

## Religions, Masters, Avatars and various Spiritual methods

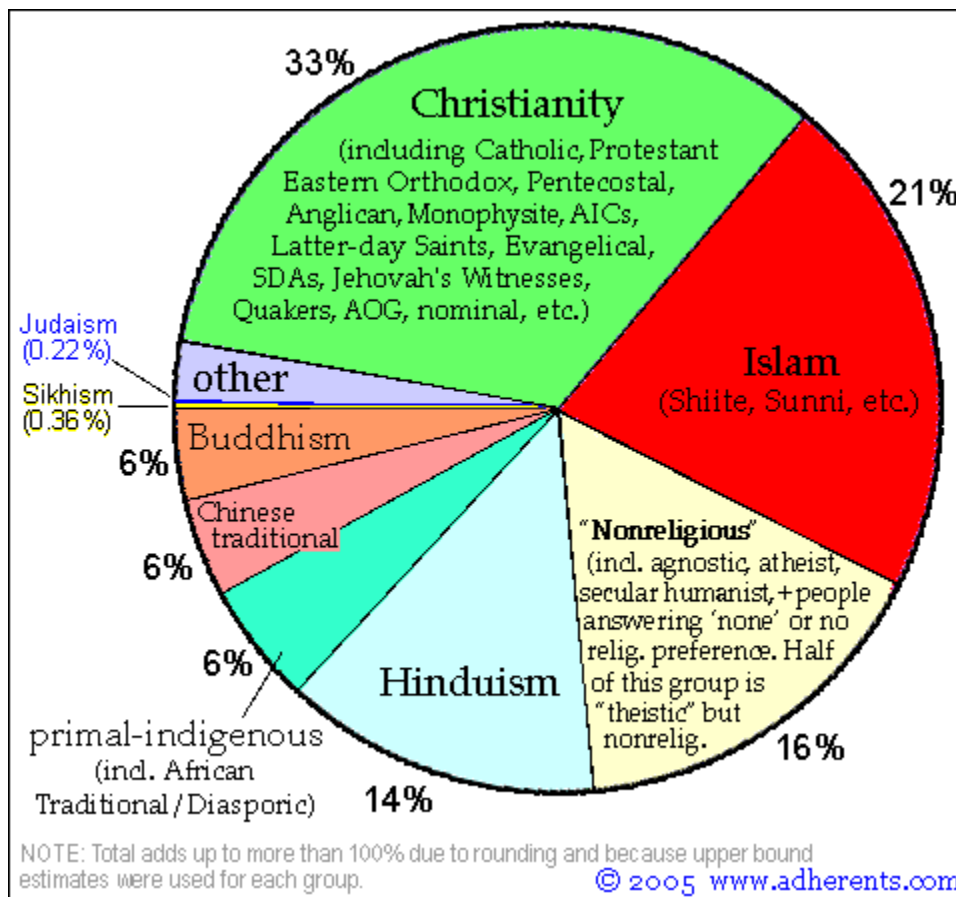
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A sad note is, the vast majority of people on Earth people believe in a cruel or violent God that needs blood to shed to show fidelity or some form of sacrifice, and will condemn sinners to an eternity in hell.

The real God however, is very far from that description.

- God needs nothing from us, it's us that needs God.
- God does not judge, it's us that judge ourselves.
- God loves all of us equally & unconditionally regardless of what we do or how holy our lives, it's us that cannot love ourselves for what we are.
- God only loves, it's us that create hate and anger then manifest them as violence
- God made the world almost perfect for us to perfect, it's us that have made a mess of it
- God gave us all the tools needed to know ourselves, all the power to recreate ourselves anew, all the love Heaven has and all the support from angels and beings to make life blissful, it's us that have forgotten – and so need help from a messenger, profit, master or guru to find it all again
- God divided us so we could practice being God to reunite and glorify ourselves in the process

But it is our fault? No. We never had a life manual, only free will. Spirituality is not about finding fault, it's about finding ourselves – the solution.

## Great Masters/Messengers/Profits/Gurus/Guides/Leaders

### Buddha

Name:	Gautama Buddha or Siddhārtha Gautama Buddha
Birth, Age, Death:	480+ BC
Nationality:	Nepalese, known more as Indian
Method/Religion started:	Founder of Buddhism (Theravada, Mahayana, Vajrayana and Zen, etc)
Holy book/teachings:	Sutra's (canonical scriptures), The Four Noble Truths - suffering is an ingrained part of existence and the origin of suffering is craving for sensuality, acquisition of identity, and annihilation. Suffering can be ended by following the Noble Eightfold Path (right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration)
Followers:	Up to 500 Million
Lifestyle requirements:	Varies based on type, some require simple living and pure vegetarian diet
Form of practice:	Varies - temple worship, offerings, meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Buddha">http://en.wikipedia.org/wiki/Buddha</a>

#### Five basic precepts:

1. Abstain from killing living beings (from destroying/taking life)—or practice love.
2. Abstain from taking the not-given (from stealing)—or practice generosity, practice giving.
3. Abstain from sexual misconduct—or practice contentment.
4. Abstain from false speech (from lying)—or practice truthfulness.
5. Abstain from taking intoxicating drinks—or practice awareness and mental clarity.

#### Buddha said:

Do not believe in anything simply because you have heard it. Do not believe in traditions because they have been handed down for many generations. Do not believe anything because it is spoken and rumored by many. Do not believe in anything because it is written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and the benefit of one and all, then accept it and live up to it.

“I see meditation as a pillar of a mountain, nirvana as a nightmare of daytime”

In essence, the Buddha taught deep inner meditation to find the truth about all things, to reach self awareness, realization and eventually enlightenment.

## Jesus Christ

Name:	Jesus of Nazareth, Jesus Christ, Son of God,
Birth, Age, Death:	7-2 BC; Died 33-36 AD.
Nationality:	Jewish
Method/Religion started:	Central figure of Christianity and most Christian denominations such as Catholics, Anglicans and Protestants
Holy book/teachings:	The Bible
Followers:	Around 2.1 Billion (all forms combined)
Lifestyle requirements:	<p>Suppose to keep 10 commandments of God</p> <ol style="list-style-type: none"> <li>1. Thou shalt have no other gods</li> <li>2. No graven images or likenesses</li> <li>3. Not take the LORD's name in vain</li> <li>4. Remember the sabbath day</li> <li>5. Honour thy parents</li> <li>6. Thou shalt not kill</li> <li>7. Thou shalt not commit adultery</li> <li>8. Thou shalt not steal</li> <li>9. Thou shalt not bear false witness against thy neighbour</li> <li>10. Thou shalt not covet neighbors' wife</li> </ol>
Form of practice:	Primarily prayer, attending mass
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Jesus">http://en.wikipedia.org/wiki/Jesus</a>

Jesus was a great master who taught inner meditation techniques, although now the Church has forgotten the true essence of his teachings. Many books, scrolls & web-sites in search of the lost years of Jesus have shed more light of his mystical life during his journey towards full God realization or complete enlightenment. In particular, his visit to India and life in Persia after his so-called crucifixion.

Several quotes in the bible point to the meditation method he may have taught

- “when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” This means to close the eyes and go within, go to a higher plain of consciousness where we can connect to God
- “The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when *thine eye* is evil, thy body also *is* full of darkness.” Single eye means the wisdom eye, so when we focus in deep meditation then we see the light and enter a state of union with God (during the meditative state). If we don’t meditate, then we are lost in the mundane world not know our purpose, so it’s like being lost in darkness
- “I am the way, the truth, and the life: no man cometh unto the Father, but by me.” He was not so conceited to say God only has one son and every other method or master is false. This statement means at his time, to his followers, he was the only way to salvation, or enlightenment and freedom from birth and death. He was saying the spiritual path is difficult so one needs a master to help them, to open the door to Heaven.
- When Jesus was initiated by John the Baptist he had two significant spiritual experiences, inner vision of light and inner sound or Heavenly music known as the word, or shabd. “At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him” and “I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps”

## Chinese masters

Name:	Lao Tzu
Birth, Age, Death:	6th century BC
Nationality:	Chinese
Method/Religion started:	Founder of Taoism
Holy book/teachings:	Tao Te Ching
Followers:	220+ Million
Lifestyle requirements:	Simple life, vegetarian
Form of practice:	meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Lao_Tsu">http://en.wikipedia.org/wiki/Lao_Tsu</a>

Name:	Confucius
Birth, Age, Death:	551–479 BC
Nationality:	Chinese
Method/Religion started:	Founder of Confucianism
Holy book/teachings:	Four Books and Five Classics including Analects
Followers:	300+ Million
Lifestyle requirements:	Strict morality, love thy neighbour
Form of practice:	Put the masters teachings into daily life
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Confucius">http://en.wikipedia.org/wiki/Confucius</a>

What was unique about Confucius' ideals was his attempt to include strong morality into many accepted ideas, beliefs, and social customs – his method was practical, a way of life in harmony with each other. Meditation came a little later, using a quiet inward method to help strengthen their ideals and ability to live in the world. This is slightly different to other methods which teach to escape the world, go beyond it. A famous quote from Confucius was

- “Do not do to others what you do not want done to yourself”

Lao Tzu taught that all beings are part of the whole, no one species is special, the physical is not the whole. The root of all things is the infinite, all powerful – or we are all connected to one great power. The way to harmony and peace is within, through meditation to remove desire. The main concept of his teachings is non-action, meaning acceptance of our karma of God's will, and meditating to achieve nothingness, or complete mindfulness.

The requirements for Taoism, and in fact for many meditation based practices in China is a vegetarian diet and simple living. Drugs, Sex and indulgence creates physical tendencies, which is opposite to what we want to achieve.

## Krishna

Name:	Lord Krishna
Birth, Age, Death:	Circa 3000 BC
Nationality:	Indian
Method/Religion started:	Krishna Consciousness (ISKCON from the 60's)
Holy book/teachings:	Bhagavad Gita, Vedas
Followers:	6-900 Million Bhaktas or Vaishnavas
Lifestyle requirements:	Simple life, vegetarian
Form of practice:	Varies – offerings, chanting mantras, meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Krishna">http://en.wikipedia.org/wiki/Krishna</a>

The Vedas say Krishna is the original person, but that He always appears young and attractive. He knows everything, He contains all of reality, and all other living beings are His inseparable parts. He is the all-powerful, supreme controller of all energies. He is known by different names in different cultures (such as God, Allah, and Jehovah, for example).

Krishna was god-child, a prankster, a model lover, a divine hero and the Supreme Being. He taught absolute truth, that we are not the body and have pure souls. Each person is reborn according to their karma.

The basic essence of Krishna Consciousness (*bhakti-yoga*) states the goal of human life is to reawaken our original pure love for God – Lord Krishna. We souls exist to have an intimate loving relationship with Him. We can never be happy by rejecting that relationship and denying our true nature.

The primary method of liberation from the cycle of birth and death is to stay conscious of God by reciting the Lords name, typically in the form of the Hare Krishna mantra, or some form of devotional practice.

Disciples should have a simple life, be vegetarian and practice Mantra meditation – reciting.

*Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare  
Rama Rama Rama Rama Hare Hare*

The five most powerful bhakti practices are :

1. To chant the Hare Krishna mantra.
2. To hear and discuss Srimad-Bhagavatam.
3. To offer services to the Deity at home or in the temple.
4. To associate with the Lord's devotees.
5. To live in a holy place connected to Lord Krishna



## Sri Chinmoy

Name:	Sri Chinmoy
Birth, Age, Death:	August 27, 1931 – October 11, 2007
Nationality:	Bangladesh (previously East Bengal, India)
Method/Religion started:	Sri Chinmoy Center Church Inc.
Holy book/teachings:	See <a href="http://www.srichinmoylibrary.com/">http://www.srichinmoylibrary.com/</a>
Followers:	Circa 7000
Lifestyle requirements:	Simple life, vegetarian diet
Form of practice:	Meditation, chanting mantras and prayers
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Sri_Chinmoy">http://en.wikipedia.org/wiki/Sri_Chinmoy</a>

As a spiritual Master, he advocated meditation, chanting mantras and prayers, performing dedicated service to God as a way to personal enlightenment, or God-realization.

He was a prolific creative artist, writing some 1,500 books, 115,000 poems and 20,000 songs. He also created 200,000 paintings and gave almost 800 free peace concerts in notable venues around the world. His spiritual teachings were free and was considered a great advocate of peace; frequently providing guided meditation in the UN - NY.

His method is a silent meditation on the heart and avoid using the mind, taking the middle road to divine purity and love through surrendering. He asked his disciples to adopt a vegetarian diet, abstain from recreational drugs including alcohol, and lead a pure and celibate lifestyle (except for married couples).

Many of his followers developed great mind control where they achieved super human feats, excelling in sports and physical activities.

Some of the techniques used are:

- **Breathing techniques** – how conscious breathing can transform thought and emotion
- **Mantra** – how repeating a single spiritual word or phrase calms the mind
- **Heart meditation** – how to concentrate on the heart center (chakra) for fastest progress
- **Visualization techniques** – how guided group meditations expand individual practice
- **Illuminating life habits** – how to break the cycle of negative thinking

## Yogananda

Name:	Paramahansa Yogananda
Birth, Age, Death:	January 5, 1893; March 7, 1952
Nationality:	Indian
Method/Religion started:	Kriya Yoga (meditation), Self Realization Fellowship
Holy book/teachings:	The Self-Realization Fellowship Lessons & well known for the book, Autobiography of a Yogi
Followers:	1,000's
Lifestyle requirements:	Recommend simple life & vegetarian diet
Form of practice:	Kriya yoga
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Paramahansa_Yogananda">http://en.wikipedia.org/wiki/Paramahansa_Yogananda</a>

Yogananda said "You are walking on the earth as in a dream. Our world is a dream within a dream; you must realize that to find God is the only goal, the only purpose, for which you are here. For Him alone you exist. Him you must find". He was an indirect student of Mahavatar Babaji, and was fated to teach eastern mysticism in the west.

His mission was to disseminate the sacred teachings of India's ancient practices and philosophy of Yoga and its tradition of meditation worldwide.

He taught an ancient method known as Kriya Yoga, which has 6 stages of practice. Each building on the previous until complete self realization is obtained. The master would teach the next stage when the disciple had passed the current one. If the disciple could not pass before the masters death, then he would need to be reborn or find another master to impart the method.

The basic essence of Kriya is deep meditation using the breath, but going in-between to find stillness. "The Kriya Yogi mentally directs his life energy to revolve, upward and downward, around the six spinal centers (medullary, cervical, dorsal, lumbar, sacral, and coccygeal plexuses) which correspond to the twelve astral signs of the zodiac, the symbolic Cosmic Man. One-half minute of revolution of energy around the sensitive spinal cord of man effects subtle progress in his evolution; that half-minute of Kriya equals one year of natural spiritual unfoldment."

Its best to learn this technique directly from an authorized Kriyaban. The requirements are a pure simple life, refrain from excessive sex and being vegetarian is recommended.

## Sai Baba

Name:	Śri Sathya Sai Baba
Birth, Age, Death:	23 November 1926; 24 April 2011
Nationality:	Indian
Method/Religion started:	Sathya Sai Baba movement
Holy book/teachings:	Mostly transcribed lectures
Followers:	Circa 5 Million
Lifestyle requirements:	Simple living and vegetarian diet
Form of practice:	Daily meditation and prayer
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Sathya_Sai_Baba">http://en.wikipedia.org/wiki/Sathya_Sai_Baba</a>

Śri Sathya Sai Baba advocated the unity of all religions and advised all his followers not to give up their religions or beliefs, but enhance their original faith with a deeper understanding.

The five basic human values that he advocated are:

1. Truth (Sathya)
2. Right Conduct (Dharma)
3. Peace (Shanti)
4. Love for God and all creatures (Prema) and
5. Non-violence (Ahimsa) – this required a vegetarian diet

The movement requires strict morality, simple living and meditation so overcome the world of maya.

