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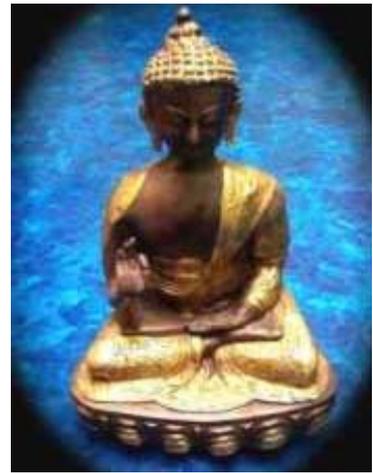
Table Of Contents

[Copyright & Disclaimer](#)

[About Us](#)

[Introduction](#)

[Aspire To Wisdom Free Ezine Page](#)



[Visit Mystic Visions Website](#)

Metaphysical Articles

[Developing A Reflective Life In the Midst Of Turmoil](#)

[The Secret Of The Masters — Yours!](#)

[Your Life As A Mystery School](#)

[Communing With The Universe — The Power Of Oracles](#)

[Uprooting The Tree Of Ignorance](#)

[10 Steps To Contacting Your Higher Self](#)

Personal Development Articles

[Do You Think Or Are You Being Thought?](#)

[The Key Attitude For Success](#)

[Using A Journal For Personal Development](#)

[Money & Spirituality — Do They Mix?](#)

[10 Things You Can Do To Make A Quantum Leap In Your Life FAST](#)

Previous



Click these two icons
throughout the book to
go forward or backward



Next

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Previous



Contents



Next

About Us

Hello and welcome,

Asoka Selvarajah here — the author of this E-Book and of the “Aspire To Wisdom” Ezine from which the articles here are taken.

My interest in Personal Development and Esoteric Spirituality has been with me in different shapes and forms throughout my life. It has taken me to many of the world’s Spiritual Power Places: Egypt, Peru, India, Mexico, Israel, Nepal and more. Moreover, I have studied extensively on strategies for achieving Self Improvement; the success strategies taught by all the world’s great motivational coaches.

Increasingly, I feel a mission to share these valuable findings with as many people as possible. In other words, **YOU!**

Born in London England, I gained a Ph.D in Nuclear Physics at the tender age of twenty six. This work involved mixing matter and anti-matter using the huge particle accelerators in CERN, Switzerland! I then followed up with a career in Investment Banking in London, using strange esoteric methods to forecast the movement of the Stock, Currency and Bond markets. In late 1999, the forces of change led me to seek a way of life and service more in tune with my heart. It was at this time that the Mystic Visions website was first created, along with the monthly ezine, Aspire To Wisdom.



What does all of this mean for you? In the articles contained here, and in the Aspire To Wisdom ezine, you gain some unique benefits. First, in discussing Success and Self Motivation, I am not just a talker. I have achieved some worthwhile successes in life, which gives more credibility to my writings than would otherwise be the case. Second, I bring a very practical frame of mind to anything I write about. This means you get something from each article that **you can put into use right away to benefit your life!** Third, my scientific training reflects in these articles. Thus, I always strive to give you only the best information **derived from the world’s great master teachers** on these subjects. A sober and measured approach is taken to even the most esoteric subjects, which I hope you will appreciate.

Enjoy the book and ponder the message it speaks to your heart. *I would like to extend a personal invitation to you to subscribe to the [Aspire To Wisdom Ezine](#).* It’s monthly and it’s FREE. If you like this book, please feel free to send it to as many of your friends as you wish. Good life-changing information is so precious. So if you value the thoughts here, please share them with others.

Enjoy the E-Book and I hope to hear from you in the future.

Warmest Regards,

Previous



Contents



Next

Introduction

Why should you read this book?

The Inner Light Outer Wealth E-Book is intended to educate, entertain, and inspire. It aims to challenge conventional thinking and give you new perspectives on life and your place in the scheme of things.

The mission is to provide YOU with many of the strategies you need to fully develop your personal and spiritual potential, grow in understanding of the truths of life, and thereby live a joyful life harmonious with your soul's true purpose.

Do I claim to have all the answers? Not at all. That's why our ezine goes by the name of "[Aspire To Wisdom](#)". I'm aspiring just as much as you are!

In this book, you will discover the ONE secret all the great Spiritual Masters had in common, learn THE key attitude for achieving Success, examine issues of money and Spirituality, discover 10 things you can do today to make a Quantum Leap in your life FAST, and much more. If you like what you read, please subscribe to the Ezine. It's monthly and FREE. If you would like to subscribe right now, please go online and then [CLICK HERE](#) .

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Previous



Contents



Next

Developing A Reflective Life In The Midst Of Turmoil

The modern dilemma and the search for meaning

One of the most important things you can do in life is to simply find time for yourself. By this, we don't mean opting out of society or "spacing out". Value yourself enough to give yourself time to simply be, without any expectation of goal or result. Paradoxically, by doing this, we can often achieve far more in our externally focused lives than we otherwise might.

When our lives are primarily externally focused, it becomes easy to lose sight of the game-plan. What are we doing all this for? What is the point of it all? Like too many stressed out corporate "high-fliers", we may reach the very top of the ladder, only to find that it is leaning against the wrong wall. The joy of simply living all too easily evaporates as we postpone our pleasure for some unspecified future date. We don't allow ourselves to be happy NOW, but instead promise ourselves that when we have got that promotion, or fallen in love with that ideal partner, or had that baby, bought that new home, or become a millionaire, THEN we can be happy. Meanwhile the present time, which in truth is all we ever really have, quietly slips away.

Do you work for money or does money work for you?

The biggest trap is to work for money. Many people do this assuming that once a certain amount of money has been amassed in the bank, or once they can see the sheer immensity of their assets laid out before them, THEN they will be truly happy. Again, it is an utter illusion. The truth is that you have to prepare your mindset for wealth first or else (a) you will never truly achieve it because your inner mind will forever act to keep you within your comfort zone or, (b) if you do achieve it, you will not have developed the habits of mind to be content with it anyway.

Tony Robbins tells about how much he wanted to become a millionaire but once he actually achieved it, the thrill lasted for about ten minutes. After that, everything felt just the same as before. Yes, there are many millionaires who are happy. However, there are many who are as equally miserable. In fact, many of the latter would agree that their prime cause of sorrow is the money itself; fear of losing it, dissatisfaction at not being as rich as so-and-so who is worth ten times more, etc. The key point is that money itself is not the determiner of happiness and purpose. A correct state of mind IS.

Capturing our purpose is THE most important thing we can possibly do. It is not the work of a moment, an hour or even of a few days. It is an ongoing project that brings more riches each

Previous



Contents



Next

and every day. By doing this, we discover who we really are and why exactly we are here. The truth is that you are here for a purpose. You manifested into this life for a reason. So how do we go about discovering this purpose?

How to win back your life from the endless bustle of modern existence

The first thing is simply to make time for yourself. Treat yourself as precious and important and find times to be alone in quiet reflection upon your life. Many people meditate to gain deeper insights about themselves. This is certainly immensely valuable. However, if you feel uncomfortable with meditation at this stage, then simply creating moments in the day when you can ponder and wonder can be deeply beneficial.

At several points in the day, try simply closing your eyes and taking a deep breath. Turn your attention inward and remember whatever it is you need to, and as you let your breath out exhale all your tension and concerns. David Kundtz, in his excellent book "Stopping", calls these brief moments in the day "Stillpoints". They are easier to do than meditation because they only take a few seconds. However, if you do about fifteen or so of these a day, it can make a tremendous difference to your inner calm and perspective on life.

