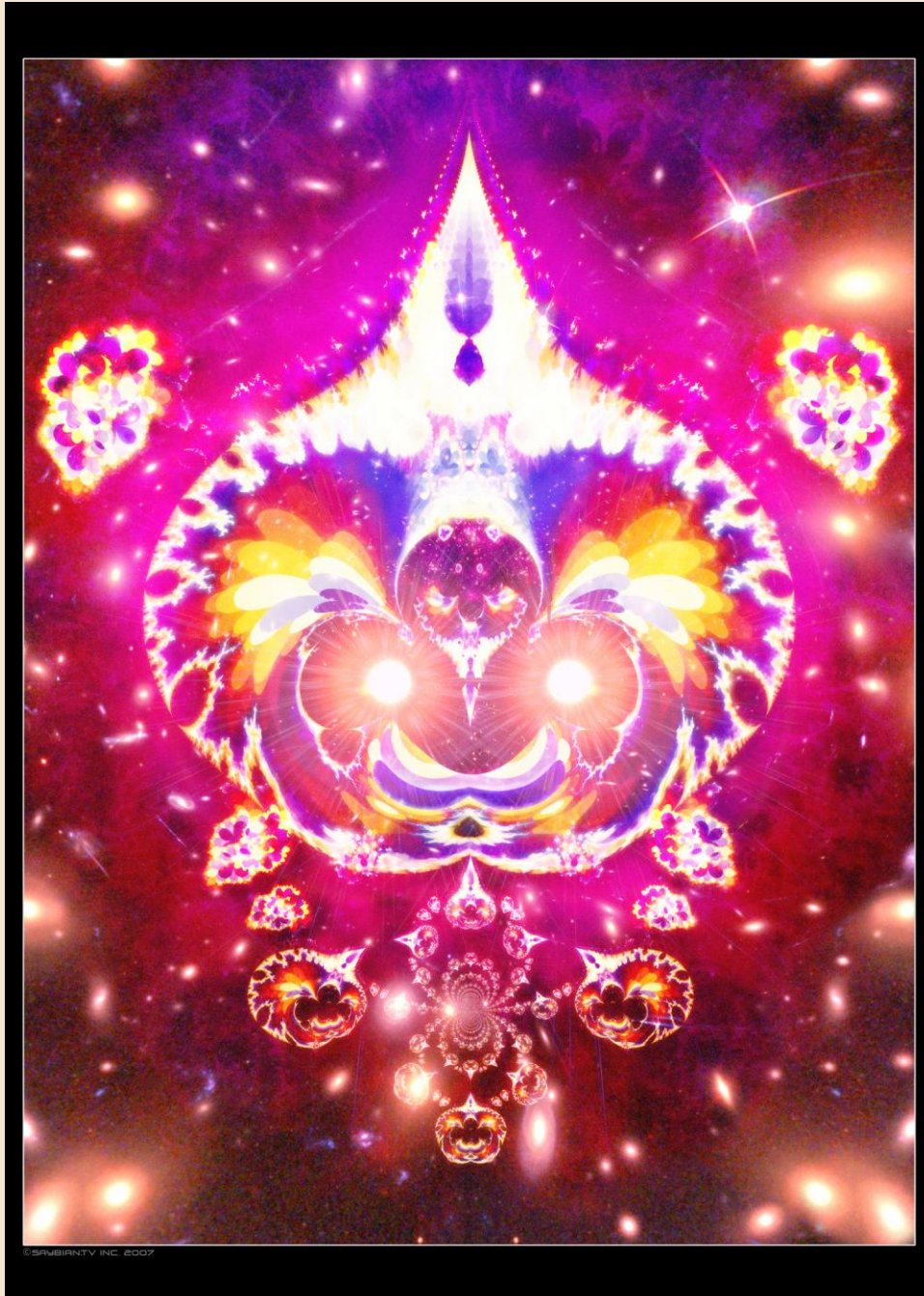
Within the sun image of the painting I incorporate the "seed of life" sacred geometry symbol for we are living in a time when the previously hidden wisdom of the geometric patterns that hold the interconnectivity of all things are now being revealed. All things, from the smallest cell to the largest galaxy are connected with a consistent pattern of molecular structure and energy patterns that ties us into the divine construct of God.

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SPIRITUAL ART

"The Gates"



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ASTRAL ART CONTEST

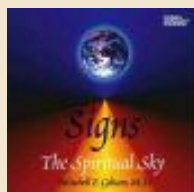
YSR Astral Art Contest Winner

YSR reader Darren Thompson



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Winner gets following Prizes!



