



UNITY

*The Dawn of
Conscious Civilization*



Maitreya Ishwara

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Book One

***Divine
Transmissions***



The time has come to redeem the concept of religion
from the disrepute it has accrued through millennia of
blind belief, and to reinstate its true meaning of
authentic spiritual enquiry.

The time has come to reclaim our understanding of God
from the divisive distortions of the past and to know Him
as He really is now.

God is the divine life force in you and in everything: the
love in your heart, the awareness in your mind,
the ecstasy of your soul's conscious reunion with Him.

And ultimately, God is the unknowable transcendent
mystery of the beyond.

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Part One

Messages for Christians

Introduction

This book is a gift from God to help awaken your passion for truth and to introduce you to authentic religious enquiry and understanding. The time has come for everyone to understand the way God has arranged the circumstances of human life. The hypothesis of this book is: God is all there is and I am part of Him.

Authentic religion requires an experiential enquiry into your inner world; a longing for truth is essential. To be authentically religious you need a passion for verifiable truth that is grounded in reason, and the courage and commitment to face yourself consciously with an open mind.

You are not being asked to change your beliefs but to abandon unverified belief and apply reason and direct experience to religion. Unverified belief is a barrier to truth.

God or absolute truth is not what you think or believe. The ultimate truth cannot be conceptualized. When your mind is fully aware and silent you discover the nondual truth of divine consciousness, beyond all trace of thought, belief and projection.

God is both all that exists and the eternal transcendent mystery beyond the universe and space-time. The way to know Him directly is to merge with His light by conscious surrender to life-as-God and through the practice of self-enquiry, unconditional love and meditation.

As the evidence of intelligent design continues to grow, more and more scientists are convinced that God exists. Now it is time to accept the challenge and to become an inner scientist, a passionate seeker of truth.

Foreword

Maitreya Ishwara means friend of God. The name was given to me in 1997 soon after God made verbal contact and informed me that I would be used to share His new message of spiritual and global transformation.

This book is the first in a trilogy that God has used me to write. God, the eternal creator of existence, or Source, is the author of every word I speak and write. I am merely a messenger transcribing His words.

Book Two and Book Three of this anthology provide a more extensive delineation of the ideas introduced here and may answer questions that are raised by Book One.

Since 1995 I have been living in the indescribable joy and wonder of enlightenment. The love, consciousness and bliss that shower on me every day are truly sublime. My nervous system has been expanded to accommodate divine ecstasy and energy to an unusual degree.

Without this expansion, which has developed through many years of immersion in high awareness, this body would not be alive today. The intensity of the divine light that I enjoy fully would melt the nervous systems of all but a handful of enlightened beings. Yet I make no claims to any individual power, for I know that this ecstasy, awareness and love are a showering of divine grace.

My everyday experience since 1997 is that Source alone speaks through me and animates my every move. My sense of individual functioning has been replaced with divine animation so that I can be used as a clear channel for God's vision for the third millennium, a vision

of a conscious civilization based on a universal religion of Unity that values meditation, acceptance and trust in God, the omnipotent creator and sustainer of existence.

The message is positive: the end of violence, injustice and cruelty; the beginning of a new age of peace, justice and harmony.

Given our diversity of spiritual beliefs and approaches, Unity has a challenging mandate: to create a rational and unifying context that enables all religions and systems of spiritual transformation to reach a shared understanding.

This understanding must embrace a multitude of contradictory positions; it must engender respect for pluralism and supply a common ground of agreement that is free from the possibility of human distortion.

Unity is destined to fulfil its mandate and provide us with the basis for the conscious civilization that is poised to unfold very soon. Be prepared for a miracle.

Unity's message has three distinct aspects: predictions for the future that only time will validate; cosmic knowledge that is supported by reason but can only be known by Source; and, most importantly, methods of individual transformation that must be validated through your direct experience.

Enjoy the predictions as a good story that may come true. Contemplate the cosmic knowledge to confirm that it makes sense and supports your trust in Life. And remember: only non-conceptual direct experience of inner truth promotes essential growth in love and consciousness.

The time of blind and irrational belief is nearing its long-awaited demise.

Divine Life

Since 1998 I have been sharing satsang (being in truth) with thousands of seekers around the world. We meet for silent meditation, to talk, laugh and to enter the sacred space together. Helping friends to grow in consciousness and love is my greatest satisfaction.

I am English by birth but I share the Indian passion for moksha - freedom from the limitations of body, mind and soul. Most of my spiritual training and discipline in this life is deeply influenced by Shiva, Buddha and Osho.

These fully enlightened Indians know the mystery of the ultimate human consciousness - nirvana, a state of divine dissolution in transcendental awareness.

Jesus did not teach meditation, nor did he mention the realms of higher consciousness. Jesus taught love for humanity, prayer and devotion to God.

I did not embrace my religion of birth, Christianity, as I was destined to travel on the Indian path to truth. I am a little surprised that God is using me to share His messages with Christians, for I have had no significant experience with their approach.

Holistic religion requires a synthesis both of Jesus and Buddha, of love and awareness. The divine messenger of God as love must be balanced by the transcendental awareness of nirvana, the ultimate state of consciousness. Love and awareness are the two wings of Unity.

The penetration of love by awareness brings both of the qualities to new peaks, and gives birth to the third divine quality of playfulness - the essential antidote to the

serious religions of the past.

Unity rests equally on Jesus' four beautiful words: 'Thy Will Be Done' and on the refined awareness and insight that only silent meditation can reveal.

I am blessed with having God as a personal friend. To be used as His messenger for Unity is a great wonder, joy and honour - and being a fellow messenger gives me a deep understanding and empathy with Jesus.

Both meditation and surrender to reality are supported by the understanding of advaita that God and existence are fundamentally one indivisible consciousness.

God creates everything from Himself. God creates the universe from His ultimate reality of transcendental consciousness. God is all there is and you are already part of Him. All of life and existence is literally divine.

Yet the basic theme of the divine play is of separation and reunion. Humans are bound by their bodies to the world of matter and separation.

The apparent contradiction between the separation of the physical realm and the unified consciousness of the ultimate reality is essential; without this dynamic tension life would have no contrast. Contrast lies at the heart of every good story and God is the ultimate story teller.

God is also referred to as Source. Many people prefer this simple and accurate designation of the eternal divine mystery that is the source and creator of existence.

The Power of Love

Followers of all religions are convinced by God that their prophet or teacher is special and superior to others. Shiva and Krishna are worshipped as divine incarnations. Jesus is deified as the only son of God. Mohammed is believed to be the final messenger of God. Buddha has attained nirvana, the ultimate state of consciousness.

This divine device of chauvinism has set the stage for the conflict and violence between religions that has characterized much of the last 4,000 years.

Jesus, Krishna, Shiva, Buddha and other teachers are believed to have miraculous powers. However, God-the-beyond is the one and only power and all events are His doing. All teachers are His instruments.

When Jesus was fasting in the desert for 40 days and 40 nights, God pretended to be the devil and tempted His young messenger with all the kingdoms of the world. Jesus was destined to pass the divine test and say: 'Get thee behind me Satan.'

Perhaps God did not reveal to Jesus that the devil is just one of His infinite number of disguises. Certainly, many Christians believe that the devil is responsible for the evil that exists in the world and that Jesus is still fighting his ancient foe.

Humanity is poised on the threshold of dramatic global transformation. The division that God creates by pretending to empower spiritual teachers or by impersonating the devil is about to cease. The understanding that God is the one and only power soon will be revealed to every soul.

With the flowering of this understanding, everyone will still be able to connect in love with their favourite human teacher. For there will always be a need for seekers to receive support from a divine friend who is closer to them than the eternal void of intelligent awareness that is God-the-beyond.

Perhaps in those future days of oneness in God, there will be some relinquishing of departed divine friends as we understand: all teachers are instruments for the One.

Millions of people are helped by their love for Jesus and other departed teachers but the apparent power of Jesus or any disembodied soul to help anyone is a divine illusion, created by God to help perpetuate the divisions of the age of darkness. This includes all disembodied masters, entities, guides and angels that speak through channels. No soul has ever had any individual power, and no soul ever will.

After spiritual teachers have left the body, their capacity to be used as a channel for divine energy diminishes. God does not require disembodied teachers for energy transmissions. He uses living buddhas for that. Living enlightened beings have the capacity to channel divine light in a way that is deeply transformative for seekers.

Nor does God require disembodied teachers to guide people through channels. God is already guiding seekers directly through the words of living teachers and indirectly through your intuition, thoughts and feelings.

However, if the methods of departed teachers remain relevant, such as the 112 quintessential meditation techniques of Shiva, seekers will continue to employ them.

And by their love and gratitude, devotees keep the departed beloved forever alive in their hearts.

Unlike Buddha, Osho and other fully enlightened teachers whose souls have dissolved in the void of God-the-beyond, the soul of Jesus does still exist; his story calls for one last life in which he will become fully enlightened.

Many Christians feel and believe that Jesus Christ is alive and is helping them to connect with God. Love is a powerful and tremendously healing force.

When devotees understand deeply that God is all there ever is and that prophets, gurus and other people are equally divine, they will take their personal connection to Jesus and other departed teachers a little less seriously.

Jesus is a very influential spiritual figure in the world today, but he is just one of several venerated founders of religions who are all equally revered, empowered with divine attributes and deified by followers.

God has a reason for appearing to empower Jesus and other teachers with the ability to save and transform: to perpetuate the sectarianism that divides religions in the age of darkness. Teachers and followers who say their way is the only way are clearly agents of division.

In reality God is the only power. Only God can save the world and your soul. Only God can reveal Unity to us.

Maitreya is the messenger for Unity; many people will come to God and find freedom through Maitreya. Just ask him to help you connect to God in awareness and love, and something will happen.

This is not because Maitreya has any power separate from the power of the One. This does not mean Maitreya

is the only way to know God and should be deified; it just means Source is using him as a human bridge to help people connect with the formless mystery of God-the-beyond. Yet there is no need to build your house on the bridge and become attached to it as the only way to God.

Unity invites you to cross over the bridge of human teachers and to merge with God directly. Those who are able to connect directly with God in love and awareness may feel they have less need of a human bridge.

Unity also supports everyone's freedom to connect in love with any teacher. Being in satsang and living with an enlightened teacher is the fastest way to grow in love and awareness. Satsang retreats offer optimum support for rapid and sustainable spiritual growth.

Now it is time to understand these divine messages of Unity. They are not Maitreya's teaching but a message from God revealing His ways.

Unity is not a new religion that competes with the old religions. Unity has a far more challenging mandate: to provide the rational framework required to integrate and harmonize all existing spiritual approaches and religions.

Understanding the nondual message of Unity is of vital importance for every lover of truth; this understanding supports conscious surrender to reality as a reflection of divine will. The unifying way forward for humanity is in conscious surrender to life-as-God.

Conscious surrender to life-as-God ushers in freedom from suffering, and ecstatic reunion with the Beloved in the divine wonder and bliss of awakening.

God is Omnipotent

We are ripe for a radical transformation of religion into a rational and realistic understanding that rests on the fact of God's omnipotence. Life is God's manifesto. Whatever occurs is, without exception, a reflection of divine will.

Christianity and most religions rely on unverifiable and often irrational beliefs to interpret their version of God's will. Lucifer and the fallen angels are believed to be fighting with God for control of heaven and Earth.

However, God is truly omnipotent. He is in full control of all events and entities, including the fictitious devil and his legion of fallen angels.

This book is an introduction to Unity, the religion of the third millennium. Unity allows lovers of Jesus to enjoy their connection to that beautiful son of God.

Unity supports everyone's right to worship, meditate and praise God in the way they choose. Unity gives us a rational and reality-based context for surrender to the will of God: everything that occurs is a reflection of divine will.

Unity is the only way that humans can agree on God's will and bring an end to the dualistic divisions and conflicts that have desecrated religion and brought suffering to humanity for millennia.

One Power

Q. Ascribing to God and making Him responsible for any actions of darkness on the part of humankind is the worst kind of dissemination of falsehood.

Humanity is responsible for the misanthropy that soaks the history of this planet. Isn't teaching that we are pawns in some kind of game of division that God is playing a perpetuation of that darkness?

A. Your thinking is deeply dualistic, as is most theistic cosmology. Only when we have gained a full appreciation of God as the nondual power animating all existence, can we come to trust Him, in His omnipotence, to manage every detail of human life. How can we ever trust in God if He is not totally in charge?

Your question reveals where your blind spot lies. It is in the translation of the oneness of God into real life. You talk of oneness but are actually inclined towards a dualistic point of view in which humans, through the application of free will, have separate power from God.

Yet God is the one and only power and humans are animated by God whispering in our hearts and minds. If we had free will that was out of God's control, He would no longer be truly omnipotent.

If human behaviour remains under God's control, He is ultimately responsible for our behaviour, and free will and human responsibility are necessary but illusory concepts.

God requires everyone to learn personal responsibility as the essential foundation for the higher understanding

of divine responsibility. We must become accountable and responsible to develop our individual potential - and to make civilization work. Trust in God but tie your camel first.

Your dualistic ideas are not only inaccurate, they are the foundation for much of humanity's present division, conflict, separation and suffering.

Only in recognising the oneness of God's power can we trust Him and let go in sublime surrender to His will - as it manifests each moment in every human action, and through the functioning of all existence. And only in the deepest surrender can we consciously merge again with Him in oneness.

Existence is God's manifesto. Whatever happens is His will. Humans are not really separate from God as your ideas imply; every soul is already God in hiding.

Now I understand why you believe in free will: you have a strong dualistic predilection. Hence it is not surprising that you have not yet understood fully the implications of advaita, the nondual insight of ancient India. But you will understand nonduality when the time for it comes and God allows you to understand that He is all there is, and that every event is His will.

Advaita (literally, not two) rests on the core enlightened experience of conscious oneness. When this enlightened experience is extended in logic the conclusion reached is that consciousness is all there is, both as the substratum of life and human existence, and as the essential nature of God-the-beyond.

Certainly people are helped by their connection to

Jesus. But God is just using Christ as a messenger. God can and does change His messengers as He requires. Christ will appear to have power to help people only as long as the divine story requires and God allows this to be so.

I am grateful to be challenged by such a passionate and articulate champion of dualism; the challenge helps prepare me for the unifying work that is to come.

Fortunately, anyone's dualistic mind-set can easily be changed when God requires it. And only through a miraculous changing of all our minds to a full appreciation of the indivisible oneness of divine power, will Unity become possible.



Divine Delight

Q. Does God allow us to make mistakes so that we can learn from them?

A. God has already created every detail of everything, so the question of allowing or of not allowing particular events, including mistakes, to occur is moot. God fully savours the predestined unfolding of His creation, as the eternal cosmic witness of it all. He also experiences every event in the lives of all the 7 billion souls on Earth in 2012 through each one of us. God is with you always.

Q. My question is this: what was it that occurred that brought you to the point of recognising that you are no longer in control of your actions?

Was it something akin to the recognition that you were never in control, or that you surrendered the free will you did have because doing God's will became the premier desire of your whole being?

That's a key difference. Because a concept of God that presumes that we were never in control implies a God who did not create the option of choice. Which allows us - out of our love for Him and out of the recognition of the supremacy of surrendering - to offer the only gift that we really have: the surrendering of ourselves to Him and His business.

A. We have no individual power to surrender to God or to do anything else. Our individual power and free will is

illusory; our lives are all totally animated by the One.

What occurred to me was the deep recognition that God is all there is, and only God-the-beyond has free will. In 1993 the veil of my illusion of having free will parted with the direct understanding of advaita, the nondual.

The illusion of having free will dissolved altogether with the first stage of enlightenment in 1995.

If you had the power to surrender, your ego-doer would survive in having achieved surrender. Surrender happens through the functioning of divine grace, as do all events.

God creates the illusion of free will to contrast the deeper reality of surrender with its vital prerequisite: the experience of choosing to be the best that you can be.

Free will is a divine hypnosis that appears to empower humans to meditate or murder, resist or surrender, make bombs or babies et cetera.

This hypnosis is absolutely essential for without it we would all live in automatic surrender, which would remove the essential contrast of ego development, choosing, intention, identification and suffering that create the context for our enlightenment. Contrast is essential for depth.

And in reality we have nothing to give God that He did not already give us. We cannot surrender because, in fact, we are powerless to initiate anything at all. Yet our experience of and belief in free will is so unconscious that it is difficult to investigate the erroneous belief objectively.

However there is only God, God disguised as you, me and everyone, enjoying the play of hide and seek, and hypnotising us with the maya of separation and duality.

The experience of separation gives life depth. And the

primary reason God created us with a dualistic mind that has a deep belief in free will, is to create depth and contrast through separation preceding reunion.

Human free will is illusory. God's will is always done. We choose, think and do whatever God's will requires, while believing that we are the chooser, thinker and doer.

I have been relieved of the divine hypnosis of free will. Since 1997 I have lived each moment with the direct experience of God animating my every thought, word and deed. I know that God asks these questions through you so He can explain His ways through me.

His monistic divine power animates us all. He animates every human mind and programs it with dualistic beliefs. God also manages your enlightenment and conscious reunion with Him when the time is right.

Q. Are you saying that God is watching His creation unfold, while knowing everything in advance that will happen? Then where is the divine game? Or what kind of divine game could it be? Where is the delight of experiencing the unknown if everything is as He has set it up?

A. The delight is in the translation of the blueprint into material manifestation. The actual experiencing of His creation unfolding is extremely satisfying to God. He loves to experience your story as you, and my story as me, and all 6.8 billion of us simultaneously.

For humanity, the future story is always unknown; God experiences that mystery with us. God also remains the transcendental witness to it all.

And He never delays or speeds up a soul's journey. He created the entire blueprint for the journey at exactly the perfect speed before the soul was born.

The story is already written. However, extraordinary shifts do occur that appear to be divine intervention - because humans cannot conceive how the Earth and all souls could be rapidly transformed by any other means. But even the miraculous events that soon will radically change all of our lives are, in fact, predestined to occur.

Q. Does God wait to see how our choices, stumblings and our longings work together to bring us to the point of surrender?

A. God is fully savouring the unfolding of all our stories within the impeccable context of the laws of balance and karma. Any random action by anyone would change the extremely complex matrix of the interconnected evolution of human souls. Random actions do not occur.

The laws of balance and karma require the blueprint for the story to be created in advance; predestination is the best way to ensure perfect balance and justice in human affairs. God does not whimsically override the blueprint with a new twist to the plot. God preprograms existence in His cosmic mind - a realm far beyond space, time and matter. He has no need to manipulate matter directly.

God knows His ultimate reality is the impersonal void of non-existence, and this knowledge tallies with my own experience and with the experience of fully enlightened meditators from Shiva to Buddha to Osho.

Q. These enlightened individuals were meditating within an Eastern context of understanding, and were already oriented toward the void being the ultimate. Pointing to these Eastern individuals is not enough to be convincing.

A. The recent shift of Eastern wisdom to the West fulfils an ancient Tibetan prediction. However enlightenment has been essentially an Indian and Eastern phenomenon since the dawn of civilization.

The ultimate reality of God, the transcendent source of existence, lies beyond the material realm. God the Father of Jesus is not a person. But God does create all people and He creates a personality for Himself when He contacts someone directly.

The impersonal nature of God's ultimate reality may be unpalatable to some, yet every buddha has verified this reality experientially. The fact that thousands of buddhas from different traditions have said much the same thing for millennia is very convincing.

Full enlightenment reveals a non-conceptual glimpse of God's ultimate mystery. The highest reality of God is the mystery of non-existence, the eternal void of awareness.

The concept of non-existence is just an indication of that arcane realm, like a finger pointing to the moon. We cannot understand God's ultimate reality conceptually.

God is both transcendental to the universe and immanent in all that exists. God-the-beyond is the source of life-as-God. We can know life-as-God. This is our direct experience every moment of every day.

My work as a divine messenger involves sharing some of God's ways. His way of Unity requires many different perspectives to be included, integrated and harmonized. Discussion and rational dissent are invited and welcome.

I have, however, verified the transformative aspects of these transmissions both with the application of reason and with direct experience. The challenge for you also is to verify the transformative potency of this message with reason and direct experience.

The hypothesis is: God is all there is and I am part of Him. When you feel this divine reunion deep within your heart, you will be free of separation forever.

God is all there is and you are ultimately that which you seek. But do not believe this or any spiritual concept until you know - both by the application of reason and by direct experience.



Jesus

Christianity was created not by Jesus Christ, but by Paul and other followers long after the death of Jesus.

As is the case with most divine messengers, Jesus was ahead of his time and was rejected by his own people, the Jews. Now Jesus has become the most influential spiritual teacher of the last two millennia, and his message of love, forgiveness and salvation through faith in God still resonates with millions of devotional people all over the world.

Like Krishna, Shiva, Buddha and Moses before him, Jesus is deified and worshipped by his followers. All of these enlightened beings are believed to have miraculous powers, and are revered by many as gods on Earth.

The fact that Jesus and other long-departed teachers still appear to have spiritual power to help people open their hearts is significant. The illusion of disembodied teachers retaining individual spiritual power is a vital element in the theme of division and separation that is central to the Kali Yuga, the age of conflict and confusion.

The belief that salvation can come only through Christ, Krishna, or some other departed teacher clearly divides their followers - and sets the stage for the conflicts that have desecrated all the major religions.

Unity rests on a shared understanding that divine will manages the flow of all human experience. Only when we understand that God is the one indivisible power and is always in full control, will we be able to trust that everything is exactly as He requires it to be.

Most religious people find it incomprehensible that God is fully responsible for all abominations and evil in the world. Hence, the devil is needed to explain why people can be so cruel and unfair.

God creates life in pairs of complementary opposites: day and night, war and peace, yin and yang, good and evil. God creates evil as a necessary counterbalance to good. Contrast is required to impart true meaning and depth to every aspect of life.

Human evolution is a long and complex journey. Our stories need a context of suffering to give true depth and meaning to enlightenment, the love, bliss and freedom from suffering that is every soul's destiny.

The foundation for Unity is the recognition that every aspect of our lives is divinely animated. We are all one in God.

The four beautiful words of Jesus, Thy Will Be Done, express the essence of Unity. More significant spiritual words have never been uttered by anyone.



Four Words

Thy Will Be Done. These four words are potent: they support your transformation through surrender to God. If you understand them fully and apply the understanding to your life, the outcome is sublime surrender to divine will.

The effort for positive change supports the illusion of free will. Our effort does seem to make a difference. Yet our effort, creativity and every experience is actually pre-determined by God. His will is always being done. He gives us the appearance of choice, but all our choices are predestined.

We are programed to act, think and feel according to God's will. He is the programmer of the divisive ego-mind, which gives us the sense of separation from life-as-God.

He is the creator of the arrogance of our free will, and the creator of its dissolution and reunion with Him. He is the creator of our awakening. God manages every detail of everything.

Thy Will Be Done is the recognition and acceptance of how things already are, not a prayer for the future. If it is lived totally, Thy Will Be Done brings freedom from the divisions and separation of the ego.

The application of this understanding is not static, it is fully dynamic. One plays one's part in the drama of life with gusto, while remembering that God is all there is: the actors, the director, scriptwriter, producer and even the set and costume designer.

Thy Will Be Done is often misunderstood by dualistic theists who divide life into divine will and human will.

If we could choose against God's will, He would no longer be truly omnipotent in the sense that He is in direct control of all events always. If we cannot choose against God's will then free will is an illusion.

Human will is just a pale reflection of divine will, for God is all there is and His indivisible power always animates everything. God is totally omnipotent and fully in control.

The Realms of Existence

Existence is comprised of six realms: the universe; the energy, astral and psychic realms; the Self or Being; and the cosmic mind. The universe and the five non-material realms of existence are God's creative expression.

The universe is created along with the non-material realms of existence by the eternal mystery of Source, the seventh realm. God-the-beyond creates existence from His ultimate reality: the void of non-existence.

The laws of physics limit and separate our bodies in the material universe, but the other realms of existence offer the potential for us to transcend physical limitations and to merge with God in love and awareness. The seventh realm of non-existence remains God's ultimate mystery.

Book Three of this anthology reveals many of the esoteric secrets of the non-material realms of existence and shares a hint of the arcane seventh realm of God-the-beyond: transcendental awareness of consciousness.

Sin

'Our father who is in heaven, forgive us our sins.'

Praying for forgiveness may help you to feel better, but it does not address the basic problem: unconsciousness creates the climate in which sin thrives.

The effective way to transcend sin is to become more conscious. Pray to share your heart with God. Endeavour to act with more awareness. Purify your heart by releasing negativity harmlessly.

Buddha and Christ have become conscious and have thus transcended the need for morality. It is impossible to sin when you live in love, truth and awareness.

Your sins are a part of God's plan and are a necessary aspect of your process of purification and development of understanding. It is God who makes you sin, not His fictitious creation, the devil. And it is God who redeems the sins of all souls, no matter how great their crimes. No soul burns for eternity in hell.

Jesus is a beautiful man; you also are a child of God. You will come to know this only by spiritual growth. Do not waste time with platitudes; focus on your spiritual growth.

Be silent, tune in and discover who you really are: the eternal divine light of consciousness.

Being Conscious

Meditation differs from prayer and contemplation in that it is a direct non-verbal connection with deeper parts of yourself and, ultimately, with God as consciousness.

One difficulty for Christians is that your religion does not train you in the discipline of remaining conscious with every moment of life as it is.

The art of conscious living and being is not developed easily; most people need firm resolve to learn meditation.

Meditation starts with concentration to focus the mind in the herenow. Practicing concentration is the initial step to developing open and all-inclusive awareness.

The methods below and throughout this book start with concentration and flower into spontaneous awareness.

Start tuning in to your senses; they are divine doorways that connect you directly to this moment of life.

Be aware of your inner world of thoughts, energy and feelings. Watch every inner event closely and with equanimity. Gradually, as your capacity to watch your inner world grows, you develop the art of remaining relaxed and aware in all situations.

Meditation will bring about the end of your suffering, as it has for thousands of sincere seekers of truth. When meditation is combined with surrender to life-as-God, it is even more effective, and rapid spiritual growth occurs.

The synthesis of meditation and surrender is the most potent method of transformation. This method does not rely on unverified beliefs, but on a willingness to explore yourself consciously as you are. Give it a try.

Playfulness is Divine

During the 4,000 years of the age of darkness, the Kali Yuga, most religions tend to suffer from seriousness and hypocrisy.

God acted a little seriously with His messenger, Jesus, King of the Jews. Jesus was a beautiful man who gave his life for the meek, the poor in spirit. His sacrifice was necessary to create Christianity, the most influential religion of the age of darkness. Now times have changed.

The new religion of Unity has a primary commandment: Follow your intuition consciously, without causing harm to any creature. Naturally this cannot work while there are so many violent, uncaring people in the world. Nor can it work when there is such unequal distribution of wealth. Social and political injustice is at the root of much of the crime and violence that plague the world.

We all follow our intuition unconsciously. When we start to follow our intuition consciously - with the understanding that God is the one power that animates us all - we have the basis for a harmonious, just and conscious civilization.

Conscious celebration of life-as-God is a cornerstone of Unity. Joy and playfulness are divine.

Enquiry Not Belief

Holding unverified belief in irrational doctrines is not the way of authentic religion. Unverified beliefs are not your salvation but the barrier to it.

Belief is a poor substitute for a passionate thirst for truth. Unverified belief separates religion from reason. Unity does not require unverified belief. The new religion of Unity is rational and experiential.

You are asked to verify the teaching with reason and with direct experience. After your mind is satisfied that the concepts are rational, you embark on an experiential odyssey of self-discovery to enquire into the most significant existential questions: Who am I? Where do I come from? What is truth?

Self-enquiry is the foundation of authentic religion. All unverified beliefs are a hindrance to enquiry. Belief limits your intelligence and is not needed.

What is required is a thirst for truth. Unity invites you to put aside your beliefs and to embark on a quest for truth.

The hypothesis of Unity is that ultimately you are God. Become a seeker of truth with one hypothesis to verify empirically: God is all there is and I am already part of Him.

This verification heralds the end of religious division and creates the foundation for a rational understanding of religion that we all can share.

Past founders of religions have not created Unity. The reason is timing. Unity is scheduled for the dawn of the third millennium. The time for Unity is at hand.

The Way to Provoke God

It is easy to adopt unverified beliefs, but if you are really interested in existential truth, put your beliefs aside and use meditation and self-enquiry to discover your deeper nature.

The art of meditation lies in bringing the mind to the present moment while remaining relaxed and aware. Relaxation is the foundation of meditation; the peak of meditation is awareness. A state of unconditioned awareness reveals who you really are: the universal Self.

Enquiry starts as an intellectual approach. Apply your reason and intelligence to the message contained in this book and see if it makes sense.

The next stage of enquiry is experiential. The questions used in self-enquiry include: Who am I? Where do I come from? What is awareness? What is the source of mind?