You can also do what Kundtz calls "Stopovers". These are slightly longer breaks lasting from several minutes to several hours, where you take time to specifically do NOTHING. This is important. There is no agenda. You simply give yourself time to BE. You listen to your body and what it has to say.

You listen to your inner intuition and gradually develop the ability to hear its valuable insights. You develop Openness and gradually by-pass the inner critic that filters out what you heart's desire really is with negative thinking and being "realistic" By giving yourself more time to simply be and experience your own "being-ness" without preconditions, you gradually awaken to what your soul's purpose is, one step at a time.

Resources That Can Help:

["Stopping" by David Kundtz](#)

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Previous



Contents



Next

The Secret Of The Masters - Yours!

"It is only in the depths of silence that the voice of God can be heard."

Sai Baba

The Silent Secret

It was Aleister Crowley who made a profound observation that I have always remembered from the time I first read it. He pointed out that there is one - and only one thing - in common in the lives of Jesus Christ, the Buddha, Mohammed, Moses and other great spiritual teachers. Apart from this, their lives and teachings were totally different. So too were the people they preached to and the message they taught. However, there is one unique experience that they all shared in exactly the same way.

Think for a moment what it might be. It's not an easy question.....

I won't keep you in suspense. Crowley points out that all of these founders of world faiths, without exception, retreated into a wilderness prior to receiving and delivering their great revelation to the world. Jesus was baptised by John and promptly disappeared into the desert for forty days and forty nights. The Buddha escaped from the samsaric slumber of the royal palace in which he was born, and went to meditate under a bodhi tree for many years before enlightenment came. Alone, Moses disappeared to the top of Mount Sinai and received the ten commandments, and more, from the burning bush of God. The Prophet Mohammed spent much time in a lonely cave at night in the hills outside Mecca before he received the Koran from the Angel Gabriel.

Silence. Retreat. A Wilderness experience. Communing deeply within. This is the X factor. It can truly be said that prior to this inner retreat, there was actually nothing spiritually distinctive about these people at all. Virgin birth apart, the life of Jesus prior to this isolation is hardly even discussed in the Gospels. The Buddha was one of many Indian princes. You couldn't have picked Mohammed out in a crowd. And Moses, though an accomplished magician at the time, and leader of a nation of homeless and hungries, still had his best days very much ahead of him.

When they returned from the place of silence and solitude, they came with FIRE! The flames of that fire spread with unquenchable force. It set light to the world. The truth they revealed differed very markedly, according to their own times, as well as the history and traditions of the people they taught. But it was new. It was powerful.

It came from a place where most of us never go. It was divine revelation.

Previous



Contents



Next

Practical applications of this Secret to our lives

Perhaps none of us will start a major world faith or would even wish to. Yet, the power these spiritual masters tapped is available to us all. In fact, they are the first to say this. This power can transform our personal and spiritual development. It is the power to break the boundaries of our own limitations and ego consciousness.

Now, from this dramatic comparison of the lives of the Spiritual Masters, we have a strong hint of how to get there ourselves. It is through silence, withdrawal and inner stillness. It is only by BEING, i.e. willing to spend time with ourselves, to conduct our own retreats. This is how we can truly break through the barriers and blocks that prevent us from realising who we really are and what our life destiny is.

If you need any more persuading, consider the following from some of the greatest minds that have ever been:

"All of Man's problems stem from his inability to sit quietly with himself"

Pascal

"You can't teach anybody anything, only make them realise the answers are already inside them"

Galileo

"When you go into the space of nothingness, everything becomes known"

Buddha

"You can never learn anything that you did not already know"

Aristotle

"The Kingdom of Heaven is within you."

Jesus Christ

An old story relates that the Gods debated as to where to hide their wealth of wisdom and

Previous



Contents



Next

spiritual power. They finally settled on hiding it deep within Man himself. They knew he would look for it everywhere across the planet except there!

Thus, if you wish to make progress in anything - spiritual, material, or even financial - the place to start is to go within. This is where the Inner Genius lies, the Higher Self, the Power of God. Spend time with yourself in contemplation. Wait upon that inner voice. Do not bring your preconceptions with you. Allow what comes to be virgin-born.

How different this teaching is to that of the world; even of the spiritual authorities. The Church will tell you that spiritual growth comes through regular attendance, good works, holy communion and other outward forms. The business world will tell you to attend more seminars, read up on presentation techniques, and jump onto the latest trend.

However, the wise person knows that inner victory must always precede outer. There are no shortcuts. This way of silence is tougher. It takes time and patience. It is out of sorts with the ways of the world, which is precisely its power. You may not even know how to begin or what to expect. Just begin. Schedule regular time for it. All questions will be answered in time. By You!

It is the way the Masters have walked. It is the way they recommend. Practise it yourself. Begin today.

Resources that can help:

[“The 7 Golden Secrets To Knowing Your Higher Self”](#) by Dr. Asoka Selvarajah

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Previous



Contents



Next

Your Life As A Mystery School

What were the Mystery Schools?

Mystery schools once existed throughout the Ancient World - Greece, Egypt, India, China, South America. These spiritual centres provided a place where students could receive a mystical education by progressing through a series of spiritual trials and initiations. The goal was to provide seekers with the highest levels of spiritual realization - to understand the deep truths of existence, the cosmos and human life. Initiates of the Mysteries were credited with wisdom, as well as great magical and occult powers.

The main method of teaching the Mysteries was through myths—stories with deep mystical and psychological symbolism; for example, the Greek and Roman Myths. In reality, these stories possessed two different levels. On the mundane level, the myths could be seen as simple entertaining tales with light moral undertones. For most people, this is how they would be received. These were the Outer Mysteries.

However, for those with eyes to see and ears to hear, there existed the Inner Mysteries.

Students of the Outer Mysteries would be carefully observed. Some would show signs of recognition - a clear ability to see beyond the superficial level of the stories to the more profound meaning. These few would then be selected for further initiation into the Inner Mysteries. They would serve under the tutorship of the Master (Hierophant) of the Mystery School and be taken to ever deeper levels of spiritual unfoldment.

The teachings were hard. The initiation ceremonies were dramatic and frightening - seemingly life and death situations where the student was exposed to his deepest fears and temptations. Perhaps the mythological stories would be enacted in the depths of a dark cave to the sound of loud gongs and frightening flashes of light. Frankly, nobody really knows. Initiates were sworn to strictest secrecy, even unto death, and these matters were never written down.

How to make the Mystery Schools a living reality in your life today

Thanks largely to the efforts of organized mainstream religion throughout history and the world, the Mystery Schools have mostly vanished on the physical plane. However, they still exist on the spiritual level. More excitingly, they can come alive right now for YOU in a personal way - through a profound study of your own unfolding life.

Prior to your birth, imagine that the spiritual part of you — known as the Higher Self - made some decisions. It determined precisely the lessons and experiences you needed to undergo in

Previous



Contents



Next

order to learn, grow and perfect yourself in all ways. It then chose exactly the right parents, and the right time and place for you to be born. Ever since your birth, it has been orchestrating ALL the events and people in your life to perfectly present you with all the challenges and lessons you most need in order to develop yourself. From this perspective, nothing happens in your life by chance. Everything has meaning. There are NO accidents.