The charter of the Sai Organization says that every member should undertake sadhana (spiritual discipline) as an integral part of daily life and abide by the following nine-points code of conduct.

1. Daily meditation and prayer
2. Devotional singing/prayer
3. Participation in the educational programmes conducted for children.
4. At least monthly attendance at group devotional programmes held.
5. Participation in community service and other programmes of the Organization.
6. Regular study of the guru's teachings.
7. Putting into practice the principles of "ceiling on desires", utilizing any savings thereby generated for the service of mankind.
8. Speaking softly and lovingly with everyone with whom one comes into contact.
9. Avoiding talking ill of others, especially in their absence.

## Hindu Trilogy (Trimurti)

Name:	Brahma the creator, Vishnu the preserver, and Shiva the destroyer
Birth, Age, Death:	Since the creation of the physical universe
Nationality:	Indian
Method/Religion started:	Denomination of Hinduism, meditation
Holy book/teachings:	Vedas, Upanishads, Bhagavad Gita, Viṣṇu Smṛti
Followers:	Hinduism has around 900 Million followers, with so many gods it's difficult to know how many people only worship one or all of the trilogy.
Lifestyle requirements:	Simple life, vegetarian diet
Form of practice:	Mostly devotion, worship and meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Trimurti">http://en.wikipedia.org/wiki/Trimurti</a> <a href="http://en.wikipedia.org/wiki/Hindu_gods">http://en.wikipedia.org/wiki/Hindu_gods</a>

The holy Trimurti or three forms of God, also known as the Hindu trilogy consist of cosmic powers personalized in the form of Brahma the creator, Vishnu the preserver, and Shiva the destroyer .

Vishnu is the embodiment of mercy and goodness, the self-existent, all-pervading power that preserves the universe and maintains the cosmic order. Brahma grew in a lotus out of the navel of the sleeping Vishnu. The daily alternation of light and dark is attributed to the activity of Brahma.

Shiva is the god of the yogis, self-controlled and celibate, while at the same time a lover of his spouse (shakti). Lord Shiva is the destroyer of the world, following Brahma the creator and Vishnu the preserver, after which Brahma again creates the world and so on. Shiva is responsible for change both in the form of death and destruction and in the positive sense of destroying the ego, the false identification with the form. This also includes the shedding of old habits and attachments.

The main form of practice is Bhakti Yoga or pure spiritual devotion, of love for God which is Love itself, or Love personified in a physical being. The master is the beloved and the disciple the lover. In this yoga, everything is simply a manifestation of the divine and all else meaningless, including our concept of the small self, the Ego. When the Bhakta (devotee) is blessed by divine grace he feels an undivided union and non-dual consciousness prevails.

## Baba Sawan Singh

Name:	Baba Sawan Singh - "The Great Master" or "Bade Maharaji"
Birth, Age, Death:	1858–1948
Nationality:	Indian
Method/Religion started:	Sant Mat (re-started), Radha Soami
Holy book/teachings:	Sant Mat books
Followers:	100,000's
Lifestyle requirements:	Simple life, precepts, vegetarian diet & devote part of every day to meditation
Form of practice:	Surat shabd yoga (inner sound vibration)
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Baba_Sawan_Singh">http://en.wikipedia.org/wiki/Baba_Sawan_Singh</a>

Baba Sawan Singh is the second Satguru of Radha Soami Satsang Beas (after Baba Jaimal Singh Ji). Born into Sikhism, he continued the lineage of Sant Mat (Path of the saints) practicing a method known as Shabd yoga.

Shabd (also known as celestial or Heavenly music) refers to a spiritual current which can be heard during meditation as inner light and sound. It is the same as the "Word" as mentioned in the Christian Bible. The Yoga is the uniting of our real essence (soul) through listening with intent with the wisdom eye, and focused mental concentration (surat) upon an inner vibrational stream (shabd). This Shabd is God, and is the origin of creation, so when we connect with it we connect to the Supreme Being, to the almighty. It purifies us, uplifts us, liberates us and after consistent practice will enlighten us.

The silent meditation method taught requires initiation by a living master who has reached some attainment, and then continued guidance until the student is self aware.

Masters say: "An intense longing to meet the Lord during one's lifetime is the first and foremost qualification for Initiation. 'Seek, and ye shall find', is the principle." At the time of Initiation one vows to practice meditation each day. The spiritual path is a life-long commitment.

The moral precepts are:

Abstinence from alcohol and drugs;

1. Non-Violence (Ahimsa in thought, word, and deed) including vegetarianism (abstinence from meat, fish, and eggs);
2. Lead a truthful life;
3. Practice non-stealing -- an honest, ethical source of income;
4. Loyalty to our spouse or life-partner;
5. Refrain from using intoxicants.

Shabd is practiced by the Sant Mat movement, Quan Yin method of meditation and was also mentioned by all 10 of the Sikh satgurus. It requires the disciples spend 10% of their time contemplating on the almighty through inner meditation, and strictly adhering to the above moral precepts.

## Dalai Lama

Name:	His Holiness Dalai Lama
Birth, Age, Death:	July 6, 1935, 77 years old in 2012
Nationality:	Tibetan
Method/Religion started:	Continues lineage of Tibetan Buddhism
Holy book/teachings:	Gives public lectures and initiations. Tibetan Buddhism – Gelug (Yellow Hat). He has also written several books about his journey and making life better.
Followers:	10-20 Million
Lifestyle requirements:	Virtuous simple life, avoid killing any being
Form of practice:	Mostly the study of Buddhism and meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Dalai_Lama">http://en.wikipedia.org/wiki/Dalai_Lama</a>

His Holiness Dalai Lama is the 14<sup>th</sup> High lama of the “Yellow Hat” or Gelug form of Buddhism. He is said to be the 13<sup>th</sup> incarnation of the original Lama, Gendun Drup – the 1<sup>st</sup> Dalai Lama born in Tibet. He frequently states that his life is guided by three major commitments: the promotion of basic human values or secular ethics in the interest of human happiness, the fostering of inter-religious harmony and the welfare of the Tibetan people, focusing on the survival of their identity, culture and religion.

His instruction for life (to get good karma) is :

1. Take into account that great love and great achievements involve great risk
2. When you lose, don't lose the lesson
3. Follow the three R's: (Respect for self, Respect for others and Responsibility for all your actions)
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It is a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. If you want others to be happy, practice compassion.
20. If you want to be happy, practice compassion.

## Ghandi

Name:	Mahatma Gandhi (Mohandas Karamchand Gandhi), Father of the nation (of India)
Birth, Age, Death:	2 October 1869 – 30 January 1948
Nationality:	Indian
Method/Religion started:	No spiritual movement in the normal sense, but a revolution in ahimsa; Indian nationalism, non-violent civil disobedience
Holy book/teachings:	Many books and newspaper columns known as “The Collected Works of Mahatma Gandhi”
Followers:	Millions respect him, but not many are his spiritual students
Lifestyle requirements:	Simple and pure. He had strict control of his palette.
Form of practice:	Ahimsa (non-violence), fasting, meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Mohandas_Karamchand_Gandhi">http://en.wikipedia.org/wiki/Mohandas_Karamchand_Gandhi</a>

Gandhi was a prominent figure in the liberalization of India from British rule. He practiced non-violence and truth in all situations, and advocated that others do the same. He saw the villages as the core of the true India and promoted self sufficiency. Asked to give a message to the people, he would respond, "My life is my message."

To summarize his life, it was to show how love could always defeat evil or hatred. His non-violence principle was part of his being. To convince the nation, he would fast to bring out their compassion. What needed to be done, it was never to cause harm to others. He was a dedicated vegetarian, and undertook long fasts as means of both self-purification and political mobilization.

Here are some of his famous quotes:

1. Freedom is not worth having if it does not include the freedom to make mistakes.
2. Happiness is when what you think, what you say, and what you do are in harmony.
3. The weak can never forgive. Forgiveness is the attribute of the strong.
4. Whatever you do will be insignificant, but it is very important that you do it.
5. You must be the change you want to see in the world.
6. You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.
7. There is no God higher than truth & God has no religion
8. Whenever you are confronted with an opponent. Conquer him with love.
9. Earth provides enough to satisfy every man's need, but not every man's greed.
10. Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.
11. You may never know what results come of your action, but if you do nothing there will be no result.
12. The only tyrant I accept in this world is the still voice within.
13. There is more to life than simply increasing its speed.
14. Suffering cheerfully endured, ceases to be suffering and is transmuted into an ineffable joy.
15. Live as if you were to die tomorrow. Learn as if you were to live forever.
16. To believe in something, and not to live it, is dishonest.

## Maharishi Mahesh Yogi

Name:	Maharishi Mahesh Yogi
Birth, Age, Death:	12 January 1917 - 5 February 2008
Nationality:	India
Method/Religion started:	Transcendental Meditation
Holy book/teachings:	Transcendental Meditation technique
Followers:	Over 5 million
Lifestyle requirements:	Recommend vegetarian diet and simple life; avoid excessive sensual indulgence
Form of practice:	Mantra Meditation, breathe and other advanced based on levels
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Maharishi_Mahesh_Yogi">http://en.wikipedia.org/wiki/Maharishi_Mahesh_Yogi</a>

Maharishi Mahesh Yogi developed the Transcendental Meditation (TM) technique and founded thousands of teaching centers and hundreds of colleges, universities and schools and is reported to have trained more than 40,000 TM teachers. He method was also known as neo-Hinduism revived for the west.

As with other great gurus, he had a surreal sense of humour so often laughed during interviews earning him the title of "giggling saint". He saw life is game, in which we children play wholeheartedly and entertain our holy Father. He said ""being happy is of the utmost importance. Success in anything is through happiness. Under all circumstances be happy. Just think of any negativity that comes at you as a raindrop falling into the ocean of your bliss... within everyone is an unlimited reservoir of energy, intelligence, and happiness"

TM is reported to be one of the most widely practiced and researched meditation techniques. The meditation practice involves the use of a sound or mantra and is practiced for 15–20 minutes twice per day, while sitting comfortably with closed eyes. It is recommended immediately upon waking in the morning and in the afternoon before dinner, but not recommended immediately before or after sleeping, or after eating. The mantra is given by the teacher. Maharishi selected the mantra from hundreds in the Vedas, he was led to them after encountering his own sat guru, Swāmī Brahmānanda Saraswatī.

A few of his quotes:

- "The whole purpose of life is to gain enlightenment. Nothing else is significant compared to that completely natural, exalted state of consciousness. So always strive for that. Set your life around that goal. Don't get caught up in small things, and then it will be yours."
- "We have an infinite number of reasons to be happy, and a serious responsibility not to be serious."
- "Love opens all doors; no matter how closed they may be, no matter how rusty from lack of use. Your work is to bring unity and harmony, to open all doors which have been closed for a long time. Have patience and tolerance. Open your heart all the time."
- "Meditate and enjoy. TM in the am and the pm. Water the root to enjoy the fruit. 20 minutes in the bank, all day in the market place."



## Bahá'u'lláh

Name:	Bahá'u'lláh
Birth, Age, Death:	November 12, 1817 - May 29, 1892
Nationality:	Persian (Iran)
Method/Religion started:	Founder of the Bahá'í Faith
Holy book/teachings:	the Kitáb-i-Aqdas and the Kitáb-i-Íqán
Followers:	Circa 5 million
Lifestyle requirements:	Similar moral codes as the other main religions
Form of practice:	Daily prayer and meditation
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Bahá'u'lláh">http://en.wikipedia.org/wiki/Bahá'u'lláh</a>

Baha'u'llah taught that each human being is "*a mine rich in gems*" unknown even to the owner, let alone to others, and inexhaustible in its wealth. The purpose of life is to develop these capacities both for one's own life and for the service of humanity. Life in our world is like the life of a child in the womb of its mother: the moral, intellectual, and spiritual powers which a human being develops here, with the help of God, will be the "*limbs*" and "*organs*" needed for the soul's progress in the worlds beyond this earthly one.

The central theme of Bahá'u'lláh's message is that humanity is one single race and that the day has come for its unification in one global society.

Bahá'ís believe that there is only one God, the Creator of the universe. Throughout history, God has revealed Himself to humanity through a series of divine Messengers, each of whom has founded a great religion. The Messengers have included Abraham, Krishna, Zoroaster, Moses, Buddha, Jesus, and Muhammad. This succession of divine Teachers reflects a single historic "plan of God" for educating humanity about the Creator and for cultivating the spiritual, intellectual, and moral capacities of the race. The goal has been to develop the innate noble characteristics of every human being, and to prepare the way for an advancing global civilization.

## Amna

Name:	Mata Amritanandamayi, Amna (mother) – The Hugging saint
Birth, Age, Death:	September 27, 1953; 59 as of 2012
Nationality:	Indian
Method/Religion started:	Only a following due to her humanitarian deeds
Holy book/teachings:	Mostly gives Darshan through public lectures worldwide, transcriptions compiled to form a series called “Awaken Children”
Followers:	She’s embraced 32 Million people
Lifestyle requirements:	None – she accepts all unconditionally
Form of practice:	Love, meditation and service to others
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Mata_Amritanandamayi">http://en.wikipedia.org/wiki/Mata_Amritanandamayi</a>

Her philosophy is not to change the world by herself, but to touch the hearts of people who – by their sheer numbers or what they achieve, can make a real difference and uplift humanity. Her darshan (seeing the sacred in all) is the centerpiece of her life.

She stresses the importance of meditation, performing actions as karma yoga, selfless service, and cultivating divine qualities such compassion, patience, forgiveness, self-control, etc. Speaking about why she hugs, she said “I don’t see if it is a man or a woman. I don’t see anyone different from my own self. A continuous stream of love flows from me to all of creation. This is my inborn nature. The duty of a doctor is to treat patients. In the same way, my duty is to console those who are suffering.”

"There is one truth that shines through all of creation. Rivers and mountains, plants and animals, the sun, the moon and the stars, you and I—all are expressions of this one Reality."

1. Look carefully at what is of value in others and respect that. Beware; your actions in the present determine your future. All your problems arise because you don't stand firm within your Self
2. We should never forget that after every night, there is a dawn. We should never lose our optimistic faith
3. God's power is not something outside. It is within us. We need to awaken that power
4. Only when human beings are able to perceive and acknowledge the Self in each other can there be real peace
5. To awaken spiritual unity-and to spread to others the love that is our inherent nature-is the true goal of human life
6. If the desires are not controlled now, later they will control you
7. Married life, if lived with the proper love and understanding, helps awaken the feminine within a man, and the masculine within a woman
8. Keep the child within alive. A child never tires of hearing the birds sing, never gets bored looking at flowers
9. See God in everything, be a symbol of undying optimism, love sustains everything
10. Do not imagine that sitting with eyes closed alone is meditation
11. Whenever you get angry, you lose energy through every pore of your body
12. We give physical exercise to the body, but neglect the heart. The exercise for the heart is uplifting the destitute and the suffering
13. While carrying responsibilities, never forget to smile

## Prophet Mohammed

Name:	Muhammad Ibn `Abd Allāh, Prophet of Allah
Birth, Age, Death:	Circa c. 26 April 570 - 8 June 632
Nationality:	Arabia (now mecca, Saudi Arabia)
Method/Religion started:	Islam
Holy book/teachings:	Holy Quran & Hadith
Followers:	Circa 1.5Billion
Lifestyle requirements:	Adhere to religion moral codes, No alcohol or pork
Form of practice:	Five Pillars: Faith, Prayer (5 times/day), Alms, Pilgrimage, Fasting. Mosque services on Fridays. Ablutions before prayer. Holidays related to the pilgrimage and fast of Ramadan.
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Mohammed">http://en.wikipedia.org/wiki/Mohammed</a>

The life of Prophet Mohammed was very similar to that of Jesus Christ. He had a vision in a cave (he must have been meditating, but that is not commonly mentioned) and after telling others they proclaimed him the savior of Arabs. He denounced the then current rituals of idol worship and so was under constant attack. He was always on the run, giving discourses and helping to spread the truth. The established clergy at the time felt threatened, so took action against him. At the time, he told his followers whoever died for him would enter Heaven (Jihad) – which was true while the prophet was alive. After other arabs acknowledged him, the Jews laughed at his status and in fear of losing the caravan trade in Mecca - raged several battles. The rest is history.