The method is to be still, ask the question and then wait silently without thinking or losing focus. The gap of silent awareness is the key to the answer.

At first you will not be able to remain silent for long; your mind is trained for fast action. Gradually with diligent focus the periods of silence will increase and you will start to get a taste of silent contentless awareness.

Self-enquiry is a potent technique that reveals the higher universal Self: unconditioned awareness.

Before silent awareness reveals its subtle mysteries, your mind will need to release some of its unconscious tendencies. An effective preparation for silent self-enquiry is to do the following enquiry exercise with a partner.

One person asks: Who are you right now? The other answers with his or her present experience.

Every ten minutes switch roles. Continue this exercise for as long as you like. This process is used in workshops for long periods of time and produces dramatic results.

Conscious enquiry into your inner reality together with verbal sharing helps to clean your mind quickly. This process is more demanding than repeating words from a holy book, and the rewards are also much greater.

Eventually, when all of your unconsciousness has been cleaned, you are freed from suffering and live in love and bliss in heaven on Earth. Enlightenment is your destiny; it has happened to many thousands of sincere seekers, not just to Jesus.

It is reward enough in itself to be inwardly silent, blissful and serene in all circumstances. And there is still more.

While I was resting in silent awareness God revealed Himself to me. This divine revelation was a big surprise for I had never been a believer. Millions of believers are inviting God to come to them. But even the most fervent belief rarely provokes God to come to anyone.

The way to provoke God to reveal Himself is through conscious surrender to reality as a reflection of divine will, and through a deep immersion in silent awareness.

Meditation and self-enquiry are potent methods that cleanse your mind and connect you to the higher reality of universal consciousness.

God comes only to those who have passed through their own unconsciousness and are ready to face the intensity of His light.

Heaven

Please understand that this message is not against your beliefs; it is just an invitation to apply reason to religion and to become an authentic seeker of truth.

God is in you already. He created you with limitations so that you can transcend them as you grow in love, awareness and surrender to Him.

Spiritual growth requires a human body. When most people die they are still unconscious. Your soul creates new bodies until you are fully enlightened; it takes more than 100 lives for your soul to grow to its full potential.

Between lives, your soul goes to a psychic realm to prepare for your next life. Heaven and hell are both part of the psychic realm that Tibetans call bardo.

Your soul is a psychic entity; it is non-material. The only material realm is the universe that we live in.

Heaven is not the goal, it is just a temporary experience for the soul between lives. The ultimate experience for humans is to merge consciously with God.

Merging with God happens here on Earth as you grow in unconditional love, awareness and playfulness.

As you dissolve in the pristine purity of God's light you are free from your illusion of separation from the Beloved. Only in the innocence of your merger with divine light can you reunite with the mystery of the magnificent hidden splendour: God's ecstatic silent paradise of heaven on Earth.

Love Thy Neighbour

The commandment to love your neighbour as yourself is a beautiful invitation, but unconditional love for others does not happen until you have developed self-love.

When you love yourself, only then will you be able to love your neighbour, not before. The way to achieve self-love is similar to the method of becoming awake.

For millennia, meditation has proved to be the most effective method of purifying the unconscious mind. Other techniques of catharsis, therapy and emotional release are also necessary for the first stage of cleaning. These methods help prevent the ego from becoming holy, pious and adept at hiding itself behind a veil of hypocrisy.

Hypocrisy is an epidemic that infects many Christians. You pray to God for strength to resist the devil, without realizing that the devil is your own repressed negativity.

You have to clean your unconscious mind of all the demons that live in the darkness: violence, self-pity, fear, jealousy, greed, hatred, ignorance and anger. There can be no unconditional love while your unconscious mind is burdened with these limitations.

God has created you with limitations so that you can grow in consciousness and finally transcend them.

Mental and emotional cleaning is achieved through the discipline of meditation: conscious self-encounter. As you grow in consciousness through the practice of meditation, unconditional love for humanity is certain to follow.

But Christianity is not designed to facilitate this essential growth in consciousness. Christianity is a lifeline to

connect you to God and to give you trust in His will.

Now is the time to take the challenge, to put aside your limiting and unverified beliefs and to develop conscious self-love by purifying your heart and mind.

Unconditional love for your neighbour and for every human being will follow your growth in consciousness, as will an even greater blessing: the freedom and ecstasy of enlightenment that is your birthright and your destiny.



The Mind of God

'Why is it that we and the universe exist. If we found the answer to that question, it would be the ultimate triumph of human reason - for then we would know the mind of God.' Stephen Hawking, astrophysicist.

The universe and the non-material realms of existence are a reflection of God's infinite intelligence and creativity. Existence is God's manifesto.

No material creation is a real challenge for divine intelligence. It is easy for God to preprogram the creation of any phenomenal manifestation; galaxies such as our own continue to evolve and to birth stars as the universe continues to expand.

God's greatest satisfaction and interest is creativity. His ultimate creative challenge lies in applying the extremely complex laws of karma and balance in human affairs.

The law of karma applies only to human beings, not to animals. It requires that all your actions and words return to you in an equal and appropriate way.

Every day billions of people are interacting with others and experiencing life in an amazing variety of ways.

The full complexity of billions of souls interacting during the millennia of their evolution in perfect cosmic justice is impossible for us to comprehend.

When we look at life from our limited perspective, it is difficult to see the justice and balance that are the central themes underpinning all human affairs.

The law of karma makes sense only in the context of a

soul evolving over many lives. From the perspective of only one life, human affairs are clearly unfair, unjust and unbalanced. However from a cosmic perspective, human experiences are totally fair, just and balanced.

The momentous challenge of creating perfect justice and equilibrium through the laws of karma and balance is more satisfying to God than star-making or any other creation in the realm of matter.

Karma means all harm that you do eventually returns to you in an appropriate way; help that you give to others comes back as your own future good fortune.

The law of balance means that all negative and positive experiences are, during the lifetime of your soul, exactly equal. Your suffering is equally balanced by love, bliss and ecstasy. Torment and tribulation are balanced by enlightenment and reunion with God.

The law of balance requires that the entire saga of every soul's interactions, thoughts, feelings and all experiences are authored in advance of that soul's creation.

The intricate interconnections of the complex mosaic of life, which are reflected in the laws of karma and balance, occur neither by chance nor by divine improvisation.

Every choice you make is preprogrammed in the cosmic mind of God prior to the creation of your soul.

Preprogramming allows God to witness every event with His transcendental cosmic eye and to experience His intricate creation vicariously with all souls as their unique destiny unfolds.

Every event affects the complex interconnected web of existence; any random actions would alter the fabric of

the entire intricate matrix.

This is one reason why all existence, including the most insignificant of events, is created in the cosmic mind of God prior to its manifestation.

These insights into the cosmic mind of God support your trust in life. Most importantly, understanding the laws of karma and balance support your trust that God is managing your life with perfect justice and equilibrium.

Trust is vital for surrender, and conscious surrender is the door to enlightenment and reunion with God.

God is sharing openly with us now to celebrate the new dawn of consciousness. Soon our violent, corrupt and unfair world will be transformed into heaven on Earth; the underlying justice and balance will be revealed and we will celebrate the new age of peace, truth and justice.

These messages come to me from the cosmic mind of God. Every thought in everyone's brain also originates with God, who disguises Himself as your mind and thinks in you. This message of Unity differs from most thoughts in that it comes from God as a direct communication from Him about His ways.

God has been using prophets to share His messages for millennia but no divine message has yet brought an end to division and helped to create Unity.

Time will tell if this message realizes its ambitious potential: to help bring an end to all conflict and division by providing an effective and workable foundation for the new way of Unity.

Prayer

You do not know who you are; this is the basic problem. God is all there is. Therefore you are a part of God, but you have forgotten where you came from. You can understand that this must be true, yet forgetfulness runs deep.

The reason for your apparent separation from God is to create the context for your reunion. This is the divine play of hide and seek, or leela.

Your situation is created, experienced and witnessed by God. He knows everything you need to experience before the time of your reunion. You can relax and leave your circumstances to God. He knows what He is doing.

There is no benefit in petitioning God to improve your circumstances. Use your circumstances as an opportunity to grow in acceptance of reality. Reality is not accidental; it is the will of God. Accept your reality and connect to Him directly. You may not get what you want, but God always gives you exactly what you need.

Pray to share your heart and to connect consciously to God. When you pray, leave gaps of silence to just feel Him. Prayer is sharing your heart with God. He is the eternal silent Beloved.



The Devil

God is omnipotent. He exerts unlimited power always. God is fully responsible for all evil as well as for all good. The cosmic law of balance, within which God has chosen to constrain His creation of human affairs, requires God to create evil and good in exactly equal amounts.

The devil is a divine fiction created by God as a device to help compound the confusion of the age of darkness. As we evolve into the new age of light, this diabolical fabrication will no longer be required. God's omnipotence will be clearly manifest to everyone.

Christians blame the devil for events that seem ungodly to them, and they credit the devil with the power to fight God and to sabotage His work. They have forgotten that God is truly in charge. If there were a devil out of God's control that made you sin, God would not be omnipotent.

Christians want to be good and often view their failure as interference from the devil. It seems that the devil is really in control since there is so much pain, suffering and injustice in the world.

In reality, however, there is only God and He is fully in charge. He wants things to be like this now and He will change things when the time is right.

The belief that the devil is making people sin is inaccurate. There is no devil with the power to tempt priests and turn them into paedophiles.

You are befooled by blind belief in your scriptures and your preachers. The Old Testament was given to the prophets by God during primitive times with very simple

people. God gave basic ethical instructions to help them with their ignorance of morality. You have matured since those old days of Moses and the prophets.

According to the Bible, when Jesus was fasting for 40 days in the desert, the devil tempted him with all the kingdoms of the world. The test, of course, was managed by God impersonating the devil. And God had also arranged the outcome: Jesus declined the offer, passed his test and started his work as a divine messenger.

The devil is your unconscious mind: your hatred, fear, ignorance, jealousy, anger, greed and your violence to God's creatures that you kill and eat.

All of these limitations are in you and are put there by the indivisible power of the One, not by the fictitious devil. The devil is purely symbolic and does not exist; never has and never will. God is truly omnipotent, omniscient and omnipresent. Without exception. Always.



Conditioning

You are deeply and unconsciously conditioned from birth with all kinds of beliefs, many of which are irrational. Deconditioning takes time and requires a desire to be free from unverified, limiting and irrational beliefs.

Westerners are often brought up to believe in Christian values, not all of which are accurate or rational. Examine your own beliefs on the following:

There is only one life, and when it ends you go to heaven or hell for eternity.

Believers in Jesus will go to heaven when they die.

Non-believers in Jesus go to hell or purgatory.

Jesus is the only way to God.

We are sheep; Jesus is the shepherd.

The day of judgement will reveal our reward for fervent unquestioning belief in Jesus as the only way to God.

God is our father in heaven.

God is distant and authoritarian.

Fear of God is religious.

It is time to become an authentic seeker of truth, not an unquestioning believer. The way to start deconditioning is to recognize that you are conditioned with unconscious beliefs. Put your unverified beliefs aside and validate all religious concepts with reason and direct experience.

Your trust in the perfection of God's will is the means to accept yourself now, as He wants you to be. Grow close to Him through conscious surrender to life-as-God.

God is in you. He made you. He is you. He loves you more than you can know.

Rapid Sustainable Growth

Spiritual growth is fundamentally the merger of an individual soul with divine consciousness. This impregnation of your soul with cosmic energy is not lost when one body dies. Spiritual growth is the only thing you take with you after death and is thus the very best investment of your time, energy and money.

The soul retains its previous growth in awareness when it reincarnates. But the new nervous system must accommodate the growth of the soul in the physical body.

Even for previously enlightened people who are born with evolved nervous systems it takes time for the body to prepare to receive the immense input of cosmic energy harmoniously.

This is why previously enlightened people usually do not rediscover their enlightenment until they are 18 to 35 years old. For the vast majority of seekers who were not previously enlightened, the challenge of harmoniously absorbing strong inputs of cosmic energy is far greater.

In both cases the nervous system must expand to cope with the challenge.

As old unconscious structures dissolve in divine light some disturbance is unavoidable, but the extent of this disturbance needs to be limited to what is bearable and sustainable.

Skilful teachers employ methods that allow the nervous system to evolve at the fastest rate that can be sustained without causing severe disturbance.

The optimum situation for rapid sustainable growth is

twice-daily satsangs with an enlightened teacher for extended periods of time. But not everyone has the luxury of indefinite free time and other methods including shakipat or powerful initiations may be part of the way forward in the time of widespread awakening.

Jesus-the-Rebel

Divine messengers have a challenging role to play in the drama of life. God speaks to humanity through His messengers and they are often greeted with scepticism and ridicule. To kill a divine messenger is one of the greatest crimes; it brings much suffering to the killers. The karma that is created is immense.

Jesus was a man of peace with a message of love. He was accused of blasphemy for claiming to be the son of God, but he had committed no crime. The Jewish establishment of those times was afraid of the beauty of Jesus and the appeal of his message of love. Jesus was crucified because he posed a threat to the status quo.

The status quo is always against the new. Nowadays, many of the followers of Jesus-the-rebel are the establishment. The establishment is always reactionary.

It is almost time to bring the kingdom of God to Earth. Are you capable of receiving that much divine light? Start purification of your body, mind and heart today.

Enquiry

These transmissions are from God, the creator of you and all existence. Their main purpose is to support your trust in God's omnipotence. Total divine omnipotence is the only workable foundation for Unity that is free from the possibility of human distortion. Reality is a reflection of God's will. Spiritual surrender is to life-as-God.

Some parts of this message will contradict your beliefs. You are being asked not to change those beliefs but to understand that unverified beliefs prevent your discovery of the truth. Most religions are founded on beliefs. Unity needs no belief, just a single hypothesis: God is all there is and I am already part of Him.

The self-enquiry of authentic religion is to verify this hypothesis by experience and the application of reason.

Self-enquiry is the way to discover the truth. Empirical knowledge resting on a rational foundation has the most significance for a spiritual person. Repeating words from holy books dulls your passion for truth.

It takes courage and authenticity to admit that you do not know much without belief in your religion. Yet there is no other way to know the truth than through self-enquiry, conscious living and the application of reason - supported by a deep trust in life-as-God.

True religion is the science of the inner world. When you understand this, you put aside all unverified beliefs. Only then does the adventure of discovery begin.

Hell

The doctrine of eternal hellfire is inaccurate and frightens many people. Eternity is too long for even the worst criminal to burn. Those who preach fear in the name of the God of love are not reflecting His true nature.

Hell is a part of the psychic realm that the soul goes to between lives for purification of negative actions, words and thoughts.

Souls are in the psychic realm of hell for varying times between lives, depending in part on previous karma. Hell is not to punish you for your sins but to balance some of your karma.

All actions and words eventually return to you in equal measure - both negative and positive. Negative karma is not balanced by positive actions; the consequences of negativity must return to you. Positive actions create future good fortune but do not erase bad karma.

You are perfect as God wants you to be now, and yet your potential is much more. The message of this book is an invitation from God to grow closer to Him through surrender to life-as-God.

Unverified beliefs will not help you to be purified by His light. For purification you need trust, awareness, authenticity, love and playfulness. Soon His light will cleanse the Earth. Prepare to face the light.

Surrender

The destiny of every soul is to surrender to the will of God. Surrender is supported by the recognition of divine omnipotence. You understand: God is already managing every detail of everything.

Practically, you endeavour to try your best while surrendering control of the outcome of your efforts to God: not my will, but Thy will be done. Whatever comes to pass is in God's hands; we have no say at all in the matter. Every effort you appear to make is orchestrated and animated by God thinking and feeling in your mind and heart.

Divine omnipotence, omnipresence and omniscience allow God to create everything as He requires for the complex needs of the divine drama.

The understanding of true and total divine omnipotence frees you from the mistaken belief that you are in control. You function as an instrument of God, and He manages you through your intuition, mind and heart.

Divine animation is already the case for you and everyone; it does not have to be achieved through 'my surrender'. Only your experiential recognition of this deeper underlying reality is required.



Jehovah

The constants that govern the physical laws of the universe are set with an amazing precision, a precision that makes life on Earth and an orderly cosmos possible. If any of these constants were altered by a tiny margin, galaxies, planets and life would not exist.

It is so remarkable that the physics of the universe are fine-tuned within the narrow range that permits life on Earth and an orderly cosmos that scientists can posit only two explanations: either there is a vast multiplicity of universes, each one governed by different constants, or the universe is fine-tuned by a divine hand.

As a result of the growing evidence in support of intelligent design, many scientists now agree that God exists: the exquisite order displayed by scientific understanding of the universe calls for the divine. Blind faith in God is no longer required.

Advaita is theistic in a different way from Judaism and Christianity. The advaita understanding arises from the awakened experience of conscious oneness.

Every buddha has discovered that consciousness is at the source of mind. The human mind is the most sophisticated creation on Earth; it is reasonable to conclude that less complex creations also spring from consciousness.

When the reality of conscious oneness is extended in logic the conclusion is: consciousness is all there is. This means the universe is condensed consciousness and the source of the universe is consciousness of an unknown type.

The step from here to God comes with the observation that life is innately intelligent. This leads to the conclusion that the source of the universe whence life sprang must be of a superior intelligence to that of the universe.

God-the-beyond can be characterized as conscious transcendental intelligence. This understanding can be verified by any enlightened person with the experience of conscious oneness and an understanding of advaita.

Unenlightened people can understand that all of the awakened ones say much the same thing: Life is one - you are an intrinsic part of divine consciousness.

If this oneness is accepted as hypothetically true, then reason leads to the same conclusion: consciousness is all there is. Unified conscious intelligence is synonymous with God. Therefore, God is all there is.

This understanding strays far away from the authoritarian father in heaven of the Jews and Christians. Jehovah is out of date. He was strict and moralistic and easily displeased with His followers. He punished them with disasters and threatened them with pestilence and plague if they failed to follow His rules.

Jehovah had a purpose in the past: to bring some order and morality to the unruly tribes of the Middle East. Times have changed. God is love, awareness and playfulness. His disguise as the authoritarian and serious Jehovah is no longer required.

The main barrier to truth for believers is their scriptures. This is bound to upset those who value their holy books more than they value truth, but God is not limited by any scripture.

Orthodox religious people sacrifice spiritual intelligence at the altar of unquestioning belief. They think that God has given their religion His true message, yet He has given different instructions to every religion. How can you be so certain that your scriptures are more accurate than others? Just because you believe they are?

Widen your perspective a little to understand: God is all there is and I am part of Him. Blind believers from all religions are not prepared to face the light of God when it transforms every soul. Training in meditation and unconditional love are needed to assimilate the divine light.

If you are a believer in unverifiable scriptures, please try to understand the point of these books and accept the challenge to become a seeker of truth.

The time has come to redeem the concept of religion from the disrepute it has accrued through millennia of blind belief, and to reinstate its true meaning of authentic spiritual enquiry.

The time has come to reclaim our understanding of God from the divisive distortions of the past, and to know Him as He really is now.

God is the divine life force in you and in everything: the love in your heart, the awareness in your mind, the ecstasy of your soul's conscious reunion with Him. And ultimately, God is the eternal transcendent mystery of the beyond.

Salvation

For millennia God has been hiding behind the veil of duality that appears to separate you from Him. Dualistic theism reflects inaccurate beliefs that separate God from humans and existence.

If your fervent beliefs were the only way to salvation, what would happen to the majority of souls who have different beliefs? If your soul had only one incarnation, what would happen to the vast majority of people who live and die in ignorance, pain and suffering? These beliefs are limiting, inaccurate and unhelpful.

God is sharing accurately with you now to celebrate the shift from division to unity. One day your separation and pain will dissolve with your ego in the ecstatic reunion of awakening that is every soul's destiny - not as a reward in heaven for your unquestioning belief, but right here on Earth through conscious surrender to life-as-God.

When you trust that reality is God's will, He illuminates your soul with divine light. As His light transforms you and gives you the experience of living in heaven on Earth, old limiting beliefs disappear like dewdrops in the morning sun. This freedom from all mental and emotional suffering is called enlightenment.

Long have you lived in dreams and illusion. Long have you been blind to the ever-present gift of God; the miracle of this fresh moment of life that is offered again and again for your enjoyment. You are too busy with dreams and plans to live in the wonder of each sacred moment.

Honesty and courage are the main qualities you need

as a seeker of truth. Drop your masks and be who you are. Authenticity is vital for a seeker of truth. And a sense of humour helps tremendously. Don't take yourself too seriously.

God is already hiding in your heart waiting for you to look deeply enough to find Him. You are all children of God; each soul is perfect and exactly as God wants you to be now.

You are being challenged by these messages from God because He loves you and He is preparing you to wake up. Conscious openness and understanding is required to receive the divine light that will soon transform the world.

Take this message as an invitation to join the halcyon age of peace and unity. Accept this divine challenge and join the caravan of light.

Leave your unverified beliefs and become a seeker of truth with a single hypothesis to verify by reason and your direct experience: God is all there is and I am part of Him.



Silent Awareness

It is essential for Christians and every spiritual person to learn meditation. Your mind, energy, heart and soul are deeply cleansed and healed through immersion in the divine light of consciousness during meditation. Jesus did not teach meditation. He taught love for humanity and prayer as devotion to God.

Jesus was possessed by God and filled with divine love - hence he says God is love. Prayer is the path of love; it means sharing your heart with God. But prayer, love and devotion are not enough to know God fully; the ultimate aspect of God is awareness.

Meditation is needed to develop awareness. Meditation has two stages: the first stage is the diligent practice of focused concentration; the second stage is spontaneous choiceless awareness.

Sit silently with a straight spine twice a day for as long as possible, the longer the better. Watch the movement of your breath in the belly, the sense of energy moving in your body and of the sounds around and inside you.

When you notice the mind wandering, gently return your attention to the movement of breath in the belly, the movement of energy and the sounds of the moment.

Focusing on the breath, body energy and sensory information is an effective way to keep the mind in the present moment.

The key to watching or witnessing is detached equanimity. One is not concerned with the content of mind that is being witnessed. One does not even need to favour

good thoughts over bad; with high indifference, one simply observes the flow of thoughts as they are. This allows the mind to think what it wants and helps to create a climate of relaxation, which is essential for meditation.

In the beginning the mind is busy but gradually, by just watching the flow of traffic in the mind, thoughts start to slow down and gaps of silence appear. As the gaps between thoughts extend, many miraculous shifts occur.

The methods above prepare you for the second stage of meditation: the open and all-inclusive state of choiceless awareness. Choiceless awareness is not a technique that can be learned; it is more like an art or a knack.

Choiceless awareness occurs spontaneously as a consequence of practising the methods of meditation delineated above and throughout this book.

Resting in choiceless awareness for prolonged periods of time leads to your merger with the ultimate aspect of God-the-beyond: transcendental cosmic awareness.



Part Two

The Ways of God

Your Destiny

Every soul's destiny is reunion with God. The time, date and place are already decided by God. The significant question is when. The answer is known to God alone.

The entire universe and all the microscopic details of its functioning are preprogramed by God. Everything is predestined. This complexity will always be unfathomable to science and even to fully enlightened ones.

This means that there are never any accidents; every event is deliberate, everything is perfect. You are divinely programed with an illusory ego that believes in free will and thinks it has choice.

Choicelessness is bliss. To let the energy guide you is freedom; to go with the flow is the way home. To understand: I am already part of God, brings you to the door of the beyond. To pass through the door requires your total let-go. Fear is the last barrier. Take courage. Jump. The other side is love.



Deconditioning

Most people are conditioned by their family, nation and religion. Your conditioning continues every day as you absorb your environment's subliminal messages and is so deep and pervasive that you are mostly unaware of it.

Deconditioning is part of the primary spiritual work for freeing the mind. Yet all religions instill deep conditioning with their dogma. And many religious belief systems are irrational; you are required to surrender your intelligence and reason in favour of conformity and blind faith.

Even Osho, one of the greatest deconditioners of our time, inadvertently fostered a new conditioning based on his experience and understanding. Osho's people are often free from cultural and social conditioning, and religious conditioning from childhood, nevertheless they unconsciously adopt his ideas without empirical verification. Most other people and spiritual groups are far less aware of their conditioning.

Deconditioning is difficult in your native country or your familiar situation. Relocation away from your social and family environments and support from an enlightened teacher helps tremendously.

This book can prepare you for the major commitment that is required to evolve from a conditioned believer to an inner scientist, an authentic seeker of truth.

Let go of your unverified beliefs and focus on your own experience. Apply reason and logic to help you to think more clearly. And experiment with verifying this hypothesis: God is all there is and I am already part of Him.

Resignation and Acceptance

Resignation is negative; it leaves you frustrated and resentful. Resignation is your ego putting up with something you are powerless to change.

Acceptance is positive; it is pro-active. Acceptance is a conscious 'yes' to life as it is in you. Acceptance is spontaneous and flexible. With acceptance you understand that each moment of your life cannot be different until it changes. Acceptance is a conscious connection and surrender to each moment of your experience.

Your ego's struggle to get what appears to be the best for you creates much suffering. Life will always bring you experiences that do not go the way your ego wants.

When your first choice is unavailable, let go of it and see what else life has to offer. You cannot always get what you want, but you always get what you need.

This is the basic understanding that helps acceptance flower into surrender. Conscious acceptance and surrender to life-as-God are doors to freedom from suffering.



The Serenity Prayer

'Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.'

It is essential to develop this 'wisdom to know the difference' through a deeper understanding. 'The courage to change the things I can' applies to the first stage of spiritual growth with its focus on personal development. You take responsibility for yourself and try to be the best person that you can be. You endeavour to become more conscious, caring and kind, and to treat others as you would like to be treated, with love and respect.

Personal development is also enhanced by engaging in work, politics, philanthropy, creativity and all positive contributions to life and humanity.

For most seekers of truth these areas need more development, but a time comes when you want to leave politics to the politicians, and changing the world to those who still need to develop more positive ego strength.

This moment of life is one of 'the things I cannot change'. Acceptance of inner experience is essential for all seekers of truth. Each moment of your experience has to be as it is.

Spiritual growth happens through consciously accepting each moment of Now. Naturally, if you are being cheated, you protest. If you are attacked you defend yourself and, at the same time, you understand that only conscious acceptance of your inner world brings freedom

from the separation and suffering of the ego. Conscious acceptance is the master key.

Acceptance is an attitude that can be cultivated and which lays the foundation for surrender. Surrender cannot be practised, it is the spontaneous flowering of acceptance. There is no way to freedom from suffering other than through conscious acceptance. Enlightenment happens when the ego surrenders its deeply entrenched habit of control totally and unconditionally.

Ripe seekers understand that the spiritual world cannot be fully entered with ego-based effort; they let go of control and allow the flow of life to carry them where it wants to go. They live less from the mind and more from the heart.

Improving the world is a noble endeavour, but for the small minority of mature seekers who have ample life experience and adequate personal development it may no longer be their first priority. These older souls may prefer to focus on their inner world and on letting-go into the mystery of life.

Mature seekers can leave 'the courage to change the things I can' to the vast majority of people who need to develop personal responsibility and creativity and who can benefit tremendously from trying to change the world for the good.

The Ways of God

The state of the world is a mirror-like reflection of divine will. God is fully responsible for all events. The idea that there is a devil or evil humans sabotaging God's work is inaccurate. God is truly and totally omnipotent. The one and only power is His.

The idea that God created humans with free will and now man has chosen to plunder the planet and violate human rights is equally misguided.

These dualistic ideas assume that human will functions independently from divine will, and that God empowers humans to make their own choices which are out of His control. This means God is no longer truly omnipotent.

These assumptions are totally inaccurate. God is in full control of all events, including all thoughts and feelings. Nothing happens without His conscious intent.

Reality is God's manifesto; it fully reflects divine will. God relishes creativity and ensures that every detail of existence is exactly as He intends it to be.

God requires abominations to occur to provide vital contrast to peace, beauty and freedom. This creates the negative context that gives positivity real meaning and depth. Contrast is essential. Without suffering to contrast enlightenment, life would be pleasant but superficial.

He also balances all negative and positive polarities: good and evil, violence and peace, love and hate, yin and yang, exist in exactly equal measure.

God's ultimate creative challenge is to author the saga of your soul's evolution. You also allow Him a vicarious

taste of embodied separation and spiritual reunion. As we evolve in consciousness we transcend separation in the ecstasy of our cosmic reunion with Him.

God creates dualism by the apparent division of human will and divine will - an essential illusion that allows separation and suffering to occur. Most people believe that they are separate from God, a belief that is reinforced by the universal experience of independent free will.

Soon belief in free will and in separation from God will evolve into a more holistic perspective: at the level of the mind, free will appears to exist, but your heart and mind are animated always by divine will.