What is the goal of all this? What is the purpose of your life from this perspective? It is no less than to become a Spiritual Master over as many lifetimes as it takes!

THIS is the perspective of your life as a Mystery Story. The Master Teacher of the Mysteries is your Higher Self. Through the trials of ordinary life, - through perceiving the mythic dimensions of it - you are presented with the lessons you most need to learn in order to perfect yourself in all ways.

It is a theory which cannot be definitively proven. However, as the great mystical teacher, Paul Solomon, once said, life works far better and makes more sense if we assume it is true, even if it is not!

The Mystery School perspective is very similar to the way in which we regard dreams. Modern Psychology postulates that every person, object and situation in our dreams has deep symbolic meaning. They are created by a part of our mind that understands and thinks only in symbols. The challenge is for our waking consciousness to then make sense of all these meaningful symbols.

This is EXACTLY the same situation that is presented with our waking lives from the Mystery School perspective. In a sense, as long as we participate in life unawares, we are still asleep. As soon as we realize and actively participate in the Mystery School lessons of our lives, the sleeper awakens to progressively greater levels of awareness.

If your life is a Mystery School, everything that happens to you is by design. There are NO accidents. Every person who enters your life, every situation whether joyous or tragic, every challenge you face, is there for a specific reason. From this viewpoint, you have to stop blaming your parents all the time for the way you turned out. After all, you chose them!

Like King Arthur, Perseus, or Odysseus, you are the hero of your own personal Mystery Mythology. The events and characters in your life are the colorful fabrics of which your story is woven.

The trials of life are your greatest teachers!

People and circumstances that you perceive to be enemies and trials are in fact your greatest teachers. In the Mysteries, the initiators could appear to the student as demons or monsters - evil forces that had to be overcome before any further progress was even possible. These were in truth archetypal forces within the pupil's own psyche that needed to be wrestled with and

Previous



Contents



Next

brought under control before any further progress could be made.

Yet, once the lesson had been learned and the demon overcome, it revealed its true form - as an angel of light. As the Dalai Lama once said, we need to be grateful to people who mean us harm, for it is only through conflict that we can grow. From a Buddhist perspective, there is even more need for gratitude to enemies: they are actively harming themselves, incurring massive negative karma, specifically to benefit you! And they don't even know it!

How does this apply practically? Well, have you noticed that certain scenarios - work difficulties, relationship problems or whatever - keep cropping up again and again for you? The reason is that if you refuse to learn a lesson, it will simply repeat again later until you do. Please don't think that you can go on to the advanced lessons until you have mastered the simple ones.

It will not happen.

Wherever you go in all the world to escape a lesson, you take yourself with you! Thus, you can be sure that your Higher Self will simply orchestrate events to present the exact same lesson/challenge until you finally get the message.

Moreover, remember this. The Higher Self regards your body as perfectly expendable! After all, if you refuse to learn the lesson in this life, it can simply provide you with a new one and the same lesson can start over where it left off!

In summary, viewing your life as a Mystery School is immensely beneficial. It provides you with a powerful spiritual perspective. It makes sense and meaning out of all that happens to you, enormously increases your chances for growth, and helps you work towards a firm purpose that transcends yourself. The goal of becoming a Spiritual Master.

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Previous



Contents



Next

Communing With The Universe — The Power Of Oracles

How modern Science is changing our view of reality

Until recently, scientists were giving us a increasingly mechanistic view of the Universe. The "billiard ball" model of reality - namely, that certain knowable causes always give rise to certain predictable effects - increasingly dominated all areas of our society. Scientists expected that one day, they would have a complete explanation for ALL phenomena. God increasingly became the "god of the gaps" - the gaps that Science could not explain....yet.

However, the advent of Quantum Mechanics and Chaos Theory in particular have ended that dream forever. Instead of speaking of certainties and laws, we must now deal with probabilities (i.e. likelihood's) and a constant interplay between Order and Chaos. Royal Society Biologist, Rupert Sheldrake, now threatens to upset the established scheme even further with his theory that there are in fact no "Laws of Nature", but rather ingrained habits built up through countless repetitions!

So everything in Science is in a dramatic state of flux - one that has yet to feed down to the layman. Most people are still caught in the 19th century hangover of Scientific Rationalism. This loosely states that the only things that exist are those that can be verified experimentally, and that logic is the only valid function of the brain for determining true knowledge about reality. This notion still pervades all areas of society.

However, it is an utterly false one. In truth, the universe is increasingly revealed to be a place of profound mystery. The more scientists discover, the more they gasp at the immensity that remains to be discovered. In truth, the Universe is something incomprehensibly complex; from the smallest sub-atomic particle to the vast dimensions of galactic super-clusters. It defies the finite capacities of our minds.

Moreover, for those who have eyes to see, the universe is also revealing itself to be a place of infinite intelligence. Whether it be Dr. Deepak Chopra telling us about the incredible wisdom stored within the Human Body, or Geo-Physicist James Lovelock postulating that the entire Earth can realistically be considered a single living organism - Gaia - many scientists are embracing a holistic approach to reality at all scales.

Oracles— A means of perception who time has come

Within this new reality of the universe as BEING, the ancient methods of perception emerge once more as potentially valid ways of examining reality. In particular, the ancient method of

Previous



Contents



Next

the Oracle deserves our re-appraisal.

Long maligned by Science as contemptible outdated nonsense, and by mainstream Religion as the work of the devil, Oracles nevertheless enjoyed a long and respected history in the Ancient World and throughout prehistory. Science has rightly put an end to such notions as the flat Earth hypothesis, and the belief that earthquakes and storms are the work of unappeased gods. However, Oracles - such as the I Ching and Tarot - seem as resilient today in our modern technological civilization as they ever were. Ironically, Astrology even uses the latest computer technology to do its work far more efficiently and quickly than has ever been possible before!

Before we discount this tendency as solely limited to the realm of the feeble-minded, we should remember that no less a mind than the great Swiss psychologist, Carl Jung, took Oracle systems VERY seriously indeed and worked extensively with the I Ching and the Tarot. It is an indisputable fact that numerous Investment Banks around the world use Financial Astrology to assist in their trading decisions. Moreover, the brilliant 19th century banker, J.P. Morgan - whose bank bears his name and is today one of America's most prestigious financial institutions - is famously quoted as saying, "Millionaires don't believe in Astrology. Billionaires do."

Hence, despite the ravages of Science and Religion, Oracle systems remain popular and robust in mainstream society, and are espoused by genius and simpleton alike. Why is this? Why have they not gone the same way as belief in Santa Claus or Werewolves?

Oracular perception — as important as our five senses?

Might the reason for their persistence be that Oracles are a legitimate and valid function of the human brain? Could it be that, like concepts of conscious and subconscious, and the left-handed and right-handed functions of the brain, there is actually a part of your brain that is hard-wired to receive and process information in an oracular manner?

This notion might seem revolutionary. However, it is not at all unreasonable. Recall our earlier discussion about how Science seems to be revealing the universe to be a place of Infinite Intelligence and Being. What if the Cosmos really does function through Synchronicity (meaningful coincidences), as Deepak Chopra's SynchoDestiny work and James Redfield's "The Celestine Prophecy" suggest? Would it then be unreasonable to postulate that Nature might have directly hard-wired into us a means to perceive Reality this way?

It is not unreasonable at all. In fact, it is quite likely.