Muslims believe Allah sent the angel Gabriel to Mohammed to reveal his “Word”, written in the holy Quran. The basic essence is the pillars of Islam which tend to unify all believers – very simple concepts and short.

1. Faith - There is no god worthy of worship except God and Muhammad is His messenger. This declaration of faith is called the Shahada, a simple formula which all the faithful pronounce. In Arabic, the first part is la ilaha illa Llah - 'there is no god except God'; ilaha (god) can refer to anything which we may be tempted to put in place of God - wealth, power, and the like.
2. Prayers - five times a day, and are a direct link between the worshipper and God. There is no hierarchical authority in Islam, and no priests
3. Alms - all things belong to God, and that wealth is therefore held by human beings in trust
4. Fasting - Every year in the month of Ramadan, all Muslims fast from first light until sundown, abstaining from food, drink, and sexual relations
5. The Hajj – every Muslim should go to Mecca at least once in a lifetime to pray and receive blessing

## Religions

### Hinduism

Name:	Hinduism includes Shaivism, Vaishnavism and Śrauta among numerous other traditions
Birth, Age, Death:	Circa 1500 BC
Nationality:	Indian
Method/Religion started:	Hinduism is formed of diverse traditions and has no single founder
Holy book/teachings:	Vedas, Upanishads, Bhagavad Gita
Followers:	Over 900 Million
Lifestyle requirements:	Simple life, vegetarian
Form of practice:	Deity worship, pilgrimage, devotion, Yoga
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Hinduism">http://en.wikipedia.org/wiki/Hinduism</a>

Hindu's believe in one Supreme Reality (Brahman) manifested in many gods and goddesses. There are around 330 million forms of God, the main are Brahma, Vishnu, Shiva, Ganesh, Lakshmi, Durga, Dasavatara and just about every other guru born in India.

Hinduism states humans are in bondage to ignorance and illusion, but are able to escape. The purpose of life is to gain release from rebirth, or at least a better rebirth. We reincarnate until we gain enlightenment.

Modes of practice include Yoga, meditation, worship (puja), devotion to a god or goddess, pilgrimage to holy cities, and to live according to one's purpose in life (karma and fate).

A few quotes explain the essence of Hinduism

- "So it is that bird and man, Sun and moon Are born and die in Brahma the Sacred - where all things become one"
- "All that we are is the result of what we have thought. The mind is everything. What we think we become."
- "Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, that is way great spiritual giants are produced."
- "Peace comes from within. Do not seek it without."
- "You will not be punished for your anger, you will be punished by your anger."
- "You yourself, as much as anybody in the entire universe, deserve your love and affection."
- The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.
- There is some self-interest behind every friendship. There is no friendship without self-interests. This is a bitter truth.

## Guru Nanak Dev & Sikhism

Name:	Guru Nanak Dev; Sikh (disciple, a learner, and a seeker of truth)
Birth, Age, Death:	15 April 1469 - 22 September 1539
Nationality:	Indian (present day Pakistan)
Method/Religion started:	Founder of Sikhism, 1 <sup>st</sup> of 10 Sikh guru's
Holy book/teachings:	Guru Granth Sahib, Dasam Granth
Followers:	25+ Million
Lifestyle requirements:	Simple life and pure vegetarian diet
Form of practice:	Prayer, meditation, devotional service & charity
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Sikhism">http://en.wikipedia.org/wiki/Sikhism</a>

Sikhism is the main religion in the Punjab (India), primarily due to a succession of 10 gurus starting with Nanak, then Guru Angad Dev, Guru Amar Das, Guru Ram Das (creator of the Sikhs holiest city), Guru Arjan Dev, Guru Hargobind, Guru Har Rai, Guru Har Krishan, Guru Tegh Bahadur and Guru Gobind Singh (who created the army of God – Khalsa, which conquered and spread the teachings far&wide). Gobind Singh saw his end was near thus declared the Sikh bible as the next and last successor, hence its name, Guru Granth Sahib. “Under orders of the Immortal Being, the Panth was created. All the Sikhs are enjoined to accept the Granth as their Guru. Consider the Guru Granth as embodiment of the Gurus. Those who want to meet God, can find Him in its hymns. The Khalsa shall rule, and impure will be no more, those separated will unite and all the devotees shall be saved”

The outer appearance of male Sikhs follow the 5 K's, uncut hair (kesh ), a long knife (kirpan ), a comb (kangha), a steel bangle (kara ), and a special kind of breeches not reaching below the knee (kachha ). Male Sikhs took on the surname Singh (meaning lion), and women took the surname Kaur (princess). All made vows to purify their personal behavior by avoiding intoxicants, including alcohol and tobacco.

The ideals of the Sikh faith advise the devotee to meditate on God upon waking. Sikhs do prayer or meditation (reciting the holy name) or remembrance of the divine and is usually done while sitting comfortably, cross-legged, on the floor with eyes closed and in silence. Some Sikhs occasionally use steel prayer beads, called a mala to help with concentration or recite the name of God silently like a mantra.

Prayer may also take the form of devotional reading of the Granth Sahib.

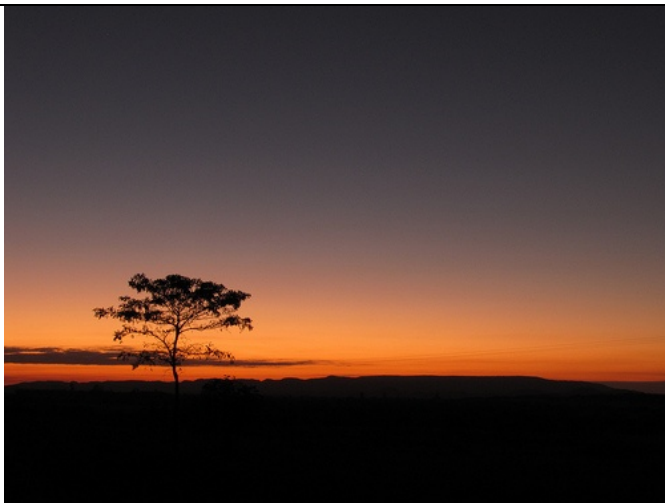
## Zen (Buddhism and the art of)

Zen has become one of cool spiritual words of our time, many people use it without knowing its origin. Mostly is used by ordinary people to suggest something simple, sacred and solemn.

Originally it comes from a Japanese variant of the Chán school of Mahayana Buddhism (the great vehicle where a single person take help many others to enlightenment) emphasizing the value of meditation and intuition rather than ritual worship or study of scriptures; its founder was Bohdharma, who emphasized the practice on breathing, on awareness to whatever we do in our everyday life. The main form is called zazen which is sitting meditation and concentration of the mind.

But that's a bit of a mouthful and somewhat serious so let revert to the more cool, new age street meaning of Zen, but if you are interested in Mahayana Buddhism then check it out [here](#) or Zen Buddhism [here](#).

In line with our site, we shall take a more lighthearted view of Zen as there are many other sites out there which have mastered the dictionary definition of it.



Simplicity is at the core— check this photo, it speaks of Zen.

Just a single tree with nothing around it, growing up and out of the ground. This photo would have a different meaning to each person that sees it. We could say the tree is like a practitioner, growing out of the mud heading for the heavens. The real truth seeker is alone, sees nothing (except his own faults & fears), hears nothing (ignores the world), and practices in solitude (meditation). The battleground (against the mind) is sacred (represented by sunset) and the atmosphere solemn. The tree is very present in its surroundings – no past, no future. It just is!

When something feels good, has a dignified element to it, stands out due to its simplicity – then we could say its Zen or has Zen.

If we take a walk along the beach or in the forest and have a special moment of oneness or bliss, that's a Zen moment. If we see some monument or architecture that totally blends into its space, that's a Zen building. If we talk philosophy or any open ended topic which stimulates, provokes and leaves us questioning life or ourselves, that's Zen talk. What do these all have in common?

They bring us back to the present moment, the now. Pure Zen is awareness of the here and now. When we are quiet, perhaps in awe of our surrounding or something important, when all thoughts stop...we are having a Zen moment.

The real and true beauty of Zen is the way it takes us to the highest place, merging with the Divine. It may not last at first, but with practice we can solidify the experience.

## Judaism

Name:	Judaism
Birth, Age, Death:	Circa 1000BC
Nationality:	Jew
Method/Religion started:	Judaism has roots from the time of Abraham
Holy book/teachings:	Talmud, Written and Oral Torah
Followers:	Circa 13 Million
Lifestyle requirements:	Strict dress, food and moral order for orthodox, flexible for others. 613 commandments
Form of practice:	Prayer (Kaddish), Shabbat, havdalah
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Judaism">http://en.wikipedia.org/wiki/Judaism</a>

Judaism is the religion, philosophy and way of life of the Jewish people. It recognizes Abraham as the Patriarch (Old Testament of the bible). It's considered by religious Jews to be the expression of the covenantal relationship God developed with the Children of Israel (the chosen ones). Due to the nature of the covenant, the Jewish race is still very pure compared to other races that intermix more. God, religion and Israel are tightly connected

The practice consists of many prayers, blessings, rituals and observances/holidays, food must be kosher, males circumcised certain garments worn and daily devotional service.

One significant difference between Jews and other religions is they are raised with the idea that they are better than Gentiles, that they have a right to control them, take whatever belongs to them, and look down on them, this has caused problems for jews. Of course not all act like this, since the core principles of the religion are about love and belief in God. In addition to that, the core principles reinforce that what they have (the torah, religion and lifestyle) is all they need. In summary the essences of the teachings are

1. God is real, great and infinite – also known as Jehovah, Jahweh [note, Normally Gods name cannot be spoken or used in vain]
2. Only worship and pray to God, but the words of all the prophets are all true; especially Moses
3. God spoke and gave his words to Moses, so there cannot be another Torah
4. God knows what we think, say and do and will reward the good and punish the bad
5. The messiah will come and dead will be resurrected

## Shintoism

Name:	Shinto (way of the Gods)
Birth, Age, Death:	Roots around 500 BC
Nationality:	Japan
Method/Religion started:	Shintoism
Holy book/teachings:	Kojiki (Records of Ancient Matters) , O'dno Jing (Book of Salvation) & <i>Nihon-gi</i> or (Chronicles of Japan)
Followers:	Circa 4 Million
Lifestyle requirements:	
Form of practice:	Rituals with strict conventions of protocol, order and control; Rites of Life,
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Shinto">http://en.wikipedia.org/wiki/Shinto</a>

Shinto is the indigenous spirituality of the people of Japan (also its typically very local – like connected to a local deity or shrine), it connects the past to the present and deals with the spirit (could be invisible beings) that dwells within all things (kami); also worshiped are shrines and certain rituals. Most Japanese practice some of it in some way as its deeply rooted into the culture. Watches of Animes & Japanese shows would also have seen Shintoism in action, without knowing.

The religion reveres significant natural objects ranging from mountains, rivers, water, rocks, trees, to dead notables. Out of awe natural wonders make the Japanese believe, that such wonders are created by a mighty, super-natural power, and so the ghost of a deity may dwell in such objects.

### Moral purpose or myths

- Japan and its people are chosen and special to the gods (kami)
- the kami have many qualities in common with human beings
- the kami are very different from God in the Western sense
- the kami have a duty to look after humanity & humanity should look after the kami
- purity and purification are important if humanity is to thrive
- purification is a creative as well as a cleansing act
- death is the ultimate impurity

### Typical rituals (which help communicate with kami)

- Purification - this takes place before the main ceremony
- Adoration - bowing to the altar; Opening of the sanctuary
- Presentation of food offerings (meat cannot be used as an offering)
- Prayers (the form of prayers dates from the 10th century CE)
- Music and dance
- Offerings - these are symbolic and consist of twigs of a sacred tree bearing of white paper
- Removal of offerings
- Closing the sanctuary; Final adoration; Sermon (optional)
- Ceremonial meal (this is often reduced to ceremonial sake drinking)



## Essenes

Name:	Essenes - guardians of the Divine Teaching
Birth, Age, Death:	200 BC
Nationality:	Multiple, originally mostly Jewish
Method/Religion started:	Christianity and more
Holy book/teachings:	Not available
Followers:	Several thousand, but now many people use the essene symbol (fish) as a sign of Christianity
Lifestyle requirements:	simple, austere and pious; away from society and evil, obedience to the leader of the group, wore white tunics, vegetarian diet
Form of practice:	strictly communal life, collective ownership, celibacy, serving each other
Wiki (encyclopedia) link:	<a href="http://en.wikipedia.org/wiki/Essenes">http://en.wikipedia.org/wiki/Essenes</a>

The essenes were a brotherhood (with links to Judaism) of holy men and women, living together in a community, who taught the founders of our religions and civilizations; the greatest of these being Jesus Christ. The group has gained fame due to the discovery of the Dead Sea scrolls which methods their activities. The core foundation of the group was spiritual wisdom, guarded for the benefit of mankind. Solitude was regarded as sacred, because, when one was alone with oneself, one was in the presence of God.

They started the concept of hospitality, and created building to heal the sick – which we now call hospitals. Humanitarianism was part of the culture and belief as they consider all beings part of God almighty.

Some of their teachings are as follows:

- Never teach anyone, unless they are ready to be taught
- Equality of the sexes (they saw the greatness behind the body, hence physical form was not important). The white ropes represented the purity of the soul
- No servants allowed, craving money was also seen as a form of slavery
- Gratitude - In truth, gratitude is everything except weakness. It opens the door to a higher knowledge and science. The words thank-you are considered as a scared incantation with the power to transform; essentially because the speaker accepts what has been offered, or is occurring, and realizes at a deep conscious level its coming from God.
- Essene Prayers & invocations for a respect, gratitude and respect in the World
- Mindful of what we eat, vegetarian (not killing any beings) and simplicity
- Some practiced biogenic (the power in nature that gives life) meditation

## Other Types of Methods

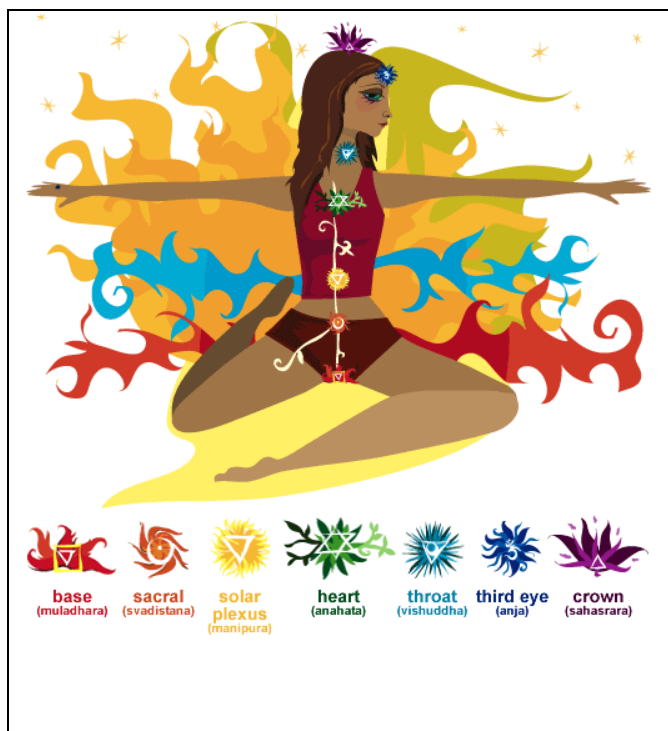
### Pranayama Yoga (Pranic breath control)

Known as the art of breathing, many of the meditation methods in the world past and present, use breath control as the fundamental core to reach awakening. With concentration on the breath, or the silence behind the gap between the breath, we are able to still the mind and enter a Samadhi state.