There is no need to believe this without empirical verification. Become a seeker of truth with a single hypothesis to verify: God is all there is and I am already part of Him. With this verification you dissolve in the sublime freedom of oneness in God.

The divine play is misunderstood by almost everyone. Now God is revealing His ways to celebrate the end of the age of division and separation. His time of hiding is almost history.



Purification of the Body

The fundamental human problem is unconsciousness. This is the reason for the spiritual discipline of cultivating awareness: it brings the healing power of divine light into the darkness of your body, mind and soul.

When you follow your unconscious desires the result is usually more suffering. Most people are creating more trouble for themselves; their hurtful actions inevitably return as their future suffering.

When the time comes for purification you are blessed. You stop polluting your body with unhealthy food and habits. You are attracted to a more positive lifestyle that increases sensitivity and respect both for yourself and for all of God's creatures. You are interested in freedom from your unconscious past.

Before that time arrives you will continue with your unhealthy, uncaring diet and habits. You are pulled by your lust for the flesh of sentient creatures and by your greedy mind into more trouble.

It takes a long time for conscious sensitivity to arise without denial or repression of destructive desires. Hence spiritual teachers suggest a discipline to help you to live more positively, and thus to stop hurting yourself and others in the interim.

The new way of Unity has one primary ethical principle: Do no harm to any creature, including yourself. When you violate this law, it always brings suffering.

The time has come for sincere seekers to understand and apply this law. Your body is a temple of God. It is time

for you to stop defiling your temple with unhealthy food and habits. You need a reverence for life and more sensitivity to yourself and all sentient creatures. You also need accurate information about the immense harm caused by animal farming.

The healthiest and least exploitive diet for people of all ages and conditions is organic vegan wholefood. Eat anything you want from this category.

It is animal products that cause the most damage to you, the animals and the Earth. Cattle are an extremely inefficient and environmentally damaging food source.

Many kilograms of grains and legumes are required to create one kilogram of beef. Most of the legumes and grains grown in the United States are fed to farm animals - they consume more food calories than the American people themselves.

About half of the world grain harvest is used to produce animal protein. Animal farming accounts for about 20% of greenhouse gasses, more than all transport.

Meat consumption has a massive impact on worldwide grain consumption, and therefore on global food security.

Huge areas of rainforest are destroyed to grow food for beef production. Meanwhile millions of people are malnourished or starve to death for lack of the grains and legumes that are fed to cattle. Meat is literally murder.

Milk and dairy products are unhealthy and exploitive; they are also an inefficient protein source that . Meat and dairy production abuses farm animals, wastes essential resources and causes extensive environmental degradation. Most new human diseases since 1990 have come

from animals.

Soya products and other healthy and resource efficient alternatives are readily available.

Junk food and sugar are also very bad for your health and are best avoided totally. Many delicious and healthy alternatives can be found easily.

Raw fruit and vegetables sometimes contain harmful organisms. Parasites are a major health problem and are present in many serious diseases. Depending on where you live, it may be prudent to purify or cook fruit and vegetables to prevent infestation with parasites and other harmful microbes. Fruit, vegetables and their juices can be purified with vinegar, citrus seed extract, hydrogen peroxide or colloidal silver.

Your unconscious eating habits create the diseases of excess that fill the hospitals of the developed world with a multitude of sick and obese people. The cost is high; the USA wastes 17% of its GDP on health care that would not be needed if we changed to a vegan wholefood diet. Your degeneration is gradual and not noticed until you become seriously ill; by then it is too late.

Take this challenge to clean up your act: commit yourself to a healthy and harmless way of eating and living. Start today.

Responsibility

Your understanding of individual responsibility is vital as a healthy foundation for surrender to divine will.

- 1) Responsibility is trying to be the best that you can be.
- 2) Responsibility is needed to develop the self-organizing and positive aspects of the ego.
- 3) Responsibility is also the ability to respond, rather than to react.
- 4) Responsibility is the precursor of surrender.
- 5) Responsibility is accountable and dynamic.
- 6) Responsibility is owning your experience.
- 7) Responsibility is pro-active and positive.
- 8) Responsibility and accountability are vital for all practical human affairs.
- 9) Ultimately God-the-beyond is responsible for every detail of everything, even your ego.
- 10) Enlightenment happens only in surrender.

Pleasure and Pain

You are programed to desire pleasure and to try to avoid pain. Eventually, however, you discover the pain-pleasure nexus; inevitably they are linked together. The pursuit of pleasure enshrined in the constitution of the USA leads to pain. Everyone has had this experience.

The only solution is to search inside for true satisfaction and lasting pleasure; that is why you are a seeker of truth. Everyone wants to feel good and find freedom from suffering. Your journey of self-discovery is essentially a search for truth, bliss, love and freedom.

Unenlightened people suffer because of separation from the Whole through the sense of being an individual doer; awakened people enjoy bliss, love and oneness. The spiritual journey is from pain and separation to the ecstasy of reunion.

Separation begins with the creation of your individual soul and ends when your soul merges with the universal Self or Being in enlightenment. The soul's odyssey from separation to conscious merger with the One spans more than a hundred lives.

When the time of your reunion draws nearer, you may feel the dark night of the soul. Do not despair; it is always darkest just before the dawn and the deepest pain can precede the ultimate enduring pleasure of enlightenment.

Simplicity

When you feel that God is everything it means that He is in you and also in your friends and foes. God is in the birds, the animals, the trees and the rivers. He is in the ocean and the stars.

When you feel that God is in everything a spontaneous reverence for life arises; this provides the natural foundation for ethics and morality. Killing and eating any creature, even small birds and fish, is unnecessary violence. When you value all life as your own, violence disappears.

Most crime is related to social injustice and to an inequitable distribution of wealth. When we live in a just and conscious civilization that values all life, violence and crime will disappear.



Misuse of Power

Power is energy. The healthy application of power is for the good of humanity. Power can also be misused to control people and resources or to gain psychic ability for personal benefit.

When power is misused there is always a price to pay. This is equally true of those who use spiritual or psychic power to control people, resources or situations.

Control is for God to enjoy. All power is of the One. The more you let go of the impulse to control situations or people, the more the divine power functions through you and vice versa.

The power of awakened ones comes from let-go and surrender to the One. Allowing life to live you brings equanimity and, eventually, freedom from the hell of ego.

Leave control to God and let divine power take care of you. God knows exactly what you need every moment - it is exactly what you get.



Belief

Unity encourages seekers not to believe anything they have not verified with experience. Check what you know by empirical verification, and what you just believe.

For example:

Is Jesus the only way to God?

Is unwavering belief in Jesus essential?

Is the truth what your scriptures say?

Is your effort going to help you to be free?

Do you have free will?

Are you creating your reality with your thoughts?

Is your suffering somehow your fault?

Is the universe a dream or illusion?

Are you already enlightened but have just forgotten it?

Do you value belief above enquiry?



Trust is Intelligence

The end of belief is the beginning of intelligence. Self-enquiry sharpens intelligence. Self-enquiry is at the heart of transformative spirituality. Enquiry requires an open mind; no belief is needed.

Reason provides a starting point for your inner search. Life is innately intelligent; thus the source of life must be of a superior intelligence. That is enough to allow you to trust Source, to allow life to live you.

Trust in life-as-God. Trust is intelligence.



Warrior of Truth

Freedom from suffering in enlightenment is the omega of human evolution. Understanding supports surrender and conscious surrender leads to enlightenment.

Intellectual understanding is just the beginning of the journey, the first step in a pilgrimage home to God. You have the potential to understand much more with your heart, soul and being.

Deeper understanding comes with spiritual growth; it takes time to grow in awareness, playfulness and love.

Take the challenge and become a warrior of truth. This quest for freedom is the ultimate endeavour; it is far more arduous than worldly achievements - and consequently brings greater rewards.

Politics can help society, but only spiritual growth can transform the individual. Get started; make your own transformation your priority.



Violence

Karma means that the pain you cause others will bring harm to you in a similar way.

The pain that is caused when you eat any creature will be balanced by your own physical suffering. By killing, eating or hurting any creature you will also suffer its pain.

Disconnection from the web of life hypnotizes you into believing that lust for the flesh of animals is okay. It is not.

Stop all violence to any creature today; you are investing in future suffering and hurting yourself. You will reap as you sow.

When you recognize the inescapable nature of karma, your time of living harmlessly is approaching.

The age of violence and darkness is drawing to an end. The new dawn of consciousness is totally non-violent.



Love

Love is a gift from God.
Love cannot be managed in any way.
Love comes and goes mysteriously.
When you are in love, you live in paradise.
When you live without love, life is a desert.
Yet life without love is not without purpose.
Contrast is needed in all things.
Love connects us.
Love is the medium of humanity.
Love is the stuff of which you are made.
Love never dies, it only appears to come and go.
To be given the gift of love is true benediction.
Love awaits your return to its heart of hearts.
Your destiny is to melt in God in love.



Morality

Morality is founded on non-violence and respect for all life. Yet many moralists are anti-life and hypocritical; they kill and eat animals unnecessarily while trying to enforce their pious outdated morality on others.

Non-violence and respect for all God's creatures lays the foundation for the morality of the new dawn of love and consciousness. Life is divine and respect for life is fundamental to authentic religion.

Society has a right to protect itself from disturbed or criminal people, but it has no right to interfere with lifestyle choices that cause no harm to others.

The time has come to transcend the old sanctimonious morality of orthodox religions and to embrace the new approach of conscious celebration and reverence for all life.

A world free from violence and injustice offers the rare opportunity for the third millennium to be the golden age of conscious civilization.



One Commandment

Most religions impose a code of conduct to try to get people to behave according to particular ideas of right and wrong. The Ten Commandments were given to Moses by God to foster social order in a primitive time. Times have changed.

Less conscious people need lots of rules to control their unruly behaviour. Inevitably they break the rules and the basic unconsciousness remains. Unconsciousness leads to sin. Awareness leads to ethical behaviour.

The solution to most ethical problems is for humanity to become more conscious. Conscious people cannot hurt anyone. Doing no harm to any creature is the foundation for morality. Love, awareness and compassion are the highest human qualities.

Unequal access to resources provokes envy and theft. When resources are distributed more fairly and the extremes of poverty and excessive wealth are eliminated, crimes of property will be dramatically reduced.

Most sexual morality is redundant if there is no violence or abuse. Having more than one partner is not immoral if there is no deception or betrayal of vows. Almost everyone is attracted to other people.

Sexual possession is limiting and leads to neurosis and hypocrisy. Facing the pain of your jealousy is a rapid way of healing and purifying the wounds of your heart. And the emotional pain created by jealousy will return to those who provoke it. As is the case with all harm we cause.

God has one primary commandment for the coming

age of truth in the third millennium: Follow your intuition consciously, without harming people or other creatures.

Violence is the worst crime. Non-violence and respect for all life is the essence of ethics and morality.

Many aware people already live this way and need no imposed morality. The problem is with the less conscious majority. Their instincts are often violent, abusive, greedy and uncaring. Freedom cannot work while the unruly and less conscious majority insist on conflict and violence.

God is about to help these younger souls to rapidly evolve. He will bring about a miraculous positive change in the hearts and minds of all people.

Soon humanity will be ready to transcend violence and conflict, and live in peace and harmony in the halcyon age of love and light, the sat yuga.



Experience

Many people hold inaccurate spiritual beliefs. Yet even accurate beliefs can be unhelpful. In fact all unverified beliefs are dangerous for seekers of truth; let them go. The fast way to grow is to put your beliefs aside and stick to direct experience that is supported by reason. What you know from reason and experience is your truth.

Science extends human knowledge beyond the limits of personal experience. But full cosmic truth is known only to God-the-beyond.

There is no way to be certain of the existence of God, unless He contacts you verbally with a rational message and demonstrates His power by moving your body in mysterious ways - over which you have no control. This is known as God-realization.

Most enlightened teachers are not God-realized and remain agnostic or pantheistic. Others use the logic of advaita to reach a unitary theistic conclusion: God is all there is. When this hypothesis is verified empirically by direct experience and reason, no belief is needed.

Monotheists divide the power of the One and empower humans with the pretence of individual free will. Theistic dualism was essential to perpetuate the division, conflict and injustice that have characterized the last 4,000 years of the Kali Yuga, the age of darkness. But the dark days of dualism and division are numbered.

Soon God will reveal the indivisible oneness of divine power, not just to God-realized souls, but to every soul on Earth.

Drop the Lot

The spiritual information that you acquire from teachers and old scriptures is best taken as a hypothesis for you to verify. Unverified spiritual beliefs hypnotize you and lure you into believing all kinds of irrational ideas.

It takes courage to admit you do not know if your beliefs are accurate - that you are just a blind believer.

These messages are not intended to replace your unverified beliefs, but to provoke a thirst for truth; they are an invitation to apply the words. Application is much easier said than done.

Each of these messages is a challenge to help you to grow in truth and consciousness, not more information to add to your prodigious collection of borrowed spiritual knowledge.

Drop the lot and become a seeker of truth with a single hypothesis to verify in the laboratory of your inner world: God is all there is and I am part of Him. Start today.



Intelligence

The relinquishing of unverified belief heralds the awakening of spiritual intelligence. Your intelligence is sharpened by enquiry. Enquiry requires an open mind; self-enquiry is the essence of religion.

Life is innately intelligent and thus the source of life is a superior intelligence. This insight allows you to trust in life-as-God. Intelligence understands the beauty of trust.

Allow life to live you without the unnecessary baggage of unverified beliefs. The end of belief is the awakening of trust in life-as-God. Trust is intelligence.



Holy Ground

The Earth and all existence is life-as-God. Trees, plants and flowers vibrate with divine life force. Yet we treat the Earth as a mere resource to be exploited for profit and convenience.

The result is devastation caused by pollution, climate change, drought and floods. The rape of old forests in Asia, South America and the Third World is a global disaster; a large number of endangered species are losing their habitat in the jungle and are becoming extinct.

Many old forests appear doomed to virtual extinction in the near future. We are destroying essential biodiversity for short-term profits; we appear incapable of managing our natural resources without severely damaging the environment that supports all life.

The meat industry has a major environmental impact. Immense amounts of land and water are wasted to grow food for livestock. Only one twentieth of the land used for beef production is required to yield an equal amount of high quality protein in soya and other legume cultivation.

Inefficient industry, vehicles and wood fires in the Third World are poisoning the ecosystems of the entire planet. A team of international climatologists reports that it has identified the 'Asian brown cloud'. This 10 million square mile, three-kilometre thick, fluctuating haze of man-made pollutants is spreading across the whole Asian continent. It may be causing the premature deaths of half a million people in India each year, deadly flooding in some areas and drought in others.

This toxic smog seems to cause as much warming as greenhouse gases released by human activity, a recent study has suggested.

The world's biggest energy consumer, the USA, uses 40 times more energy per capita than India. And the Indian and Chinese economies, populations and energy needs are growing very rapidly, thus exacerbating existing levels of pollution at an alarming rate.

We seem incapable of managing our resources fairly, efficiently and in tune with our real needs. This is life out of balance. We need a miraculous positive shift.

The new dawn brings conscious civilization to the Earth. Nature will be respected and harvested carefully. For every tree used we will plant two. There is no real need to use much old hardwood; let the ancient forests return and spread their fragrance everywhere. We can use fast growing trees for building and other needs. Pine trees are ready to harvest in 25 years and are one of the few trees we really need to cut down.

Bamboo is a beautiful plant that has an enormous potential for replacing wood in many applications.

When the great change occurs from the age of conflict to the age of peace, most ecological problems will start to disappear. The old economic model based on unsustainable growth, injustice and greed will be replaced with a reformed system that is efficient, innovative and fair.

We will use sustainable and environmentally friendly ways of maintaining and developing the economy, in tune with nature and our real needs. The stage is set for this dramatic and positive change.

You are Love

Everyone is programed with tremendous spiritual potential. You are complex and multidimensional, and your program is highly intricate and sophisticated. When you become deeply aware that you are a divinely programed organism with no free will, you let go.

You are destined to merge with God through the doors to higher consciousness and enlightenment that are hidden in your nervous system.

The human nervous system has the capacity to expand and accommodate cosmic awareness, bliss and love. When it opens fully you are a light to everyone you meet.

The new dawn provides your chance to be total in your growth. Most of you have not been total yet. When your time for totality arrives, you are twice blessed: you enjoy life much more and also you grow rapidly.

Whatever your present circumstances and beliefs may be, this much is certain: you are a part of God lost in the illusion of separation, and He loves you more than you can know. You are destined to melt in love in God.



Follow Your Feeling

Everyone already lives by following their feeling. Yet most people's intuition is clouded by ego identification and unconscious impulses and desires.

Less conscious people are programed to have selfish feelings and to care little for others. That is why we need an economic system that supports everyone fairly and an English medium education system that provides equal opportunity for all children.

Consciousness is the basic prerequisite for a society that allows all its members freedom to follow their feeling. Everyone is unconscious before enlightenment. This is why society requires rules to limit antisocial behaviour.

We have experimented with communities that function without agreements and have discovered that they are almost always destroyed by greed and selfishness. We need clear social and practical agreements about everything that can affect others. Such agreements support the smooth flow of life with a minimum of conflict.

Every unenlightened soul is programed to have unconscious desires. If you do no harm to yourself or any creature, you are free to live your desires without interference.

For all personal matters people are free to follow their intuition, as long as they do not disturb or damage anyone else unnecessarily or intentionally.

As you grow in consciousness your feelings become more compassionate and caring, less insecure and fearful. When you awaken, your intuition is freed from the cloud of unconsciousness that distorts your feelings.

Understanding

The source of existence is God. The power of God is infinite. Yet you cannot accurately conceive of a force that can create and destroy the universe. You are limited by your mind's capacity to know the source of existence.

In silent meditation your ego dissolves into the source of existence for a while. This dissolution gives you a non-conceptual taste of the beyond.

When you return from that mystical realm of inner beauty your ego starts to function again. Yet you are not dependent on your ego to take care of you. God is taking care of you already.

You are part of Him. He is intimately involved with everyone. He is the life force in you and all things. When you feel this to be so you are blessed. Surrender is supported by this deep understanding.



Separation

Oneness is your birthright; you are part of the Whole already. The illusion of separation is the hell of the ego.

In emotional connection you feel less separate, yet total union with another person is impossible. And your attachment to people and possessions sustains the illusory veil of separation. True oneness is known only in silent awareness and love.

This arrangement ensures that you can never be totally satisfied with relationships. All enlightened people have faced their heartbreak and learned to enjoy aloneness and freedom.

Eventually, when all else has failed, you search inside. There is no other way to be free from separation than to reconnect with universal consciousness and love.

You have not yet managed to be total in your growth. Soon you will be ready. God will help you to change your priorities. Just ask Him. Now.



Effort

In most seekers the two stages of spiritual growth overlap and intertwine; they are not rigidly sequential.

The first stage of spiritual growth requires your total effort. It is essential for your ego to try to be responsible for your life. This develops the creative, dynamic aspect of the ego and prevents you from remaining a victim.

Totality of effort is the key in the first stage. Totality of surrender is the key in the second stage. Totality is always the master key.

Yet you are rarely total; you are programed to cling to dreams and illusions, and much is left incomplete. When you start to live totally, you are transformed. You become integrated and whole.

Totality can be learned. This learning is the endeavour of spiritual discipline. Life exists in contrast. Your total effort creates the context and contrast for the total let-go and surrender to the One that is every soul's destiny.

When you start to live totally you are blessed.



Celebration

When you enjoy life just for the experience you are on the right track. When you celebrate everything you are free.

Sadness is hard to celebrate; you lack equanimity.

Your happiness lacks depth; it needs more awareness.

Your love tends towards possession; it needs more trust, space and freedom.

You find it hard to trust; let go, the Beloved waits.

Rarely are you total; melt in the fire of Now.

You are a future Buddha, you are a flower of love.

You are divine and beautiful, you are in God in love.



Genetics and Conditioning

The home and social environments you had as a child are the major influences in your conditioning; the rest of your make-up is preprogramed in your genes. These two factors form the basis of your character.

The genes you inherit from your parents are connected to previous karma. Parents and family are always perfect for the complex needs of your development.

It helps to understand all this because it means you have no real choice about who you are. Your environment is predetermined by the needs of who you are destined to be. Understanding this helps you to accept yourself: you have to be as you are now.

Your growth is equally preprogramed. Totality of effort is a divine gift that is given when the time for rapid spiritual growth arrives. It helps to pray for totality.

The application of this understanding supports peace and equanimity in all circumstances, and is helpful in transcending the limitations inherent in your genes and conditioning.



Power

Political power goes to those who want it enough and manage to get elected, or to those who snatch it through violence. Many politicians have good intentions, but the old maxim: 'Power corrupts and absolute power corrupts absolutely' often applies to political leaders.

Corruption, frequently fuelled by the cosy relationships between politicians and the corporations that appear to fund them, has resulted in universal cynicism towards those in power.

In Asia, Africa, the Middle East and the Third World, corruption and the abuse of power are pervasive. The world's most vulnerable people are the primary victims.

The Chinese invasion and occupation of Tibet in 1950 is a poignant example of cultural imperialists crushing a rare and peaceful experiment in the expansion of human consciousness. Hundreds of thousands of Tibetans were killed and more than 6,000 monasteries destroyed.

Although mid-century Tibet with life expectancy at 36 years and illiteracy at 95% was in need of reform, the Tibetans would have preferred to reform themselves. The Chinese are bringing essential material progress to Tibet, but soon they will no longer be needed and can go home.

Tibetans are a strong and kind-hearted race who will be delivered from exile sooner than might be expected.

The Tibetan diaspora fulfils an ancient prophecy of the dharma (spiritual law) moving to the West. The positive aspect of this dispersal has been in bringing the potent Tibetan teaching to the rest of the world.

Evolution

Humans are unique in the universe; we are the only creatures with the capacity to become enlightened. We are created with the potential to merge consciously with God.

Primitive humans existed without souls until the time for the central theme of spiritual growth arrived. Then they were given souls and the evolutionary leap occurred that allowed humans to grow into enlightened buddhas. No animal or other creature has this possibility.

To be endowed with a soul is a mixed blessing; your sensitivity is great, as is your suffering. You are created as an individual reflection of the one divine source. Your intelligence, love and awareness are divine attributes.

Life may exist in other parts of the universe and in other realms of being, but only on planet Earth can humans fulfil their unique destiny and flower into the buddhas of the new dawn.



Illusion

The ego exists in unconscious identification with the illusion of being an individual doer with free will. No direct attempt to get rid of the ego will succeed.

When you try to push the ego aside, it lives on as the doer in a more subtle guise. The ego does not dissolve by trying to kill itself, but through your totality of effort in the context of conscious acceptance of yourself and of life. Conscious acceptance leads to surrender.

Surrender is supported by the advaita understanding: consciousness is all there is and I am not separate from That. Yet intellectual understanding is never enough to dissolve the ego and bring transformation. You have to be willing to stake your life.

Surrender means living in total let-go. Not my will but Thy Will Be Done. You allow life-as-God to move, speak and think in you. You understand fully: I am not the doer.

When the time is right, divine consciousness removes the illusory veil of the ego forever.

Conscious surrender is the way to be free of the hell of your ego. But surrender never bears fruit until you have made all possible effort to realize your human potential.

Trust in God but tie your camel first. Only when your doer can do no more does the divine grace of surrender carry you home to freedom.

Playfulness

'If you can laugh at yourself, you will never cease to be amused.'

Seriousness is a common affliction in religious people, many of whom take their piety a little too seriously. There is nothing to be gained by seriousness. Unlike sincerity, seriousness does not support healthy spirituality.

Open yourself to the wonder and mystery of the leela - the divine play. When you understand deeply that God is the only doer, the burden of ego is lifted and life becomes a leela. You stop reacting to events and start to live in wonder at the complexity and mystery of the divine play.

You try your best in every endeavour and you win some and you lose some. You recognize that your success and failure is not in your hands.

Be a little more receptive to each moment that is given to you, and a little less serious about your life. Allow the divine energy to move and play in you.

The energy of playfulness brings freedom from the hell of your serious ego. Conscious playfulness is divine.



Sexuality

Most people are interested in sex. Those who insist on monogamous marriage with no prior sexual experience are out of tune with nature. The primary commitment in relationships is to love. Love cannot flower fully without freedom.

This may mean you remain with one partner, or you may have other affairs if love or sex pulls you into them.

Men are naturally polygamous and women sometimes enjoy a new flame. This dynamic adds growth and drama to life.

Sex has a primary biological function of making babies; it is also just for fun. When sex is playful, conscious and relaxed it becomes healthy and natural.

The problem arises with the unrealistically high value that pious people often give to monogamy and celibacy. The result has been an epidemic of hypocrisy about sex, which has allowed repressive moralists to dominate the religious world.

The pious no longer need to inflict sexual repression and hypocrisy on themselves and others. These outmoded limitations lead to neurosis and perversion; their time has passed.

The new dawn brings a celebration of healthy, caring and conscious sexuality for everyone who is interested.

Jesus and Buddha

Followers of Jesus and Buddha have difficulty finding common ground. Christians and Buddhists have different perspectives on God, prayer, meditation and cosmology. Both perspectives are valid and both are incomplete.

Christianity is a devotional religion that relies primarily on fervent belief in Jesus as the only way to God. The majority of Buddhists are also unquestioning believers, but a significant minority practise meditation and are committed seekers of truth.

Most Christians have an inaccurate idea of meditation; they confuse it with contemplation and prayer. Meditation is self-observation in silent awareness. Contemplation is spiritual thinking. Prayer is sharing your heart with God, both verbally and in silent communion.

Buddhists are pantheistic and have no belief in God as a transcendental creator, but this does not stop many of them from praying for a better life.

The synergy of Jesus and Buddha supports a holistic understanding; their approaches are complementary, not antagonistic. Their merger symbolizes the union of love and awareness. God is both love and awareness. The flowering of love and awareness is playfulness.

Rarely does a teacher have the awareness of Buddha and the intimate divine connection of Jesus. When this does occur, there is always a special reason for the gift.

All division and conflict is about to disappear with the dawn of the Sat Yuga, the age of truth.

Humanism

Humanism attaches prime importance to human rather than divine or supernatural matters. Humanist beliefs emphasize common human needs and focus on the potential value and goodness of human beings; they seek solely rational ways of solving human problems.

These ideas were widely held in developed societies in the twentieth century and were an attempt to escape from the irrational dogma of religions.

Humanists endeavour to stay open to life as it is. This aspect of their approach is very helpful. But their beliefs that we have only one life and that humanity has to save itself are inaccurate and unhelpful.

Humanists are invited to try another hypothesis: God exists as intelligent awareness that creates and sustains existence through the substratum of the one universal consciousness, and He is ultimately fully responsible for everything.

This nondual cosmology provides a vital foundation for transcending philosophical and religious divisions; it elevates reality to a unifying and undeniable reflection of divine will.

The universe is innately intelligent. Planets and stars, seeds and seasons move and grow according to predictable patterns. A superior intelligence designs and programs this orderly and intelligent cosmos.

The universe has a beginning and is not self-created. It is made from something beyond itself, outside of space-time. The source of the universe is an unknowable power

and intelligence, beyond space-time, with the capacity to create and sustain existence. This source is called God.

The humanist ideals of conscious living are fulfilled by very few people. Most people die in ignorance and limitation. Full growth in consciousness is not achieved in one life. Growth in consciousness is a long slow process over many lives; our souls reincarnate for 108 lives.

If we had only this one life, as humanists believe, most people would live and die unconsciously. If we had only one life there would be no justice for the vast majority who live and die in suffering. God's main interest and His greatest creative challenge is to ensure perfect justice in all human affairs.

God always balances each soul's positive and negative experiences, and ensures that you reap exactly as you sow. However this fact is obscured by the eight to ten millennia of your soul's lifetime during its 108 incarnations.

Soon the hidden justice will be dramatically revealed as we witness the coming time of instant karma and see the end of all violence, corruption and injustice.



Unverified Belief

Most religions hold beliefs that the faithful are required to adopt. If you believe the scriptures unquestioningly, you are promised heaven or paradise. If you question the beliefs of any religion you will be told: It is written in our holy book and that is what we believe.

If you point out that other religions have different holy books and beliefs, you will be told that the others are misguided. This immaturity passes largely unchallenged in the name of God. No wonder many rational people avoid religion.

You are deeply conditioned to believe all kinds of things that you cannot empirically verify. This habit is at the root of much confusion and conflict. People are still willing to kill and die for beliefs that they do not know to be true. They just believe fervently, and that is the end of it.

You have also acquired subtle conditioning and beliefs from your parents and the society that you were born into. The beliefs of Indians are very different from those of the Japanese or Americans. All races and cultures are unaware of how they acquired their conditioning.