This would explain how Oracles thrive despite Rationalism's best efforts to eliminate them. You cannot eradicate a legitimate function of the human brain through argument any more than you can insist that everyone's right leg is a useless physical leftover from a primitive past!

So where does this leave us? Quite simply, the Oracle is where our individual soul touches the

Previous



Contents



Next

Soul of the Universe. Whereas logic speaks to the scientific/logical left side of our brain, the oracle communicates information from the heart of the universe, through symbol and image, direct to the artistic/symbolic right-side. Each of us is bombarded daily from society with logical/scientific input. We need to redress the balance by stimulating and using the artistic/symbolic right-side of the brain. This will in turn enhance our overall capacity to function in life. Oracles systems like the I Ching and Tarot can help us do that.

In doing so, we need not approach with an attitude of deep fear, as if we are about to lose our souls. Such fears were propagated by established religion for purely political reasons. After all, if you are truly able to obtain essential knowledge and communion with the Source/God directly, why would you need the expensive trappings of large buildings, the priesthood and regular financial donations?

Rather, we should remember that serious scientists like Jung made studies of the Tarot and I Ching, in line with his studies of Symbolism and the Human Mind. Moreover, the latest scientific revelations of the Universe show it to be a place of meaning and incomprehensible intelligence. Thus, Oracle systems - which seem so in tune with these discoveries - acquire a legitimacy and basis of credibility that they could never have had in previous centuries when these facts were unknown.

Hence, you should choose an oracle and use it regularly. The Tarot and I Ching are particularly recommended. Write your results down in your Journal. Regular use will exercise this vital brain function. Like anything that is exercised regularly, this brain function will strengthen and improve and give you increasingly reliable results. In doing so, you strengthen your intuition and put yourself in direct contact with the Source of the Universe itself.

Resources that can help:

[“I Ching — The Classic Chinese Oracle Of Change”](#)

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Previous



Contents



Next

Uprooting The Tree Of Ignorance

Why do we fail to do the good that we know we should? Why do we fall below our own standards? Why do we try so hard to make progress in life and yet have little to really show for it?

Avidya — The root of all our problems

In Yoga philosophy, the term AVIDYA is used to describe the condition that causes this tendency within us. It literally means "incorrect comprehension"; better known as ignorance. According to yoga teachings it is deeply rooted in our beings through repeated habit. We know that any behavior, when repeated often enough, becomes almost instinctive. This is true to the extent that we can even believe such actions to be outside of our conscious control. The misuse of this "anchoring procedure" is the foundation of avidya.

Examples include unjustified angry reactions to other people, chronic dependencies like alcohol or drugs, or self-sabotage just when we are about to make a life-changing breakthrough in some important area.

The subtle thing about avidya is that it hides itself. It only ever manifests as something else. It's symptoms are everywhere, but the cause itself remains concealed. We see it as "life", or the other person's fault, or some recurring self-destructive habit we can't control. The source itself remains concealed.

Avidya and its effects in our lives.

Avidya is like a deeply rooted tree with four thick branches. The first branch is called ASMITA, or ego. This is the part of us that seeks its own interests. It considers itself better than others, is bruised when it does not get its own way, and generally causes us to identify with this earthly body and the life it is living. It has no wider perspective than that.

The second branch is called RAGA and is best translated as Desire or Attachment. This is the part that constantly wants what it does not have. It desires what it does not really need and seeks to accumulate for the sake of it. It makes us unsatisfied and causes us to continually compare ourselves unfavorably with others. If we are wealthy, we are unhappy because somebody else is wealthier still. And so on.....

Previous



Contents



Next

The third branch is called DVESA or Refusal. This is like the recoil response. Whatever negative experiences we have had in life make us afraid of repeating them again in case the same result occurs. It can make us reject people, situations and possibilities that just might cause us pain again. In one person, it may be the fear of forming relationships with the opposite sex. In another, it may be a fear of public speaking as a result of negative childhood experiences.

The fourth and last branch on the tree of Avidya is called ABHINIVESA or Fear. These are fears that are uncaused by previous experience. For example, we may fear change, or growing old, or fear that we may lose everything we worked so hard to earn.

Avidya, in all its subtle forms, works within us constantly to root us in our habitual ways and make improvement difficult or impossible. The more we indulge Avidya, the stronger it becomes. Eventually, we feel that we are no longer the doer of these things; they simply happen to us. A person can attract one disastrous relationship after another, or continually experience uncontrollable rage under certain stimuli, and feel that it is not nothing directly to do with them. It is just bad luck. The person fails to see that there is only one person responsible for everything that happens!

What does the ignorance of Avidya conceal from us?

So what can we do? If Avidya obscures and clouds, it clearly must be obscuring SOMETHING. Yoga philosophy calls this something PURUSA. In the West, we know it as the "Higher Self" or "Silent Observer"; the true divine spirit that lies within each of us. The task therefore, is to bring Purusa out and live from it moment by moment. By doing this, we minimise the effects of the four forms of Avidya. A Spiritual Master is one who has completely uprooted the tree of Avidya forever and sees things as they really are. Thus, one of the names for the Buddha is "The Awakened One".

The three antidotes to the sickness of Avidya

How do we increasingly live from Purusa - the highest within us? The Yoga Sutras of Patanjali suggest three methods. The first is actual practise of Yoga - both the physical postures and the breathing exercises. If this is something you feel comfortable with, it is definitely worth considering. There are many physical and mental benefits to be gained from a regular practise of Yoga, no matter how simple. However, be sure to consult your doctor before even contemplating such a regime, especially if you are over 40 and have never done it before. Yoga should only ever be learned in the beginning from a live teacher. Books are helpful as a supplement but should never replace live tuition. Regular Yoga does progressively diminish the force of Avidya in our lives.

The second method is through self-examination. Regular contemplation of our actions and habitual thought patterns will awaken us to take increasing responsibility for our lives.

Previous



Contents



Next

Meditation is one excellent method that can help. So too can keeping a Journal of our progress. Activities like these can break the habitual stimulus-response cycle, and place that moment of choice back in between the two. In other words, instead of responding automatically as we usually do, we can choose in that moment to act differently. We become increasingly conscious and responsible, instead of remaining creatures of habit.

The third method is to create a certain detachment to the actions of our life, and almost become an external observer. Rather than being an active participant, taking our hopes and dreams terribly seriously, we become more like an actor in a play, playing the part the best we can. This form of spiritual detachment does not mean we under-perform in life in any way. It merely means that we become more detached and objective about the movement of our lives; less elated when things go right and less distraught when disaster occurs. In this way, the ego, and indeed all aspects of Avidya, are progressively weakened.

In truth, all three methods work best together. However, one or other approach can prove immensely beneficial. For most of us, Avidya will remain to some extent throughout our lives. However, the more we can live from the true spirit within, the Purusa, the more authentically we

live our lives. We relate to others better, make better decisions, and the hold of ignorance upon our lives gradually diminishes. We become the best person we can possibly be and thereby benefit the world. Surely that is the goal of life?