Prana, also known as Chi, Qi, Ki or universal life-force is an invisible energy source which flows through the body, earth and everything. It sustains life and permeates all sentient beings. Science does not fully understand it, but many techniques utilize it and have amazing results. Tai Chi or Qi-Gong both use the flow of prana, after just a few days of practice one can feel tingling in our fingers and body. After months or years of practice, our whole body can be rejuvenated.

When prana flows smoothly, we are in perfect wellness. When there are disruptions or blockages in the flow within us, it's a sign of sickness – either emotional or physical. Prana can be seen by some people, and felt by many. When we feel or sense a blockage, then we must try to remove it in the best way for us, in order to go back into balance.

The practice of Pranayama involves taking in deep & slow breathes, holding it for a few seconds and then slowly releasing it. Some methods may ask you to focus on certain energy portals in the body (called chakras), some do visualizations, some mudra's (finger/hand positions), some closed eye meditations, etc. We cannot teach this method as it involves some risk, you should seek expert guidance prior to continuing.



- The crown is the highest spiritual point of our body, the soul can enter/leave through this point. Divine energy can enter our being, flow through our body and leave spreading out into the world from this point. It's how a spiritual practitioner can bless the world
- The third eye is the seat of our soul, we can see what our soul sees by focusing on this point
- The Heart is where compassion begins and love starts. If we are true to ourselves focusing here will reveal many truths about us, our beliefs and others
- The solar plexus is the engine of our body, the center of heat and tumo power. Our breathe fuels the fire of life.
- The lower regions are used by some methods to commence our spiritual journey, they are the center of sensual pleasure when used correctly as per tantric yoga rituals.

Benefits & Advantages	Issues to be aware of
<p>Our breathe is of the body, by the body and for the body. It heals and restores vital life force helping</p> <ul style="list-style-type: none"> <li>• Healing and wellness</li> <li>• Respiratory system (lungs)</li> <li>• Nervous system (spinal cord)</li> <li>• Brain (extra oxygen and vitality enhances IQ and responsiveness)</li> </ul> <p>The flow of Pranic energy also restores imbalances such as</p> <ul style="list-style-type: none"> <li>• Clears blockages due to old emotions, such as letting go of past issue</li> <li>• Invigorates our cells causing rejuvenation</li> <li>• Awakens our spiritual nature</li> <li>• Improves our aura &amp; psychic abilities</li> <li>• Uplifts our consciousness</li> </ul> <p>It can also contribute to awakening key spiritual forces</p> <ul style="list-style-type: none"> <li>• Awaken tumo heat and thus</li> <li>• Awaken kundalini which provides</li> <li>• A level of enlightenment</li> </ul>	<ul style="list-style-type: none"> <li>• Tumo heat (or prana tapa) can have side effect, before trying you must have the guidance of a master in this field. It can cause severe imbalances within the body. Before trying, you must be in control of inhalation, retention, exhalation and with the locks and the actions of the mudras in order to control the fire within.</li> <li>• Our lower regions may also activate, resulting in more sexual desire. This method works well with Tantric Yoga.</li> <li>• Breathe is physical, our soul is spiritual. So breathe can only take us to a certain level. In the spiritual realm, there are many kingdoms. Most exist above any sort of form, so this method can liberate us from karma but cannot elevate us from form and eventual rebirth. It cannot free us and make us merge back with our divine creator. To do that, we need a method which focuses on the highest chakra (crown or third eye is also ok), contemplating on God almighty and ignoring the body completely.</li> </ul>

## Kundalini Yoga

After practicing Pranayama and obtaining some activation, a practitioner can then proceed further to awaken the spiritual coiled serpent at the base of our spine – call Kundalini (also known as a storehouse of creative and spiritual energy). Prana could be considered like a car, Kundalini like a Bus or Train...similar but much more powerful, and more dangerous. Perhaps the main difference is in the practitioner, what they focus on and how much effort is used.

Please read the section on Pranayama for more information.

***Note: Awakening Kundalini without a real master can be very uncomfortable***

The fundamental method to awaken Kundalini varies based on which master or method you take. Some merge the prana/apana heat, some by the Gurus' grace, some with very physical exercises and some, mostly with the higher methods which focus on the soul, it awakens automatically as a by-product of spiritual practice. We recommend the latter. To try to focus on it can take a considerable time, with limited results.

If we feel a sensation up your spine and sense of detachment/alienation from the world, then your Kundalini has started to awaken. What will follow is bliss and self awareness. You will still have emotions, but behind them will always be a state of deep knowing.

## Tai Chi/ Qi-Gong /Kung-fu martial arts

Tai Chi Chuan and Qigong are martial arts that utilize prana externally (body postures to control the flow of chi) to achieve similar results to Pranayama, but less powerful. They provide great physical benefits, can heal many diseases (especially those related to age) and greatly improve mobility.



Tai Chi has roots in Taoism, hence the use of the yin-yang symbol to signify its spirituality. It is known as a self-defense technique with offensive moves, but has much deep spiritual meaning when originally taught by living masters. The Yin reflects the feminine soft moves; the yang represents the masculine stronger aggressive moves.

At the spiritual core of martial arts are :

- Non action, or no harming others - the method is used nowadays to pacify method, to bring clam and harmony into life with gentle slow movements which emphasize passiveness. The slow movements help with reducing stress, relaxation and concentration.
- Surrendering – if we return anger with anger, we get more anger. But if we yield to the anger and use it, it will be dissipated. So many movements are to avoid being hit, to be lose and flexible so the attacker does all the work and wears themselves out
- Let go of the small self, connect with the whole to become greater – by utilizing the chi or prana, we use the energy of the universe to stabilize us. Some of the movements reflect that, where it feels we have the entire world behind us
- Fighting for a cause – an absolute resolve to protect the master and dharma

These exercises have movements which constantly change from yin to yang and back, from open to closed, from in to out There are many hand and body movements to help pass the chi through different parts of the body and remove blockages promoting healing.

Basic techniques are very safe and suitable for all; it's mostly a form of exercise with many spiritual benefits. As with any exercise however, start slowly and beware of your limitations.

## Tantra Yoga / Tantric Sexual rites

Tantra is a form of Yoga with roots in India hundreds of years BC. It was created for married couples to help them preserve their spiritual power during sex, singles or renunciants or monastic disciples would find no value in this technique. Hence, its teachings at times seem to be the bipolar opposite of conventional spiritualism.

Shiva and Shakti are the inspiration for the yoga. As two opposing energies Shakti is the divine feminine creator and Shiva is the supreme God. One of the main goals of Tantra is to awaken and unify the male and female components of the couple and help them to reach higher spiritual levels.

For example, most methods teach the world is illusionary, but Tantra says its real – a form a divine self expression to be free and blissful in Divine Consciousness through mutual acts of pleasure. In enabled couples the ability to reach spiritual liberation, just like celibates could. The core essence is "Nothing exists that is not Divine." It should be noted that most Tantric teachings are not sexually related, but in our modern times, it's difficult to find a meaning of Tantra that does not involve the sexual side.

Spiritually speaking, sex had several purposes. Tantric yoga refers to a unique style which amplifies the sexual experience to a level of ecstasy and preserves the vital life force. The intention is to allow spiritual practitioners to enjoy the experience and not waste too much of their spiritual energy during the exchange of bodily fluids such as semen. Those wanting liberation need to let go of orgasms, for something much greater. Through a series of rituals, preparatory actions and purification, the couple conjoins physically but fused together spiritually as one, expanding their awareness and becoming more enlightened. That's the theory.

These days, it's used to avoid or extend the time of ejaculation, have multiple orgasms and yes, amplify the sensual experience and improve the love between the couple. Tantric yoga teaches how subtle touch, stroking and other acts, when two are in love, and uplift the relationship and expand consciousness. By focusing on the lower charkas, then moving up, a tantric yogi can reach enlightenment.

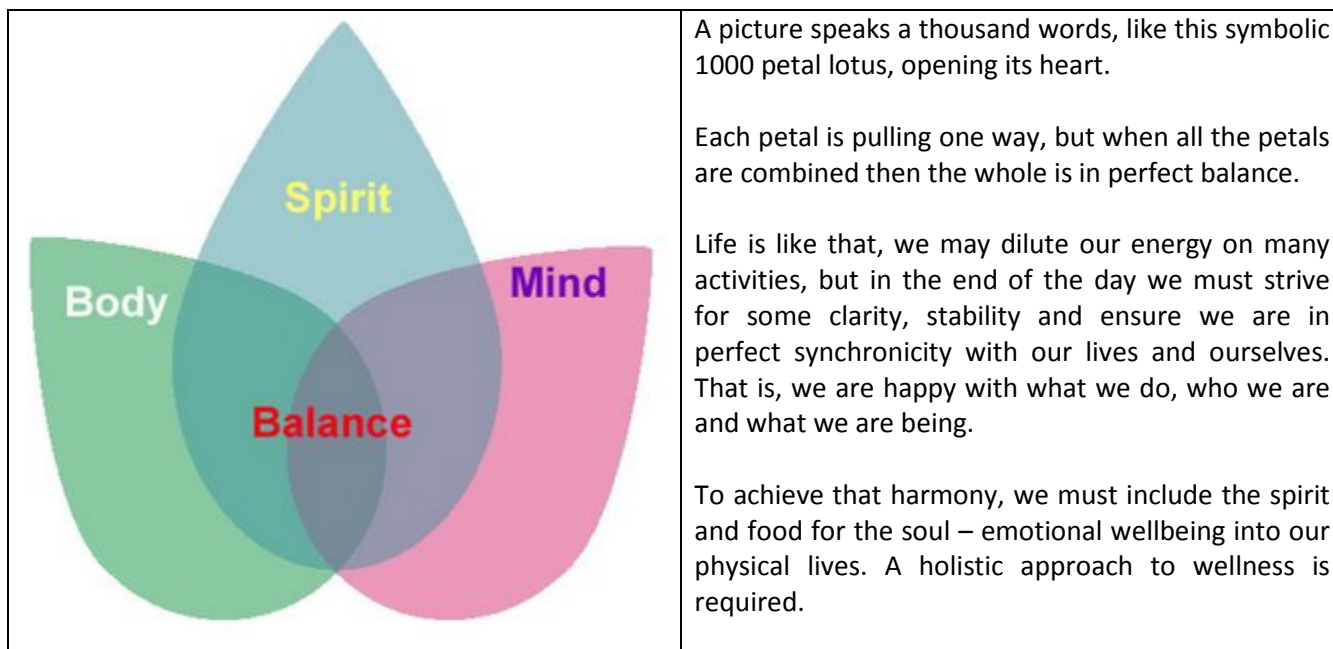
This method has side benefits of improving our health due to the deep breathing, strengthening of muscles in the genitalia area, and other exercises, especially for the male. Studies have also found significant improves in sexual health, for the betterment of the relationship.

In summary, if you understand that tantric sexual rites have little to do with Tantra Yoga, and the sexual rituals/rites taught are no longer the same as what the master taught and so will not derive the same spiritual benefit – then this method may help couples on the same path wishing to enjoy each other and still focused on the love aspect of sensuality. It requires both parties to follow the same path, especially during the many exercises.

Regardless of what the many websites say, few people are following the original Tantric method, but its so powerful that even a part of it brings wonderful results to a couple's relationship. The only down side is successfully mastering the modern version of Tantra may make you too happy and so forget the other side - enlightenment.

## New Age methods of Spirituality

### Mind, Body and Spirit



Mind, Body and Spirit is a philosophy which grew after the industrial revolution. Basically people get stressed and so lost in the world that they are overwhelmed and forget what is important in life. Too busy fighting urgent issues to really settle down and do what is right for themselves and ultimately, for their families and community. Stresses comes from society, from parents, from needing to survive and making ends meet, from competing and needing to have a high income, from pressure, from debt, from sickness, from the education system, from conforming to rigid rules and regulations, from the polluted environment and from not knowing who they really are.

In short, being lost and denying their true spiritual nature.

MBS conventions/festivals are now prevalent, mostly as marketing stalls selling natural therapies and the like. But they also give people the opportunity to see what form of help is out there in the world. These shows have brought a level of spirituality to the mainstream and have increased awareness of many schools of practice. Mostly, they have benefitted humanity.

The movement doesn't really provide a set method to get one's life back into balance, but all we need to do is replace what is missing. For most people, starting a method of spiritual practice is enough. Perhaps meditation, some form of creativity, exercise...whatever puts them back on their journey and gives meaning to life...and slowly returns them to the present moment. If we are lost in the past or future, life is too troubling. There are quick emotional pressure cooker type release methods taught, such as deep breaths, crying etc. But they are not a fix, just band-aid. The fix must get to the core of the problem, not symptoms.

## Crystals, Gems & Thought

### Origin

According to those who have seen Heavenly realms, these rare gems on Earth are replicas of what exists on the higher plains. Since our planet is a shadow copy of Heaven, thus we also have them but not as pure.

### Use

Here, we use them as an item of value such as jewelry, industrial use or as a hedge against inflation. In higher realms, they are used to magnifiers of thought to control technological items. Some web sites have claimed pass UFOs which have crashed here were built using crystal technology.

Even on Earth, they are used for astral travel and reading the future or mind. Other uses include healing, transmitting energy, healing and dispelling evil or negative energies.

### Power of thought & crystals

You only need to walk into a new age shop or flea market to see an assortment of crystals & gemstones. So many types, sizes and colors'. Each has a different emotional and spiritual effect on us, depending on our need. Each person may have affinity with a certain type, or *feel* that one really works for them.

Dr. Masaru Emoto, a pioneer Japanese researcher, has discovered certain characteristics of crystals grown in water. His works are well documented. In summary, he found the crystals changed according to our thought and intention.

We all know food kept in a pyramid keeps longer than that left outside. Well, if we just label a jar filled with water with kind words such as "I Love You", "Forgiveness", etc...or even pray over the Jar; then he found the water had a certain blessing quality and if food was dipped in it, would last longer.

This is a scientific example of how crystals amplify thought, and how our thought creates our reality. Experiments have also been done with different types of spiritual practitioners. Like a priest or monk praying vs an ordinary person. The more light a person has, the more elevated they are, the stronger the blessing power of the water. Meditation & the sun can also charge the water.

### Think Positive BE Positive

You must have heard the expression 'we are what we eat', well we also are what we think. We were made by thought (our creator) and one of the fastest ways to manifest things in our life is – by thought. If we keep an idea in our mind, depending on our conviction is must come true. The universe is here to give us what we desire; after all we are Gods children. It may take time, like lifetimes, but it will come to pass. The more we practice meditation or concentration methods, the faster things come to us. At times we just need to think of something or someone, then presto...it's there! Thought is a fast way to create but not the best. Acceptance of what is, is the best. Knowing that whatever manifests is perfect. Using the mind or ego to create also causes attachment and side effects...hence the saying, 'be careful what you wish for, it may come true'.

Positive thinking is not just using positive words such as in NLP or affirmations. Positivity actually comes from out light, our vibration. Like attracts like, so a certain vibration will attract that response. Many people talk about certain types of karma. If a person has bad car karma, then they attract bad luck with cars. If they have good parking karma, then they attract the best parking spots wherever and whenever. It's not karma, it's thought and belief in that thought.