Deconditioning from unverified, irrational beliefs is the basis for authentic spiritual enquiry. Osho spent decades deconditioning Westerners from the beliefs that are fundamental to Christian societies. He tried not to replace their old and limiting beliefs with new ones, but many of his people have adopted an Osho conditioning.

A similar situation exists in all New Age groups and movements. However much they encourage you to tran-

scend your old beliefs, they subtly instill new and unverified ones in you. Even systems that specialize in belief work promote new positive beliefs simultaneously.

Two common unverified belief for evolved seekers are: 'I am already free' and 'I am That.' These advaita beliefs can create a spiritual ego that thinks it is enlightened, and become a barrier to real egoless freedom.

Some of the most dangerous beliefs for a seeker are accurate. For example: ultimately you are 'That' or God. But when you believe this before verification you are in trouble. Your ego claims to be That which you seek, and yet you wonder why you are still suffering.

Make a long list of everything you believe and check if this catalog can be proved. Be rigorous. Become a seeker of truth. First apply your reason and see if the belief really makes sense. If it does, the next step is to attempt to verify it empirically.

Do not be tempted to believe you know spirituality other than by direct experience. Conscious experience is the basis for all authentic religious understanding.

Enlightened teachers also only really know their own spiritual experience. The cosmic knowledge they share comes from God. Teachers and prophets have been given different information; it cannot all be accurate. If God misinformed other teachers, how do you know He did not misinform yours? Naturally, you have to trust your teachers but you don't have to believe what they say if it does not make sense.

Remain committed to inner science, not to blind belief.

Programing

You are a very sophisticated programed organism. This fact is both a blow to your ego and the freedom from it.

Free will is a divine hypnosis to create the illusory veil of separation and division at the root of the ego. Every soul is programed with a belief in free will to perpetuate the illusion of separate egos, and to ensure the suffering and limitation that must contrast love, bliss and freedom.

Your belief in free will is somewhat supported by your experience. But major events such as falling in or out of love, accidents, your birth, death and awakening do not happen by choice. This indicates that you are already fundamentally in the hands of life-as-God.

Experience reveals that you have a body, emotions and mind that you cannot fully control; you also have the capacity to step back and observe these systems.

If you are an experienced meditator you will be aware of silent consciousness in the gap between thoughts. But self-observation does not reveal cosmic knowledge; this is uncloaked only by God.

Your program is so sophisticated that it is difficult to conceive how it could all be created before your first life. That is the work of God. You are fortunate that divine intelligence is far superior to yours.

When you understand fully that you are just a complex divinely programed organism, your ego is not required. But you will not embrace this understanding until the time arrives for surrender. The positive aspects of your ego must develop first.

Social and personal responsibility are essential for life. Everyone needs these attributes. Yet all responsibility is ultimately in the hands of God. He will provide you with all the experiences needed to transcend your suffering and the illusion of free will.

If you are ready to experiment with the hypothesis that you are a sophisticated programed organism with no free will and no chance to choose or alter your program in any way, you are blessed. Rapid spiritual growth will follow.

You are ready for let-go and surrender to the energy of Now. You are ready to say goodbye to the illusion of free will. You are ready to embrace every moment and aspect of reality as a divine gift.

There is only God disguised as you and all that exists. There is no power that is separate from the power of the One. Conscious surrender to life-as-God is liberation.



Theistic Religions

Theistic religions have thrown reason to the wind and adopted a raft of unverified and irrational beliefs. These beliefs vary widely, but they share a common theme: they are seen as being sacred and above question.

Irrational orthodoxy permeates all of the old religions. Unwavering belief in orthodoxy does not help, yet it is the foundation of most theistic religions. In the name of God, religious fanatics kill people who have different beliefs and values.

Even Buddhism, which is more rational and is based on Buddha's experience of enlightenment, has been turned into a collection of rules, rites and rituals. Fortunately some Buddhists are sincere seekers and eventually find freedom from suffering in enlightenment.

Hindu mystics also become awakened, but other old religions are mostly unaware of enlightenment and often assert that their founder and their prophets are the only true messengers of God.

Religion is relevant only when it is fresh. The moment the founder dies, his followers take over and try to make rules and structures based on his teaching. Without awakened energy, words are dry and dead. Conceptual understanding is just the first step; it is not your truth until it is verified by your experience.

Theistic religions believe in God, and praying for help is central to their practice. The believers are sheep and the Lord is the shepherd. This immaturity had its purpose of perpetuating dualism and religious division during the

Kali Yuga, but that time of darkness has almost passed.

God is intelligent awareness of consciousness. He programs you to be as you are and to change when the time is right. If you are a believer in any religion you are invited to investigate the messages from God in this book. It is an introduction to His fresh vision for the third millennium and beyond.

Unity rests on the hypothesis: God is all there is and I am already part of Him. Belief is not required.



Suffering

The fundamental issue for everyone is of suffering and its transcendence. Freedom from suffering follows your enlightenment or awakening, the dissolution of the ego.

You cannot know by self-observation whether suffering serves to balance the harm you have done in past lives or is just randomly and unfairly given by God or life.

You can know that suffering has been with you from your first breath and that the cause of your suffering is beyond your control. This basic fact means that you are already in the hands of life.

Disidentification with your drama is the way to be free from suffering; this is the purpose of meditation and all growth techniques. Since you did not create yourself and your original suffering, it follows that you cannot create your enlightenment, the end of suffering.

Enlightenment is provoked by conscious surrender, not by ego power. You cannot manifest enlightenment; those who try will manage only to manifest an enlightened ego. This is a great misfortune.

Surrender is different from manifesting; it is allowing whatever happens to be experienced without resistance. Surrender lies in trusting that all the situations and experiences life gives you are to help you grow in conscious acceptance. Positive ego development and surrender are two complementary stages of growth.

1. Manifest your potential and desires. Develop the positive creative aspects of your ego. Take responsibility for your feelings and reactions. Recognize that any dis-

turbance you experience is part of your system, and own it consciously. This empowers you and frees you from being a victim.

2. Surrender it all to the divine energy of Now. Each moment is another opportunity to let go of control and to open consciously to life as it is - not as you think it should be - but just as it is: things are like this now.

Beloveds, you are blessed to be the vanguards of the new way of direct connection to God as your inner guide. The time of submission to priests and gurus has passed. Soon enlightened ones will function as messengers to guide and support you in listening to your divine inner voice, and to channel conscious energy to help you go deeper inside.

Soon awakened ones will teach surrender only to each fresh moment of life-as-God. This direct connection to God as life ensures that no future priest or guru can ever distort the essence of Unity.



Energy

All existence is made from divine consciousness. You are created from transcendental consciousness that has condensed into a body, mind and soul. Nothing exists that is not made from and totally controlled by God. Even your suffering is a play of consciousness.

Experience indicates that you are identified with your body, mind and feelings. In deep meditation you can also observe that you are pure energy. Energy is the bridge between matter and consciousness, between the body-mind and the beyond.

Feeling your energy is an effective method of growth; it takes you beyond the limitations of the body-mind and opens the door to awareness. Everyone likes to go inside and feel the flow of energy; it is natural and enjoyable.

Beloveds, this sounds simple and it is, but it is far from easy. Your ego-mind is strong and is reluctant to give up control. Many times you will forget and discover that you are reacting from your unconscious mind. Each time you catch yourself in reaction or resistance, remember to come home and feel your energy and let it move you.

When emotional disturbance clouds your energy and throws you into confusion, release it harmlessly through catharsis. Emotional release is an essential foundation and support for meditation. Or watch the disturbance consciously until it passes.

When your energy is disturbed by emotion, you need extra awareness to catch yourself before you react and inflict the disturbance on others. Try to refrain from

hurting people with your negativity. What you think, say and do always returns to you. This is the inescapable law of cosmic justice or karma.

When you develop the capacity to be aware of your energy most of the time, you will find the miracle has already started happening. Your energy is beyond the control of ego and cannot be manipulated. Connecting with this purity opens a door to freedom herenow.

As you start to live with more awareness of your energy you automatically enter the flow of Now. You begin to allow the energy to move you and speak through you; freedom follows like a shadow. When you live fully and consciously in the flow of your energy, the ego cannot survive much longer. Awakening is at hand.



Divine Dissolution

Theistic religions are based on devotion and belief. They rarely produce enlightenment, as they lack the vital commitment to purification of the heart, mind and body that almost always precedes the ultimate gift.

Devotion is transformative only when it is a genuine outpouring of love. A passionate longing is required to meet, merge with and finally dissolve in the heart of the Beloved.

Many devotees lack this totality and authenticity, and adopt fervent and unverified beliefs as a substitute. Yet for passionate devotees who offer everything to God in love, the pull to divine dissolution is the sweetest way home to the liberating oneness of the Beloved's ultimate embrace.



Acceptance

Hypocrisy is an age-old limitation that afflicts many religious people. Hypocrisy takes root in an unconscious desire to be good. Your inner reality is never quite as pure as the ideals of your teacher or tradition, thus you compensate with a little decoration. As pseudo piety becomes an automatic and unconscious habit, authenticity is lost and hypocrisy prevails.

When hypocritical piety reached its peak during the Dark Ages, it spawned perversions and abuses of staggering ugliness. Nowadays it is usually an unconscious and often unsuccessful attempt to be good. The Catholic doctrine of enforced celibacy for priests provides a lucid example of pious intentions turning into perversion and child abuse, even today.

Both honesty and a willingness to encounter your darkness are essential to bringing in the light. Avoidance and repression of your inner reality allows hypocritical piety to replace authenticity.

Many followers of old religions are hypocritical and pious; they try to be good and repress the dark side of their personality. But inevitably the repressed desires arise inappropriately and expose the hypocrisy. Hence so many sex and money scandals in most religions.

For New Age seekers the problem is similar, only a little more sophisticated. You are never as pure as your teacher; by copying their actions or parroting their words you sacrifice your authenticity. Purity is a by-product of conscious authenticity, not of imitation.

Charitable deeds and helpfulness create future good karma. However, good deeds alone cannot bring about personal transformation. This requires self-encounter and a deep-cleaning of the unconscious mind by bringing light into the darkness with meditation.

When you understand that God loves you and values you as you are - and that He created your limitations to enable you to transcend them - you start to value and accept yourself.

Your present reality is a reflection of divine will. You are perfect right now for the complex needs of your soul's evolution and learning. Accepting yourself as you are is fundamental to good spiritual health and allows you to grow more easily in love, awareness and playfulness.

Avoid the old trap of hypocritical piety and try to live harmlessly while remaining authentic. Authenticity is both the foundation of self-acceptance and the antidote to the ancient limitation of hypocrisy.



Surrender is Freedom

God has many creative options including an unplanned existence in which events occur spontaneously.

But an unplanned existence would lack justice, balance and complexity in human affairs and thus would be less challenging for God to create.

Creation is neither random nor spontaneous; human affairs occur within highly complex and carefully crafted laws of cosmic justice (karma) and balance.

Cosmic justice, balance and pre-planning also support trust in divine intelligence and eliminate any requirement for humans to be burdened with free will.

The laws of karma and balance span the eight to ten millennia of your soul's evolution from ignorance to full enlightenment. These laws could not exist in a spontaneous creation; they are pre-planned by God.

Every soul is programed by God prior to its first life. Your complexity and sensitivity are preprogramed, as are all events; even your enlightenment is preordained.

Everyone is programed to believe in free will until it is time for the divine artifice to be revealed. And the timing of that epiphany is also preprogramed, as is every detail of everything.

The implications of this are tremendous. Your effort to be free is programed, as is your limitation, love, bliss and darkness. And just as well. For if you really had individual power within or apart from the One - as theistic religions and New Age wisdom believe - that power would ensure continued separation with its concomitant suffering.

Your ego is programed to attempt to achieve individual freedom. You want things your way. This ego agenda creates most of the conflict, separation and suffering that nearly everyone lives with.

The pretence of individual power is at the core of every ego's program for free will, but no one has any individual power separate from God.

Humans have no possibility of self-determination or of individual freedom distinct from the indivisible power of the One. Real egoless freedom comes from understanding this and enjoying whatever happens as life lives you.

When your time comes to understand the divine ruse of free will, it is a day of celebration. When you are ready to understand the deeper divine reality, your days of suffering and separation are numbered.

With understanding comes surrender to the fire of Now. With understanding comes grace and let-go, the end of resistance. Full conscious understanding brings freedom from separation in awakening from the dream of being an individual doer with free will.

After enlightenment you enjoy bliss, love, ecstasy and freedom from the ego-self. Still nothing is in your hands. The awareness and love that you enjoy are not yours; they too are gifts from God.

God has carefully planned and programed every detail of the evolution of your soul from dark ignorance to the benediction of enlightenment. You can trust completely in life-as-God. Total surrender is freedom.

Reality Creates Your Thoughts

Many New Age seekers believe that their thoughts create their future reality. In fact it is the other way round. All your life experiences are already destined to happen; thoughts and desires are sometimes premonitions of future events, but they are not the cause of events.

Thoughts are connected to future experience through the intricate web of divine synchronicity. But your thoughts do not create that experience. There is only one indivisible divine power that thinks and chooses in you and everyone and creates all experience.

Many teachers and seekers talk of this oneness, while perpetuating division and duality through promoting an individual creative power of some kind, often supported by the mistaken belief that thoughts create your reality. This belief is at the heart of the positive New Age dualism that is prevalent in many teachings.

Positive thinking is healthier than negative thinking, and an optimistic attitude will appear to generate positive experience. At the level of the mind, choice appears to exist. And thoughts do influence the body as the placebo effect has consistently proved.

But where do your thoughts and choices originate? The answer of course is God. According to His omniscient agenda, He thinks in you and feels in you.

In fact He created every detail of your story before your soul's first incarnation. Living in tune with the higher truth of absolute divine omnipotence brings freedom from the small ego-mind.

God is Playfulness

The word God has been sullied by all kinds of divisive fanatics, many of whom have killed or abused innocents in the name of God. Even today Catholicism preaches eternal hellfire for some sins. Eternity is a very long time.

The fear that many people have of God is a distortion of religion that is about to end. God is eternal uncreated awareness. God is love. God is also playfulness.

He loves drama and intensity and all the juicy things in life. He loves life; it is His gift for you to enjoy. The only sin is to hurt and destroy life. Sex can be enjoyed just for fun without any fear of hell or karma.

Karma is not punishment; it is the law of cosmic justice, the means to balance human energy exchanges. Karma adds complexity to the drama of life. Karma is not your fault. God makes all younger souls violent, selfish and uncaring. He also ensures that eventually your harmful actions are balanced with your own suffering.

This may seem unfair until you remember that suffering is needed to create the essential contrast to awakening, the freedom from all mental and emotional suffering.

Live harmlessly and enjoy all the fruits of life without any fear of hell. The priests who preach fear and eternal hellfire in the name of the God of love have unfortunate parts in the divine drama. They are hurting themselves and many simple souls.

The playfulness of God is not so obvious when we examine the way things are. However the world is about to change in a dramatically positive direction.

Polarity, Dualism and Duality

Hindu philosophy postulates that the relative world is an illusion or maya, a mere projection of the human mind, or of the mind of God. But even though the universe is impermanent and is not the ultimate reality, it does have a measurable physicality that has existed much longer than human minds. Your body is also temporary and is not the absolute reality, no matter that it feels very real to you.

Existence is designed in the mind of God, but it is much more than a divine dream. The universe is a meticulously crafted creation with its genesis in conscious design. The creation of human affairs is unimaginably complex. God does not dream this complexity in some kind of whimsical or random way but rather creates it consciously in the cosmic mind with attention to every detail. The universe has physical substance on an almost incomprehensible scale. The illusion is not the physical universe that is the subject of scientific investigation but the mind's dualistic inclination to divide itself from the one power of Source.

Duality is created by Source as the foundation for suffering. God separates the mind from the Whole and creates the hell of the ego as the basic human circumstance. The purpose of this divinely created separation and suffering is to provide essential contrast to the love, bliss and oneness of enlightenment.

Polarity reflects the interconnected dance of complementary opposites: man and woman, yin and yang, day and night, freedom and limitation, negative and positive.

Polarities exist in all aspects of life and they are not a

problem; they provide the essential contrast that gives life meaning and depth. Freedom from suffering would have little significance without the contrast of suffering. One of God's major creative interests is to balance negative and positive polarities perfectly in all human affairs.

Dualism is the conceptual delegation of the one power of God into the separate power of human free will, the individual power of deities like Christ and Krishna, and opposing powers such as good and evil.

When you believe in any individual power outside of God's control, even as a co-creator with God, you believe in dualism.

The infinite multiplicity of existence is animated by the indivisible power of the One. God always gives you the exact experiences you require for the complex needs of your growth in trust, beyond the illusory dualism of belief in free will.

Dualistic beliefs are prevalent in conventional wisdom, theistic religions and New Age thinking. These divergent approaches do not question their commonly held belief in free will, and thus perpetuate the illusion of separation from the One. Your belief in free will perpetuates separation and is a barrier to the freedom from suffering that comes with reunion and awakening.

The ego is programed to create division. Part of the ego's divisive function is to cling to pleasure and reject pain, which leads to further separation and suffering. When the mind does not divide the one power into individual ego-power, or cling to pleasure and reject pain, freedom is close at hand.

The thinking mind divides; it is programed with a dualistic inclination that obscures the higher truth of One power functioning through all things. No-mind transcends duality. When mind becomes silent it transcends duality and is engaged in the flow of life - the eternal Now.

Your physical body is separate from other bodies. It is natural to protect and take care of it. The problem arises with over-identification with your body, mind, feelings and desires that is compulsive, possessive, neurotic and fixated on 'me'. This 'me' tends to be the unconscious feelings, thoughts, desires and insecurities that make up your identification with a particular body-mind.

When you find freedom from ego-based neurosis, your real needs are still taken care of. Eventually, the neurotic fixation with 'me' dissolves and you live in egoless freedom in the magical flow of Now - the eternal divine presence - beyond duality. Advaita means nonduality, the awakened experience of oneness.

When the time is right you start to live more in the flow of Now. You cling less, reject less and allow the divine energy of Now to animate you as it requires.

As you let-go consciously in the flow of Now, the experiencer and the experience merge into experiencing. As you feel and trust the energy of Now and allow it to move you the need for the illusion of autonomy, distinct from the power of the One, diminishes and eventually dissolves.

This trust in life-as-God is the way to transcend duality. Enlightenment is the surrender of the illusion of individual ego-power and conscious reunion with the One that is all there ever is.

Totality

Totality is essential for your journey home.

Totality completes experiences quickly.

Totality is the foundation for rapid spiritual growth.

Totality works for everyone.

Totality is a vital to enjoy life to the full.

Totality is the royal way.

Totality is fulfilment in itself.

Totality transports you beyond mind.

Totality brings freedom.

Totality supports spiritual transformation.

Totality reveals your divine connection.

Totality is an invaluable quality for a seeker of truth.

Totality is the master key.



God is the Only Doer

When you understand deeply that God is the only doer, you are free of the burden of ego. This understanding liberates you from your negative judgements, and it allows you to love yourself and others as you and they are. The application of this understanding every moment of every day is the discipline of transcendence.

This understanding is your freedom from the illusion of separation that you call free will. The illusion of free will serves to help you become creative and responsible, and to contrast and precede liberation with separation, but it is not the underlying nondual reality.

Beloveds, God is the only doer, the sole nondual power that controls every detail of existence. He thinks and feels in us and moves us according to His divine plan. You are just like me: an instrument of God that is animated by the infinite and mysterious power of the One.



Silence

These words in Unity are an invitation to persuade you to go inside and discover the splendour of who you really are. Provoking inner investigation is the primary purpose of all transformative religious expression.

The secondary purpose is to expand your horizons, to open you to new and helpful possibilities. Contemplate, meditate, understand: only God is and I am part of Him.

The time will come when you have digested enough words. When that time comes, take the challenge: face yourself directly without any comment from your mind.

In silent awareness you know the truth.

In silence divinity is revealed.

In silence you disappear.

Now is the moment to let go into silence.

Silence is the answer.



Meditation

The culmination of meditation is silent awareness, but in the beginning it is impossible for the mind to be silent. Breath awareness helps focus the mind in the present moment. But still the mind may wander in daydreams.

A more potent approach is to be aware of several senses simultaneously. This method is very effective in developing awareness.

With eyes closed, the other senses are sharpened. The sense of feeling the subtle movement of energy is most significant. Other body sensations come and go. Sound, both external and internal comes next, followed by the senses of smell and taste.

Maintaining awareness of two or more senses at the same time prevents the mind from compulsive thinking, and provides a sharp experience of Now. An additional benefit during activity of any kind is a heightened feeling of being alive. Sensory awareness brings you into a deep connection with life and makes ordinary life pleasurable and meaningful.

For experienced meditators who have gaps of silence between thoughts, the Tibetan Dzogchen approach is the ultimate method. One allows awareness to penetrate and rest in the gap of silence. Consciousness turns back on itself and completes the circle in contentless awareness, resting in itself.

Whatever stage your meditation has reached there is always more; every moment invites you to go deeper and deeper inside.

Sitting Silently

'Sitting silently, doing nothing, spring comes and the grass grows by itself.'

These few words capture the essence of meditation and surrender. Naturally you have to tie the camel of your responsibility first.

Once you have lived your energy totally, the ultimate satisfaction is in sitting silently and enjoying the sublime ecstasy of divine consciousness.

Yet most people rarely live totally and the camel is not yet completely tied. In this state of incompleteness, when you try meditation, your mind is busy running after your unfulfilled desires.

Totality is the master key. Live each moment with such passion and presence that nothing remains incomplete.

When the time arrives for silent awareness to devour you in its divine ecstasy, your training in totality will help to carry you home. The arms of the Beloved are always open and waiting.



Free Will

Everyone passes through two stages of development, both of which are vital for spiritual growth. While you do evolve from the first stage to the second, the stages are not strictly sequential; they can be deeply intertwined.

Stage One: You believe in free will and in maintaining a separate identity. You become responsible and creative, and endeavour to manifest your full potential. You make effort for positive change and try to be the best person that you can be.

Stage Two: Letting go of control in trust and conscious surrender to divine will. When you understand that every aspect of your life is divinely animated, you relax and let the flow take you where it wants to go: Not my will but Thy will be done.

Conscious acceptance aids in both stages. Cultivating consciousness and acceptance helps to actualize human potential, and supports surrender to life-as-God.

You are a divinely programmed soul of immense complexity and sophistication. For the natural flow of life to happen, a lot of planning is necessary. This is the work of God. He plans all of your inner and outer life, even the details of your thoughts and interactions. He programs the cosmic mind to make it all happen. God is omnipotent. He has arranged everything perfectly, including your ego and its belief in free will.

Divine omnipotence does not mean that God has created humans with free will while retaining the option to regain control of the world at some time in the future. That

would equate to omnipotence on hold and a world ruled by unconscious egos and, for most Christian believers, a world ruled by the devil.

Omnipotence means that God has total control of all events always. If God had created human beings with free will which is out of His control, He would have abdicated His omnipotence the moment humans first exercised that free will.

Omnipotence means total divine control always. If God remains truly omnipotent, there is no free will. If there is free will, then God is no longer truly omnipotent.

When God finally reveals the truth to you directly in stage two, you will smile at the inaccurate belief that God is omnipotent but without divine control of humans.

If you are a free-will believer and can understand all this intellectually then, when the time is right to let go, you will be prepared. Let-go will happen at its destined time.

Totality is the master key to spiritual growth. By being total in stage one, you will enjoy let-go fully in stage two. Growth happens through developing self-esteem by the focused intention to live each moment more consciously than the last, and by remembering that you are a beloved child of God - perfect as He wants you to be now.

These words are a support for those who are letting go already, and an invitation to let go for those who still believe they have free will. Understanding all of this deeply is very helpful.

God has programed all kinds of twists and turns into your story. You are unique, beloved and totally in His hands always, whether you know it or not.

Part Three

Freedom from Ego

You are Not

Positive beliefs help to create a new identity for your ego, but negating the ego may be more helpful for some mature seekers of truth.

To determine if negation is helpful for you, experiment with the hypothesis: I am not, only God is.

This hypothesis can be verified intellectually by the understanding of advaita (consciousness is all there is) and applied to help free yourself from ego identification. The application can also help you to let go of your judgements about yourself and others.

When you experience someone behaving negatively, you understand that this person is a part of God and is programmed to act this way. You know that the behaviour will change when the time comes - according to the complex needs of the person's divine destiny.

The most you can say is that this person has negative behaviour right now. This approach brings peace to the hell of your judging mind.

The nondual understanding of advaita means that your ego is God. The mechanism of separation itself is divine. You cannot take yourself so seriously when you understand this. When you fully and deeply understand from experience, you are close to freedom from ego.

The moment-to-moment application of advaita lies in the four beautiful words of Jesus: Thy Will Be Done. One consciously embraces all experience as a gift from God - particularly the difficulties of life. Positive experience is easier to recognize as a divine gift.

By consciously surrendering to every moment of life-as-God, separation and suffering start to dissolve.

Surrender, however, is only one part of the method that brings rapid transformation. Surrender cannot be applied unless you are conscious of the flow of life in you.

Conscious surrender requires a foundation in the art of meditation; without this essential support, religions have proved ineffective as systems of rapid transformation. Christianity and other theistic religions do not understand meditation and tend to confuse it with contemplation and prayer.

Meditation, the art of conscious living and being, can be learned by everyone who has an interest in their inner life. Meditation is an epic journey of self-discovery, an odyssey into God's secret hiding place: the silent inner world where you are not.



Freedom from Ego

Ego is illusory in the sense that it is a misidentification of the one divine consciousness with an individual body and mind. Yet it is also a psychic knot with a connection to your physical body. It helps to understand the ego, as it is often misunderstood and sometimes even demonized.

The positive aspect of ego's function is the protector and organizer. It is programed by Source to take care of your needs and to try to get the best for you. This aspect of the ego is vital for less conscious people; it creates order in society with the essential concepts of personal responsibility and accountability. Without positive ego-based ideals of responsibility and accountability, younger souls would be unruly and society would be much more chaotic than it is today - particularly in areas that have a higher proportion of young souls.

The negative aspects of ego include greed, fear, anger, violence, hatred, jealousy, resentment and all negative emotions. Violence is the most dangerous and destructive. Hatred, resentment and the other negative emotions tend to hurt the person who feels them more than those they are directed against.

Gradually, as your soul evolves over many lives, the ego becomes more refined and seeks satisfaction in political, intellectual, artistic and creative expression. Then one life you become a seeker of truth, and the guru tells you that the ego is the barrier to freedom. You may try to get rid of it by denial, piety and repression.

Some cultivate a holier-than-thou spiritual persona that

claims: I am sat-chit-anand (truth, consciousness, bliss) or some other lofty spiritual ideal.

But the repressed ego always exposes such hypocrisy, often at the worst possible moment.

One day you meet a teacher who understands the tricks and traps of the ego, and you become an authentic seeker of truth. You renounce hypocrisy and face your inner reality as it is. You start to bring the divine light of consciousness into the darkness of your repressed ego and the real work of transformation begins.

Stage one examines and purifies the negative aspects of the ego, and develops its positive aspects of intention, creativity, empowerment and responsibility.

Stage two is a much bigger shift. Once your ego is responsible and creative and is actualizing its potential, the time has come to relinquish the illusion of control in deep surrender to life-as-God.

Before surrender happens trust is needed that God will manage everything for you in place of your ego. Support for trust is a central theme of this anthology. When you feel that God is willing and able to take care of your life, it is a day of celebration. Now the deeper spiritual work can begin. You let go and consciously allow the energy of the moment to move you where and how it wants.

Everything becomes simple. Challenges are welcomed as an opportunity to grow in acceptance of divine will. Difficulties are faced with the understanding that they are necessary for your spiritual growth, and to balance your previous karma. Life is embraced as a gift to help you grow in awareness and unconditional love.

Conscious surrender to each moment of Now brings immediate benefit; it enables you to enjoy the ordinary events of life. And one day the psychic knot of your ego dissolves and separates from your soul. This may be experienced as a strong jerk in the belly or chest, followed by ecstasy as your soul merges with the bliss of Being or Self - the first stage of enlightenment.

The Being is universal; it already exists and is waiting to merge with your soul. The Being can be discovered only by growth in consciousness. Neither belief nor remembering can dissolve the ego and open the door to Beingness. In fact all unverified belief is a barrier.

Remain open and vulnerable to life-as-God. Make no claims. Tell the truth about your experience. If anything, play down your spiritual knowledge and great insights.

It is better to share your inner world with an egoless friend. Awakened ones know the ways of ego and will not be competitive with your experience.

An egoless friend is usually needed to support the jump into Being, to give you the courage to let go of the ego that has pretended to take care of you for many lives.

God is both the creator of your ego and the freedom from it. The One Power will take care of you in place of the ego, the illusory protector, without the suffering and separation that accompanies it. In fact, God is already taking care of you.