Resources that can help:

[“The Heart Of Yoga — Developing A Personal Practice”](#) by T.K.V. Desikachar

[“The Healing Power Of Mind”](#) — Simple Meditation Exercises For Health, well-being & Enlightenment. Tulku Thondup

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Previous



Contents



Next

Ten Steps to Contacting Your Higher Self

Each of us is connected with the Divine. The Higher Self within us far transcends the consciousness and understanding of our conscious minds. This is the power that all the great geniuses and teachers of history have accessed. It is also the place of magic and miracle in our lives. However, lack of contact has caused us to forget how to even access this inner source. Here are the steps to do it:

1 Belief & Expectation

The first step is to BELIEVE that you actually have a Higher Self to establish communication with! Then EXPECT every day that this communication will improve as you work upon it diligently and focus on inner growth. Without these two essential pre-requisites, it is hard to achieve anything at all in life, even on the physical level. For inner growth, these two qualities are essential. So set a GOAL to achieve regular contact with the Higher Self, review that goal every day, and maintain your purpose with determination until success is yours.

2 Transform Your World View

We are brought up with a primarily materialistic world view that neglects the role of Spirit. To be able to establish close contact with spiritual realms, we need to have our entire being – conscious and subconscious – congruent with our goal. In any major activity/goal, you have to establish the rules of play and the way the game is played. Contacting your Higher Self is very similar. You need to know the ground rules and have a true understanding of reality to make progress. Therefore, seek out writings and teachers that will expand your understanding of the universe as fundamentally being a realm of Consciousness and Mind concealed behind the illusion of material reality.

3 Solitude

Make a regular time for yourself where you can be totally alone. A quiet place is preferable. In that time, just sit quietly with no expectations. Just do NOTHING. This may feel very uncomfortable and strange in the beginning. Persist. You give time and space for the inner voice to make itself heard. It will do so either during that quiet time, or else during the events of the day. A synchronistic event will occur; someone will tell you exactly what you need to hear; you will get a sudden flash of insight. All the great geniuses of history have found times of regular solitude and silence for themselves. You should too.

Previous



Contents



Next

4 Meditation

Similar but different to 3. In meditation, you work to discipline your mind and silence the internal chatter and idle speculations that constantly fill it. You create a pure vessel for the Higher Self to fill. Following your breath is an excellent meditation discipline, as is concentrating upon a candle flame. Or visualize a golden ball of light in your Solar Plexus that fills your whole body with energy and healing. There are many practices that you can study and use.

5 Journal

Record your feelings, emotions, dreams and insights every day in a journal. This will help you to come into closer contact with you inner intuitive depths. You can ask the Higher Self questions here, and then later on record whatever insights/answers you receive. If you do this regularly with belief and expectation, you WILL receive the answers you need.

6 Inner Dialogue

Begin to conduct an inner dialogue with your Higher Self. For the next 40 days, decide to keep in regular contact throughout the day. Say to your Higher Self, “I know you are there and I want to get to know you and pay attention to you. Please begin to speak to me and guide my life” Don’t worry if this dialogue is entirely one-way to begin with. Remember that you have been out of touch for decades. It takes a while to clear away the cobwebs! Just persist with this inner dialogue as if talking to a friend – chatting, asking questions, sharing your hopes – and begin to listen for answers. They will come.

7 Life Lessons

Look upon life as a Mystery School. Believe that the whole of your life – events, situations and people – has been structured PRECISELY in order to teach you exactly what you need to know right now. Approach life as if the whole of creation is conspiring to do you good! Whenever something happens in your life, for good or ill, ask yourself what the lesson is for you. Even unpleasant people/situations have been deliberately placed there as a challenge to help you grow. As you begin to view life as a drama in which you are play the starring role, the role of the Higher Self will become increasingly evident in your life. Record all your findings in your journal.

8 Dreams

Expect your Higher Self to speak to you in dreams. Before going to sleep, do some stretching

Previous



Contents



Next

and bending, and once in bed, tense and release the various muscle groups in your body until you are entirely relaxed. Ask your Higher Self a question and expect an answer. When you wake up, recall whatever you can of your dream and write it down in your journal. If you are not used to remembering dreams, this will take time and persistence. However, with patience, you will begin to recall your dreams AND receive answers from your Higher Self.

9 Mindfulness

Focus upon living more and more in the present, on the NOW. When you are eating, be aware that you are eating. When you walk, know that you are walking. The only real moment is now – the past is gone forever and the future has yet to be. Therefore, work to clear your mind of concerns, illusions and extrapolations. Clear the mental clutter from the mind and create space for the Higher Self to fill.

10 Patience!

Remember, you may have spent your entire life out of touch with Source. Therefore, it takes time to learn how to re-establish contact. Anything worth doing takes time and practice. Be vigilant and practise these steps every day and you will receive the answers you need. Remember: The Higher Self WANTS to be in contact. In fact, to even speak of it as someone apart from you is contradictory. The Higher Self IS you! The real you behind all the ego games. So get in touch with YOU!

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Previous



Contents



Next

Do You Think Or Are You Being Thought?

So much of what we do is governed by the opinions of others, or out of concern for what others might think. However, there is something much more pervasive going on. There is a process operating in the lives of all human beings called "social proofing". It basically means that we derive most of our social values, morals, imperatives and taboos from those around us. In a more universal sense, this is known as Entrainment.

Entrainment occurs in a wide range of physical and biological systems. For example, if you place a number of pendulum clocks in the same room and set their pendulums moving completely out of synchrony, after a reasonable period of time, you can return to find all the pendulums moving in perfect synchrony to each other. It is well known that large groups of women who live in closed communities, e.g. nuns or female convicts, will tend to have precisely the same menstrual cycle. If you have ever watched those wildlife films on TV, you may remember seeing an entire shoal of fish, consisting of thousands of individuals, moving and turning as a single entity. The same happens with certain species of birds in flight. Yet, there is no known way that the individuals in such groups can communicate such global messages in such a way as to affect the whole group simultaneously.

Not surprisingly, similar processes occur in human society, but often in areas where we believe we have conscious control. Think about it for a moment. How many of your social values, morals, and opinions did you consciously sit down and decide upon? If you are honest with yourself, you will have to admit that very few were a result of your own deliberate decisions. Most of it arises from "social proofing"; the beliefs and values of our friends, relations and work colleagues. In other words, many of the beliefs and values you cherish and might even die for had nothing to do with your own deliberate rational thought! You simply picked them up from elsewhere, literally without thinking!

Yet, it is so vital to take conscious control of these processes. To fail to do so is to behave like a robot, to live life half-asleep, and to seriously under-achieve compared to all you might be capable of. Here are just a few common examples of social proofing that many of us buy into without much thought.

(1) Marriage. Roughly half of all marriages end in divorce, often bitter and acrimonious, with severe financial/emotional consequences for one of both parties and any children that may have resulted. Of those that last the course, a large percentage are drab affairs in which the partners hardly seem alive at all. Yet we see in excess of 70-80% of the population cheerfully tying the knot to people that half of them end up despising within a few short years! Why? First, because of the expectations of society and of parents. Despite many changes, single people are still

Previous



Contents



Next

regarded as rather abnormal and deficient; and nobody wants to be thought of like that.

Second, in order to bring up children. But is this really the only way? Are there really no alternatives? Ah, but then we would get into even more social proofing; the social/religious "immorality" of children born out of wedlock.....

(2) Religion. Whether you believe that God is indivisibly ONE, or three personalities within the ONE, or a huge number of separate personalities, or even if you don't believe in God at all - much of it is a result of social proofing. Your beliefs of the intrinsic nature of God and the universe can literally depend on the accident of which country you happened to be born in.