Our thinking, or more correctly the deep subconscious desire behind the thought, sometimes known as the sponsoring thought, attracts things to us. Some examples

- Some police can tell which type of people are likely to be victims..because it's in their aura, it's their thought vibration.
- If you enter a room and someone looks or thinks of you, somehow you turn your head at the right moment to make contact.
- If mom & infant are sleeping and the infant needs something, mom will automatically react and even do things while sleeping
- If you have a strong connection with someone and they call you, while the phone rings you may even know whose calling (without looking at caller-id first ☺)

These happen because we are connected within, we are one. Thought is a channel we use to send our messages, it surrounds us and is visible to Heaven and advanced spiritual souls. Vibration is a force we use to pull things to us, it's a simple law of attraction – it's a mechanism the universe uses to bring two people together or fulfill desire.

The moral of the story, think positive and avoid talking nonsense. Desire nothing. Practice spiritually to raise your vibration. Think of the most high often. Then life will be perfect in every way, and in every moment.

### **Astral Projection (Travel)**

This is also known as living in a world of dreams, mostly because many of us actually astral travel naturally in our dreams. Some people practice a method enabling them to leave their body (like an out of the body experience) and go to wherever they wish using thought. This is a lower form of astral travel.

A higher method is to meditate, leave the body going through the tunnel of life & death, then travel with the soul to higher realms in the astral plane – which consists of many heavenly planets. Some of which have been mentioned by Buddha's disciples and recorded in the Sutra's. This may be difficult for most people to believe, and it's not the intention of this site to prove it. It's just a statement, you may do some research on the web and look for proof of others traveling to higher planes. Some out of body experiences have been written in book form, but they also are not like travelling with the soul; although the feeling we get when in another place is very similar – total bliss.

**One important note on leaving the body.** If you don't have a master to look after it while you are away, astral or hell beings can enter. This is how some people become possessed by so called evil spirits, especially if they are not pure when leaving the body. If you have a master who can help you within and also follow strict karmic guidelines, you are very safe. Otherwise, this is not recommended.



## Channeling

Is a state of mind where we call upon deceased persons, astral beings or ascended masters to use our body as a medium to communicate. In other non-physical realms, beings cannot speak with a voice so to use our human body can be useful in order to relay a message. To find a channeller (or medium) is pretty easy these days, but beware of the cost. Not just the money but the spiritual debt we will owe for the information and connection. Nothing is free in this world, nor in the other worlds.

For spiritual practitioners, channeling is not recommended. Even if we have emotional issues with a deceased person or what to know about something in the past which now haunts and must be resolved, it's better to forgive and forget. Accept the past, live in the present and make your future is bright.

Along with the dark arts, channeling is one of the few spiritual techniques that we cannot endorse. It is fraught with danger. Even with a master and pure living, we are open to any entity that has some affinity with us, it's like opening the front door of your home then going to sleep. Once asleep, you have no control of who comes in and what they do. Channeling is a quick way to being possessed by spirits. Not all spirits are good.

## Compassion – the art of Humanitarianism

One of the most heartwarming new age methods which has blessed our planet in the last century is our compassion. It manifests in many ways, through sharing our love and wealth, helping others, caring for the needy and infirmed and assisting the planet in humanitarian ways. The real beauty is that this love shown in action -has been shown to all beings, not just humans.

Charitable trusts, foundations established to help the poor, animal welfare groups, good Samaritans – and much more are now common place. Our world is truly being uplifted by the love of these groups and the spark of empathy they ignite in society. We are indeed blessed to live in this era.

Spiritually, the growth path of those practicing this method is infinite. Only heaven awaits as what we do to others, God will do for us. Give love, and you will receive much more in return.

Compassion invokes our most noble qualities, Godly qualities because Love is what we are. The more we share it, the greater we become until we become whole again...like the almighty. It's why masters advise their disciples to practice karma yoga – selfless service to others to burn off bad karma and create good karma.

Love is the foundation of life, of living and of divine light. The more we have, the more we share, the more we give, the closer we are to being who really we are. Why? It expands our consciousness, we grow from the small self to the whole because at a deep subconscious level, we recognize all are one and thus we are only helping/giving to ourselves.

## The Power and types of Prayer

Prayer is a very personal form of communication between a person and whomever they are praying to. Prayer is powerful, brings peace to our minds and solace to our souls. When we have no other options, no way out, full of tears and strong emotion – that's the time our prayer may actually reach.

- Our eyes are the window to the soul.
- Our heart is the gateway to Heaven.
- Our emotion is the vehicle which transmits the message.

When we are in trouble, in need of help; that's when our emotion is most sincere and powerful. At that time, Heaven can hear. If we just recite a prayer in a church with 100 more, it's somewhat limited.

There is a joke.

A Hindu was speaking to a Christian about disasters and said. I really admire you, if something happens you just pray and get immediate help. For me, I could be dead before help comes. The Christian, sounding very surprised believing all religions are equal said why. The Hindu said because you only have one god, we have 330 Million so by the time I finish my prayer I am gone.

Sounds funny, but it has some truth. Often we don't know who to pray to or think too much about the prayer or effect. It must be natural, God is omnipotent, omnipresent. If we have a master it's easier since we simply pray to the master and he/she will pass the message on. If we don't, we must know who we are calling upon. Our mind must be clear. If we just say God or our angel guide, what does that mean to us? How do we relate to it?

So now you know why God almighty has to send so many messengers down to earth. Because without a physical form, it's difficult for us to know God...just too abstract. For example, what does the infinite, absolute or most high actually mean? Most religions have past messengers. Most spiritual groups have living masters but new age groups have paid teachers who may or may not have attained a level where they can answer prayers or protect their disciples.

Even with religious groups, their masters are deceased. They all say their master is the only one and still omnipresent, but that is not what God says. Most religions say something like "I am the way", "Love me only me", or something which makes us believe they are the only way to God.

It's not entirely true. When a master is alive, they are the way to God, and maybe the only direct way at the time. But, when they depart, only the disciples they initiated have the connection. That's why Jesus said "As long as I am in the world, I am the light of the world... I am the way, the truth, and the life: no man cometh unto the Father, but by me". If this was not the case then why are the current disciples of past great masters like Jesus, Buddha or Mohammad wallowing in darkness? God is not so poor to have only one child. No, the lord sends an endless stream of masters, messengers, prophets and teachers to Earth to help us. When we are ready, the right master will appear to us.

Regardless of how good a dead doctor was, he is not as useful as a living doctor when we are ill. So if you pray to a dead master, the effect may not be as good as praying to a living one. Its true ascended masters are still around, but not at our level and no longer in form. We need to get to their level if we want to be heard.

In summary, prayer is more powerful when we have been connected to a holy person who can hear our prayers and pass them on, answer and also protect us. Second most powerful is when we are in some emotional pain and pray sincerely to whomever we believe in most.

Types of prayer vary greatly. Muslims pray 5 times per day, Christians mostly on Sundays or daily using rosary beads, Hindus revere their deities daily, Buddhists recite the Sutra's or calls names of past Buddha's, etc.

When we meditate, we are praying in silence – or in the closet. When we chant the Lord's name, we are praying.

Essentially there are two main forms of prayer, one where we talk constantly without listening. The other where we ask once, then listen for the response. The latter is more in line with spiritual practice.

We are not beggars, and God is not death and stupid. A single prayer delivered correctly will reach and the response will start. If we are quiet, then we will hear or intuitively feel the response. If we keep asking over and over again, it becomes a mantra with no feeling and minimal effect. To hear means to still the mind, be in the now, or meditate.

When we were young we were always asking our parents for things, but later in life we could get/buy our own. It's the same with prayer. Acceptance and gratitude are the highest form of love and belief in God – it's like we believe what God is doing is the best. Using our mind to change something we don't like or disagree with is children's play – we do not accept God's will. As mentioned in the beginning, in times of sorrow or pain, when life is too much to handle – these are perfect times to pray; to use God as our closest friend; to connect and know we are not alone. In these circumstances we are not asking for something, only love and the strength to continue. These prayers take us higher because of the feeling of oneness and the effect in has in increasing our faith.

When is the best time to pray? When you need to.

What is the best prayer to make? Whatever is in your heart, whatever is troubling you or wish to praise.

How often should I pray?

- For prayers of peace, sharing love or gratitude, the more often the better.
- For requests to remove pimples from your face or get an A+ in your exam, once should be enough.
- For prayers to help you improve yourself for the betterment of others, to give strength or to find God, as often as you wish.

How will the answer come?

- Mostly intuitively, but if you're not use to listening ....then
- When you are reading, watching tv or listening to a friend...you will see the answer
- When you are in the shower or walking or anytime, an idea will come to your head

How do you know it's the real answer? It will benefit you and others. God always gives the perfect answer for everyone's consideration.

## The Miracle of Nature – touches our spirit

*The miracle touch of nature and native spirits brings calmness into our lives and re-connect our spiritual roots. An explanation of native indigenous religions, shamanism, Mother Nature and new age techniques.*

Getting in touch with nature is not a new age method, prior to the industrial revolution most of humanity lived sustainably in small communities, utilizing knowledge about nature handed down from generation to generation. After people started living in cities, we lost sight of how important it the connection was instead focusing on career and money. Now, many people realize the mistake and are trying to re-connect with themselves through nature.

There is no limit to how we can interact with Gods magnificent creation, only our imagination limits us. We have already talked about having a [relationship with nature](#), the good news is there are many techniques to do that. Some of the nature methods include (but not limited to)

- **Nature spirituality or Shamanism** refers to the relationship indigenous natives have with Mother Nature. This is the religion of Native American Indians, aboriginals, and animists. The connection is part of the culture, and life must be in harmony or balance with the environment. Typically the tribes had wise women or men in positions of responsibility. Many of these communities had a matriarchal system where women were responsible for the wellbeing of the people. This type of method also respects nature spirits which reside in large natural structures such as mountains, the sun, and moon etc., similar to shintoism, but the objects are more significant. The essence of the method is to pay respect to these lower gods, or deities, and be grateful for what they provide. Respect means to live in harmony with them, not take too much out and revere nature for what it is.
- **Nature conservancy** - taking care of the planet to prevent global warming and environmental devastation/pollution. We don't need to worry about religion, philosophy, doctrines or complicated theories. Look at the animals in trouble due to the changes we humans have caused within the planet. By being frugal with Earths resources, and striving to do our part to prevent climate change, we will all continue to share our Earthly home - it's the only one we have. By saving animals and the planet, we also save ourselves – save our souls. Because we put our compassion into action and so our consciousness expands to encompass the whole.

When we are considerate, we are making a statement of who we are.

“For the first time since the dinosaurs disappeared, humans are driving animals and plants to extinction faster than new species can evolve, one of the world's experts on biodiversity (ICUN) has warned. Conservation experts have already signaled that the world is in the grip of the "sixth great extinction" of species, driven by the destruction of natural habitats, hunting, the spread of alien predators and disease, and climate change.”

- **Walking during sunrise or sunset** –a walk in the park or along a waterway during the most sacred times of the day, and look into the sun if you feel comfortable (within 30 minutes of sunrise/set is perfectly safe). Enjoy the magic, the miracle of life and thank the universal for its creation. Be grateful for what you are seeing. Sunrise represents birth and time to awaken, sunset represents the time to let go, rest and get ready to re-create. Normally, sunrises have a greater spiritual effect because the mind is calmer during a good night's sleep. The effect - you will see changes in your life due to a subtle awakening within your soul. You will see things differently and become softer. It's a stepping stone on a path towards knowing.

- **Gardening, landscaping** – many a gardener will tell you there is nothing better than hoeing into the garden. It's not the work, it's the meditation. Apart from feeling the earth with our hands, we focus on creating life and beautifying part of the planet. The real benefit is the joy we get from doing something we love, and the focus or concentration in the job makes us forget everything else if life, for a while. When we do something always remember who is the creator - that will make us grateful for the privilege of being able to do it. When creating, feel humble and imagine your part of creation repeated, like a ripple effect, all over the world making our planet Heaven. This will help to open your consciousness, connecting you with the whole.
- **Take a walk or go hiking** - anywhere in nature we can feel blessing. The trees, grass, birds, animals are all here to bless us, to make life so vivid, varied and interesting. The boundless array of species pleases our eyes, enlivens our senses and uplifts our souls. We can only be in awe of creation when witnessing the splendor of the Earth. Behind that awe is gratitude, deep profound thanks to the creator for making our planet so beautiful. With that though, the Heavens open their doors to you and will offer more of what please you. Because you appreciate creation, creation will appreciate you. The more our consciousness expands, the greater we become. It's a simple way to walk the spiritual path, on your journey to self awareness.
- **Be in awe of the magnificence and beauty of creation** – visit a great site such as one of the wonders of the world or even a holy place like temple or church. Feel the vibes, feel the atmosphere of the people who came before, feel what ambience the vibration of the collection thought. Let that feeling expand through your body and feel it, look within yourself and ask yourself what is this feeling, this sensation. Then decide what the sensation means to you, how you feel about the awesomeness of where you are and the awesomeness of the power which created it. It could be Mother Nature or visionary architect. But behind the mechanical means, look at the power behind and be in awe of the true greatness of the creator.
- **Revel in the elements**, let raindrops touch your skin so the blessings from Heaven can touch your soul, feel the breeze through your hair and imagine the power which flows all over the world. Watch lightening or the aurora borealis and see the light from God come down to enliven the Earth and invigorate the air. Imagine the blessings raining down from Heaven falling on all equally and without judgment. Then take that thought and extend it to your own life, feel the blessings which come into your life daily in the form of angels coming to teach us, and in the form of wisdom to do what is right at the right time. Let the moment exist eternally, allowing the now to expand your consciousness with it.
- **Walk barefoot**– if animals can be so connected to nature, why can't we. Whenever it's safe, leave your shoes behind and re-connect with nature. Feel the ground, listen to the Earth just like horses or other animals. Through the connection, be one with all and immerse yourself in the unity of all beings. What is the Earth saying, ponder on it! Is the area in harmony or pain, think about it! Be in tune with the area, then expand your consciousness to a greater you. A part of the whole.
- **Marvel at the seasons** – ever really looked at the changing seasons. It's not just summer/winter or Autumn/Spring. Look deeper, what does each have for us, what do they represent to you? Spring into life for example, awakening from a deep sleep and new beginning. Summer is fun in the sun, time to be youthful. Autumn reflects change from rapid growth to a life sustaining level. Winter is sleep, resting and recharging ready for new life. Each of us, depending on where we live, will see the different effects of the seasons. Some more welcome than others, but each season has an effect on our spirituality, just like day & night does. How does that change effect you? Do you have a time of year where it's easier to practice, so you focus more time and energy on? As with all things, the

changing seasons give us the opportunity to be grateful for diversity, to be grateful to be alive and living the magic of each wonderland. That gratefulness and life lived based on seasons can help propel our spirituality and let it mature due to the rounding effect of experiencing life under different conditions.