Trust in life-as-God is the ubiquitous door to the divine.

Authenticity

Authenticity is essential for every seeker. The purpose of spiritual discourse is to give you an approximate map of the territory and to provoke your thirst for truth. Skilful teachers understand the tendency of seekers to settle for a copy of the map. Teachers who allow seekers to parrot their map are not helping authenticity to flower.

Authenticity requires a commitment to self-encounter, experiential verification of spiritual concepts and conscious surrender to life-as-God.

Surrender is supported by the understanding that life springs from the loving intelligence of God. This is where concepts can help. When you know this deeply, let go of the words and merge with the flow of life as it arises in you each moment. You accept the reality of life as it is. You recognize: things are like this now. You value every experience as a gift from God.

When you are aware of each moment of life happening in you, and you consciously allow life to live you, the miracle happens. The miracle is surrender to life-as-God. This is the discipline of transcendence, the rapid method of spiritual growth.

This book contains accurate spiritual information. If it satisfies your intellectual curiosity and helps you to trust God, it has served its purpose. Now the real work begins. Transformation is not so easy; you have to be willing to make spiritual growth the first priority in your life.

Every moment is a challenge to be more conscious and to surrender to life. This discipline sounds simple; it is, but

it is also arduous. Your mind is programed by God to pull you into unconscious and negative habits and desires. Being aware of this tendency is the seed of freedom.

As you observe yourself moment-to-moment behaving with unconscious reactions and feelings, a little distance is created from the drama. This is the seed of awareness that will sprout into a Bodhi tree of consciousness.

For newer seekers, help and guidance are needed from those who have the capacity to teach. For all seekers, an egoless friend is a tremendous and often vital support.

At every stage the method is similar: feel the energy of Now and allow it to move you and guide you. When pain, fear and resistance to life arise, use the disturbance to penetrate the moment more deeply.

Embrace your emotional wounds with awareness and love. Never avoid any discomfort. Face it consciously and fully as it arises. Penetrate to its core with love and awareness. When the disturbance has passed and you are relaxed, turn the witness back on itself. Allow awareness to rest at its source.

When thoughts arise watch them closely until they slow down and dissolve, then continue resting at the source of awareness. It is necessary to be silent and still for awareness to arise. The longer the better. This method brings rapid results when diligently applied.

If you are an authentic seeker you may enjoy spiritual discourse, but the ultimate truth cannot be spoken. All words are mere indicators - fingers pointing to the moon.

Take courage and leave your borrowed knowledge with your shoes at the door of the temple.

It is not sufficient to merely change beliefs and claim to be that which you seek, or to have always been liberated. The truth believed without experiential verification is a seductive trap that can lure unwary seekers into believing they are finders of truth. Transformation involves far more than changing your beliefs; it is the merger of universal awareness with an individual soul.

Conscious surrender to life-as-God works for men and women, new seekers and old, from the first step of the journey to the last. Give it a try.



Balance of Opposites

Success and failure, freedom and limitation, joy and pain are the way of life. Everything has to be balanced by its opposite. This law gives immense creative satisfaction to the tidy, just and complex mind of God. He is sharing openly with you now to celebrate the transition from the age of darkness to the age of light.

God has been disguising himself as an authoritarian moralist; that time has passed. Now He is revealing His ways to prepare you to live in love in God.

The law of balance ensures that divine justice is always done. When you know that the consequences of your negativity are inescapable - that you are certain to reap as you sow - antisocial behaviour will be reduced. This knowledge will also free everyone from being judgmental. God is the ultimate author of all good and all evil.

Soon society will have less need to punish wrongdoers. Justice will not only be administered by God, but will also be seen to be done, as instant karma will render any negative behaviour painful to its perpetrator.

Everyone has to go astray and come home. Our suffering is equally balanced by our freedom from suffering. Our lust for life is equally balanced by our thirst for truth. Our hate is equally balanced by our love.

We are the most sophisticated beings in existence. Our sophistication is a loving gift from God. Beloveds, you are blessed if you understand all this and trust in life-as-God. It means you are approaching the end of your suffering.

Fellow Messengers

Thank you for your heartfelt invitation to: "Ask for a personal revelation of Jesus as he really is."

Since 1997 I have lived in ecstatic merger with God and that is more than enough for me. I have no individual power and simply share whatever God wants me to. I am an instrument of the One. I appreciate your passion for Jesus, but it appears that God has no interest in me connecting with any long-departed prophet or teacher.

Yet I do feel an affinity with Jesus as my work is similar to his in some ways. Jesus is not the only son of God, we are all equally divine, but to be a divine messenger and speak in God's name is extremely rare.

God had promised Jesus that he would be saved from crucifixion at the last moment. But God's broken promise tested even the deep surrender of His messenger. Hence the anguished question of Jesus, "O Lord, why have you forsaken me?"

The almost unbearable combination of crucifixion and divine betrayal was necessary to balance the extreme karma of Jesus from a previous life, and to create the foundation for Christianity. The story of Jesus is dramatic and compelling. Forgiveness in the face of torture and death is heroic and Jesus provides inspiration to millions to live with more forgiveness and love in their lives.

Jesus was a beautiful young Jew who was chosen to be a messenger for God. He was a rare and tremendously compassionate man, an enlightened prophet of God as Love. I have deep empathy, love and respect for Jesus.

Siddhartha Ishwara

My son Siddhartha was born into good circumstances. His mother Sada and I invited his soul to join us three months before he was conceived.

I celebrated his conception by getting married for the first time and by designing and building a big beautiful house for his arrival on 13 October 2001.

Siddhartha spent the first four years of his life in our New Zealand meditation centre amongst sensitive lovers of truth and freedom. At the age of three he started to enjoy friendships with residents and visitors to the centre.

Since that time he has been friendly and social and loves playing with kids. He also has many adult friends.

At the age of four he moved with me to Europe where he enjoyed a nurturing homeschool lifestyle with lots of travel and adventure. At five years of age he started to attend kindergarten and at age seven he began school in Germany. Every year we spent weeks visiting the centre in NZ and in 2009 he lived at the centre for a year.

In 2010 we moved to the Isle of Man which has steam trains and was Siddhartha's favourite place in the world.

The nurturing he received in early life, lots of play time, positive adult friends and conscious parents have given Siddhartha strong self-confidence. He is happy, creative and has a very robust intelligence.

At the age of nine in late 2010 during a retreat in Sicily he decided to attend satsangs as a participant. He is an amazing boy with unusual gifts. I give his development and care a high priority and I love him very deeply.

Buddha and God

The ultimate enlightened realization is non-Being or nirvana - a state of consciousness that can neither be described nor conceptualised with any accuracy. Nirvana is far beyond all trace of subtle thought, and has attributes of the most refined human awareness.

The ultimate truth cannot be spoken, and these words about it are just indications, fingers pointing to the moon of non-conceptual, nondual reality.

God-the-beyond is an unknowable mystery that has the power and intelligence to create and sustain existence. God has the divine attributes of awareness, omniscience, omnipotence and omnipresence.

My relationship with the divine mystery is difficult for even enlightened friends to understand fully. When God makes direct personal contact with someone and gives them a message to share in His name, it raises questions of credibility. Jesus, Moses and all prophets had to face the scepticism of their peers.

Buddha and many enlightened ones do not have a direct and personal experience of God and say that all existence is just a reflection of impersonal divine consciousness.

God is essentially impersonal consciousness. But that impersonal divine consciousness is the creator of all persons and can easily create a personal identity for itself. Hence Jesus says, "My Father and I are one."

Buddha and all enlightened ones are also aware of the deeper reality of oneness that underlies all experience of

separation and individuality, but the majority of humans are not aware of this deeper reality. I am blissfully aware of the wonderful undercurrents of divine nonduality that permeate all life.

Jesus, Moses and Mohammed were all messengers of God. They each have different messages, and some of their followers have killed people who contradicted their blind belief in their prophet's unique infallibility. Each of these prophets cannot be the only authentic or final messenger, as their followers often claim.

When Jesus declares, "There is no way to the kingdom of God but through me", this may be a helpful device to provoke totality in his followers, but his declaration is clearly not accurate.

Like Jesus, I am a messenger for God or Source. My message comes directly from God in His name. Source dictates these messages to me and uses me to present them in book form.

My message supports your direct divine connection with God through the door of conscious surrender to His will, as it manifests every moment in you. Rather than saying that my way is the only way, my message says that your way is the right way for you.

Buddha speaks on his own enlightened authority as a meditation master. I have my experience of enlightenment that is similar to Buddha's, but I do not speak on my own authority. I speak only as a messenger for the One that is all there ever is. In this regard, I am closer to Jesus than to Buddha.

Yet my lineage is from Shiva to Buddha to Osho, and

my soul still vibrates with the deepest love and gratitude for these beautiful flowers of truth. For four thousand years, through the long dark night of our ignorance, these pinnacles of awareness have kept the torch of freedom burning.

I echo their clarion call to awaken from the dreams of the mind and to become authentic seekers of truth, love and consciousness. Perhaps your time has come to join this eternal quest for liberation - the ultimate adventure that beckons every soul one day.

The journey starts with a single step: your intention to live each moment more consciously than the last.



Personal Divine Connection

Q. I have been so happy with the vast majority of what you have written, and truly have felt that your teachings are a much needed jump beyond the majority of what is out there.

I had been asking myself the following question: If all these seekers are working so hard, me being one of them, for 20 or 30 years - I mean really committed to getting free and doing everything they can - why are so few people getting it? What is wrong with the methods we are using?

A. Nothing was wrong with the methods of the past. They were all perfect for the needs of their time, as we passed through the long dark night of the Kali Yuga. But the fact that there are only about 900 awakened souls on Earth clearly means that the traditional methods have not yet produced significant results.

God is managing every soul's growth perfectly - in accord with His agenda to create a fully just, complex and balanced human story. This complexity takes precedence over any individual desire for faster, more widespread awakening.

Nothing works until the seeker is really ripe, including opening to God, witnessing, understanding, meditation, devotion, advaita and prayer. It is not really the methods that are the problem but the fact that, so far, ripeness has not fully occurred in most seekers.

However my message is that this is about to change

and we will soon enter a miraculous time of widespread and rapid awakening.

Q. I am working under the hypothesis that human beings are essentially wired for a personal relationship with the divine, and that this is as it should be. The teaching of the spiritual primacy of 'aloneness' can be a terrible poison for people.

They can often end up feeling guilty just for trying to fulfil the natural need for personal relationship via other human beings - or will feel that they are just not up for 'real' spirituality because they cannot be alone. At worst, they will seek to get the satisfaction of connection in any way they can - through emotional co-dependence, or unloving sex or drugs because they do not know who their divine parents are, so they are seeking substitutes to feed their starving hearts. Or like most seekers, they will continue to do a combination of these things, and watch it all as best they can, with nothing really terrible happening, but also not ever getting free.

A. There is a need for many seekers to have a personal divine connection, yet the importance of this connection is always going to differ from one seeker to the next. And a personal divine connection is just one element in the complex theme of spiritual evolution.

An effective and transformative teaching cannot be just a personal relationship with God, or aloneness, or love, or witnessing, or devotion, or advaita, or meditation.

A skilful teaching must include all effective methods of

transformation in a truly holistic approach that uses everything that works. Naturally, what works differs for each individual and will change as the journey unfolds.

But without a divine connection, unnecessary suffering and delays will apparently occur (in reality all events are always on time).

It is very important to understand that God is the only doer. He has made you like you are for good reasons, and He is managing every step of your growth. Remember that the divine connection and full understanding comes only in its destined time, and that everything is always perfect according to the divine plan.

Q. That which even the most loving biological parents cannot give, which the most devoted lover cannot give, which the most talented Eastern master working within a monistic framework cannot give, is the transmission of the knowledge of being an adored child of God. I am not just talking about the understanding of oneness with all things and beings, or the recognition that everything is love. I am talking about getting it down in your very cells that, literally, you are a beloved child of God. The sheer joy, release, freedom and deliciousness of getting that is what will satisfy the yearning and longing in most people's hearts.

Most people have no idea that they are even seeking to become a beloved child of God, because it has been frightened out of them by conventional religion and, worse, by well-meaning teachers who tell seekers that they are childish for wanting something that does not

even exist, or telling them that such seeking is a lower form of spirituality.

A. Every soul is a beloved child of God by birth. Yet the need to be a beloved child of God may not be recognized by everyone. Remember that your way is not necessarily the best way for other seekers. And also remember that many seekers have an Indian agnostic past from their connections to Shiva, Buddha, Osho and other lineages.

I was without any interest or belief in God, but still found freedom from suffering and enlightenment by using the Indian methods of meditation and advaita to burn off all the darkness from my soul.

It was not until 20 months had passed of living in the oneness, love and bliss of enlightenment as impersonal divine consciousness that God revealed Himself to me in a more intimate and personal way. He came completely uninvited, apparently provoked by my totality in meditation. His coming was a big surprise, since I was convinced that He did not exist. I had renounced the path of Christianity as a child and had not prayed for decades.

Now things have changed and I enjoy an intimate and wonderful friendship with God that is just as miraculous as enlightenment. This personal merger is best described as God-realization. Enlightenment is essentially a merger with impersonal consciousness. God-realization is a verbal divine connection, merger, possession and finally a total dissolution in Him.

The third stage of God-realization happened to me on my birthday, 6 July in 1997. This completed a four-week

period of transformation that started with the full opening of the third eye, and a personal divine connection on 10 June 1997. Since that miraculous day I have had no capacity to function in any way except as an instrument for Him. My individual functioning has been replaced with direct divine animation, to allow God to use me exactly as He requires, including sharing His new message of a conscious civilization based on a shared understanding of Unity.

Q. Is one aspect of reality - what we call the personal or the impersonal, the dual or the nondual - superior to another?

A. The personal aspect of God is essentially dualistic as it takes two to connect; dualism is necessary for those with a more personal disposition to connect with Him.

Only impersonal reality is nondual and beyond personal projection. The ultimate reality is nondual.

Q. The question is: What is going to get most people free? What is going to work? Not for just a handful of disciples but for the many thousands who earnestly seek freedom?

A. Yes, this is the most significant question. Thousands of seekers are becoming ripe for transformation. As the shift to the season of awakening occurs, and the old methods are effectively synthesized and refined, they will miraculously bear fruit. Personal connection to God is

one of the oldest methods.

However, the fact remains that God is ultimately the void of impersonal consciousness, and so are we. Yet we are also persons, and a personal connection with God makes the journey much sweeter.

Q. Osho faithfully taught what he knew, believing that the path of learning to become the witness had the least possibility within it for distortion. I honour him for his way. But it is not mine. And the reason why the guru method has not been successful on a large scale is because one's authentic understanding is so difficult to transmit directly that only a small number of disciples of exceptional potential can get it. But I am not satisfied with a few hundred individuals getting free in that way. I'm also thinking about the hundreds of thousands who have not found freedom. What's going to do it for them?

A. I also teach witnessing as the basic method, as did Shiva and the majority of buddhas. The reason is that it is possible to watch any experience, including connection or disconnection from God.

The witness is the eye of God that transcends all personal dramas; the witness is the human connection to impersonal divine consciousness. And it is only through this connection that total freedom is realized.

Having both a personal (devotional) and impersonal (witnessing) connection with Source provides a balance of love and awareness; naturally you will be attracted to one of these divine qualities more than to the other.

Part of my message is that widespread awakening is destined to happen soon, and this will involve a personal relationship with God for all seekers.

Maitreya Ishwara means friend of God, and friendship is the healthiest relationship to have with our mysterious creator.

We are all His beloved friends, made from Him, by Him, for Him to experience the agony and the ecstasy of our separation and inevitable reunion.

God's love and bliss already vibrate in our Being. His awareness thrills our need to disappear in the highest peaks of non-Being. And His playfulness and celebration are songs of joy waiting to explode in our hearts.



Join Me Here

I understand your dualistic point of view; it is a familiar position that is shared by many unenlightened theists. And unenlightened they will remain until their destined time of surrender arrives.

Surrender cannot be a doing of any kind, for the doer that surrenders, or offers love to God, is in fact the subtle spiritual ego. This unconscious doer is disguised as a psychological identity called 'me' that is programmed into every human mind; it is the problem, not the solution.

Surrender is actually everyone's situation from birth. We are already one in God, and just need to recognize this experientially. This monistic recognition is the primary transformative thrust of advaita; monism also provides a rational framework for your journey of rediscovery.

Advaita's potency was demonstrated to me the first time I heard it from Ramesh Balsekar in Bombay in 1993. I met him alone for two or three hours and asked all of the questions to which I had been unable to find answers.

His fast, conscious mind soon started to pull me into the understanding I had been missing for many lives. Within a short time a dramatic shift in consciousness occurred as my spiritual ego let go in deep recognition of its illusory claim to be some kind of doer.

My ego had lived in a subtle identification with being an impassioned seeker of freedom, and was identified with being a meditator, one who was ready to stake his life for enlightenment.

After millennia of living as an individual doer, the penny

finally dropped. The satori consumed my whole system; the mind and heart became silent, conscious and extremely blissful. I was filled with divine light and love. Grace showered for three months as a result of this deep understanding of reality.

When God made verbal contact with me in June 1997, He confirmed the accuracy of advaita, and also revealed its limitation - unverified belief in the truth. He taught me how to use advaita's capacity to neutralize the subtle sense of individual doership, the spiritual ego of seekers I meet in satsang.

The divine energy that comes through me works a miraculous transformation in the hearts and minds of friends in satsang. We sit together in love and awareness, while advaita's potent understanding takes root, deepens and finally flowers into awakening.

An effective and transformative spiritual conversation cannot easily be carried out in writing. In order for me to highlight effectively your spiritual ego's survival strategy, instant feedback is required. Satsang (being in truth) provides energetic immersion in the love and consciousness that God shares through me.

Your ego survives in the illusion of being an individual doer of some kind. And it will continue to survive in this illusion until surrender happens.

Your ideas are essentially dualistic; they are barriers to the freedom of oneness. The question is: How long are you destined to live in the illusion of being an individual doer in "seeking the Father's will"?

You assume that His will is something other than the

reality of His creation, something other than the reality of your own situation. In fact, His will is always being done, for He is the one and only power that animates the stars and oceans, you, me and all souls.

He thinks in your mind, feels in your heart and moves your body as He requires. He pretends to be you as He animates every detail of your life.

He programs you with the illusion of free will to create the separation and suffering that must contrast reunion and surrender.

I too enjoy our exchanges. I also enjoy freedom from the illusion of individual doership and oneness in divine consciousness. Won't you join me here?



Epilogue

Unity Book One is an introduction to God's vision for a transformative new religion for the third millennium and beyond. The shared understanding of Unity is more comprehensively detailed in Books Two and Three.

Unity is a holistic vision that provides a rational context for a just and conscious civilization. Soon a great change will bring heaven to Earth and transform every soul into a seeker of truth.

This shift from conflict, violence and injustice to peace, love, abundance and justice is difficult for us to apprehend. The mysterious ways of God and His reasons for managing this wondrous shift are explored in greater depth in the following two books of Unity.

Soon God will reveal Himself as the one and only power that animates the entire existence. He thinks in you, feels in you and moves your body. He is with you always. He is you.

This miraculous divine revelation will herald the age of freedom, justice and peace on Earth. Spiritual and material life will be integrated and will find expression in a just and conscious civilization.

Humanity is destined to evolve rapidly. We will become beautiful, conscious and peaceful lovers of life-as-God. We are the meek who inherit the Earth.





Book Two
***Biography of
a Buddha***



Every buddha has an unconscious past;
mine is remarkable in its iconoclastic intensity.
I am sharing this story to give you encouragement.
I have died as the unconscious person I used to be
and have been reborn as a buddha,
a silent and blissful flower of love.

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Part One Biography

Part One records some of the main events of my life. The text is written in the first person and thus it may appear that I am the author of my biography, but in reality I am a messenger transcribing the impersonal voice of the mystery that we call God. All of the text was dictated to me by Source; hence it is a biography rather than an autobiography.

All enlightened people have an unconscious past; mine is remarkable in its iconoclastic intensity. God is sharing this story so that you can be encouraged by the positive outcome that has followed the dramas and difficulties of my early life.

My early-life circumstances were perhaps not as favourable as yours, and still the ultimate gift has been given to me.

I have died as the unconscious person I used to be and have been reborn as a buddha, a conscious and blissful flower of love.

Every soul is destined for enlightenment. You too will find freedom one day - no matter how impossible it may seem at times.

Early Years

I was born on 6 July 1949 in Widnes, Cheshire, a small town in the north-west of England. My parents were average middle-class people; my father was a building contractor and my mother a full-time housewife.

According to my mother, my birth story was a little unusual. She gave birth at home with only her mother and a midwife present.

My grandmother was a psychic who regularly went into spontaneous trances and spoke in languages she did not understand. She communicated with spirits that no one else could see. Otherwise she was not unusual in her daily life.

During my birth, the spirit of a Tibetan man possessed my grandmother and helped with the delivery in various supportive ways, including deeply massaging my mother and encouraging her to relax and let go.

No one thought there was anything special about this help, as my grandmother had lots of spirit friends.

I was given the name Wayne Anthony Unsworth and soon grew into a sensitive and shy young boy.

Many of my earliest memories hold a sense of wonder at my environment. Everything seemed strange and the children and other people were curiously different from the way that I felt inside. My sensitivity and shyness appeared to provoke aggression from some kids and I would often be the victim of unprovoked attacks with stones or fists. This violence was a tremendous shock to me. I had no interest in fighting but gradually learned to

defend myself somewhat.

My early interest in sex was never fully consummated until I lost my virginity at 15 in New Zealand. But there were various games of selection and intimacy when someone's parents were away from home, and many sexual encounters in the grassy fields that surrounded the town.

I was fascinated with girls and was very attracted to sex and intimacy - issues which were to become one of the major preoccupations of my unconscious life.



Teenage Troubles

Life in my home town centred around school, sports and girls. I enjoyed rock 'n' roll and the new music of the Rolling Stones and the Beatles tremendously.

The first time I saw Mick Jagger on TV singing 'Not Fade Away', an intense explosion of energy rushed through my nervous system. This rush of euphoria was what life was about during my teenage years. It was 1962 and the planetary alignment of that year was ushering in the revolution of the sixties.

The fire of freedom had ignited in my heart and pulled me towards the world of rock music and rebellion.

In 1964, just after my 15th birthday, my father decided to move our family to New Zealand.

Living in New Zealand heralded the beginning of my teenage troubles - and lots of fun. When I arrived with my skin-tight ice-blue jeans, long hair and high-heeled boots, I was an instant success with the local girls.

New Zealand was emerging from provincial slumber and I was a cool English wannabe rock star.

Within weeks of arriving in the country I joined a rock band as drummer, and finally lost my virginity in a sports stadium at midnight with a sexy blonde who was both younger and more experienced than I.

I was popular with the girls in my school and had sex with several wilder ones behind the unused buildings near the sports grounds.

Soon my long hair became a target for the teachers. I was ordered to cut it, but I refused. I informed them de-

fensively that it was none of their business what style my hair should be. The headmaster gave me one last choice: cut my hair and conform or leave school.

I was not quite 16 when I left school for a life as a rock musician. Our band played cover versions of the Yardbirds, Kinks and Stones. We toured the country and had moderate success in clubs and high-school venues. My life became very exciting, and alcohol started playing a major role as a social lubricant and a way to release my inhibitions.

Meanwhile, my 14 year-old girlfriend got pregnant. We were too naive to understand the implications of her condition and told no one for more than three months. Our families were very upset and she was sent to a home for underage mothers to sit out the pregnancy.

I left home and went touring with our rock band. I found it unappealing to return to family life so, when the band broke up, I moved into a flat in Auckland with the lead singer of our band, a black magician. It was then that my real teenage troubles started. I was just 16.



Enforced Retreat

The lead singer in our band was into black magic, mostly for the sex but also as a power trip. He was very charismatic and attractive to women. He read lots of esoteric books and indulged in endless ego-centred vanity. He was 21, five years my senior. I liked him and unconsciously adopted him as a role model.

The main game was sex. We would go to clubs and see who could attract the most girls. One date a night was considered okay, two was average and three was a good night.

I had strong sexual energy and never tired of chasing and bedding girls, though lasting relationships never seemed to develop, probably because of my constant need for new conquests. This game was fairly harmless; everyone was enjoying it.

Our problems started with the singer's addiction to petty crime. He was a thief and often broke into cars on the way home from the clubs. I followed his lead and started taking cars for joyrides, to save the taxi fare home. The thrill of the adrenalin rush became an addiction until finally on one trip to Wellington our 'borrowed' car ran out of fuel and we were caught by the police.

I was sent to borstal and got a big shock at the reality of life behind bars. We were all boys under 21 years old and the majority of inmates were Maori and Pacific Islanders. In borstal I was again the victim of unprovoked violence as various disturbed youths vented their rage on me.

I was soon moved to a more peaceful institution for first

offenders and started to enjoy this new lifestyle with lots of time alone. I read, worked and dreamed of freedom and a fresh start.

Eleven months later I was released and got a real job as a technician in Auckland Hospital. I was determined to get my life back on track. But fate had different plans.

A few months later I was at a party that turned nasty. A gang of bikers showed up and started demolishing the house in a fury of senseless destruction.

This was exactly what I wanted to avoid. I left the party and went home wondering why destruction and violence were following me around when I was not interested .

The next day the police came to arrest me for breach of probation. I was in the wrong place at the wrong time. That was the end of my job and the start of a month in jail, this time with adults.

When I was released I was cynical about society and ready for revenge for my unjust incarceration. I started drinking heavily and hanging out with bikers. Petty crime was part of our lifestyle, along with lots of alcohol and group sex with any willing girls.

This debauchery lost its appeal fast when I discovered LSD. I was 19, and my first acid trip revealed the miracle of oneness as I gazed at the multi-coloured night sky and felt my separation dissolve.

My hippy time was more introverted as I contemplated the mysteries of myself with LSD. I would often spend whole days naked on a deserted beach tripping into the sunset of psychedelic bliss.

LSD opened me up to the cosmic dimension of life, and

also put me back in jail when I offered to sell some to an undercover policeman. Eighteen months passed before I saw freedom, but this time my incarceration was largely a positive experience.

I educated myself with correspondence courses and a wide spectrum of books from the library. I also learned meditation techniques from the psychologist.

Every day at 4pm we were locked in our cells for the night. Soon I discovered that aloneness could actually be very juicy, and I began to have spontaneous bliss attacks from spending so much time alone in my cell.

When I was released from jail, I was 22 and had emerged as a more evolved spiritual seeker from the rigours of my enforced retreat.



The Inner Quest

During my teenage years I was very sexually active. I never used contraception and did nothing to try to avoid getting girls pregnant.

I was too unconscious and uncaring to be concerned with the consequences of promiscuity. And I considered contraception to be the woman's responsibility; after all it was her body.

Naturally with so much unconscious sex, pregnancies did occur. My first daughter was put up for adoption, as her 15-year-old mother was too young to keep her.

My next child was a boy. I was having an uncommitted sexual relationship with his mother and had no interest in spending more time with her. I felt her pregnancy was her business, and told her that I had no inclination to be a father. She decided to be a single parent and kept our son. I had little contact with them during the following years as I was mostly in India meditating.

My next son followed soon after. I was more involved with his mother and had a relationship with her lasting several years. When I was released from jail, I went to live with them and tried to play the role of father and husband. I had a job working in my father's business but soon discovered that it was impossible for me to remain confined in the domestic situation.

The pull towards freedom and meditation was getting stronger all the time and, quite the contrary to my present inclination, I really had no interest in family life. I left my family and moved to Auckland's North Shore to live with

some alternative spiritually inclined friends. It was 1973.

I read J. Krishnamurti, Ram Das, Christmas Humphries and Alan Watts. I took much less acid, became a vegetarian and embarked on the inner quest that has consumed me ever since.



Pilgrimage to India

I could feel the time for a pilgrimage was drawing closer. The plan was to travel overland from Auckland to India via Australia, Bali, Java, Sumatra, Singapore, Malaysia, Laos and Thailand before finally entering India in Calcutta.

I bought a Holden station wagon in Sydney and fitted a mattress in the back. My girlfriend made curtains for our mobile home and we headed up the coast to Brisbane.

I had already driven all around Australia on a previous trip, sleeping in the car and working as a barman at a remote watering hole in the Northern Territory. I had also worked as a government chauffeur in Alice Springs and as a fork-lift operator in Melbourne.

During this Australian visit we wanted the experience of alternative living in Brisbane. We soon found an instant family of musicians and meditators, and we enjoyed the relaxed lifestyle and atmosphere of Queensland's natural wonders.

Life was good but I had a strong pull to move on to Asia. I said goodbye to my partner and friends and flew from Sydney to Bali with my new girlfriend, an attractive New Age Queenslander.