Can you imagine the social consequences of a Moslem in Yemen or Saudi Arabia converting to Hinduism?! When Christians glibly assert the Triune nature of God, they have no idea how much blood was shed in the early Church for decades on just this subject alone. Bishops and their entire congregations were literally murdered by rival "Christians" owing to differences in opinion so infinitesimal that it defies belief today that it could have caused so much death and misery. Yet today, Christians the world over buy into the Triune nature of God as part of the package without ever exercising the kind of independent thought that the early church has to at least be given some credit for. Social Proofing again. So even our philosophy of the metaphysical is often determined by others.

(3) Politics. Whilst it is easy to be socially or financially entrained into voting for the same political party again and again, how many of us fail to see the wood for the trees when we don't even once ask ourselves whether Democracy itself is a valid political system to begin with? Why do we simply accept it as the best or only system possible? Because the politicians and the media tell us it is! And nobody around us ever questions it either. In the age of global telecommunication, international commerce, and the internet, why do we still buy into the concept of Nation States - an outdated concept that originated with primitive tribes and chieftains countless millennia ago?

(4) Education/Career. Do you think education is a good thing or a bad thing? Do you believe that the smartest and best educated always end up the wealthiest, the most successful, or the most happy? Did you decide to go (or to not go) to university because you sat and deliberated over the pros and cons, or because everyone around you were either planning to go (or not go) themselves? If your father is a multi-millionaire, do you feel comfortable starting your own shoe repair business?

The list is endless. We could go on and on. Social Proofing is so pervasive and subtle that we are close to having to admit that very few of our opinions are actually our own. Yet, we make major decisions in all aspects of our lives based upon ideas, attitudes, opinions and beliefs that we imbibed from society without a second thought! No wonder so many people's lives are unhappy or confused.

So what should we do? Get conscious! We need to question our most comfortable beliefs and

Previous



Contents



Next

opinions in all areas. For the truth is that whatever we believe, for good or ill, becomes our reality. We must take control of our thoughts and opinions or we will be in danger of remaining a comfortable conformist cog in an ever dysfunctional society, always looking to others to know how we should think, behave and act.

So learn to live outside the known and the norm. Take chances. Embrace the unfamiliar and the unorthodox. Try to examine your own cherished views and see whether they arise from your own rational thought processes or were imbibed from the social culture around you. Examine the situations and relationships that you now find yourself in. One good exercise to break the chains of conventional thinking is to ask yourself, "Knowing what I now know, if I had to do it again, would I do it?" This can apply to a relationship, work situation, anything. Asking this one question can set you free from a lot of unconsciously accepted bondage.

Whilst social proofing will always be with us, because it is almost impossible to view ourselves totally objectively, we can certainly learn to take conscious control and minimise its damaging effects. So take control of your thought processes and literally question everything you have grown up so comfortable with. By doing so, you can begin the process of giving yourself more choices and unshackling yourself from chains of bondage and conformity that you didn't even realise you were wearing.

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Previous



Contents



Next

The Key Attitude For Success

There is one key factor that can do more to guarantee your success in life than anything else. Conversely, the absence of that factor will be a sure guarantee of a life of failure and almost continual disappointment. That key factor is RESPONSIBILITY.

It sounds like something your mother told you when she was giving you a smack! Well, she may not have been that far off the mark....

However, responsibility in its widest sense is extremely positive. It means that YOU, and nobody else, has control of your life. If you have control, then YOU can change things. You have the power. It is not in somebody else's hands - your wife, the government, your parents, your boss, your accountant, the stars.....

Responsibility is not a popular doctrine. Instead, the world is full of people who give away their power to others by refusing to accept responsibility in their lives. They make excuses and find someone else to blame for their misfortunes or failed dreams.

They can give you an endless stream of reasons for why they failed to complete what they first began or, worse still, never began in the first place. Indeed, our society seems to be set up to cater for this sort of attitude. People can grow up and live an entire adult life without once learning this vital lesson so imperative to their happiness.

The sad thing about this attitude is that whilst it seems to serve us well, it really does not. You may certainly get a sympathetic ear for a while. People may even agree that you're quite right. However, in refusing to own your part in events, you give away your power. To whom? Everyone and everything outside of you. If YOU are not responsible for the various events in your life, then who is? Answer: other people, enemies, random forces of nature, the stars, fate or anything else you care to name.

If this is true, then there is logically nothing you can do to improve your situation. You are only going to get slapped down every time you try to achieve anything worthwhile. So why bother? Sadly, that is usually how people who take no responsibility for their own lives end up thinking.

The result for people who think this way is that they soon end up with "learned helplessness" and are rendered incapable of striving for any worthwhile goal. They lose the capacity to believe in themselves. Thus, they lose the vital capacity of persistence towards a worthy goal. The first stiff breeze easily blows them against the rocks. And then they point to their latest

Previous



Contents



Next

disappointment and say, "You see? I told you!"

It's a vicious circle. However the circle is easily broken. The solution is to take responsibility for EVERYTHING that takes place in your life. Even if you cannot see how you possibly could be responsible, it is still a far more powerful approach to own responsibility than to deny it. Also, from a wider spirit-centered view of our universe, there are many more levels to existence than merely the physical. Hence there are more ways in which we may actually BE responsible for events without our own limited consciousness knowing about it.

You may be very willing to own responsibility when things turn out as you planned. However, most people look beyond themselves for someone else to share the credit when things go wrong! The attitude of people who master life is to be responsible for ALL that happens. In doing so, they awaken to the fact that they are creators of their destiny; not merely leaves being tossed in the wind.

Here's an example from my own experience. I recently employed a solicitor to do some legal work for me. In fact, I had wanted to use someone else who specialised in this area. However, when I told my current solicitor, he insisted he could do the job just as well and beat the quoted price drastically. So he got the job. Result? It was a disaster. He was every bit as lacking in expertise as I had originally suspected. In total, it cost me two months in wasted time and also a fair amount of money.

Whose responsibility was this? Many would blame the solicitor. After all, he was incompetent. No doubt about it.

However, the responsibility is actually mine. The choice was 100% mine. I could have used someone else from the start. Or, as things began to go wrong, I could have terminated the relationship earlier. I did not properly inform myself to start with, or I second-guessed my initial instinct. By taking responsibility for this, by seeing the sequence of MY choices that led to this situation, I assert my own power to cause results and make the correct decision the next time. By refusing to do so, I give the power away to the person I hired. So it could happen again. It is obvious which is the better strategy for life!

Whenever something happens in your life, for good or ill, tell yourself, "I am responsible." Then ask yourself, "How am I going to handle this?" However bad a situation may be, if you repeat to yourself as an affirmation, "I am responsible", then you begin to look to yourself for the way out instead of to external forces. In truth, you are looking in the right direction. You ARE the true manifestor of your own destiny.

This is the way to take control of your life instead of leaving it in the hands of blind forces. It may sound hard or callous at times. However, it is not. You are not saying, "It's all my fault." Rather, you are saying, "I have the power to affect my life - for good or ill — and I choose to consciously exercise that power and take responsibility for whatever consequences I attract." How much better than blaming the stars, or your boss!

Previous



Contents



Next

Once you take responsibility for everything that happens, you build a firm foundation upon which to build your long-term success. Leave the excuses for someone else. Set your face firmly in the direction of excellence. Take responsibility!

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Previous



Contents



Next

Using A Journal For Personal Development

A great man once said that a life worth living is a life worth recording. With this truth in mind, let us examine the time-honoured method of keeping a Journal as a powerful tool for self-improvement.