- **Relax under a tree, or hug a tree** – the Buddha meditated under a bodhi-tree for 49 days, more recently the Nepali Buddha boy Ram Bahadur meditated for months inside the hollow of a tree. We don't need to be so extreme, but a few hours every now and again can be of great benefit. A tree is solid and well grounded; it has roots into the Earth, literally and spiritually. So, if we hang around it then some of that grounding will come to us. It acts like a channel, lovingly sharing the Earth's serenity. It may be the reason so many people like to hug trees or just lay under the shade it provides. Every tree is an oasis in itself, it's there to shield us, cool us, and protect us from the elements. Trees feed us and allow us to breathe; they are humble servants of humanity. It's that humbleness that empowers them with something sacred, simple and serene. How to hug a tree? Sounds pretty simple, and it is. Just a few things to note, trees resonate differently so by walking in a forest you may feel more affinity with one than another – based on your mood and what you need to extract from the tree. They are ready to share their life-force to you.
- **Spirituality of water** – Our planet is covered with about 70% water. Our body is about 70% water – bit of a coincidence? Water is essential for life, in all forms. We are basically walking water bottles, in harmony with other water bodies. We align to oceans because of our composition, and we resonate with the Earth because we are both 70 percenters! Large bodies of water have profound effects on us, perhaps a differently for each person, but each would feel something. The magic of the water cools us, pacifies us, impresses us, entertains us, and revitalizes us. Water purifies us physically, just like spirituality purifies our soul. Water keeps us alive, just like spirituality gives us purpose to live. Blue is the color of large water bodies, blue is the spiritual color. Calm is the ocean, serenity is the soul. Life on earth started from the sea, life within our body starts with the soul. The almighty can be considered like the ocean, each of us like a drop in the ocean. Individual yet when merged, indistinguishable. When you see water, imagine that you are merged into oneness with the all. Let your consciousness expand to encompass all the creation. Start with the water near you, then look out unto the horizon – as you do, expand your awareness until you are as great as the ocean.
- **Meditation** – find a spot, trickling stream, rock in the woods or along the shore, under a tree or in a tree-house. Find places in nature where you cannot be disturbed by people, then go within and practice your meditation method. Let the birds and wind take you to a state of silence and solitude. If you are not used to insects, bring a net or repellent first.
- **See God in everything**, the real essence of all these methods is to believe at a deep level, that God exists in everything, is behind everything and thus be eternally grateful for all before us. Be like a child and find joy in being outdoors. Use your imagination, be creative and just enjoy being in nature in your own way.

## Goddess or Spirituality empowering women

*Awakening the Goddess-wikka nature within, empowering women to greater heights. Help-desk on techniques to improve our spirituality and better women's lives*

The goddess in us is the female spirit, our femininity – be it male or female. Have you ever noticed some males are more feminine than women, and some females more masculine than men? That is the Goddess quality that new age spirituality seeks to empower, awaken and utilize for the betterment of humankind.

As women tend to have a higher feminine percentage than men, we shall focus more on them. The highest form of female leadership is the matriarchal system where women make the decisions. Long ago, women ruled the planet and men were used for strength-required duties (even today there are enclaves of societies with matriarchal patterns in Asia, Africa, America and Oceania). But due to their softness and males aggression, we slowly changed to a patriarchal system, and even to the point where women are kept as slaves in some cultures.

New Age Spirituality seeks to return power back to the Goddess by empowering women, to return our world into a more loving, compassionate and peaceful home for all to live in. The Goddess nature is similar to wikka except it does not dwell on the occult or physical powers derived from practice, only pure spiritual. Magical powers are Childs play in the spiritual kingdom; they are nothing because they only work in the illusionary realm. Real power is an inner strength, a mountain strong determination to be who we are with no fear. Physical strength shown by men as violent anger is not real strength, it's actually weakness masked. Real strength is to love all that is, as it is – especially ourselves the way we were made – warts and all. Some sites will talk about Kundalini, Spiritual Healing or certain types of yoga – when referring to Goddess nature. They are very limited parts of the real nature, more like side effects. When the full nature is awakened, we have nothing to prove, nothing to show except our connection to the whole. We are nothing since we've let go of the small self that can do this or that. We are everything because we are connected to the whole self, the alpha and omega, the everything.

Spirituality is about reclaiming the universe, not about developing one or two skills.

The Goddess feminine quality refers to the following desirable characteristics to nurture change:

- **Universal Mother** (Mother Nature, divine mother, etc). Mother Theresa is an example of a divine mother, she was a living saint with the power of love that we mere mortals can only dream of. Her gift to the world was Gods infinite love distributed through her caring hands. She personified the Goddess nature – a nurturing mother loving unconditionally and selflessly sacrificing for others.
- **Purity** – this does not refer to being a virgin, but everything to do with positive thoughts. A Goddess would not jump to conclusions, judge or think the most negative or of the worst outcome. The more pure the more saintly we are, and the more we can influence others through strong leadership. We would be congruent in thought, speech and action. True leaders are rare in this world, preferring to focus on re-election than nobility. An empowered Goddess however, would focus on what is best for others.
- **Creativity** – when our spirituality matures so does our creativity. The female side uses the same side of the brain as creativity, so it's only natural new talents would come as our Goddess qualities develop.
- **Love** – the essence of all things. If God is not love, what is? When we are self realized leaning towards God realization, our love for all grows with our consciousness. At that time Ahimsa becomes part of our nature, we'll probably become vegetarians and human/animal/environment rights activists of



some sort. An example of this quality is Bridget Bardot; first she started as a screen siren then later evolved into a compassionate human using her star status to save sentient beings. Each person has a different mission, ours will unfold when we are ready but rest assured – love will be at the core.

- **Gentleness** – a mother's hand soothes the effects of father's actions. We have a saying, being every great man there is an even greater woman. The Goddess feminine quality is to focus on the positive by alleviating anger or frustration until a situation turns for the better – just like a mother would settle her children's argument. This softly softly approach comes from patience, love and of course a gentle heart. If leaders had this sort of character instead of being lost in the anger, our world would not have entered war as often.
- **Forgiveness** – to forgive is to forget. Due to the need to accept whatever a child does, a female is born with the ability to ignore what happens and help anyway. This maternal instinct to accept what occurs, over and over again, is based on love and forgiveness. A Goddess must have this quality, to accept people who may be immature, ignore their ignorance and give them unlimited chances.
- **Tolerance** – the art of observing, watching then ignoring. When dealing with people or situations, we need patience to deal with all the issues in life. Often, people don't think like us, they may be polar opposites but we still need to listen and respect their views. Having the patience to listen and continue, and the tolerance to accept things not in line with our own concepts defines a sage, a wise person who can stand tall in dignity and virtue.
- **Passionate** – about life, about others and about all things. Life is worth living if we live it wholeheartedly – but how many can live every moment like their last. To be passionate means to put our all into each moment, to do our best under all conditions and to inspire others to follow our example. When we have a noble ideal which can benefit others and humanity, and our conviction to spread that ideal regardless of obstruction – that is passion. The Goddess nature must possess this quality, to achieve her goal and to encourage others to help and thus uplift people. Passion also refers to other qualities such as appreciation for the beauty within all and of creation, with that appreciation leading us to express it in ways that show. It refers to our behavior at deep levels of consciousness, to a point of knowing so when we commit to a task – we put our whole heart into it.



## Healing & Wellness

There are many types of healing; most are very beneficial as it lightens our burden and uplifts our soul; but some actually make things worse. Emerson once said “A *great* burden falls from our shoulders when we let God run the universe.” This quote means something different for each person that reads it. Since we are a spiritual helpdesk, we shall provide a spiritual interpretation – related to karma and destiny.

Jesus once said, “That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also”. What does this signify, in one word “*acceptance*.”

The only reason we are born into this world is because we have karma with others to resolve. Even when God manifests here physically (as a prophet, guru, messenger, etc); the body used must have some karma otherwise it cannot interrelate with others.

So this karma is what is installed for us this life, due to whatever we did in the past. This means we are responsible for it, not the “I” that I think I am, but the “I” which is attached to our souls; the part of us that has existed over many lifetimes.

So if a stranger hits us, we are not blameless. The lord of karma has made that person do it. Jesus knew this, so he said not to resist evil (the person hitting him for no reason). By offering the other cheek, it’s an ultimate expression of acceptance and gratitude. He acknowledges his own karma, and thanked God for ending it by delivering it. The fact that we are born here means we must endure our karma. Only spiritual practice can lessen it somewhat due to grace and merit.

There are no such things as victims and villains in Gods eyes; only when we get lost in the drama does everything seem so serious and life-threatening. The reality is, we are not the body, nothing can happen to the real us, and whatever happens to our physical bodies is due to our consent at some level of consciousness. The world is truly perfect when we see things from a higher perspective.

In addition, God often gives us blessings in disguise. Sickness often causes the patient to seek God, to accelerate their spiritual journey and long more for Heaven. If we are too lost in the world, we may need to be woken up, before we can be awakened.

And so, now a few forms of healing and their spiritual effect.

### Physical sickness

This could be a wound, sickness, injury, surgery or anything related to the body in a way conventional medicine understands. This form of healing is the best for us, by enduring the pain, cost and suffering from the remedy – we pay for the karma. Thus it lightens our debt to the world and can improve our spiritual practice once we get over the pain and drama it caused. In this category, you can include massage, natural therapies, acupuncture, alternate medicine, etc (as long as the remedy does not alter the aura or magnetic field of the patient)

### Emotional/Mental healing

If you’ve ever experienced a broken heart then you will know emotional pain can be worse than physical. Or if you’ve seen movies like Alfred Hitchcock “Psycho” , will know some people can do extreme or abnormal things under the control of a deluded mind.

As per physical sickness, due to our suffering - this type of illness can help burn karma and make us look for a solution outside of medicine. If medication is available, it can also benefit us spiritually because it enables us to continue. Emotional issues also have many types such as depression, anxiety/ stress, loss of a loved one, past life issues, abuse, low self esteem/lack of self worth.,etc

What they all share in common is that none are real. Only the mind traps the person into a false bubble so perfect they think their version of reality is the only truth. Suicides at the moment of death cannot see a way out, they are lost in darkness due to the mind. But if rescued, perhaps even the next day they would see a solution. How to break the bubble?

1. often just talking helps, it's like releasing a pressure valve. The only bad thing about psychologists and the like helping others is they often replace one bad concept with another. True freedom can only be found in the truth, of knowing who we really are and that all this nonsense is not real.
2. sympathy often works in the short term, but causes a victim mentality in the long term
3. prayer can help some people, but what is really happening is the transfer of love; of compassion and merit – that's the real benefit. So asking a very good practitioner to pray is better than asking a politician.

And the best method – just provide unconditional love and remind the person they are not the body, they are much greater. When they can accept it, tell them to forgive (even themselves) by accepting responsibility for it. Because we are connected, the more genuine our love, the greater the transference. A little of their burden will come to us, but that what love is for. The more we practice spiritually to grow in love, the more we can help others.

## Spiritual healing

There are many forms of spiritual healing. Reiki, visualization (of a healed person), playing with a person's magnetic field, energy exchange, etc. These techniques all have one thing in common; they modify the person's magnetic field using the same thought process which God used to create our reality.

## Our many bodies

Basically we have many layers of bodies. Our physical we all know, we also have an astral body which is the perfect replica of the physical (for example, a person without a limb would feel the missing limb is still there, because it is in the astral form), and causal body. There are more but these are enough to describe this topic.

We are allowed to heal the physical body as explained above, but *ONLY* God has the right to modify the other bodies because only God made them.

We when modify them, we interfere against Gods will and thus incur more karma. This is very difficult to understand, for example: there are Reiki hospitals with amazing results, which appear to benefit patients. Reiki masters say they do nothing, God does all through them (please forgive us if this seems to badmouth Reiki, it's not our intention. We just want to give a real example. Each person should do whatever they feel is right for them).

## The ego

Because we have a will, we have a body and we have a mind therefore we have an ego. Our ego may say we are not the do-er, but that's nonsense. The do-er is the ego. Only a person above the mind and always doing God's will (a true enlightened soul), can say they are not the do-er. So what happens when we interfere with Gods will and heal someone spiritually?

Let's say my best friend John, is in prison for a minor crime. He pleaded guilty and is doing time. But John decides to break out, he escapes and tired, scared and hungry comes to me, his best friend for help. Of course I love John, so help him for a few days until he moves on. John gets caught, returns to prison. So what happens to John and me? According to western law, John gets more time in prison, and I, as an accomplice also get into trouble (of some sort).

With karma it's the same. If we remove someone's karma via spiritual healing, they will be healed. But it's temporary, it will return in this life or the next – but it will return. And the healer gets some bad karma for interfering. Ever read of Edgar Casey? He pioneered long distance or remote healing, which for him worked wonders. But after each session he had to rest, because of what was exchanged and he collected. The job of a real master is to take the karma of their disciples, but how they suffer for doing so. They can do it due to their power and authorization, we do not have either. Normally, they die early also due to the collective burden they absorb.

Needless to say, although you are free to choose which method of healing and would be tempted by a quick fix, we do not recommend any method which interferes with your astral or causal bodies. A surgeon cutting out a cancer is not interfering because the pain will make us think and repent. A psychic healer dissolving the cancer with thought is interfering, denying the patient the opportunity of learning, of growth.

## Holistic health and healing

*Holistic health and healing looks at the mind, body and spirit to determine the best form of treatment.*

*Spiritual methods work hand-in-hand with traditional and esoteric solutions to heal.*

The Holistic way of healing is to look at our entire being, the physical, emotional and spiritual ([see mind, body spirit](#)), then determine the best form of cure available using traditional and alternative forms of treatment.

Very few doctors or medical practitioners have licenses in all areas, mostly this form of healing requires seeing 2 or more specialist in different fields then determining a solution. Modern medicine still does not fully acknowledge the effectiveness of holistic healing, claiming few studies have been made and any success is due to the placebo effect (sugar pill).

For example, apart from modern medicine the following fields are considered holistic approaches to wellbeing

- Exercise, yoga, being active, general body work
- Detoxification and cleansing
- Dietary supplements such as herbs, natural diets like raw or organic
- Mega vitamin therapy
- Prayer (sole or group)
- Emotional release or letting go classes/exercises

- Laughter yoga
- Energy touch therapy
- Past life regression
- Meditation & Visualization
- Relaxation, rest or and vacations
- Deep breathing and gentle stretching
- Acupuncture, acupressure, reflexology
- Homeopathy
- Historical or cultural traditions (e.g., native or indigenous)
- Massage, mud baths, sweating
- Flotation & water therapy
- Crystal therapy
- Tai chi/qigong
- Magnet therapy
- And an endless list of individual researches with their own methods.

Some other fields, considered more alternative forms of treatment include

- Chiropractic medicine
- Osteopathy or other manipulative techniques
- Hypnosis / Hypnotherapy
- Psychotherapy
- Iridology

These days, about 1/3 of people who undergo treatment use Holistic or alternative forms of treatment to either supplement modern medicine or replace it altogether.

The main issue with Holistic healing is finding the right method and practitioner to help. Each one may find something wrong with you, totally unrelated to the root cause – and that's where you want to start.

Often to get diagnosed by conventional medicine is best, then seek alternative treatment from someone experienced in the field and near your home – word of mouth references work well. Unfortunately, due to its nature many of the so-called masters or medical personal are only in the industry for business. Some of the courses they have done to become masters are sub-standard. At the same time, some of the methods have genuine seers, which can look at your aura, eye or past life and immediately tell what is wrong. Finding these gems depends on your karma.

Where emotional blockages or releases are needed, beware to choose the right healer. If you are not able to heal yourself through self-help, then check the credentials and references of your helper. Often they don't heal emotions; they simply replace one concept with another.

Real healing requires getting to the root cause or close to it. Karma is at the base of all illness, second is what lesson we need to learn from it – or what gift has God given us and why. Once we understand these, we are more open to the universe finding the right cure for us.

But if we just want a quick fix without changing or improving our consciousness, then more pain may be around the corner. We have a saying in the spiritual kingdom, what we resist persists.

Embrace your condition, accept it then deal with it.

## Spirituality and relationships

Life is about forming relationships, beginning with pacts or contracts between souls; karmic bonds with our parents enabling us to be born, karmic debts and lessons with family and soul mates, love given by animals and nature and finally the ultimate relationship with ourselves in union with the divine.

When speaking of spiritual relationships we often jump to soul mates or our perfect partner which completes us. But, that is jumping the gun a bit...especially given no such thing exists; it cannot because our soul has never been split

To explain, we need to go right back to the beginning of creation.

### Contract made between souls

Let's look at a simplified but extreme example to make understanding a little easier. A couple, named wife and husband. This couple has violent fights, one beating the other and almost no harmony in the household. Husband is trying to find God, wife stops him at every step. Normally, we would recommend marriage councilors or divorce for this couple as the emotional pain would be unbearable, but since we are spiritual, we are going to look at this differently. Once a friend of Leo Tolstoy asked him why he puts up with his wife (he was having similar issues), he said in a previous life – he did just that, left. And now it's worse. So he just puts up with it to end the cycle.