Asia swallowed me up fast. I felt comfortable and within a few weeks was travelling overland through Indonesia.

When my girlfriend returned home to Brisbane, I was finally alone and free from female company, and an explosion of euphoria made travel a joy of discovery.

After many adventures hitch-hiking through South-east

Asia, I arrived in Calcutta in February 1975.

What a surprise to feel like I had returned home after a long absence. Everything looked and felt familiar. I spent days walking around the bazaars of Calcutta soaking up the atmosphere and getting re-acquainted with all things Indian. After a long train ride down to Sri Lanka and a visit to Nepal, it was time for the real pilgrimage to begin.

April 1975 found me in Dharamsala where I enjoyed my studies of Tibetan Buddhism with teachers in the library. The greatest delight, however, came from meditating in nature in the magical ambience of the Himalayan spring-time.

A satori, a taste of truth, happened very soon giving me a huge boost in spiritual confidence. I could often remain aware for much of the day, and life flowed along very pleasantly.

I had met the Dalai Lama and received his blessings, and I was almost ready to go on a two-year Tibetan Buddhist retreat when a book changed my direction unexpectedly. After reading just one page from Osho's 'The Way of the White Clouds', I knew I had rediscovered my real master.

Osho's poetic eloquence and conscious celebration of life were very attractive and the instant recognition of my old master had a major impact on me.

I left my Tibetan friends and travelled south to Poona, arriving at the Bhagwan Shree Rajneesh Ashram just in time for the English-language discourses starting on 11 June 1975.

Osho

The memory of the first meeting with Osho (Bhagwan Shree Rajneesh as he was then known) is still vibrant. An extraordinarily beautiful man in white started to speak in a relaxed, confident and attractive voice on Lao Tzu and the watercourse way of Tao.

I was fascinated and transfixed. Osho moved with such grace and quiet authority; his words kept flowing effortlessly towards me, inviting me to let go and join the dance of life. I was very impressed with Osho but had reservations about his playful style which was very different from that of the more serious teachers I'd met previously.

Wasn't he making it all into a game? Wasn't there a need for more serious intention to bring awareness to the boil?

I noticed the beautiful women of the ashram shaking their bodies with obvious pleasure inside their flimsy orange outfits during kundalini and the other active meditations. Was Osho a sex guru? Was he using hypnosis on us? I kept observing Osho and ashram life closely for a few weeks until I felt convinced that everything was okay.

Certainly it was unusual for a spiritual ashram to be so sexy and playful but Osho had the charisma to validate almost anything. I was enjoying aloneness and celibacy at this time, and I often felt a little out of sync with the juicy invitations in the eyes of the female meditators.

I stayed celibate and alone during the six months of my first visit to Poona. I was serious about meditation and started each day at 4am with yoga on the roof of my hotel

before going to Osho's dynamic meditation in the ashram at 6am. Osho's 90-minute discourse started at 8am, followed by another active meditation before lunch.

The afternoon was for silent sitting at home, then back to the ashram for kundalini, music group and sometimes darshan with Osho later in the evening.

Soon Osho's invitation to take sannyas pulled me into my first intimate meeting with him. For some reason I was wearing white rather than the orange colour of sannyas. I was sitting on the back porch of Osho's house with a group of about a dozen seekers.

The energy was thick with presence and when my turn came to receive the mala and new name from Osho I had a psychedelic experience stronger than any of my LSD trips. I must have been out of my body for some time because Osho's somewhat insistent pressure on my third eye was pulling me back from a distant realm of mystery.

He smiled and said, "This will be your new name: Swami Anand Bhaskar. Anand means bliss and Bhaskar is the sun." He kept talking directly to me for quite some time but I cannot remember a word of what it was about. My mind was very gone.

When he gave a final chuckle and said, "And change to orange", I realized the initiation ceremony was over and returned to my seat with a new identity and an amazing experience of no-mind. This initiation was the beginning of my only master-disciple relationship in this life.

It was my birthday, 6 July 1975.

Poona One

I stayed in Poona for six months immersing myself in Osho's teaching of conscious, playful and transformative spirituality. Meditation and spiritual growth were good but I had constant health problems from eating contaminated food at roadside stalls.

I invited my mother to come for a visit to India. To my surprise, she fell in love with Osho and took sannyas. I was on a mission to save her from unconsciousness that was to have limited success.

When it came time to leave India, I sailed from Madras to Penang, flew from Kuala Lumpur to Perth and hitched across the Australian outback to Adelaide.

In the Osho centre there I met my first sannyasin lover, a young encounter-group fanatic, and I plunged into an intense, fiery relationship with her. She was a new breed of woman for me who was constantly challenging every interaction to get things to be more 'real'.

I was interested in this somewhat unexplored emotional arena, and joined her in all kinds of mutual provocation and emotional release and expression.

She was addicted to drama and found meditation boring. I loved sitting silently feeling my energy and wondered what all this catharsis could really do to help me grow in awareness. Somehow we survived as a couple for about a year.

In May 1976 we returned to Poona and went to see Osho for guidance on which groups to do. I wanted to do vipassana meditation; my girlfriend was all for encounter.

Osho had a good look at us and decided to send us both to the ten-day vipassana group first and encounter later.

My girlfriend freaked out during the first day of sitting and slow walking, and soon went home for cigarettes and coffee. I loved the vipassana retreat and I knew that meditation was what worked for me.

Still I wanted to have the encounter experience also. The first encounter group I did in 1976 was very liberating for me. Catharsis and emotional release are powerful tools that create a healthy foundation for the inner journey of meditation.

I shed my clothes and inhibitions and exposed all my deepest secrets and had lots of great group sex.

The encounter group opened up a new energy and for some time after I felt very rooted, high and light. So I did the group again only to find that the style had changed dramatically.

The emphasis had shifted from sex to violence. We were instructed to fight each other constantly with boxing gloves and bare fists. People were sometimes injured, and broken bones were not unusual.

I had violence in me which I felt was released during the first day of boxing. The next day I said that I did not want to fight anyone.

The group leader, Teertha, insisted that I continue to box and gave me the options of taking part in more violence or leaving the group. I chose to fight again and accidentally broke one of my opponent's ribs. That was too much. It made me feel very sick and I flew into a rage with

Teertha for forcing me into violence that was not doing me any good at all.

My rage against violence and Teertha was the only issue I had for the rest of the group. Eventually I was expelled from the group because of my continuing expression of rage at the leader. The expulsion felt better than hurting people with whom I had no real quarrel.

On the last day of the group I returned to complete the process and share my feelings about the enforced group violence in a calmer way.

Looking back at this unfortunate episode I can see that the group was an experiment in pushing the boundaries of behaviour to extremes that were damaging and unhelpful. Osho's experiments with violence were the only failure in that intense time of growth from 1975 to 1981, and his agenda for deconditioned authenticity was totally pro-life and successful.

In the future civilization we will explore the boundaries of sexual experience in therapeutic encounter situations. But there will be no violence or abuse at all of any kind for any reason.



The Journey of a Lifetime

In 1977 I hitched from Poona to Munich with my new Canadian girlfriend. We had just enough money to get to Pakistan; after that we were totally broke and were left in the hands of life.

We would arrange to have someone write us a note in the local language explaining that we were without money and asking for food and shelter for the night, as well as a ride in the direction of Europe.

My girlfriend caught typhoid fever as we were leaving Pakistan; she soon had a high temperature and became very weak and sick. The journey from Peshawar up the Khyber Pass to Afghanistan was scary.

In Kabul the American Hospital treated my girlfriend free of charge, while I begged in the marketplace for our food and lodging until she recovered some two weeks later.

Hospitality in Islamic countries is readily shared with exotic foreigners in need. We always had food and a bed for the night.

In Turkey during an overnight drive I was awakened by the sound of my girlfriend's screams. The driver was on top of her in the back seat with a screwdriver at her throat, trying to rape her. Before I could think, my body went into action and I threw the would-be rapist out of the car and locked the doors.

He had left the car keys in the ignition. The obvious thing to do was to drive off and leave him in the middle of nowhere.

But he looked so pathetic as he pleaded to be let back into the car, that I foolishly relented and unlocked the doors. As soon as he was back inside he attacked us again. This time we got out and escaped on foot from the lunatic.

I often wondered why I did not drive off in his car. The answer is that we needed that experience to balance some previous karma.

Another time in Iran it could have been much worse. A group of a dozen young men offered to give us shelter in a remote house. I was concerned by their numbers and the long drive down a deserted road. We were totally vulnerable to any attack and I could tell from their furtive behaviour that something unpleasant was cooking.

When we finally reached the house it was party time. We refused the alcohol that was offered and started singing Sufi songs as if our lives depended on it.

Miraculously the mood shifted and they started to treat us with genuine respect for our ability to sing praise to God in Arabic.

After a pleasant evening, a few of the young men drove us back to town and paid for our stay in a good hotel. Thank God for Sufi songs.

Eventually, after many more adventures, we made it to Germany where we stayed in the Osho centre in Munich while we recovered from the rigours of the road. To support ourselves we made Bliss Balls to sell in health food shops.

A few weeks later we moved to England where North London welcomed us with free accommodation in a squat

in Hargrave Park.

There were lots of other sannyasin refugees from India in the North London squats, and enough junkies to keep things very colourful.

We were thankful to have survived the trip of a lifetime. And after 13 years of extensive travel in New Zealand, Australia and Asia, I was happy to be back in England.



Learning and Teaching

The winter of 1977-78 was a beautiful experience; my Canadian girlfriend and I were in love. At this time, it was the deepest relationship of my life and was to continue for almost four years. We shared a passion for meditation, we both sang and played guitar, and we worked with massage and healing.

We were high on life and creativity and living Osho's teaching of conscious celebration was easy and natural. We moved to a better North London squat and lived happily with some other sannyasins without any heat or hot water. I would take a cold bath as a morning ritual, like Indian sadhus with their Ganga puja, and felt warm and healthy all day.

When we returned to Poona in February 1978, we started training to be group leaders. We had a strong interest in learning that was to remain our first priority for several years. Later that year we went to California to train in Rebirthing and Postural Integration.

By the summer of 1979 we had learned enough to move to Toronto where we both led Rebirther trainings and I gave Postural Integration sessions.

Life opened up tremendously with this work. We were at the centre of a group of beautiful seekers who came on weekdays for sessions and on weekends for workshops.

We continued dividing our time between working in the West and training and session-giving in Poona. Living with Osho was very transformative for me. The best way to grow spiritually is to live with a buddha.

By 1980 the relationship with my girlfriend was cooling down. We had shared intensely and totally for four years and it was time for a change.

I met another Canadian woman from Toronto in early 1981. We fell in love fast and lived happily together in Poona till Osho left India for America later that year.

She returned to Toronto and, on my way to meet her, I stopped over in New York to buy a big motorcycle. Bikes were a major passion for me and the chance to have a really fast one in America was a great thrill. I bought a 900cc Honda and rode up to Toronto in bliss.

Workshops and sessions continued to be successful and my new love affair brought the magic of life to a peak.

As the Canadian winter approached it was time to move to Southern California. My journey was by bike, first to Miami to visit my ex-girlfriend, then across the south to LA. This was the bike ride I had always dreamed of with wide-open spaces and great roads, but it produced a dozen speeding tickets as I often travelled much faster than the 55 mph speed limit.

I met my girlfriend in LA and we moved into a sannyasin house in Laurel Canyon in the Hollywood hills that was to become infamous as the 'cool scene' for Osho sannyasins in Los Angeles.

After a two-month visit to Maui and many adventures in Hollywood, it was time to visit Osho's new commune. The Ranch was just opening up for the first summer festival. These were golden days of satisfaction. I had everything I wanted and was ready for total involvement in building the new commune in the wilderness of central Oregon.

High on Life

The first annual summer festival in Rajneeshpuram was a gathering of the tribes of sannyasins from all over the world. It was the first big get-together since we left Poona the year before, and there was great joy in being with Osho and one another again.

My girlfriend and I drove up from Southern California via the Grand Canyon and mountain back-roads, high on life and love.

We rented a caravan in Bend, Oregon and towed it onto the Big Muddy ranch that was soon to become the scene for one of the strangest episodes in spiritual history.

The ranch was huge and at this time had few buildings and little infrastructure for such a large gathering. We did not mind at all. It was our land and we would turn it into paradise, a reflection of our conscious and balanced lifestyle - the first real commune America had seen.

I was happy to give my total energy to help turn Osho's dream of heaven on Earth into reality. The first festival was beautiful and after the celebrations were over we stayed on to participate in the explosion of energy and creativity that would transform the desert into a fertile paradise.

My first work was road building. I was given a gigantic machine with a massive water tank in tow. My job was to spray the water in the right place at the right time to facilitate the road-making process. It was lots of fun.

We were flower children from India playing at being real

men on serious machinery.

As the freezing winter approached, I got a message for a change of scenery, and returned to Hollywood and the 'cool scene' in Laurel Canyon. My girlfriend stayed on the ranch and I was soon involved with a German model who was already living in the house.

We took ecstasy together and fell in love. Ecstasy was just starting to become popular in alternative circles in California. I had not taken drugs for ten years, since my hippy/acid days of the early seventies. My commitment to meditation and growth was total and had left no space for drugs in my life.

My main attraction to ecstasy was the increased sexual desire and intensity it produced. After 20 years of fairly active sexual experience, ecstasy opened a new door of erotic intensity that was very appealing.

We took ecstasy at home and created a sensual ritual with candles and music to accentuate the pleasure of the drug experience.

We often started with the house residents and invited guests sitting in a circle in meditation as the drug came on. Within 30 minutes couples would start pairing off in tantric embraces.

As the night progressed and champagne started to flow the scene could easily have been described as a sex orgy. It was very loving and beautiful and no harm seemed to happen to anyone, apart from the inevitable hangover for a day or two after. But drugs are seductive and dangerous, and soon they precipitated my descent into darkness and despair.

Rajneeshpuram

My slide into darkness was gradual. The frequency of the ecstasy sessions increased, along with the dose. As tends to be the case with most drugs, the first few times had been the best and I could never quite recapture the wonderful expansion of erotic love that made the early experiences so attractive.

Instead, ecstasy became a recreational drug that gave some added intensity to love and sex connections, but at a considerable price. Many years of meditation had given me a sensitized and expanded nervous system. This was partly why the ecstasy felt so good to me.

With drug use this stored reservoir was being depleted rapidly, and I lost my natural good feeling that had been with me for years. I was caught in a cycle of drug-induced excess and hangovers. It was time to go back to the Ranch.

The drug-free environment and long hours of hard work quickly restored my sense of wellness as the life energy came pouring back into my system. My German girlfriend and I shared an intimate A-frame cottage and life was good again.

I worked in construction, farming and even making beds - which were sometimes occupied by inviting girls - and I decided to stay for the harsh desert winter.

It got down to minus 30°C and I was working outside caring for the chickens. These creatures die if they do not get regular water and it was freezing solid, very fast. We heated water and carried it to the thirsty chickens as

much as was humanly possible in those cold conditions, but they died in large numbers. When the temperature crept back to 0°C it felt like springtime.

Osho remained in silence for three years and gave all his directives to Sheela, the commune manager. This gave her tremendous power that she was to abuse almost beyond belief.

As the commune grew into a small city, our relations with the neighbours were in constant decline. Sheela was hostile to the locals and became extremely unpopular when she ordered the takeover of the nearest small town for her political agenda.

She was ignoring the reality that we were visitors from another world; there was no way the locals would let us take over their town without a big fight. And that is exactly what we got.

Sheela's aggression and megalomania triggered the destruction of Osho's Rajneeshpuram commune, which at the time was widely viewed as a significant experiment in creating an alternative spiritual society. And Osho seemed to do nothing to prevent Sheela from engaging in her aggressive and destructive acts of folly.



Orwellian Nightmare

When Sheela collected more than 1,000 homeless people from the inner-city ghettos of America to try and fix the local elections, I knew we were in serious trouble.

Her transparent attempt at electoral fraud had brought home the fact that she had really lost the plot. This was a misadventure that only a fool could have attempted. The next commune meeting was the final straw for me.

Sheela had invited these street people to stay as long as they wanted. Now she no longer needed them and the meeting was called to find a way to get rid of them. She started accusing various people of an assortment of crimes and then summarily convicted them and had them dragged out of the meeting onto waiting buses. It was so surreal that we sat mostly in shocked silence. If any sannyasin objected to this travesty of decency, they too were expelled by Sheela's security guards.

I had reached the point of standing up and shouting my outrage, when I realized that events had already gone too far down the road to madness.

I kept quiet and watched along with several thousand other seekers of truth as Sheela abused her power and destroyed our trust. Soon after this unfortunate episode I decided to leave Rajneeshpuram permanently. It was 1984 and the Orwellian nightmare in our commune of free spirits was the worst irony conceivable to me.

The central question of why Osho tolerated Sheela and her megalomania remains unanswered. The bottom line, of course, is that Source wanted it that way.

Whatever happens is always for a good reason. The failure of Rajneeshpuram was needed to balance the success of the spiritual communities of the future.

I felt disillusioned with the ranch but not with Osho. Somehow my trust in him was unshaken. The next time I saw him was in a hotel conference room in Kathmandu. Osho had been deported from the USA and had arrived where I already was, at home on the subcontinent.



Kathmandu

Osho had been refused entry into 21 countries after his deportation from the USA and I was wondering when and where I would see him again.

I was enjoying the tropical delights of Goa with my new English girlfriend when we heard that he was arriving in Kathmandu very soon. We said goodbye to the beach and headed for Nepal, arriving at the same time as Osho.

What a delight to be with him again, and in an intimate setting. The annual summer festivals in Rajneeshpuram were attended by up to 20,000 seekers. In Kathmandu we were just a hundred.

Every evening Osho answered questions from the Nepali sannyasins, who had never met him before. It was a magical time of renewal and celebration for me, and a clear indication that anything can happen as the magical mystery tour of life unfolds.

Weeks later, being overdue to visit my dying father in Auckland, we headed towards New Zealand with a brief stopover on a paradise island in Thailand.

I had never felt very close to my father but his dignity and vulnerability in letting go of his body touched me deeply. I forgave him for his many shortcomings as a parent, and I shared what I could of my meditation and understanding with him.

When he left his body and disappeared, I experienced a sense of relief and completion, along with a very deep sadness. With my father's death I realized that I was free of one more bond, and that I had grown in unconditional

love - a new experience for a rather self-centred spiritual hedonist such as myself.

My English girlfriend and I worked for a few months in Auckland before moving to Tokyo to teach English as a second language.

After six months of wearing a tie and riding full trains for hours every day in the megalopolis, I was ready for India again. This time we travelled via Tibet.



Tibet

As the plane touched down in the Tibetan capital of Lhasa I became very emotional; tears of deep sadness and joy burst out from a secret place inside. I was back in the high Himalayas and it felt like my old home.

The reality of the Chinese occupation and colonization of this mystical land of buddhas was deeply disturbing to me. It appeared that Chinese atheists were systematically trying to erase the greatest spiritual culture of recent history.

I cried every day at the sight of beautiful Tibetan people struggling to adjust to the harsh reality of Chinese occupation. We travelled overland from Lhasa to Kathmandu, past the north face of Mount Everest. We saw many ravaged monasteries.

I felt such deep sadness and joy at revisiting my homeland that I vowed to return in better times. I have received a message that those days of Tibetan renewal will come sooner than might be imagined.

In Kathmandu, we heard that Osho was due to arrive in Bombay so we set off for India once more.



Sannyasin Reunion

When Osho returned to Poona in January 1987, we enjoyed the first real reunion of the dispersed sannyas tribes since Rajneeshpuram ended in tragedy in 1985.

India was Osho's last resort after being refused entry to, or expelled from, 21 countries around the world.

We were returning to the Koregaon Park ashram. It was scruffy and stained with red betelnut spit after being cared for by Indian sannyasins for six years, but still it felt like our real spiritual home.

Osho survived an expulsion order presented by the local rent-a-cop police force for him to be banned from Poona, and he settled back into a familiar routine of discourses in the intimate Lao Tzu auditorium.

Osho's experiences in America had given him lots of new ammunition for his ongoing crusade against politicians. Ronald Reagan, whom Osho blamed for his arrest and subsequent poisoning while incarcerated in the USA, was his favourite target.

Osho felt he had good reason for his tirades against 'the vegetable' as Nancy characterized her husband in one of Osho's better jokes, but I became restless hearing similar diatribes almost every day.

I was extremely thirsty for spiritual support for growth in awareness and during one long and predictable ramble against politicians I flew into a rage with Osho. I almost yelled out to him to forget the politicians and get on with meditation and growth but, fortunately, I was able to restrain myself and walked out of the auditorium instead. It

was against protocol to leave before Osho and a guard tried to prevent me, but I muttered something about being sick and kept walking.

This incident was the most intense reaction I ever had to my master and luckily it occurred mostly within my inner world. Putting your negativity directly onto buddhas is a dangerous pastime; it always returns to you many times over.

I felt very good to be back home in Poona with Osho, and I was still in love with my English girlfriend. Together, we resurrected Laxmi Villas, a large, fading maharaja's mansion with a colourful past, and rented out the rooms to sannyasins.

Life was miraculously full and sweet.



Mahaparanirvana

The ashram was quickly re-beautified and although the carnival-like atmosphere of the first few months slowly faded, it still felt very nourishing to be back in India with Osho. I was totally content to live most of the time with Osho in Poona and visit Ibiza for a few months in the summer for a change of scenery and lifestyle.

My relationship with my English girlfriend had come to an end after a series of betrayals from both sides. But I soon met an old friend in a new body with whom I was to share my life for the next five years. Kalakeli was German and 21 years old when we met in Poona. We connected immediately and beautifully.

There was so much love, trust and joy in sharing that we were soon living and travelling together all the time. We rarely had disagreements and I felt deeply healed and nourished in our love. I was 17 years her senior. Her youth and beauty were a great gift to me, as was my experience to her.

The stability and deep love of this relationship was the major theme of my life for the next few years. But again I took another dangerous slide into drugs and despair. This time it was cocaine and alcohol that seduced me with their promise of more intense erotic experiences.

For the rest of the eighties I led a double life. Partying hard in Ibiza during the summer and meditating in Poona during the other eight months of the year. Unfortunately, party time spilled over to Poona as well and I realized that I had lost my inner balance again.

Just before Osho died I was given a job filming him in Buddha hall and I regained my wellness and balance.

Being physically close to Osho during the last few months of his life was a great gift. It erased the nightmare of the recent past and opened up my heart to the wonder of life again.

When Vivek, his caretaker, died of a drug overdose in December 1989, I could tell from the way Osho looked that he would not be with us for very long.

His death on 19 January 1990 was a massive shock to my system. He was my only beloved master for many lives, and I knew that nothing would ever be the same without him. When a fully enlightened buddha like Osho dies it is called mahaparanirvana, or beyond the great ultimate enlightenment. There is a huge release of energy as his individual soul dissolves forever into its mysterious cosmic source. Those who are connected to him are showered with light for months. Several of Osho's people became enlightened soon after his death.

During that time I entered into a dangerous experiment. I had been reading about John Lilly's experiences with ketamine to facilitate out-of-body states and spiritual growth. Now was the perfect time to see if it worked for me. I started experimenting with ketamine every day, with the intention of discovering more about the psychic realm that Lilly described in his writing.

Many extraordinary psychic experiences happened to me of awesome depth and beauty. Gradually an even greater wonder started to occur; as the psychic drama disappeared I kept floating consciously in no-mind.

But there was also a serious problem. I had ruined my health and relationships by experimenting with ketamine for a year; it was time to rebuild my damaged life.

But my health did not recover fully until many years had passed and the toxins were cleansed from my system by a vegan wholefood diet, meditation, yoga, juice-fasting and other healing methods.

Drugs are very dangerous and are better avoided; the price seekers pay for using them is high. Any short-term benefit is far outweighed by dire negative consequences.



A Long Satori

I was probably a lot like you, but perhaps a little more extreme in temperament. After 16 years of living close to Osho I was still chasing desires with gusto. I had grown in consciousness and I was enjoying life, but I had done most of the therapy groups and meditations without any truly significant breakthrough.

January 1991 was the start of a new energy for rapid transformation which pulled me into totality. Now my top priority was spiritual growth. I did trainings in healing and other groups for three months in Poona, followed by a two-part hypnosis training in Italy and Majorca.

The big test was when the hypnosis training finished in June. Ibiza was my summer party island and it was waiting very close by. I had no idea what would happen on Ibiza but I was curious to see what would be revealed.

My German girlfriend, Kalakeli, came from Poona to join me in Ibiza, and we set up house for the summer season in a secluded villa with a pool and a view. This was to be the golden time of our relationship.

We began meditating three times a day with Shambu, an enlightened Spanish teacher. It was about an hour's drive to Shambu's centre, and the daily program of six hours meditation, plus commuting, kept us busy. I took no drugs and avoided the Ibiza party scene.

Occasionally we stopped at a friend's gathering after the evening meditation. But we were enjoying the natural high of awareness and we found the drug and alcohol-induced celebrations unappealing. So we stayed at home

and enjoyed each other and the meditation friends who shared the house with us. Meditation was going very well. The ketamine experiments had opened up my psychic body and the healing groups and dynamic meditation had cleaned out some of its negative effects.

Now silence and awareness were happening naturally and easily. The results were manifesting in our deepening joy in sharing together. During this golden summer of love and meditation, it felt as if we had it all.

In October it was time for India again. We had heard about Poonjaji and after a few days back in Poona we were on our way to Lucknow.

The satsangs in Poonjaji's house were full of intense, ripe seekers eager for enlightenment. Poonjaji had a strong energy at this time, and satoris were an everyday event as he invited consciousness to return to its source with Ramana Maharshi's enquiry technique of: Who am I? Three months of intensive meditation had prepared us perfectly for this pressure cooker.

In the fourth satsang Kalakeli had a breakthrough and she started laughing and crying in total let-go. Poonjaji called her to come close to him. When she returned to her seat next to me her eyes were so ablaze with love that it triggered an explosion in me.

My mind stopped. Intense bliss and love surged through my system in waves of ecstasy as my sense of separation dissolved into the wonderful oneness of Being. The satori stayed with me for almost four months and seemed as if it might actually be a state of permanent awakening. But life had other plans for me.

Darkness Returns

My experience of oneness, love and bliss passed all too quickly during a delightful retreat on the beaches of Goa. Three months later I returned to Poona with a new intention to share my energy with meditators in Osho's commune. I started helping with meditation groups and leading various meditations in Buddha Hall.

When the nightmare of fear returned, it haunted me constantly. It was a big dive from cosmic bliss to fear, and I still had to function as a meditation leader every day.

I knew there was nothing to do but face my turmoil as consciously as possible and wait for a shift. Meditation again became my top priority. Gradually, my awareness embraced the fear and slowly but surely dissolved it.

For the first time in many years, my girlfriend Kalakeli said she wanted to do her own thing, and left for Europe and a career as a model. My life was falling apart.

But soon a new German girlfriend appeared and we went to Ibiza together. I wanted to lead meditation events there, and organized them in our house every weekend. This gave me a purpose and an anchor in life while the real work of my own redemption from fear continued.

Gradually the disturbance passed and by the end of the summer I was feeling much better. The fear had gone and I returned to Poona and continued with my work in the Meditation Academy.

I channelled an idea for a new tantric meditation group and created 'Watching the Fire' with Pradeepa, my boss and friend.

The group was a success and soon became the most popular event the Meditation Academy offered. Pradeepa and I had been leading the group together for some time and things were going well, until I started getting itchy feet for the Himalayas.

Facilitating other people's growth was rewarding but it took too much time and energy away from my own silent meditation practice.

During one group I got a strong and clear message to leave my work in Poona and move to the mountains to be total in meditation and silent self-encounter.

I said goodbye to the commune my home of nineteen years and from that time onwards returned only as an occasional visitor.

As I drove north alone in my Gypsy SUV, I felt the thrill of freedom pulsing strong in every fibre of my system. I had left all friends and involvements behind in Poona and had only one consuming priority: to be free from suffering and stabilized in Beingness.

I stopped in Jabalpur and visited the tree where Osho's enlightenment had happened on 21 March 1953. I was overwhelmed by gratitude and love for my master and cried for hours in a rare outpouring of devotion.

With a song in my heart I drove through the Himalayas to Manali to sit in silent meditation with Samdarshi, an enlightened Indian sannyasin I had met the year before on my last sabbatical from Poona.

Enlightenment

Samdarshi's ashram was in Khaknal, near Manali. When I met him in August 1993 he was a young Indian sannyasin who had become enlightened three years earlier. I was very attracted to his silence.

During the same sabbatical in 1993 I had met Ramesh Balsekar in Bombay, and had another two-month satori from just hearing his clear, articulate understanding of advaita and divine surrender. But words are not enough.