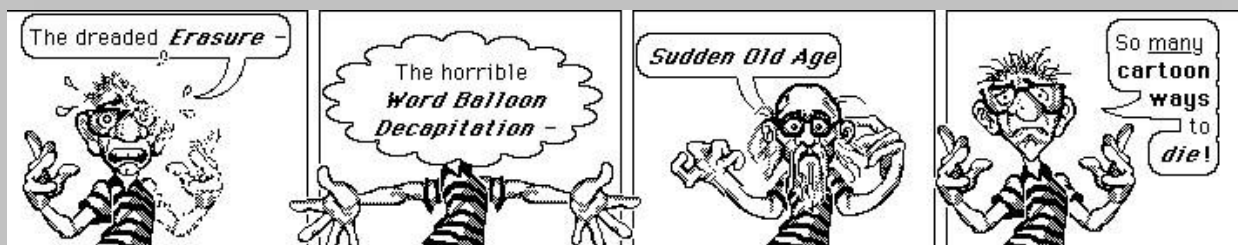
Personalized Spiritual Potential Report

Personal Aura Reading by Rose Rosetree

HUMOR TIME!

THE LIFE OF WALTER EGO - Cartoon Universe

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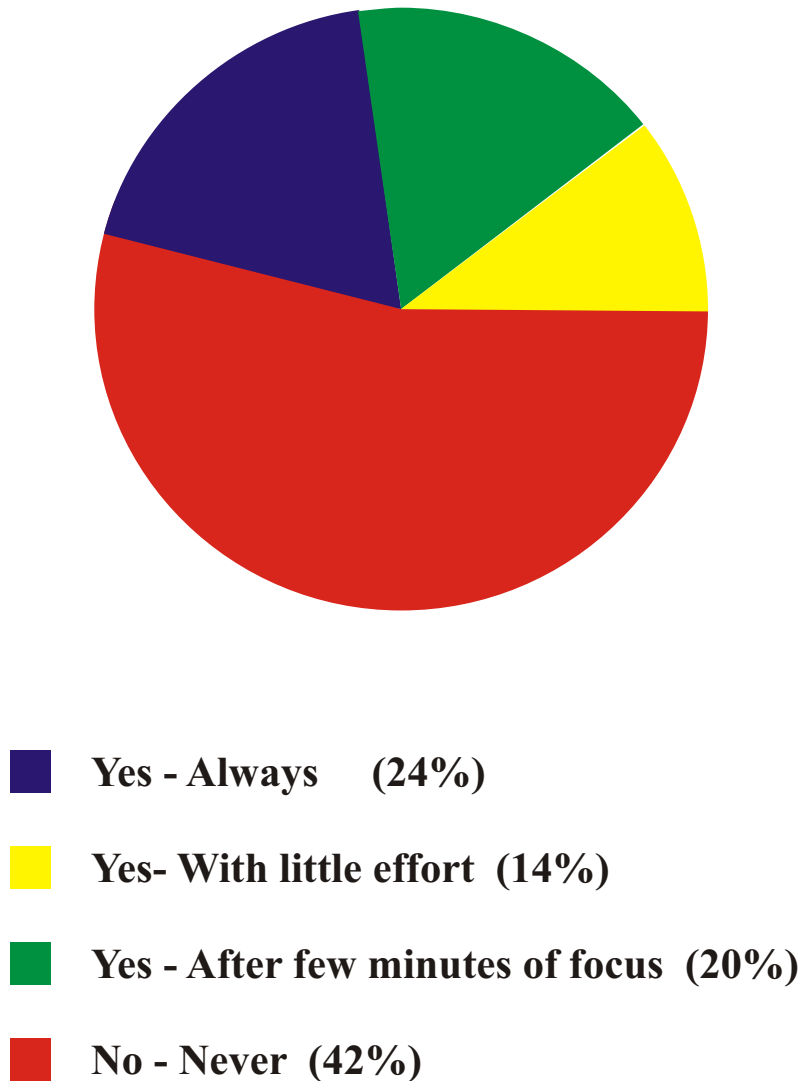
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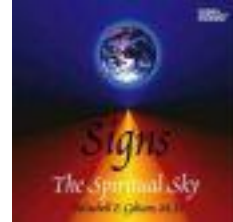
YSR August Month Poll Result

Can you see human aura with your eyes?



Personalized Spiritual Potential Report

Pelle Johansson from Japan (id: PelleSensei)
Yathendra Nath Koka from Singapore (id: nath143)
Cindy from Phoenix, USA (id: Lady)

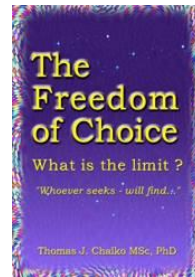


Spiritual Reality VCD

Munira Thanawala from Thane,
India (id: munira t)

Freedom of Choice Book

Kiran Yerramsetti from Bangalore,
India (id: jgdkiran)



Chetnano Vikas (Gujarati) Book

Prashant Dave from Surat,
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