Firstly, understand that a Journal is NOT a diary. Although the line is definitely blurred, a diary largely deals with externals. A Journal is about your inner being. It is actively used as a tool for self-improvement, as opposed to passively recording events.

Why keep a Journal?

The benefits of keeping a Journal are that through doing so, you monitor your own internal processes. It can be used to integrate psychological parts within yourself that have long remained in conflict. A Journal can help you see the changing cycles within your life - processes that only become evident when rigorous self-examination is used. It helps you to remember your dreams, and begin to understand and gain insight from them. Most importantly, the keeping of a Journal puts you ever closer in touch with the Higher Self - the highest part of you responsible for creativity, wisdom and for orchestrating the events of your life.

In short, keeping a Journal turns your life from a seemingly random succession of events into a well-defined school. You begin to see the lessons in your life and put them into practice.

Practical steps for beginning Journal work

What is the best procedure? There are many, and it is really a very in-depth subject. In this short discussion, we shall examine a few ideas to get you on the road of at least starting a Journal and thereby experiencing immediate benefits.

The first step is to physically get yourself a suitable Journal. This should ideally be an A4 book with either lined or unlined paper. Don't get a diary as you will not be doing a "day to a page" or anything like that. However, the book you buy should ideally have section dividers of some sort. Alternatively, you can buy a file folder, corresponding pad of paper, and a set of dividers. Use the dividers to create different sections in your Journal.

Previous



Contents



Next

The first section you should keep is the Daily Log. Here, you make brief entries during the day, preferably immediately after the event. In this section, you record any internal events that you deem of importance. Emotions, reactions, thoughts, realizations, interactions with people or situations, and the internal effects they had upon you. If there was an external trigger, you record just enough of it to make sense of the entry. The key here is brevity.

Even though your outer life may be relatively uneventful from one day to the next, you will soon find that your inner life is alive and rich and full of happenings. As you do this over time, more insights will begin to occur. For instance, you will start to perceive the triggers that cause your behaviour. You will become increasingly aware of how you handle yourself and how you could do better. You will become less "automatic" and more conscious of your choices in each and every situation.

Another section you should keep is a dream journal. Here you record ANY impressions, fragments or complete dreams that you recall. If you do not normally remember dreams, this procedure will help stimulate recall. Keep the Journal by your bed and record anything that you remember. Better still, tell yourself before you sleep that you WILL remember your dreams. If you still don't remember anything, consider setting an alarm clock at some point in the night, and write down whatever you recall as soon as you awaken. If the answer is nothing, reset the alarm clock!

Dreams are one place where your intuitive, creative self — which can only speak in images - seeks to establish communication with you. Thus by making this effort, you begin to come into conscious communion with parts of yourself that transcend your normal conscious intelligence.

The next section is where you ask questions that you need answers to. These can relate to any area of your life whatsoever - relationships, spirituality, work, creativity, and so on. Actually, you are asking your Higher Self for the answers.

Write your entry here in the form of a question. Date it and leave it. Then pay attention to your dreams, the events of the day, and your own internal insights and thought processes. The various parts of the Journal fit beautifully together to give you the answers you seek. Expect an answer and it will come. If nothing happens, simply repeat the process the next day with the same question! Be insistent. The answer will eventually appear.

The final section of the Journal that we will talk about is the Life Cycles section. You review your life and try to describe it in terms of the big cycles that you have experienced. It may have been a relationship cycle, an employment/career cycle, a cycle of religious affiliation. It differs for each person. Ponder your life and recognise the major cycles. For example, it may be your ten-year marriage, your six year career with XYZ Corp., your troubled teenage years, etc. Within each major cycle, write the main events that made it up as a series of brief entries. If you do this properly, you should also be able to identify minor cycles within the major. Do this also for the current cycle that you are living in right now.

Of course, many different cycles overlap each other in our lives. The point is simply to begin to

Previous



Contents



Next

get a perspective on the major movements within our lives that have brought us to where we are today.

Being able to see the large cycles and sub-cycles helps you to achieve a much expanded consciousness and context for your life. You see how the events of life seem orchestrated - as indeed they are - to lead you to learn many lessons and gain profound realizations. You begin to realize where you failed to learn the lesson, and therefore had to experience it all over again in another time and place until it finally sank in. In short, you gain perspective. In doing so, you become more empowered to lay out a grander vision for your future.

There is one final and important point. Your Journal is PRIVATE. Therefore, say what you wish openly and do not censor yourself. This is the one place where you can speak freely so give yourself that blessing. At the same time, keep the Journal in a safe place where it will not be available to prying eyes!

This has been a whirlwind introduction to the benefits of the Journal, although a lot has been covered. Doubtless, other possible sections lend themselves to your imagination, as indeed should be the case. The Journal is YOUR personal tool for self-growth and should thus arise out of your needs and aspirations. If you want to study the subject in greater depth, there are plenty of resources available on the subject. However, the important thing is just to get started and experience the benefits NOW. You have enough ideas here to create a deeply enriching life tool for yourself. May it bring you many tender insights and blessings.

Resources that can help:

["At A Journal Workshop"](#) - Writing to Access The Power Of The Unconscious And Evoke Creative Ability" by Dr. Ira Progoff. Excellent book that goes into the subject in immense depth.

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Previous



Contents



Next

Money & Spirituality - Do They Mix?

Money causes most people more emotional problems than almost any other life issue. How many times have you heard that "Money doesn't grow on trees", that "Money is the root of all Evil" or that anyone who is rich must, by definition, be either a crook or extremely hard and tough? Most people have extremely negative associations about Wealth and Money that were gained subconsciously whilst growing up.

The world's spiritual traditions seem to be in agreement:

"No man can serve two masters: for either he will hate the one and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon."

Matthew 6:24

Other world religions say much the same. Buddhism certainly sees earthly wealth as a source of desire and attachment; both of which are viewed as detrimental to spiritual growth.

Yet, most personal development teachers today tell you that you can "have it all" and extol the virtues of becoming wealthy. Moreover, it seems to be a very modern version of spirituality that says you can be rich AND highly spiritual. So who is right?

Within a strictly limited sense, both are correct. However, the balance is extremely hard to maintain correctly.

Given that the Universe and the Source that created it are infinitely abundant, it is entirely correct that you should expect to be similarly abundant in your life. You have a right to wholesome expansion and wealth. Poverty is not intrinsic within creation - rather it is created by Man himself!

However, there is a big problem, and this is what the teaching from Jesus above highlights perfectly. It is the problem of focus.

Whatever we focus our minds upon, for good or ill, always expands. This is one of the fundamental laws of life. No matter what anyone tells you to the contrary, making money is hard. It does not come easy to most people. Moreover, making a LOT of money is VERY hard and takes a tremendous level of concentrated focus. It also requires a commitment that is primarily EXTERNAL, i.e. devoted to the outer material world.

Previous



Contents



Next

Herein lies the apparent conflict. The truth is that powerful spiritual development ALSO requires a tremendous level of focus and commitment. It is not a part-time activity either. Moreover, the focus is primarily INTERNAL. If you now read the verse from Jesus again, you will receive a fresh perspective. It is not that money is intrinsically evil: rather, the accumulation of it, for someone with limited years on this earth, is a major distraction because of the level of focus it requires.

Whatever you focus upon expands. If you set your mind upon the external world, this will assume increasing importance in your life. Spiritual growth will increasingly become a hobby or something to be crammed into your spare time. If you vigorously dispute this, ask yourself the following questions. (1) Do you make sure you get three full meals a day? (2) Do you also make sure that you meditate (or pray) three times a day for the same amount of time?