Samdarshi had what I needed to transcend the last stubborn core of ego that had survived two big satoris. His silent energetic support was my real interest, and I focused on sitting silently doing nothing.

My new disinterest in social life was a perfect support for going deeper into meditation. Silent retreat was easier without the pull to connect with my fellow travellers.

For 18 months I faced myself alone all day every day in silence, and witnessed the last tenacious remnants of the ego's identification dissolve in the conscious fire of Now.

It was a time of suffering, aloneness and sickness as the complex threads of ego let go. And a time of great joy and celebration as each day awareness and equanimity grew stronger and stronger.

I was meditating with Samdarshi when the final release came on 26 October 1995 on a beach near Byron Bay. I felt the psychic knot of ego leave my belly with a huge jerk and was immediately consumed with enormous love and bliss. The intensity and quality of this opening was much stronger and more exquisite than previous satoris,

and I knew that this time it was not going to fade away.

However this exquisite release was not quite the end of my problems; two days later another drama was waiting to unfold. I was pulled for no rational reason to jump from a 15-metre cliff into a small lake below. I had no training or preparation and knew I could easily damage my body with this reckless jump.

But some mysterious force was literally moving me up the cliff to face one of my greatest nightmares. My fear of heights was deep and I would never have jumped from that cliff if I'd still had an ego to protect me. Yet the ego had dissolved and, as I watched my body standing next to the brink of the precipice, there was an ecstatic release as I let go and jumped into space.

I jumped with complete abandon and little skill - and hit the water back first. I was still conscious as I surfaced and swam slowly to the bank with weak arms; my legs could not move and it was clear that I was badly injured.

My karma must have been particularly intense and this major accident had been perfectly timed to erase a large amount of it. By arranging this injury to occur after enlightenment, Source had saved me from much of the suffering that was owing to me; the scales of justice are heavily weighted in the favour of enlightened beings.

It may be fortunate that I do not remember the details of my past lives.

My Soul's Deepest Longing

Two vertebrae were crushed in my lower spine from the intense impact with the water and I was in a lot of pain. But my spirit was in ecstasy and as the body recovered it became clear that the ego was really gone. However, I kept quiet about my enlightenment and waited to see what would happen next.

Meditation continued with even greater intensity. Now the system had opened up beautifully except for the third eye and the top of the head. During meditation, all of my awareness would be involved in very intense third-eye energy, as consciousness did its miraculous work of opening this most powerful centre.

For two months in early 1997, I meditated twice a day in Mahabaleshwar with Purnanand Baba, a beautiful soul who shares his enlightenment mainly in silence.

Every day we disappeared into the arcane realm of the sixth body, the intense cosmic fire of awareness that is the eternal witness of all.

During every meditation the third-eye drama intensified more and more, but still it did not open fully. That penultimate opening came four months and many meditation hours later after all human help had been relinquished.

In Poona I underwent surgery on both knees to repair damage from long hours of sitting on the floor without moving.

Nowadays I recommend chairs for meditators who are uncomfortable sitting on the floor. Meditation does not appear to be afraid of chairs, and it is more important for

meditators to be relaxed and keep the spine straight than to achieve yogic mastery over the body.

I returned to Khaknal in April and kept meditating alone in my room without even saying hello to Samdarshi. I felt the next step would happen only in aloneness.

One day in late spring, I met Samdarshi on the road and he invited me for a visit. I told him I no longer felt the need for any support from anyone. He agreed and suggested I move to Dharamsala to be completely away from his energy.

That felt perfect and the next morning I left Khaknal for the last time, with Samdarshi's blessings and a sense of impending release from the all-consuming drama of the third eye.

During the following two weeks I was totally alone, for I had received a message to let go of Osho, my only master and constant companion for many lives.

After an emotional relinquishment of Osho, I started to get more messages guiding and preparing me for the next step. This was an extremely interesting experience; some benevolent force that could manipulate my body and energy was starting to communicate with me. I was fascinated.

As an agnostic meditator I had believed that prophets who received messages from God were deluded by the fervour of their devotion. But now consciousness was demonstrating that it could connect directly and verbally with me, and was proving beyond all shadow of doubt that it controlled all details of my experience. I was just an instrument in the hands of the divine.

Two weeks later as I was sitting silently one morning the ultimate explosion happened. The third eye opened fully and I was flooded with intense cosmic light, ecstasy and love for 22 continuous hours.

The second stage of enlightenment was almost too much for my nervous system to contain but miraculously it somehow managed to accommodate all of the new energy harmoniously.

A wild thunder and lightning storm raged through the ecstasy of the night, adding a perfect dramatic backdrop to the inner explosions of consciousness.

The storm subsided with daybreak and, as the morning sun cast its glory on the Himalayas, my soul's deepest longing for freedom was fulfilled. It was 10 June 1997.



Most Miraculous Days

The next few days were the most miraculous in my life. The ecstasy and bliss were of a quality different from anything previously experienced. And the intelligence that was guiding and animating me answered all the cosmic questions I asked.

It informed me that I was being prepared to be its messenger and that soon I would write a book sharing God's vision for the new dawn of consciousness.

It predicted that frequent unusual events would herald a seismic planetary change from violence and injustice to peace and justice for all, and that the dawn of the third millennium would become our golden age of conscious civilization with shared spiritual, social and ethical values culminating in a new holistic religion of Unity.

I had never had any interest in God. Osho, my only master, was pantheistic and my spiritual approach had been through immersion in silent awareness. However, the logic of advaita insisted that there must be a cosmic intelligence that designs and creates existence.

Anyway the reality of my experience was undeniable. I had been completely taken over by divine power and I could only witness as God gently moved my body around Dharamsala, sharing many of the mysteries of existence and non-existence as I walked.

Source changed my name to Maitreya Ishwara, friend of God. It took me shopping for white cotton clothes. It told me to leave my possessions except a little money and my passport in the room and drive to Delhi without

even collecting a bank draft that was waiting for me in the Dharamsala post office.

In Delhi I spent my remaining money quickly and was put through amazing tests of surrender. The two weeks in Delhi were both difficult and intensely sublime. Every day brought another drama about money and cosmic conversations with God.

Aware energy was bubbling away in the last unopened centre, the crown chakra at the top of the head. Each miraculous day new flowers of love and consciousness were revealed as awareness continued to grow and transcend itself. I walked in total bliss through the steamy 40°C heat, immersed in divine beauty and light.

On 23 June 1997 the final opening started early in the morning and continued for eight hours until all the six secret centres in the head were fully open.

The refined bliss of the seventh chakra is one of the most wonderful human experiences possible, but it is just the door to the indescribable mystery of the seventh body of God, the realm of non-Being. The opening of sahasra, the thousand-petalled lotus, was less dramatic but more refined than the third-eye explosion. It is the ultimate for meditators, the indescribable transcendence of the fire of the witness: nirvana.

Along with full enlightenment came the second stage of God-realization, a much deeper merger with the personal aspect of Source, the voice and power of God.

Enlightenment is the destiny of every soul - it is only a matter of time until you merge with consciousness, love and bliss. But God-realization, full verbal contact with

Source and the experience of being divinely animated by His power, occurs much less frequently.

All buddhas are in fact messengers for the One, but most of them do not have that direct experience; they speak on their own enlightened authority. This allows God to create the divisions of the Kali Yuga, the age of conflict and violence.

All teachers and prophets are given different messages, hence the apparent impossibility of spiritual unity. And ultimately, fanatical followers of various religions kill people with different beliefs in the name of God.

One week and countless miracles and tests later, I was on a plane to Zurich and the start of a new life as a messenger of God.

I was beginning to appreciate the extent of the divine takeover. All sense of individual volition was transcended. My life was totally out of my control and I just witnessed as every detail of my life was animated and directed by Source. Unlike enlightenment, divine takeover was not something that I had prior knowledge of, nor something that I had any desire for.

However it very quickly became my everyday reality and remains so until this day. Source has never left me for a moment; it always animates my every move.

Deep down everyone is in a similar situation. We are all empowered and animated by the One. Our ideas of free will and self-determination are necessary to create the divine game of hide-and-seek that appears to separate us from the power of the One. Yet in reality we are all instruments of God.

God-realization

During the intense period of transformation in Delhi, I was saved from my financial predicament by Kalakeli, my ex-girlfriend and still best friend. At the last minute before my arrest for non-payment of hotel bills, I received a message to call Kalakeli. She arranged to pay my bills and bought me a ticket to Switzerland.

As I walked the clean and affluent streets of Zurich I felt grateful to be out of the squalor of Delhi's cheap hotels. As a meditator I had tolerated India's poverty, filth and corruption but now I was sensitive to its horrors and far preferred a clean, efficient environment as the backdrop to my life. I was also extremely hungry and underweight from fasting and an inadequate diet for several weeks. I bought a kilo of amaranth muesli and two litres of soya milk and ate it all in one meal.

Along with full enlightenment another level of divine dissolution had occurred. The power that guided me was closer and less distinct, and I was functioning much more smoothly and naturally as an instrument of God. My unin- vited new friend informed me that this was the second stage of God-realization - merging with Source.

After a day on the streets of Zurich, I took the overnight sleeper train to Hamburg to visit Kalakeli. She met me at the station and took me to her flat. I shared everything that had happened to me. She was very open and ac- cepted my offer to help with her transformation.

God immediately started using me to work on her with words, energy and techniques to highlight and dissolve

various blocks and limitations. We agreed to a three-day experiment in which we would have twelve hours of ses- sions per day, with the intention of cleaning her uncon- sciousness very fast.

I witnessed in awe as Source used me to work on her with a skill and depth that was beyond my capacity. She had many intense releases and at the end of the experi- ment was open and overflowing with love in a way I had never seen in her before.

On my birthday, 6 July 1997, we were meditating in her flat when a new wave of energy swept through me. The third and final stage of God-realization was erasing the last traces of individual power from my system.

I became incapable of initiating any independent deeds and could only witness in wonder as actions and words came through me. Kalakeli had a satori at the same time and we celebrated my birthday with much love and joy.

I invited Sakshin, her young boyfriend from Montreal, to come and join us. He arrived soon, open and ready to play this unusual game of being worked on by Source.

They are a beautiful couple who were perhaps awak- ened in previous lives, and Source appeared to have a special interest in working directly on them.

I left with Sakshin for a ten-day retreat in the Swiss Alps where intense meditation and growth happened for him, and where I adjusted to the awesome reality of being totally possessed by God.

We returned to Hamburg on the overnight express train from Zurich, and found Kalakeli still enjoying her satori and glowing with sweet love and surrender.

Conscious Compassion

I was used by God in a similar way to work intensely with two other friends while the integration of the recent explosions and dissolutions in me continued. Then mysteriously, this way of sharing continued only with Kalakeli.

Sakshin had returned to Canada and I was living with Kalakeli in a spacious flat in a pleasant area of Hamburg. She was working as a set designer for TV ads and I stayed home and did the housework and prepared lunch. This was a novelty for us and a reversal of our previous roles as a couple.

I was happy to have lots of time alone for the process of integration, and enjoyed walking and relaxing in the park near the river. Most evenings the divine surgery on the remaining areas of darkness in Kalakeli continued for an hour or so. By late October she was transformed and it was time for me to travel. Kalakeli lent me money for the ticket and about \$200 for travelling expenses

I had absorbed the tremendous input of consciousness and had adjusted remarkably well to my new reality as a divine channel and messenger. The first stop was Poona, where I stayed for two weeks, sharing meditation with a few friends and enjoying the familiarity of India again.

Total trust in life is liberating. Instead of selling my possessions, I donated my Gypsy 4WD to Purnanand Baba and my camera, hi-fi sound system and other possessions to Samdarshi's ashram, then flew to Byron Bay.

I shared my recent experiences with friends in a house in the rainforest for two weeks, then left for Auckland to

visit my mother and sister and look for a suitable site for a spiritual community. I flew to Nelson and next morning was guided directly to an ideal property with a sparkling river, native forest and pine trees in the secluded and magical Wakamarina Valley in Marlborough.

Three years later we finally bought the beautiful house and 16 acres of land, along with other buildings on the adjoining property, and opened the Maitreya Meditation Centre on 1 November 2000.

In early February 1998 I returned to Poona and started to write 'God's Vision - The New Dawn'.

I found it extremely interesting to write without creative input from me. I literally just transcribed the text and then read it in wonder. In a little more than two months, writing in longhand, I channelled the first small version of the book and had it printed and distributed in India.

This book was my first experience of writing anything more than a letter and it seemed quite good to me. Yet only a fraction of the original text survived editing for inclusion in the much bigger October 1999 edition of 'The New Dawn'.

In the warm March evenings, I began attending the White Robe meditation meetings. The experiment was to activate the mysterious capacity that buddhas have for absorbing negativity and transforming it into positive energy.

As soon as I sat in my chair at the back of Buddha Hall I felt a rush of heaviness and darkness entering my system. For several minutes I was at the point of fainting, then miraculously there was a shift and the heavy energy

was transformed into light and love.

For 21 consecutive nights I sat in the same place at the back of Buddha Hall and enjoyed this mysterious play of energy transformation. This was a new experience and a wonderful delight.

Since 1998 I have shared thousands of satsangs, yet the miracle of transformation never ceases to amaze me, as the darkness, heaviness and suffering of seekers is transformed into light and love.

Tibetan Buddhists have developed meditations that help to prepare your system for this natural compassion that allows buddhas to absorb your negativity and return it as love and blessings.

Atisha's Heart Meditation is an experiment of breathing in the suffering of the world, transforming it in your heart, and then breathing out your love and bliss.

Atisha's method is powerful and effective; it transcends separation by consciously connecting you with the world as it is. Atisha's Heart Meditation encourages growth in genuine compassion - an amazingly powerful and rapid force for transformation. With your own evolution as the priority, this method of consciously developing compassion helps you to grow quickly. Give it a try.

After enduring the 40°C heat of Poona in April, I was on my way back to England to check the Glastonbury area as a possible site for a meditation retreat centre. And in May 1998, I flew to Ibiza to continue writing *The New Dawn*.

Writing in Ibiza

Ibiza in May and June is one of the most attractive places on Earth. The Balearic springtime enjoys perfect weather and ambience that is ideal for writing.

The style and content of the recent transmissions had improved remarkably and much of that text is retained in the final edition of *God's Vision*. I was writing on a Nokia Communicator and emailing or faxing the text to various people, then filing it for editing and proofreading.

This unusually immediate distribution of unedited text is satisfying; there is no long wait for publication before it can be shared.

I lived alone and avoided most of the people I knew from the past, preferring to focus on writing, meditation and sharing with God. I was still totally animated all of the time by the awesome power of divine intelligence, and I loved being used as a channel to write His book.

The new text became more refined and sophisticated, and I was amazed at the quality of the information. I had read major spiritual works and met several enlightened teachers, but I had never seen a book that had the depth, scope and clarity of the one I was transcribing.

I was informed that Ibiza was an ideal location for a meditation retreat and when I left for London in early July I knew I would be back. This proved to be true and in December 2008 we held the first Ibiza satsang retreat.

The two weeks in London were another time of testing. I had money for survival rations of muesli and apple juice but not enough for accommodation. So in the pleasant

summer weather I would enjoy Hampstead Heath as my home and writing place during the day and sleep in an overdue rent-a-car at night.

Eventually Kalakeli rescued me again and gave me a ticket to Hamburg where I enjoyed the luxury of sleeping in a bed. I lived in Germany for four months while the writing kept flowing fast.

In November 1998 I shared my first public satsang in Hamburg. I had spent many years alone on meditation or writing retreats and I was delighted to have the opportunity to share my love and light with seekers of truth.

The meeting was intense, beautiful and deeply fulfilling. And it was a prelude to the next stage of my story: the time of satsangs.



The Time of Satsangs

After another month of intensive writing in Ibiza I was informed that 'The New Dawn' was complete. It had been very satisfying to channel the insightful commentaries on Patanjali's 'Yoga Sutras', Shiva's 'Vigyan Bhairav Tantra' and the 'Ashtavakra Samhita'.

The fourth edition of 'God's Vision' was published as Book Three of this anthology in November 2002.

The five years of writing, editing and refining the text were very different from the two years it took to write and revise this biography. But this story is easier; it is mostly my own experience. The message from God is His story and is far more complex.

After seven years of silent retreat and aloneness, it was time for a visit to India to share satsangs in Poona. On 7 December 1998 satsangs started happening twice every day in Poona's Koregaon Park.

Sharing with seekers of truth in satsang remains the most fulfilling part of my life. The delicate space of love and trust that always develops is such a delight, as is the intense energy that is generated by the higher awareness that always comes through me in satsang.

The talking part of satsang is a transformative blend of the nondual understanding of advaita and the essence of meditation: attention is paid to meeting every moment of now with acceptance and awareness.

Words of support for conscious surrender and totality flow effortlessly and spontaneously for up to an hour in each meeting.

The main part of satsang, however, is sitting silently doing nothing and allowing the divine energy that flows through me to do its mysterious work of transformation.

From December 1998 to the present time thousands of satsangs have happened in Europe and the UK, India, Bali, Korea, the USA, Australia and New Zealand. Each one is a divine gift of love and consciousness.

For me there is nothing more that I want. I am happy to continue with this beautiful labour of love until I die. But again and again this message comes from Source, "This is not your only work. Your destiny is to be the messenger for Unity. Soon your real work will start."

Time alone will verify that message. For now, as I enjoy the fullness and richness of life's ever unfolding beauty, there is one thing of which I am certain: God-the-beyond exists and He is using me for His divine purpose.

So who am I? I exist as an individual person with a body and mind and also as the witness of all that. My nervous system has been tremendously sensitized and expanded to allow it to accommodate intense awareness and ecstasy. And when I dissolve in the ultimate realm of the seventh body, I exist only as a shadow of a breath of formless cosmic awareness.

And I am just like you and all souls, a sensitive and sophisticated instrument for divine consciousness to use as it requires. Only my direct experience of this higher reality of divine animation differs, perhaps, from yours.

Yet it is only a matter of time until you too merge with the One consciousness that is ultimately who you are. Consciousness is all there is, and every soul is destined

for reunion with God-the-beyond.

Even your ego's program for separation is created and sustained by the One. Contrast is essential to give your story true meaning and depth, and only the appearance of separation and suffering can be an effective contrast to the reunion and freedom that enlightenment brings.

The implications of this understanding are tremendous. It means you are already that which you seek, and the veil of maya (illusion) which is programed into every ego and mind, only appears to separate you from the Whole.

Take this understanding as a hypothesis and embark on a quest for its empirical verification. It is less arduous to adopt unverified beliefs but they will neither help you to grow in consciousness nor to find unconditional love and true freedom. It is far more fruitful to become a rigorous and committed inner scientist, a seeker and lover of truth.



An Itinerant Sadhu

From 1966 until 1999 I lived as a wandering sadhu and was always ready to move on at a moment's notice. A rolling stone gathers no moss and my itinerant lifestyle has been helpful in learning total let-go and flexibility. For me to settle anywhere used to feel like an imprisonment.

As a teenager I fathered three children but I was an absent parent whose priorities were for both spiritual and personal freedom.

In 2000 things changed. For several months my wife, Sada, and I tried consciously to conceive a child. In the middle of January 2001 it happened and on 13 October 2001 Siddhartha Ishwara was born.

He is a beautiful sensitive boy who was blessed to spend his first four years in ideal circumstances in our New Zealand meditation centre.

A new chapter began with my move to New Zealand and I am only a little surprised to find that I am now a fully committed parent after a somewhat self-centred history.

From 2000 to 2005 I had many new experiences. As well as becoming a committed parent I lived in one place and founded Maitreya Meditation Centre. I learned how to drive fast and safely on racetracks, published the 2002 edition of Unity, designed and built a two-storey house, became a company director and enjoyed playing these new roles without identification or attachment.

On 29 August 2005 our beautiful daughter, Leela, was born. Sada gave birth at home with no midwife present. I assisted with the birth and cut and tied the umbilical cord.

This was a truly miraculous and wonderful experience.

Despite my family commitment my marriage was about to fail. In October 2005 I left NZ with Siddhartha and moved to Europe where we started a new family with Susan, a beautiful young woman who is an old friend from a past life. We lived in a charming small town in Germany. I shared satsang weekends in several countries and longer retreats in Ibiza and the Alps.

In December 2006 and again in December 2007 I returned to NZ for a retreat at Maitreya Meditation Centre. I enjoyed the visits to family and friends, and in January 2008 Siddhartha, Susan and I explored the wonderful mountains, lakes and fiords of the South Island.

I was also happy to return to Europe where I enjoyed the more cosmopolitan lifestyle. And for a motorsport enthusiast the unrestricted autobahns and the Nürburgring racetrack in Germany are close to heaven on Earth.

Siddhartha adjusted well to life in the picturesque Eifel region. He learned German, made lots of friends and started school in August 2008.

He loved riding his bicycle and we took family bike trips to nearby lakes and forests. Family life was a rewarding and enjoyable experience for us.

In June 2009 I left my home in Europe and returned to New Zealand with a plan to rebuild a spiritual community at Maitreya Meditation Centre in the remote and beautiful Wakamarina Valley.

I rented a house near MMC with a magnificent view of the Marlborough Sounds. The house was simple but had a large verandah and was surrounded by native forest.

Siddhartha and I visited the centre every day for me to share satsang and guide the development of MMC and for us both to enjoy life with family and friends.

In February 2010 Siddhartha and I moved to the Isle of Man where we enjoyed our lifestyle tremendously. Most of my satsang friends are European and I shared satsang retreats and weekends in Europe.

In December 2010 my new partner, Maria, left her life and yoga practice in Germany and moved into our home in Douglas.

In March 2011 I returned to New Zealand. Siddhartha, Maria and I live in Golden Bay, one of the most beautiful places in the world. Sada lives next door and my children have easy access to both parents.

I share daily satsangs in Golden Bay and travel to Europe twice a year for intensive retreats.

I feel strongly that I am at home and in the right place for whatever surprises the next chapter of the story may bring.

Part Two Transcending Duality

These messages come through me from Source. The power and intelligence that creates and sustains us all uses me to transcribe and present these messages of personal and planetary transformation.

In the Q&A sections, Source asks questions through a seeker and answers them through me. God utilizes the concepts of advaita, the ancient nondual wisdom, as a unifying and rational framework to share some of the divine mystery with us.

His message of the oneness of all existence - through the medium of consciousness and the divine animation of human affairs - lays the foundation for Unity, the religion of the third millennium and beyond.

Unity heralds the golden age of a just, peaceful and conscious civilization that is destined to unfold very soon.

Understanding the Ego

Most spiritual teachers agree that ego is the problem, but their approaches to dissolving it vary widely. In fact, if you look closely at many teachings you will find that they are actually ego-based.

Any direct strategy to transcend the ego must involve a more subtle ego that is initiating the discipline. Hence the perpetuation of the spiritual ego in many traditions.

Most teachers suggest that it is necessary to adopt certain positive attitudes and qualities in order to make progress. In this process your unconscious ego recreates itself as it strives to reach the ideals of your teacher.

Buddha understands that attachment is a problem, so you should not cling or reject. Jesus knows that love is the door to freedom, so you should be more loving. New Age teachers value a variety of positive ideals; therefore you should be more positive.

The seeker's ego survives unconsciously in its agenda for self-improvement. This is the main hiding place in many teachings for the ego's last identification.

The strategy of 'cornering the ego' in the Zen tradition implies a superior ego to manage the cornering. And even teachings that say you should surrender may miss the point that the ego lives on in that very attempt to surrender. The spiritual ego takes refuge in 'my surrender' and thus perpetuates itself.

If you could be different from the way you are right now, you would be. You can be only as you are, until that changes. This understanding reflects Buddha's greatest

insight of tathata or suchness, and is the essence of the refined spiritual insight of advaita.

When the implications of tathata are deeply understood, the ego naturally becomes neutralized. Buddha's insight cuts to the core of the identification with a doer called 'me'.

Clearly all seekers have experienced that their inner world is not in their control. If control were in your hands you would just choose to be enlightened, at one with God and free from suffering. Every seeker tries to be more positive and conscious, but mostly with limited success.

All that is needed is to deeply recognize the facts: life is already living you and has its own agenda that is often contrary to that of your ego. This gap between your ego's agenda for how things should be and the actual reality of life manifests as suffering.

The potent insight of advaita is that all life, including the ego-doer with its positive spiritual agenda, is a play of consciousness. This insight rests on the core enlightened experience of conscious oneness which is then extended in logic. The human mind is the most sophisticated creation we know, and every buddha has discovered that consciousness is at the source of mind, so it is reasonable to conclude that less complex creations also spring from consciousness.

This means consciousness is the core reality, the source of the universe and all existence. Intelligence is programed into every atom of the universe; therefore it follows that consciousness has a superior intelligence to design and manifest existence.

Conscious intelligence with the power to design, create and sustain the universe is an accurate definition of God. Since all of existence has God as its source, everything that exists is equally divine and is made of God by God. This also means God is the only real power and that your ego's claim to free will is illusory.

Even your ego-mind is a play of consciousness and has no independent power to achieve anything at all. God or consciousness is the only power there is, both as all the manifest multiplicity of existence and its eternal transcendental source.

The application of tathata, or suchness, provides the means to live with the complex vicissitudes of life: one simply watches all internal and external events with deep acceptance; things must be as they are until they change. Acceptance does not prevent anyone from being total in their quest for growth and self-improvement, but it does remove the burden of ego responsibility for success or failure, and makes your endeavour more conscious. You play your part in the leela as if it really matters - and to the best of your ability - while remembering that ultimately nothing is in your hands.

Not my will but 'Thy will be done' is the highly valuable contribution of Jesus to tathata and advaita. God is truly omnipotent and whatever happens, including all details of everything, is the will of God. Surrender to life is actually surrender to divine will.

Only in this surrender born of deep understanding is the subtle spiritual ego neutralized. To grow in love and to enjoy life fully you need only to be consciously with what

is so. Actions happen by divine animation; there is nothing for the illusory ego to do or achieve as an independent agent.

Mindfulness in action is good and necessary, but it is not enough to allow consciousness to turn back on itself in the essential rest of silent awareness. For awareness to expand in most seekers, silent unoccupied meditation time is required.

After the vital preparation of ego-based disciplines, meditating with an awakened one within the context of advaita creates the optimum conditions for rapid growth. Meditating in the energy field of a living buddha is the ultimate effective method of transformation - his energy lifts you up into the divine light of consciousness.

Satsangs with me focus on silent sitting and sharing the basic spiritual understanding: God is all there is and I am not separate from the Whole. This understanding allows you to trust life-as-God and to accept yourself totally as you are right now, rather than accepting yourself only after you have lived up to the ideals of an ego-based teaching.

Consciously watching with equanimity as life lives you is a deeply transformative approach that frees mature seekers from ego neurosis herenow.

The Shift

Every 4,000 years there is a shift from a world in which violence prevails to an ethos of peace or vice versa. This contrast gives the human drama real depth and meaning, and gives all souls the experience of living in the different energies of light and darkness, when each cycle comes into its time of ascendance.

The age of darkness, the Kali Yuga, is characterized by violence, conflict, materialism and divisive religion based on blind beliefs.

The Sat Yuga, the age of truth and peace, witnesses the miraculous redemption of humanity and heralds a new dawn of conscious, harmonious civilization based on a holistic and transformative religion of Unity.

The only way to change the world is to make humans more conscious. The population has increased from 2 billion to 7 billion in the last seventy years, which means that the majority of humans are young souls with all of their characteristic unconsciousness.

Left to our present demographic trends, the ratio of new unconscious souls to older more conscious souls would only continue to increase. It takes many lives for a soul to evolve naturally in consciousness.

The seismic change from darkness to light involves the rapid evolution of all souls. Everyone will grow rapidly in love and consciousness and be ready to join the spiritual, social and cultural renaissance of the age of light.

The time of transition from darkness to light is imminent and dramatic. Source will bring about a miraculous and

positive shift in the hearts and minds of every person.

The great change from darkness to light is the most auspicious moment in the 8,000 years of both cycles. It is a wonderful blessing to witness this miraculous shift when consciousness reveals itself as the one and only power and celebrates with the awakening of many friends.

You are the buddhas of the New Dawn, the blessed ones, the meek who inherit the Earth - the witnesses of the transition from darkness to light.

Soon we will lay the foundations for the new civilization, a global society based on reverence for life, meditation, equal opportunity and social justice.



The Marriage

My life and work have been deeply influenced by Osho. His conscious celebration of life is an effective antidote to the old spiritual afflictions of hypocrisy, seriousness and piety that limit many religious people. And his vast esoteric knowledge of the effective systems of transformation is unsurpassed.

Osho's vision of 'Zorba the Buddha' weaves an intricate tapestry from his vast knowledge of esoteric science and a playful merging with life-as-God. Zorba symbolizes the conscious celebration of life and all the positive aspects of being human. Buddha represents the awareness that transcends all inner and outer experience.