Back to the story, husband is at wits end. He is on his knees, praying to every God, master and diety under the sun, and as he gets out of the prayer wife comes and belts him. He knows the theory, we all have God within, so thinks of her as a goddess turned devil, but the fights continue.

So what's going on? Why isn't he getting any help? Well...maybe he is...let's continue the saga.

Husband wants out, and now starts to really go within. He meditates in the toilet or at work where he has some peace; he goes on retreats and starts to see things differently. He can see clearly there was never any love, they were never perfect 'meant to be' partners. She is just the tool of the negative force, an enemy in a past life he has karma with. Now depression starts, he starts to constantly ask why. Complaining about his life and about her. After a while he settles, and does another retreat.

Now the theory is beginning to sink in, with visions or intuitive feeling picked up in the astral plane, he is starting to take responsibility for his life. He now realizes that due to his past life actions against his wife, she was born to return his bad actions – an eye for eye! He feels sorry for her because of what he did past life, next he starts to buy flowers for her and sweet talk her a bit. The hatred he had is starting to wane, changed to more like pity and regret. His wants forgiveness for his past, he wants to make up for his mistakes. He wants to change and be reborn anew.

It makes little difference, she still behaves the same. She can smell something different, but does not believe him. He tries to practice, she stops him.

He doesn't stop; he knows the old way was not working so persists. See can see a little light at the end of the tunnel. Prayers still not working or it seems. He goes on another retreat, even though the consequences from wife, upon his return causes great pain. This time during his visions, he reaches the causal plane of existence, the level of karma. In the akashic records, he can see exactly who he was and what he did to wife. He now feels genuine remorse, and wishes to repent for the harm he has caused another being. This is not like before, it has penetrated his being, every cell of his body knows it – not just the mind understanding the theory.

Husband returns home, starts to smile to wife and a divine light sparkling in his eyes. Wife feels it, but due to habit continues her bad behavior – perhaps not so bad anymore.

He continues with his spiritual practice, this time with much love in his heart for her, for what she has had to endure due to his bad behavior. He now knows she is not the devil, he is or was. She is simply a goddess, a real one, so he begins to treat like that.

She now starts to change, not because he forced her – but because he is changing so much; mostly within. His outer world has no change, all the change is in his consciousness, his level of understanding. He has more light, her soul can see it even though she cannot.

He goes on another retreat, goes above the causal plane to where the universe was created. He now sees things differently. Neither he nor her are devils, both are pure divine souls, made human. Both have been given a journey to take, incarnating life after life for a special mission – to glorify God. He is humbled, truly humbled and is in eternal gratitude to her, to all, to creation and God. He now accepts his karma, his life. He loves it as it is, warts and all. Life is now good for him, still has family issues but he has found inner peace.

He goes on another retreat, goes even higher to the soul level. Bingo! He has become enlightened, somewhat. He can now see the purpose of creation, the meaning of life. He can see no male, no females, only God divided into small bits, called souls - formless. But they are not divided more like drops of water in the ocean. He sees the real meaning of karma, it's not real – no such thing. What is real is the love God has for God. He, as a soul, wanted to understand something by experiencing it in a physical way. The soul wanted to feel the sensation, and pass it on to God. He needed help to achieve this, so obviously God helped God. Other souls jumped at the chance to help, one of those souls was born as wife in this life.

Now he begins to cry, the emotion, the deep love he has for God and her is too much to handle. The heavenly bliss just overflows, his heart expands to encompass the entire universe. He has learnt his less, he has grown, he has re-membered. He returns home, wife now really smells something different. Over a short period of time, she changes and no longer stops him practicing. She supports him and the family becomes harmonious.

So did the prayers work – obviously yes, but not the way husband thought. Originally he prayed for her to change, but he was the one who had to change. When he did, she no longer had any karma with him. He has passed his lesson, so the karma is erased. He freed her from the retribution with his spiritual practice, his merit. Because the karma was erased, she no longer had to behave that way towards him.

This is the essence of spiritual practice...introspection. Go within to see and rectify our own faults instead of judging others. Let love heal all wounds and conquer the most difficult hearts. Habit takes time to change, don't expect overnight results.

## **We choose our parents**

It's quite common now for people to know they in fact choose their parents and time of birth. It seems bizarre really, since we are not around during copulation but nothing in life happens without God knowing. Nothing is by chance, it's all part of God's will, of destiny.

### **Affinity**

We must have karma with our parents before we can be born. Perhaps we were their parents or they have some debt to us. Rarely is because of pure loving friendship, mostly its due to some debt. That's why even in the family we have war, in many cases children are more evil towards their parents than non-family. They inflict great pain on the parents.

Family is strongly emphasized in religions and modern society, but many masters tell their disciples to avoid the ties due to the karmic bonds. Jesus said to his disciples they must be willing to leave all ("If any man come to me, and hate not his father and mother, and wife, and children, brethren, and sisters, yea, and his own life also, he cannot be my disciple.") He also said he only keeps the company of brethren, fellow believers walking on the same road.

Without families, the human species would fade and life would be miserable. Families are essential for support, but that support can also slow us down. Breastfeeding a newborn is essential, but is not beneficial for a 10 year old. As we grow spiritually, we naturally put things down – without being forced. It just happens, and how it manifest varies for each person.

In the olden days, practitioners use to run into caves or the mountains and live alone to avoid karmic retribution with others, to stay as pure as possible. But this is not possible these days, and God does not want us to. We don't have to leave the family, just leave the attachment, the concepts, the restrictions and the physical needs. We must expand our family to include all of creation – that's one of the main reasons.

### **Time of birth**

We choose our time based on what karma we have with others. For example, if we need to work like a dog and with great detail, or perhaps to be arrogant and angry making more enemies than friends, then we choose a time that enhances those characteristics – we call that horoscopes, zodiac, star signs, etc. The most accurate being Vedic & Chinese astrology.

## **Soul mates/Twin flames/Twin souls**

This term has truly been misused, commonly people believe their soul was somehow split and a soul mate is one part of that. Well, that's not true but it's not false. The almighty split itself into souls (actually souls don't even exist as they are also part of the illusionary creation), but a soul has not split itself into two or more. What can happen is the consciousness of a soul be diluted somewhat, for example a human is the crown of creation. We need a certain amount of consciousness to manifest. But a blade of grass does not need so much, yet still has consciousness.

So soul mates are actually, well mostly, enemies in past lives. The stronger the first attraction, like love at first sight, the stronger the past connection. Generally, if we don't have good karma with a person or they don't come to help us in some way, there is no need to be with them. We've had so many lives and have so much karma with others that Heaven arranges for the most important to come first. So, if in one life we have an enemy then our karma will put us together in another life, in a family, marriage or deep relationship, in order to use love and forgiveness to erase the enmity between the two. Love is the ultimate law in the universe, it's what we are, and it's what we are here for.

For example, if in one life we do wrong to another then since we are pure beings, something inside both of us will feel uncomfortable. Perhaps we feel remorse or sorry for your actions and this thought affects both parties. Next life, after the stubbornness and anger has long died along with the bodies, we feel a sudden need to express forgiveness. This comes out in the form of love, especially at first site. We have no idea of the person since we're in different bodies, but within we recognize something – a strong affinity and need to love them. That's how relationships mostly work, it may sound bad but no - its Heaven perfect arrangement.

So next time you meet your soul mate, look into their eyes and be honest with yourself. Try not to let the chemistry overwhelm you, which is easier said than done. God has arranged it this way to ensure so called mates actually do get together and erase hatred using love.

As many great sages have told reminded, make enemies your friends and friends your brothers. Well, if we don't do it then the lord of karma will force it upon us.

### **Single or attached – what is better?**

Some methods advise you to stay single, others prefer marriage and families. So which is better? That depends on you. Everything has a cost; if you are single then maybe you feel lonely or out of place. If attached with someone, then it's not just your issues you need to deal with but your partners also. And partners carry baggage called friends, family and colleagues.

The advantage of single life is more freedom and time for yourself. The disadvantage is by not sharing your love and life, by not rubbing shoulders with another, it can be more difficult to change ourselves or see our faults. If single and one really practices well, then it's the best method....but mostly single people waste their time.

The advantage of having a partner is they can be your mirror to see your own personality reflected back to you. They will help you to improve, as long as you do not drown in the karma. It's pointless being rich if we do not give to others in need, so it's pointless having love without sharing.

Be careful before falling in love, date for a while and make sure you know the person. When you date, all seems rosy since you miss each other in between and forget the bad times, but after marriage there is no more 'missing', we just see the other person's faults day in and day out. Being in Love is wonderful, breaking



up is not. It will affect your spiritual practice if your heart is broken, your focus will change and may take a long time to recover.

With relationships comes attachment. We love a person and want to make them ours. Unfortunately, that also creates a sort of prison...some people deal with it better than others.

## How to choose the best partner?

As in the olden times, we suggest you consult Vedic/Chinese astrologers to have your charts read for compatibility at the very beginning (this is not crystal ball gazing, and not fortune telling, it only matches your karmic characteristics). If all ok, then get to know the person very very well before any commitment and make sure you match in many areas. A wise man gave this advice, “find a partner from our village”. Well, the old dude had wisdom. In the short term we can tolerate many differences; in the long term those differences will cause problems. It's only natural we grow and change, but we want to make sure we grow closer and change for the benefit of the other. In the Muslim, Sikh, and Hindu communities, arranged marriages are still common and mostly they last a lifetime. That's because of the matching done before hand to ensure maximum compatibility. There may not be love in the beginning, but it develops. In the west, we have strong love in the beginning, but it fades then any major differences become stumbling blocks in the relationship. Divorce or break-up is very easy, staying together and working things out is the more noble option. It also ensures you will not have to be born again to learn this lesson.

If you really want a successful partner, then set them free. Both of you must focus on something higher, perhaps some form of spiritual practice or a master. Your relationship should be secondary, just something mutually beneficial for your life's journey. If you focus on each other...you will see too much, and ignore too little. A little distance makes the heart grow fonder.

## Spirituality and Sex

Yes please! Just joking. This is one topic which we all like to read but most of you know it's all over-rated. Sex serves no purpose apart from impregnation. However, sacred romance followed by passionate love making is an enjoyable experience very close to Samadhi states. Some masters say if the love is real; the experience is second only to the bliss of union with God. So what's the difference?

If we just have sex, it's merely sense gratification. It will take us lower in thinking because we are doing things for the body and the orgasm (especially males) will cause a loss of vital life force, slowing down spiritual practice. Tantric Yoga was taught by masters to avoid this loss and enhance the sexual experience.

If we make love within the sanctimony of marriage or strong relationship, then our intention is different and our chakras open up differently. The union becomes sacred where two bodies merge with a love to please the other. In olden times, masters recommended people to be virgins to enhance the sacredness of love making. In modern times, we say the love word a little too easily and change partners a little too often. But the theory still has not changed.

### Gay?

If we stick to the love principle, and not sex – then it's irrelevant if we have same gender relationships. It's the love that makes it happen; it's the love that binds a couple, its love that makes us feel wanted. God doesn't care about the physical aspect, just your heart and joy.

## Spirituality of Animals

Due to how separate some humans feel, they have better relationships with animals than with each other. Many animal shelters now run from rich pet owners leaving everything for their much beloved animal companion. This is not surprising because like young children, animals have something we adults crave – closeness to our creator. Animals don't think, don't hold a grudge – they just love and are in a state of being. Some abused ones may seem dangerous, but only because humans made them fearful.

Have you ever observed animals at play, or doing nothing. Well, then can! How many of us can do nothing, just sit still and be? That peace within them is a powerhouse of love which is generously shared to all beings. If you've had a pet, especially a dog, you will understand this.

It's very natural for humans to have extremely loving relationships with animals; they can be part of our family - like our children. They can make life worth living, and they can help us spiritually by bringing out our dormant love. We can only be benefitted by animals; they are our friends here to bless us. Their simplicity and joyfulness reminds us of our true nature, their unconditional love reminds us of God's love, their complete surrender and forgiveness reminds us of how we must be.

## Spirituality of Nature

How do we have a relationship with nature? If you do not know, then learn quickly!

Nature is all around us, it is life being lived. The sky, wind, birds, animals, trees, mountains, rivers, oceans, and what's seems like an infinite variety of flora and fauna – all are here to bless us.

Nature is serene, it has peace – it has what we seek. Be-ing with nature, allows some of that tranquility to flow within our being. That is, not going to the park, but to be in state of emptiness whilst in the park. That's how we can use nature, to have a relationship with ourselves through an external medium of serenity. Tree huggers for example, allow the essence of the tree to center them so they feel more grounded. Barefoot walkers want to touch the earth to feel connected. Bike riders want to feel the breeze cooling their body. Bush walkers want to trek in nature, and awaken their senses.

Many a persons have started their spiritual life in nature, even watching the sun rise/set, watching the tide comes in....anything which puts you in a state of awe and nothingness...complete mindfulness. That is nature's magic, that's why She is our true love which can never be lost.

## Relationship with God

Seems a bit strange to leave the most important relationship as the last topic – but in fact, every topic has been about God....the Lord is the alpha and omega...the first and last. Nothing else matters since everything is Godly. The relationship we have with the divine, is however very personal, because each of us has a different vision or concept about what God is – so, God will appear to them in the form they will like and can accept.

The almighty does have a sense of humor though, at times Muslims may see Jesus and Christians see Mohammad! Both are not God, but both housed the same God power at the time they lived. The form we perceive is not important, it's the power behind the form we must behold is all glory.

To enhance your relationship with God (or whomever you believe to be the highest), all you need to do is practice your method. Devote yourself to it, love it, make it the centerpiece of your life...and want God,

remember God, use God and love yourself. In no time, you will feel a friend like no other come into your life for eternity.

## **Nutrition Diet & Fasting**

Spirituality and science have not yet merged when it comes to nutrition and sustaining the body. The vast majority of people, scientific or not, believe the human body needs a certain amount of calories per day consisting of protein, carbohydrates, vitamins and minerals. They also believe the body can produce some things it needs from one element, but other things must be consumed. For example, with few exceptions, the body cannot manufacture or synthesize vitamins. They must be supplied by the diet or in dietary supplements.

Is it true – that we must eat and with so many conditions? If we were to say no, the whole world would be against us, and lawsuits may follow. If we were to say yes (we do need food), we would not be telling the whole truth.

Yes, without question, we do need nutrition. But it does not need to come from food. A tree grows enormous from nutrition in the form of carbon-dioxide in the air. We cannot see it, only the end result. So why can't there be something invisible from human vision to feed us as well?

In the pure spiritual kingdom they do not have a physical body so no need to eat. Their dream-like bodies are sustained by light. According to the Buddha, and repeated by other masters, originally when we pure divine beings came here we did not eat, we had form (no gender) and were empowered by universal love in the ether. As time passed by we started to enjoy our senses, we started to eat. Then became denser and more coarse until we finally arrived at the current human form.

You can see this today, compare people who are obese heavy meat eaters with fruitarians for example. Check their vibration and aura's (can use Kirlian photography), if you are sensitive it's a no brainer. The difference is nothing to do with the soul as all were born equal and are equal, it's what has been put into the body. The obese body forces its owner to think of it more as it limits freedom. A lean body can almost be ignored.

## **Vibration of food / Living Foods**

Everything is made by the word, shabd or divine vibration. All food items have unique vibrations. Some things you can see, like water & oil. Obviously steamed food will be healthier than deep fried. Also, living foods like sprouts or raw food have finer vibrations than roast turkey, for example. Because the life force energy is different, in living food it's still intact and when we eat it we get life. With dead things, we get death. The finer the vibration of foods we eat – the finer we become. And the opposite is also true.