Do you see the point and the problem? Whatever is most important to you is what you spend most of your time doing and thinking about. This is why most spiritual traditions advise against the external focus which the pursuit of material wealth entails. The Spiritual Masters know human nature too well. They know that given half a chance, we will veer off the path and go off chasing soap bubbles.

Happily, there can be a satisfactory resolution to this. The answer is twofold.

The first principle is that if you make the spiritual path (and this does NOT mean exclusively the Christian path) your primary focus, then you will eventually master laws of the universe that will ensure your abundance forever. Moreover, abundance here is interpreted in the widest possible way, as well as many ways that we can't conceive of with finite minds! If you can truly tune yourself to the ultimate Source of all abundance in the universe, then how can you remain poor in any sense?!

This is what Jesus had in mind when he said,

"But seek ye first the kingdom of God and his righteousness: and all these things shall be added unto you."

Matthew 6:33

In other words, bring your finite Mind and Being increasingly in tune with the Source of infinite abundance, and you cannot help but manifest abundance too. Moreover, you will do it with ease, at will, and to a greater level than you ever believed possible for yourself and others. If the universe is infinitely creative, then you can be too once you are in tune with the spiritual laws by which the universe functions.

The second principle - also implicit in the verse above - is to decide from the outset what your true life purpose and hence priority is. Then determine NEVER to let that balance between

Previous



Contents



Next

spiritual commitment and external effort be undermined. When we work upon an external goal - particularly financial abundance—it is VERY easy to allow that goal to consume an increasing amount of time and mental capacity.

Decide from the outset that you are going to focus upon the process of being excellent in the field of endeavour that is your life's purpose. Then pursue it with the intention of being the very best you can be, rather than focusing primarily upon some monetary result/goal at the end of the process. You can certainly have a monetary goal. However, just be aware of the danger of letting this becoming the primary obsession. Don't ever let it happen. Also, always continually re-assess the balance and level of commitment between your externally focused activities and your spiritual goals. Never let that balance slip.

In conclusion, it is possible to be financially abundant whilst following a spiritual path. However, it is very difficult—much more so than most personal development gurus would have you believe. It is for this reason that the great Spiritual Masters strongly discouraged trying to do both. However, by using the two principles mentioned here from the outset, it is possible to create abundance in your life in the widest possible sense of the word.

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Previous



Contents



Next

10 Things You Can Do To Produce A Quantum Leap In Your Life FAST

We often hear of small actions that can make a dramatic impact on our lives. Here are ten such things which, if done with determination, will produce a revolution for you physically, mentally, emotionally, spiritually and financially.

1. Drink Pure Water

Our bodies are 70% water. Drinking impure water is responsible for many illnesses commonly attributed to other causes. Therefore, you should seriously consider installing a quality water filtration or distillation system.

In addition, Most people go through life dehydrated. Simply drinking when you are thirsty is not enough. Moreover, tea and coffee actually dehydrate the body even further thereby making the problem worse still. Dehydration also leads to many serious illnesses. You need to drink at least 8-12 glasses of clear water every day, and preferably more.

2. Regular Exercise

Exercise can slow down, and even partially reverse, the aging process. You will suffer from fewer illnesses and have far more energy to enjoy all day long. Best of all, exercise is something you can take up and benefit from at any age. Yoga is excellent because it tones your inner organs as well as gently stretching and strengthening your muscles. Even simply walking for 15-20 minutes every day could be extremely beneficial. Consult your doctor regarding your current state of health and advice on suitable forms of exercise for you.

3. Meditation

Regular meditators often have a biological age 10-20 years younger than their chronological age! You will also be far more centered all day, more aware of your emotions, and far better able to cope with any challenge life can throw at you.

Simply sitting in a quiet place alone, closing your eyes, and following the passage of your breath as it moves in and out is a superb meditation. However, you can easily find others that can benefit and enrich your life deeply. Meditation will make you a kinder, gentler, and more patient person. It will help you to appreciate life more.

Previous



Contents



Next

4. Forgiveness

Grudges take up brain capacity and prevent us from performing at our very best. What we focus our minds upon grows; this is true of hatred too. Therefore, it is impossible to truly achieve great things for ourselves when we have a lot of our energetic capacity tied up in negativity.

Remember that forgiveness is primarily for YOU. It free up your energy tremendously. So forgive all grudges, no matter how old they may be, and seek reconciliation. If you find this hard, begin with the easiest ones first. Then gradually work up to the harder ones.

5. Clutter Clearance

If you want to let new opportunities into your life, you have to make room for them. Clear out the past - things you cling to that no longer serve any purpose, but which hold you back. This can be cupboards, the cellar, old clothes, old relationships, and outmoded ways of thinking. By holding on tenaciously to the past, we fail to make room for the future.

So look in your closets and get rid of things you have not used for over a year or two. Review relationships in your life and see which ones are taking you where you want to go and which ones are holding you down. Clear your desk. Clear your computer. Then let fresh air flow into your life!

6. Clear All Financial Debt & Invest

If owing nobody a cent is just a dream for you, start working today to make that dream a reality. Save 10% of your income each month to be applied towards reducing and clearing your debts.

Financial debt is one of the biggest causes of worry ever. Yet almost anyone can save 10% of their income if they put their minds to it. Do it consistently to learn the habit, and soon you'll be saving 20%. Once you've applied this to your debts, and have NO debts at all, you can't imagine how free you will feel!

7. Relationships

Almost everything we want in life will be obtained through other people. Moreover, relationships skills are amongst the most important and most desired in life. They easily more than make up for deficiencies in other areas of expertise. People who get on well with others rise faster than those who are merely good at their jobs. They are the last people to be fired; if they are, they find it extremely easy to pick up a great job elsewhere.

Previous



Contents



Next

Hence, it is vital to learn to relate excellently to others. If you are not good in this area, all your other efforts could go for nothing. Therefore, study hard in his subject and apply the lessons you learn. Become excellent at relating to people.

8. Goals

Have clear, specific, written goals with deadlines for their achievement in every area of your life - physical, mental, emotional, physical, career, etc. People who do are FAR more successful. People who don't are like ships adrift on the seas. A person without clear specific goals is like a ship cast adrift on the ocean without a captain or crew. The chances of it arriving anywhere specific are minimal. Yet most people live their lives like that. Make it your goal to have specific written goals in every area of your life and review them every day.

9. Daily Planning

For maximum productivity, plan each day in advance with a scheduler. Use a "To Do" list to plan what you need to get done. Prioritize these tasks in order of importance. You can rank urgent tasks as "A". Important, but not urgent, tasks as "B". Nice to do but neither urgent nor important activities as "C". Unimportant tasks as "D". Work on the category "A" tasks first until you have them all done and then work on the category "B" tasks. Delegate or throw out category "D" activities.

Develop the habit of accounting for every half hour of your time. This is what many highly successful people do.

10. Journal

A life worth living is a life worth recording. Keep a private journal where you can record events, your reactions to them, how you feel about situations, what you are learning. Keeping a journal awakens your intuition and deepens your contact with Spirit.

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Previous



Contents



Next

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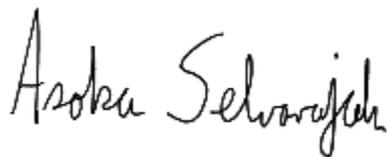
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Previous



Contents



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