Check out the food pyramid. As you can see, as recommended by government nutritionists, the foods we eat the most should be plant based.

## **Body is a Temple of God**

The body is the temple of God – it belongs to our soul – attached via a silver chord. We have a duty to keep it well maintained in order to utilize it for life's mission. Without it, God's plan to experience the everything could not unfold. The longer it lasts, the more progress we can make and the more we can glorify the universal plan. As a temple, God has made the body with everything needed to sustain and heal itself, including the ability to absorb nutrition from different sources.

We can live entirely or partially on Divine Love and Light, if we believe we can.

## Karma of food & Spiritual merit

One of the funny things in this world is the boon the lord of karma has to trap the children of God. Everything we do has a cost, everything we consume has a cost, absolutely everything is recorded – by ourselves. The cost is not financial, its spiritual merit. If we leave this world with a positive spiritual bank account, we will be reborn with more blessing. If we die in the red, then we need to repay our debt at some stage.

To get merit is easy - spiritual practice. Some give more merit than others, but that's part of your journey. Sharing, giving, helping others all create merit.

To use merit is even easier – consume things or break the moral codes of life. There are much more, best you don't know so life can be stress free.

Consuming food costs merit based on the consciousness of what we are consuming. The cost for a plant is extremely small, but the cost of eating beef is high. A plant has little conscious and does not feel so much pain, its lifespan is short. Cows (in some countries) are known as the mother of the nation and considered sacred, they are very giving willing to help so have higher consciousness and a long lifespan.

It's not for us to tell you what to eat, you need to put yourself in the place of whatever you are eating and try to feel what it feels. Be grateful for what it has sacrificed for your benefit. If you are on the spiritual path, it makes common sense to seek light foods that do not weigh down the soul with karmic burden. That's why so many religions and methods recommend the vegetarian diet.

## Vegetarianism/Veganism

"We are what we eat", the being we consume does not care (at the soul level), it's willing to die for us – but there is a spiritual cost. The merit we lose goes to them, hence for example, souls born as plants or animals can slowly evolve to human standard because they are getting merit from the humans eating them. In many ways, what we eat benefits more from being eaten than the eater.

But for a spiritual practitioner, it's not always good to give away our merit so easily and also there is another side – compassion. The higher we go, the more love we have, the less we can harm another.

Many religions and spiritual methods recommend the vegetarian diet, either strictly enforced or strongly recommended. The spiritual reasons are

- less karmic burden (plants cost less merit than animals)
- no anger or hatred in our food (when killed, animals are in emotional pain, fear infuses their flesh causing it to lower its vibration and fill with cancerous toxins)
- no astral or hell beings around us (when animals are killed, especially sacrificed, lower invisible beings surround them for the thrill, when we eat flesh we get some of that vibration. During meditation these beings may come to us, even possessing our body. It's much safer not to eat flesh)
- spirituality is about finding our true nature – divine love. Love could not tolerate to see the anguish of an animal slaughtered in pain just to satisfy the palette; regardless of how much the animal benefits, Love would happily give merit but never allow other beings to suffer needlessly.
- compassion for all sentient beings expands our consciousness, makes us connected to the whole

## Some of the Benefits of a Vegetarian/Vegan Diet to us and the planet

- Lowers blood pressure & cholesterol levels
- Reduces Type 2 diabetes & prevents stroke conditions
- Reverses atherosclerosis
- Reduces heart disease risk 50% and heart surgery risk 80%
- Prevents many forms of cancer and obesity
- Reduces asthma and allergy risks and infertility risk
- Stronger immune system
- Increases life expectancy up to 15 years
- Prevents over 25 million meat-related human deaths worldwide each year
- Prevents 60 billion meat-related animal deaths worldwide each year
- Saves 70% of a total cost of US\$40 trillion for reducing global warming
- Saves 80% of the cleared Amazonian rainforest from animal grazing

## Vegetarianism in Religions

### The Bahà'i Faith

“ Regarding the eating of animal flesh and abstinence therefrom, know thou of a certainty that, in the beginning of creation, God determined the food of every living being, and to eat contrary to that determination is not approved.”

### Cao dài

... The most important thing is to stop killing... because animals also have souls and understand like humans.... IF WE KILL AND EAT THEM, THEN WE OWE THEM A BLOOD DEBT.”

~ Teachings of the Saints, About Keeping the Ten Precepts – Abstaining from Killing, Section 2

### Confucianism

“All men have a mind which cannot bear to see the sufferings of others. The superior man, having seen the animals alive, cannot bear to see them die; having heard their dying cries, HE CANNOT BEAR TO EAT THEIR FLESH”.

~ Mencius, King Hui of Liang, Chapter 4

### Buddhism

...all meats eaten by living beings are of their own relatives.

~Lankavatara Sutra (Tripitaka No. 671)

### Christianity

“Meats for the belly, and the belly for meats: but God shall destroy both it and them. “

“And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague.”

### Essenes

I am come to end the sacrifices and feasts of blood, and if ye cease NOT OFFERING AND EATING OF FLESH AND BLOOD, the wrath of God shall not cease from you.

~ Gospel of the Holy Twelve

## Hinduism

“Since you...cannot bring killed animals back to life, you are responsible for killing them. Therefore you are going to hell; there is no way for your deliverance.”

~ Adi-lila, Chapter 17, verses 159-165

“He who desires to augment his own flesh by eating the flesh of other creatures lives in misery in whatever species he may take his birth.”

~ Mahabharata, Anu. 115.47. FS, pg. 90

## Judaism

And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood\*; I WILL EVEN SET MY FACE AGAINST THAT SOUL THAT EATETH BLOOD\*, and will cut him off from among his people. \*blood: meaning “flesh”

## Taoism

Do not go into the mountain to catch birds in nets, nor to the water to poison fishes and minnows. Do not butcher the ox that plows your field.

~ Tract of the Quiet Way

## Zoroastrianism

“Those plants, I, Ahura Mazda (God), rain down upon the earth, to bring food to the faithful, and fodder to the beneficent cow.”

~ Avesta, Venidad Fargard 5-20

## Islam

Allah will not give mercy to anyone, except those who give mercy to other creatures.

~ Prophet Muhammad, Hadith

Do not allow your stomachs to become graveyards of animals!

~ Prophet Muhammad, Hadith

## Jainism

A true monk should NOT ACCEPT SUCH FOOD AND DRINK as has been especially prepared for him INVOLVING THE SLAUGHTER OF LIVING BEINGS.

~ Sutrakritanga

## Sikhism

Those mortals who consume marijuana, flesh and wine - no matter what pilgrimages, fasts and rituals they follow, they will all go to hell.

~ Guru Granth Sahib, page 1377

## Tibetan buddhism

The offering to the deities of meat obtained by killing animate beings is like offering a mother the flesh of her own child; and this is a grievous failure.

~ The Supreme Path Of Discipleship

## Some quotes from famous people on vegetarianism

“Nothing will benefit human health and increase chances of survival for life on Earth as much as the evolution to a vegetarian diet.” ~ **Dr. Albert Einstein, German physicist, Nobel Prize; vegetarian**

“Experts say that eating less meat will also minimize our impact on the environment and help reduce greenhouse gas emissions. The message is clear: climate change is about our health and the health of our planet. We are all in this together.” ~ **Ban Ki-moon, United Nations Secretary-General**

“I hold flesh-food to be unsuited to our species.” ~ **Mahatma Gandhi, Indian statesman and philosopher; vegetarian**

“A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.” ~ **Leo Tolstoy, Russian novelist and philosopher; vegetarian**

“For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.” ~ **Pythagoras, Greek mathematician; vegetarian**

“I feel blessed that I was introduced to this lifestyle years ago... The benefits for me are increased energy, a slowing of the aging process, and I have none of the diseases like hypertension, heart disease and diabetes that many people my age seem to get.” ~ **Coretta Scott King, US civil rights leader, wife of Dr. Martin Luther King, Jr.; vegan**

“You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.” ~ **Ralph Waldo Emerson, US poet, author and philosopher; vegetarian**

“A vegan diet is so much better for your health, for the environment generally, and as no animals are harmed, it’s cruelty free. It’s going well so far and I feel great. I’ve loads of energy and just feel so much more invigorated as a result.” - ~ **Rosanna Davison, Miss World 2003, Irish top model; vegan**

“Being a vegetarian to me was my edge, the way I was going to be ahead of the guy I had to play against. He couldn’t beat me as long as he was harboring tons of flesh in his stomach at that time.” ~ **John Salley, 4-time US National Basketball Association champion; vegan**

“Unless we change our food choices, nothing else matters. Because it is meat that is destroying most of our forests. It is meat that pollutes the waters. It is meat that is creating disease which leads to all our money being diverted to hospitals. So, it’s the first choice for anybody who wants to save the Earth.” ~ **Maneka Gandhi, Indian Parliament Member; vegan**

“By eating these whole foods, getting away from the dairy – anything with a mother, anything with a face – meat, fish, and chicken, it’s so incredible how powerful the body can be. And if we’re going to have a seismic revolution of health, which is really right at our fingertips, the major behavior that has to change is interestingly enough: our food. That is the absolutely key card, it trumps everything.” ~ **Caldwell Esselstyn, MD, leading cardiology consultant, USA; vegan**

“I personally chose to go vegan because I educated myself on factory farming and cruelty to animals, and I suddenly realized that what was on my plate were living things, with feelings. And I just couldn’t disconnect myself from it any longer.” ~ **Ellen DeGeneres, Emmy Award-winning US TV show host and comedienne; vegan**

“While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?” ~ **George Bernard Shaw, Irish playwright, Nobel Prize and Academy Award; vegetarian**



“It’s been eight months (being) vegan, but I (still) get these explosions of energy. So powerful. And I realized meat’s become a poison for me now.” ~ **Mike Tyson, US heavyweight boxing champion; vegan**

“The time will come when men such as I will look on the murder of animals as they now look on the murder of men.” ~ **Leonardo da Vinci, Italian artist, sculptor and inventor; vegetarian**

## Fasting, Cleansing or Detoxing

### Fasting

Spiritually speaking, people fast for several reasons (there are numerous health benefits, but we shall focus on the spiritual side)

- To cleanse the body of impurities thus making up lighter & healthier
- To heal sickness more quickly
- To simplify our thinking during a retreat period
- As a form of austerity or penance and abstinence
- To focus on spiritual practice instead of the hassle and logistics needed to prepare food
- Advised to by their guru
- Part of their religion or culture, such as a religious festival or holiday
- To experience hunger like the poor

Sikhism completely discourages fasting, the past satguru’s said it “brings no spiritual benefit to the person.”

This seems to be a complete oxymoron, but the beauty of life is everyone can be right – as in this case.

When the Sikh master was alive, he told his disciples not to bother with anything physical and focus on their meditation. Eternal liberation does not depend on our body, just spiritual attainment, concentration and unwavering faith. If we think we must do this or that, it’s a wrong concept. We don’t need to do anything except ignore the body and just be still. So to focus on customs or rituals was pointless for these disciples, it would confuse them as they had something much greater – a living master. The master could pull them up due to the lord’s grace. It’s like this, when we are students struggling to pay our student fees and bills, a new phone would put a dent in our finances and perhaps we have to work a few weeks for it. But once we graduate and enter the middle class, the cost of a new phone is irrelevant, like pocket money. So, when we have a real living master, austerities are like pocket money – we have much more in the bank; there is no need to struggle for it. Not only that but they can be harmful, they can make us think we need some physical act to attain enlightenment.

Without a living omnipotent & omnipresent master however, our progress is someone slower. We must take baby steps to reach the same state. In that case, fasting can be beneficial for a short time, and more so for those not vegetarian.

What is far superior than fasting, is a pure and simple way of life 365 days a year. No thinking involved, no effort on the mind, no focus on physical demands.

## Cleansing / Detoxing

If we become lethargic and sickness enters our being easily, we may need to do something extreme to pull ourselves back into balance.

Instead of fasting, we can [detox](#). A cleanse using herbs, lemon juice or other natural remedies can accelerate the removal of plaque, parasites, heavy metals, toxins, water retention and fats from our body. It then promotes self healing. This is not sustainable as often it also removes probiotics from our system. Once per year or only when needed as it has no spiritual effect, even Sikhism allows it for health benefits.

Most of the time during the cleanse, we cannot eat heavy food or no food at all. They can continue for up to a month. Water cleanses take longer, but we do not recommend those due to danger of dramatic side effects.

## Special diets

Some groups require special diets for their members (apart from the vegetarian already mentioned)

- Halal food - permissible according to Islamic law. Muslim followers cannot consume the following :
  - pork or pork by products
  - animals that were dead prior to slaughtering
  - animals not slaughtered properly or not slaughtered in the name of Allah
  - blood and blood by products
  - alcohol
  - carnivorous animals
  - birds of prey
  - land animals without external ears
- Kosher / Kashrut - permissible according to Jewish law. Followers cannot consume the following :
  - Unclean animals like pork, camels, hares or insects
  - blood and blood by products
  - birds of prey
  - animals not killed in a kosher way (slaughtered in a special way)
  - Injured or diseased animals
- During Ramadan(Islam) and Passover(Judaism) more restrictions apply
- Hindu's, Jain's and many other Indian methods/religions fast regularly.
- In the Bahá'í faith, fasting is observed from sunrise to sunset from March 2<sup>nd</sup> to 20<sup>th</sup>
- Lent – Christianity; originally this period was very strict with complete abstinence from all animal products, later it was relaxed. Now the common practice during the 50 day period in the Roman Catholic Church, its traditional to abstain from meat from mammals and fowl on Ash Wednesday and every Friday for the duration of Lent, although fish and dairy products are still permitted. Although in the Eastern Orthodox Churches, abstinence from all animal products including fish, eggs, fowl and milk is still commonly practiced, meaning only vegetarian (vegan) meals are consumed.
- Christianity - Interestingly enough, in the Old Testament it was also stated not to eat pork. Judaism, Christianity and Islam all have similar roots in the Old Testament, but somehow have followed different doctrines.
- Some monks, especially Buddhist Vinaya only eat once per day before noon, to disciple the mind, help in meditation and improve health

## Breatharianism/ Inedia

To live on light and Love alone (no food or water) is the ultimate in nutrition (universal life force which is prahna) for a spiritual practitioner. Science has never explained how this is possible, but several breatharians have been tested for long periods under strict environments (like Prahlad Jani) - they were found not to lose weight, needed little sleep and always be full of energy. Some fakes have also been discovered and tarnished the image of this method. The technique is the birthright of every human, yet very few are able to do it. You must be shown the path by your inner master, it's not for everyone even though we are all capable to achieve it. Some people have died from the method, and needless to say there are more skeptics than believers.

Some types of breatharians consume nothing physical, some take water (waterians) and some feed on sunlight (see below).

This area of spirituality requires a *living guide* as there can be many dangerous side effects, we suggest you search the web if you are interested. The most typical method is known as the 21 day system. Strict preparation, cleansing and exercise and essential prior to starting – along with lots of research, in-depth understanding, disciple and faith.

## Sun-gazing

Barefoot on the earth and safely gazing into the sun at sunrise and sunset when it cannot damage our eyes has several benefits (for beginners - the safe period is 30 minutes after sunrise and before sunrise when the sun's UV/IR rays are harmless. For more experienced people, 1 hour after/before is ok)

- It helps to improve our vision
- It helps to improve our concentration
- It provides Vitamin D
- Reduces our appetite
- Feeling of wellness & peace
- Be in harmony with nature
- Cure some emotional imbalances
- More joy into our lives

This method also needs research but if done correctly has no ill effects, this [site](#) can be of help. As with anything, start slow and see if it's suitable for you. If you feel discomfort, then stop. Sun-gazing can be considered as an exercise, requiring daily effort. The rewards take time to manifest, many months for most people.