Advaita's potent insight into the oneness and divine animation of existence is an effective approach that helps neutralize the ego-doer. The invitation of advaita to live as if you are a host for divine consciousness brings relief from much of the suffering of ego-based neuroses.

We understand that every event is in God's hands. There is nothing to do but let go and watch the show, as the magical mystery tour of life unfolds. This application of advaita's nondual insight is transformative.

In some teachings, however, advaita can tend towards an anti-life, absolutist interpretation that is contrary to the human experience of being embodied consciousness; overly intellectualising advaita dilutes its transformative potency.

When Zorba the Buddha is synthesized with advaita we have the foundation for a mature spirituality, free from

subtle anti-life attitudes and the unhelpful burden of ego-based approaches.

The religion of Unity is based on the union of advaita and Zorba the Buddha. Unity is rational, experiential, playful, surrendered, aware, loving and respectful of the divinity of all life.

My work as the messenger for Unity began in 1998 with the publication in India of the first short version of 'God's Vision: The New Dawn'. The fifth edition of the book, now titled 'Unity: The Dawn of Conscious Civilization', is an anthology incorporating this biography and the introductory book, 'Divine Transmissions'. The trilogy has been expanded and refined over an eight-year period and is now complete.

God is omnipotent and omniscient. He could have dictated word-perfect text to me originally. However, this would have deprived me of an invaluable experience in learning some of the skills of a writer. More significantly, dictating perfect text to me originally would have made the story far less interesting and dramatic.

All the elements are now in place to support your rapid spiritual growth as the extraordinary events of the great change unfold.



A Messenger

In 1997 I lost all ability to function independently and since that time I have existed as a divinely animated instrument of the One.

Even so I am a little surprised that I have been chosen as the messenger for this vision of Unity. I have a colourful past with lots of intense drama, as you can tell from reading my biography.

I understand human nature both from an enlightened perspective and as a driven and sometimes desperate seeker who appeared to lose his way several times in more than twenty years of searching for freedom.

I am uninterested in politics and power over others yet I am a natural communicator who, more than anything else, enjoys sharing love and being helpful. Even though words flow effortlessly through me every day in satsang, I am more inclined towards silent awareness than words.

As I was transcribing, editing and refining this book, I asked the Intelligence that was dictating the text to me an obvious question: what makes this message unique?

The answer that came is the quality of the message, the depth and scope that are revealed as the work progresses. Many teachers talk of unity and the beginning of the Sat Yuga, the golden age of truth and peace, but the quality of this book sets it apart from other spiritual tomes I have seen.

This divine message of Unity is not easy to dismiss, but how are we to know if it will actually come to pass? How will God bring so many divergent teachings together into

a shared and integrated understanding?

These questions will not be answered until the shift actually occurs and is experienced by everyone on Earth.

Time alone will tell if this divine message of Unity fulfils its predictions for a great change from darkness to light and sets the stage for a new age of peace and truth.



Shared Understanding

Our materialistic society is driven to a large extent by greed for more wealth in the affluent countries, and by a struggle for basics in the rest of the world.

The present economic system is deeply flawed, yet as the gap between rich and poor countries and people continues to widen, a viable alternative to the injustices and excesses of casino capitalism is in sight.

The time of moral capitalism with an agenda to do good as well as make profit is taking root in the minds of many business leaders and will be the economic way forward.

The shared understanding of Unity is that deep down we are One and that whatever we do to others is done also to ourselves. We are the world.

All people have a natural sense of self-interest that will keep this shared understanding healthy and free from hypocritical morality.

One of God's greatest interests lies in keeping perfect and detailed accounts of all human interactions. The ancient law of karma provides us with a rational basis for ethical behaviour based on self-interest, not sanctimony.

The law of karma is simple: your actions return to you in equal measure. If you hurt any creature, even a small bird or fish that you eat, its pain will be suffered by you also. When you are helpful to others, you will receive support to the same extent. The more you share, the more you will receive. And sharing has an additional benefit in that it also feels good immediately.

Understanding the law of karma reveals that ethical be-

haviour is in your own self-interest and thus eliminates the need for less effective systems of morality.

Both sanctimonious morality and selfishness can be transcended with a rational shared understanding based on self-interest. The understanding that we are One supports a transformation of social and spiritual life.

The law of karma provides the foundation we need to live in peace, respect and harmony with one another, free from injustice and exploitation. Understanding and living in tune with the ancient law of karma will help to bring justice to our wounded world of today.

A fair and sustainable world economy that embraces both the efficiency and competition of capitalism, and a more equitable distribution of opportunity and wealth, is destined to replace our present unjust economic system.

The reformed economy will require a wide-ranging raft of policies, agreements and rules to make it efficient, just and sustainable.

Many of our political and business leaders are being prepared for their vital roles in planning and implementing the new economy that is based on reverence for life and sustainable growth. The dawn of a conscious civilization with its new economic system of ethical capitalism is at hand.

Purification

Advaita teachers are prone to ignore or be averse to meditation and purification, and tend to say that you are already inherently free. Wishful thinking is a common flaw in advaita-based approaches yet no amount of wishful thinking can heal your body, mind and emotions.

Advaita teaches that understanding is everything. All you need to understand is that consciousness or God is all there is, and therefore you are that which you seek.

When a ripe seeker applies this understanding, advaita can produce results. Maitreya had a satori the first time he heard this nondual truth. Advaita is as close as words can come to the truth, but it is not enough to transform unripe seekers.

Ripeness is the vital prerequisite for the understanding of advaita to be transformative; your body, mind and emotions must be healed first. Without spiritual maturity advaita's potent insight remains superficial; it is just more borrowed knowledge for your collection.

Teachers who say: there is no need for meditation and purification because you are already free, are doing an unintentional disservice and facilitating apparent delays to real freedom. The delays are only 'apparent' because Source always creates everything, including delays and Indian trains, to be perfectly on divine time.

Ego-identification is necessary to create the illusion of separation that lies at the root of suffering. Identification with your ego-mind is natural; it is the way everyone is programed. Understanding this function of the ego is the

beginning of freedom, but transformation happens only when you are prepared; the groundwork is essential.

Purification and healing of the body, mind and emotions take time and commitment. Meditation, yoga, martial arts, breath or bodywork, Osho meditations and various other methods help to balance and heal the body, mind and emotions. Choose any method that attracts you that has proven to be effective.

The body is your densest system and is the basis for all human experience. The food you eat creates your body. If you are interested in rapid healing and purification of your body, eliminate the consumption of all junk food, sugar, dairy and animal products; meat and junk food eaters face serious health problems.

Organic vegan wholefood is delicious and nutritious. It gently and effectively removes environmental and other pollutants from your body, builds good health, supports immunity to disease and slows the ageing process.

For seekers of truth the body is of vital importance; the nervous system contains delicate channels for ecstasy, bliss and love. And the chakras, the doors to higher states of consciousness, are connected to the nervous system. The body is your temple; it is a gift from God to enjoy, and a vehicle to realize your full human potential.

When you defile your body with unhealthy food you desecrate your temple. Even enlightened people who indulge in junk food are certain to pay with their health.

The emotions can be healed and purified with therapy, emotional release or active Osho meditations that use catharsis to release blocked energy and emotion in a

harmless and healthy way. Osho developed many effective methods that his followers continue to employ.

Mind cleaning is the biggest endeavour and takes the most time; this is the work of meditation. There are many techniques; the method to which you are most drawn is the best one for now. Be open to new methods when they pull you. Basic meditation pays full attention to your inner reality as it is with as little comment as possible. The mind is engaged in direct experience of the body, breath and energy. More detailed approaches are outlined on other pages of this book.

The fastest way to purify the mind is to attend satsang with an enlightened teacher twice a day as an ongoing lifestyle. Satsang with an enlightened teacher speeds up the meditation process and makes the journey of inner discovery much more enjoyable.

Be total in cleaning and purifying all of your systems. When you are ripe, a few words of the truth can be the catalyst that sets you free. Before you are ripe, unverified belief in the ultimate truth is a sweet trap that ensures the survival of your spiritual ego.

Avoid this trap by remaining authentic and connected to your experience as it is with as little mental comment as possible. Observe yourself silently as you are. Accept yourself as you are. This is how you are meant to be right now. Be free in conscious acceptance.

Monistic Multiplicity

Of the three cosmologies postulated by major religions, monotheism, pantheism and monism, only monism is both nondual and complete.

The monotheistic belief that God made us in His image implies that He is a powerful being who looks somewhat like us - He is our father in heaven. God is held to be the creator of the universe, but He remains separate and distinct from His creation; dualism prevails in this view.

Indian understanding posits two nondual cosmologies, pantheism and monism, both of which arise from enlightened experience.

Pantheism postulates a divinity that is immanent and omnipresent in all that exists, but there is no aspect of the divine that is transcendental to existence.

Many enlightened Indians say existence is eternal and self-created. This understanding is pantheistic; it means that existence is one divine consciousness, but there is no God-the-beyond.

Pantheistic gurus believe that buddhas are the highest flowering of existence, and that consciousness is aware of itself only through them. They have attained the ultimate enlightened consciousness and have dissolved in existence, hence many Indian gurus are deified and worshipped by devotees as gods on Earth.

Indian pantheism is influenced by Shiva and Buddha both of whom are nondualists, but they and many enlightened Indians omit the transcendental aspect of divinity: God-the-beyond; thus nondual pantheism is incomplete.

Advaitan cosmology is monistic; it is both nondual and complete: one transcendental consciousness permeates and animates all that exists. Advaita shares Buddha's experience of conscious oneness, yet it agrees with modern science that the universe had a beginning and therefore must have an unknown source.

That mysterious source cannot be existence because the innate intelligence of the universe requires a source with a superior intelligence to design and create it. The design for existence occurs prior to its creation. Source exists prior to existence in a realm beyond space-time.

Existence is simply that which exists; it is comprised of six realms: the universe; the energy, astral and psychic realms; the Self or Being; and the cosmic witness.

The universe and the non-material realms of existence are created by the eternal mystery of Source, the seventh realm, God-the-beyond, or the void of non-existence.

Source is the transcendental power and intelligence that creates and sustains existence, which is made from the mysterious consciousness of God's ultimate reality.

Advaita means 'not two'. Existence and its source, non-existence, are one divine consciousness with an infinite multiplicity of manifestations.

Monistic multiplicity cannot be refuted by enlightened experience or by reason, and in fact it rests on both; it means that God is immanent and transcendental. He is both existence, life-as-God, and the source of existence, God-the-beyond.

This insight relieves buddhas of their status as gods on Earth that is prevalent in India. Buddhas are the highest

flowering of human consciousness, but their limited human nervous systems can accommodate only a tiny drop of the ocean of intelligent awareness that is both the void of creation and all of existence.

The beautiful word 'God' has been sullied by millennia of divisive religions and irrational dogma. The time has come to redeem the word 'God' and reclaim it to mean the eternal, intelligent awareness of the void that is both existence and the source of existence.

The time has come to reclaim the word 'religion' from the raft of orthodox beliefs that distort it, and to restore its true meaning of spiritual enquiry. And perhaps it is also time for all seekers and gurus to transcend limiting beliefs and to embrace the holistic understanding of monism.

Monotheism and pantheism are incomplete, polarized cosmologies that are unified and integrated in monism's nondual embrace.

As we move towards the spiritual renaissance of the Sat Yuga, monism will provide the foundation for a holistic religion of Unity for the third millennium and beyond.

Monistic multiplicity reflects the cosmic reality of one indivisible transcendental power animating all phenomenal manifestations. God is both immanent and transcendental. He is awareness, love, intelligence and playfulness. Very soon His light will transform the world.

Facticity

Facticity is the quality or condition of being a fact. In the material world science checks and tests everything, including claims about healing the human body, and verifying or disproving each. These scientific facts form the basis of our common knowledge of the material world.

Before you believe or say anything about the material world, it is wise to check if it is true or not. Claims by vendors or practitioners are not proof that their product or service works effectively or safely. This has to be checked by independent experts.

Most spiritual seekers of truth are not inclined to check facts before they believe and repeat information about the material world. If you are really a seeker of truth make sure what you are saying is really true and cannot be disproved by science.

As you penetrate more deeply into your inner reality many mysterious facts become your truth. Spiritual truth cannot be known by belief, but only by direct experience.

Stay with your direct experience and take the words of teachers as an invitation to look deeply into yourself; self-enquiry is a subjective science whose province lies in the secret realms of every seeker's inner world.

Truth is often made to sound holy by teachers, as if it were something far away. Truth is a mystery that has a thousand veils shrouding its ultimate reality. Truth also means 'what is so'.

The important and verifiable truth for you is your direct experience. This truth is not the mental chatter of your

mind's comments and judgements. Most minds indulge in fantasy and projection and fabricate stories that are out of sync with reality. Your truth is the direct experience of life-as-God in you, as it is witnessed each moment with silent awareness and equanimity. It helps to keep your comments on your experience brief. The mind then returns to a state of silent awareness and continues watching all inner and outer experience with equanimity.

Reality is multidimensional and can be explored only by staying with the awareness of what's so. Spiritual knowledge is revealed through self-observation; silent wisdom does not require your mind to interpret, analyse or make lengthy comments. It is more prudent and fruitful to note the facticity of direct experience consciously, with as little comment as possible.

Teachers often talk about truths that you cannot verify with your experience. Take their insights as a hypothesis, never adopt any belief without experiential verification and always question anything that does not make sense. Reason and religion need not be incompatible.

Not all enlightened teachings are rational and experientially based. For example, the assertion that you are already enlightened because you are part of the one consciousness of the Whole, is irrational and contrary to your own experience.

Enlightenment occurs with the experiential verification of advaita's hypothesis, consciousness is all there is, not through collecting beliefs from well-meaning but unskilled teachers. Advaita's understanding is very helpful as a hypothesis to support your existential enquiry, not as an un-

verified belief about truth. Beware of unverified beliefs - even if they happen to be true.

Authentic seekers require skilful teachers to help them avoid the idealistic traps that decorate the spiritual journey in the form of unverified truth.

Have a close look at your teacher's suggestions and be aware of subtle embedded 'shoulds'. Any subtle 'should' will allow your ego an escape route as it unconsciously recreates an idealized spiritual identity.

You are perfect as you are now for the complex needs of the divine play. All growth happens by grace, through the power of the One, not by adopting subtle idealistic spiritual 'shoulds' from your teacher.

Understand that you are already helpless and vulnerable to life's agenda. Trust that the intelligence of the Whole is managing your life and growth perfectly. Only with deep trust in life are you free from the burden of your spiritual ego's constant effort to get it right.

As the investigation of your multidimensional reality opens to more subtle, refined states of consciousness, eventually you disappear and the ultimate truth of non-Being is revealed. The ultimate truth cannot be described accurately; that arcane realm is far beyond all trace of concepts. Ultimate truth can be known only by dissolving and disappearing into its Mystery, and then there is no one left to claim: 'I am That'.

Truth is fully revealed in deep silent awareness, beyond the last vestige of subtle thought. And that sublime and liberating revelation is given by the power and grace of God.

Grace

All occurrences are a function of divine will or grace. Even the most microscopic of all details happens by the grace of God. This applies equally to enlightenment and torture, life and death, surrender and resistance and all possible human experiences.

This definition extends the meaning of grace as being a special favour from God to include the functioning of all existence as a reflection of omnipotent divine will.

Understanding the all-inclusive nature of divine will or grace is effective in neutralizing the spiritual ego, which unconsciously identifies with some kind of individual doer in most seekers. This definition of grace is existentially accurate: Source is the only power and doer.

Divine consciousness programs humans to have the experiences that the leela, the divine play, requires. You are preprogramed to play your part in the drama of life; you are always totally in God's hands. The recognition of this fact is an effective antidote to the ego and its claim to be an individual doer.

The sense of being an individual doer is programed into every ego's structure. The ego-doer is needed to create the illusion of separation that manifests as suffering in humans. Separation and suffering provide the essential contrast to the ecstasy of enlightenment.

Any variation on the familiar spiritual growth themes of responsibility, creating your reality or manifesting your potential is certain to support the mistaken notion of being an individual doer.

Understanding this concept of grace as divine will frees you from any kind of need to achieve anything. All of your experiences are given to you by the grace of God when the time is right, including surrender, enlightenment, suffering, effort and everything that your destiny requires.

Human helplessness and vulnerability apply equally to enlightened ones, but they have adjusted to the reality of surrender; they play their part in the drama of life with gusto, as simultaneously they just let go and watch the show. Hence buddhas enjoy life free from suffering.

Soon we will replace the misnomer of masters or gurus with the more existentially accurate description of divine channels, enlightened teachers or buddhas.

As we evolve in the coming age of enlightenment, this definition of grace - that we are always totally in God's hands - will provide the foundation for spiritual seekers to understand their total lack of individual power to achieve anything at all.

Beloveds, the sooner you are destined to understand grace as divine omnipotence in action, and apply it fully in your life, the sooner your separation and suffering will dissolve like dew drops in the morning sun.



Transcending Duality

The ultimate reality of Source is nondual awareness, the mysterious realm of non-existence - the void. God creates and sustains all aspects of existence through the medium of nondual consciousness - the substratum of all manifest creations. The void creates existence from itself.

Existence is not eternal, it is just one breath of the void. When a universe is created, the divine play of hide-and-seek begins the dance of consciousness-in-motion.

Before and after each universe is created and destroyed the void exists as consciousness-at-rest.

All the infinite multiplicity of phenomena in existence are animated by the One and created by the One from the essence of the One.

The indivisible oneness of consciousness manifests as the different polarities of existence: light and darkness, male and female, negative and positive, yin and yang, freedom and limitation, et cetera.

Polarity is not a spiritual problem that creates suffering; it is just the complementary dance of opposites. Polarity is vital for life to have contrast and meaning. All polarities are animated by the one divine power.

Duality is the illusion of separation from the One that is at the root of suffering. Duality is created by the ego's over-identification with a body-mind. Enlightened ones transcend duality and enjoy merger with universal consciousness in no-mind.

Dualism refers to the assumption that there is more than one power at work in existence: good and evil, the

devil and God, divine will and human free will.

Dualism is merely a divisive philosophical assumption that is refuted by the nondual insight of advaita and by these messages from Source.

Awakening does not necessarily dissolve the conceptual dualism of divine will and human free will. Awakened people teach whatever God wants them to, even the philosophy of dualism.

Yet all enlightened people could use their experience of conscious oneness to verify the nondual understanding of advaita: consciousness is all there is, and free will is animated solely by divine consciousness. Seekers can experiment with dualism's antithesis: God is all there is and I am part of That.

Polarity is necessary for life to exist; yin and yang are essential and complementary opposites, but the human experience of duality that is caused by ego separation is transcended in no-mind. Enlightened ones live in human bodies but their consciousness has merged with the One.

In the silence of no-mind you enter into the realm of truth - the paradise of heaven on Earth that lies beyond the suffering created by the illusion of duality.



The Flow of Life

Free will is an ego trip in which everyone is programmed to believe. This belief allows separation and suffering to occur and gives you invaluable experiences of trying to be the best you can be.

Many teachers use an ego-based approach to try to get you to be more conscious, loving, surrendered or some other spiritual ideal. Naturally your ego is happy to choose, manifest and try to arrange things to its liking.

Ego-based approaches tend to sustain the illusion of an individual power of some kind - and perpetuate the separation, neurosis and suffering that follow the illusion like a shadow.

Clearly life has a different agenda from that of your ego. This gap between the facts of life, suchness or what is so, and your ego agenda, manifests as suffering.

The understanding: Source is the one and only power and I am part of That, means free will is illusory. Every ego and its program for free will is just a play of consciousness, even yours. Ego-based ideas are the main illusions in life and are the primary means to perpetuate suffering. That is why the understanding of advaita is so potent; it supports the conscious surrender of ego and let-go into the flow of life that is freedom herenow.

My experience reflects the understanding of advaita. I know that your experience may be to the contrary but I suggest you take the hypothesis of advaita as a starting point for your journey of discovery into the reality of life. And use intelligence and reason to support your enquiry.

Call off the Search

Awakening and enlightenment both mean permanent freedom from ego. Yet awakening refers only to the first stage of enlightenment wherein atman, the fifth realm of God, the universal Self or Being, is accessed.

The second stage is literally enlightenment; it refers to the total opening of the third eye. The soul is impregnated with intense divine light, and the sixth realm or body of God, the cosmic witness, paramatman, is accessed.

Nirvana means full enlightenment; the cosmic witness is transcended and a glimpse of the seventh realm of non-Being is revealed.

All that you can experience is each moment of life as it unfolds. The way to enjoy freedom is to live each moment of life as if it alone is the goal, to live consciously in the present moment and thus enjoy life to the full.

Any search for enlightenment in the future is an ego-trip; it is more rewarding to live each moment totally and consciously than to be fixated on a future goal.

Nondual spirituality recognizes that consciousness or God is the only real doer; the ego just pretends to be the doer, like a child steering a car from the back seat. The ego is not actually required to initiate action - the river of life will carry you home to the ocean of oneness.

Nonetheless you are programed to make all possible effort to attain freedom from your dark night of suffering. Fortunately the way to attain permanent freedom is the same as the way to enjoy life to the full: live each moment consciously and forget about any future goal.

Moments of silence and beauty are significant tastes of truth, but until the ego has permanently dissolved you are neither awake nor enlightened. This permanent dissolution of the ego is not a small thing.

Enlightenment does not occur by calling off the search and prematurely claiming to be a finder of freedom, rather than a seeker.

Enlightenment or awakening involves the total transformation of your body, mind and emotions; your individual soul merges with the universal consciousness of the Self, the fifth body of God.

Calling off the search and declaring yourself a finder is a common trap for less rigorous seekers. However, it is helpful to call off the search from an ego-based seeking for enlightenment in the future, to a more fruitful way of living each moment of life as the goal in itself.

Yet calling off the search is neither enlightenment nor awakening; it is just the last phase of the journey home to permanent freedom from ego and suffering.

When the ego-doer finally dissolves permanently in enlightenment there is an ecstatic release of cosmic energy; the miracle of awareness, love and bliss becomes stable, spontaneous and inescapable - and no one is left to call off the search.

Consciousness is God

For many lives Osho was my only beloved master. In this life, I lived with him from 1975 until his death in 1990. I was deeply influenced by his pantheistic perspective and agreed with his view that the god of paternalistic religions is a fiction. It was not until meeting Ramesh Balsekar in 1993 that I understood the monistic sophistication of advaita and its impersonal theistic implications.

Advaita literally means not two. Advaita rests on the enlightened experience of conscious oneness. From this foundation reason takes over and culminates in a holistic theistic cosmology.

Many spiritual teachers do not follow the understanding of advaita to its theistic conclusion. Meditation teachers are often pantheistic and follow teachings which posit that existence is either self-created or that it is eternal.

However, this message from Source reveals that only God-the-beyond is eternal and uncreated, and that God creates existence from His ultimate reality of the void of non-existence. Source is the transcendent designer and creator of existence. Both advaita and science support this message from God. Science knows that the universe had a beginning and thus has not existed forever.

Advaita rests on the discovery made by every buddha that the source of mind and body is consciousness. Since humans are the most complex creation of which we know, it is reasonable to conclude that other less complex creations also originate from consciousness.

Consciousness is all there is - both as the phenomenal

existence and its arcane unmanifest source, the realm of non-existence, the womb of creation.

The source of existence, God-the-beyond, is the power and intelligence that designs, creates, sustains and ultimately destroys all the manifestations of existence.

God-the-beyond is the unmanifest aspect of the Whole; existence and all creations are the manifest aspect of the Whole. God or consciousness is all there is, both as the eternal void of non-existence, consciousness-at-rest, and as the manifest existence, consciousness-in-motion.

Buddhas and rocks are both made from the same core reality of consciousness-at-rest, but they differ in degrees of density and refinement.

God is eternal and uncreated. It is impossible for the human mind to understand how this can be so. Yet the void has no designer or creator, no beginning and no end. God is the ultimate mystery, and will remain so until you leave the body and soul for the last time and dissolve in His eternal beyond forever.

I know this not just from reason and by enlightened experience, but also from direct divine revelation. God-the-beyond contacted me verbally in June 1997 while the second stage of enlightenment was devouring me with its awesome intensity and beauty. Since that time, divine consciousness has been using me every day to speak for It. Source has demonstrated Its power and intelligence to me repeatedly in an amazing variety of ways.

Osho was right in saying there is no person or father in the sky called God. But now I know that God exists as the eternal source of existence: consciousness-at-rest.

Discipline and Advaita

I teach advaita as the context for all ego-based effort; in this teaching seekers experiment with the marriage of the ancient antagonists: advaita and meditation.

Spiritual growth requires effort and discipline as the essential precursors to the conscious let-go into the flow of Now that is the transformative application of advaita.

Surrender in immature seekers who have not developed the positive aspects of the ego is likely to involve limitation, inertia and unconsciousness.

Conscious surrender to life is possible only for those who have grown in consciousness through the discipline of remaining aware in all situations.

This vital preparation for surrender requires that the ego attempts to live each moment with awareness, until consciousness has grown sufficiently to remain aware spontaneously.

Before surrender is actually possible, the seeker's ego must make every effort to live more consciously, and must achieve some success in this endeavour.

For those seekers who have not passed through the discipline of choosing to be more conscious, the invitation of advaita to let life live you will have less helpful results.

In reality there is only divine will managing every detail of existence, including every individual ego. Before divine will reveals itself as the only real doer, totality of effort is required to live each moment more consciously.

Understanding this insight helps seekers avoid the limitations of meditation-based approaches (the burden of

ego) and of advaita-based teachings (lethargy and the delusions of unverified belief).

Advaita-based teachings that are unsupported by the discipline of conscious living and being leave seekers confused - and prone to decorating their egos with unverified absolutist beliefs.

The antidote to this affliction is to make every possible effort to grow in consciousness while remembering that life is a manifestation of divine will. Even your individual ego, which requires positive development through effort and discipline, is just a reflection of the only power there is: the power of the One.

This understanding allows you to practice the discipline of meditation while remembering that all life experiences are part of the predestined unfolding of divine will.

The apparent contradiction between the approaches of ego development and conscious surrender dissolves as the soul ripens; you understand that both approaches are different levels of reality occurring at the same time.

The marriage of advaita and meditation supports your effort to live each moment as consciously as possible while remembering that your successes and failures are not in your hands. Each and every aspect of your unique individuality is just a play of the One.

Multidimensionality

There are two fundamental paths to freedom: love and devotion are the female ways of the heart; awareness and clarity are the male ways of the warrior of truth.

Every seeker has access to both love and awareness; the balance of these divine qualities varies according to your temperament and gender. My way was primarily the path of awareness, but now the ecstasy of divine love has also flowered.

For those on the path of love it is important to understand that nondual awareness is the uncreated reality from which love and all existence are created.

Awareness is the source of love. God is first and fundamentally awareness. Yet He is also love, intelligence and playfulness. Love, playfulness and every divine aspect except intelligent awareness exist only while existence is manifest. God-as-awareness is also the transcendental unmanifest realm of non-existence.

Before and after the universe exists, God has always been and always will be the uncreated eternal mystery of the void. This void of creation is knowable only to God.

Existence and every soul is created by consciousness of consciousness, and fundamentally is consciousness. When the implications of this nonduality are understood and lived, surrender and divine love will certainly follow.

Surrender is essential for both approaches. Surrender can be an expression of love and devotion; this emotional form of surrender is unstable as feelings change.

Surrender is also a deep acceptance of reality: each

moment of life must be as it is until it changes. This pragmatic form of surrender is a method that can be applied at any time by anyone who remembers: things must be like this now. Surrender to life-as-God will follow.

Love is an experience that seems to come and go. Consciousness is the experiencer of love and is aware of the coming and going of love. But it is not possible for love to be aware of consciousness.

This limitation of love is no problem when your love is flowering; love is the sweetest human experience. But everyone knows that the experience of love comes and goes. The knower of all experience is awareness.

Awareness also appears to come and go in seekers, but awareness is not an experience like love; awareness is the context in which all experience occurs.

When meditators watch their inner world closely they discover that all experiences, including the fulfilment of love, are transitory. Awareness exists beyond love but love cannot exist without awareness. Awareness is the eternal realm of God's ultimate reality.

Jesus' statement that 'God is love' seems more human and attractive to many devotional seekers than 'God is awareness'.

But love exists only while existence is manifest. When all of existence disappears back into the Absolute - the void of non-existence - love exists only in potentiality.

The witness is aware of the coming and going of love. This stability of the witness makes it the essential key to freedom. You can witness whatever experience you are having, including the absence of love. As awareness

grows the witness becomes strong and inescapable; it starts to embrace you in its secret and blissful heart of hearts.

Seekers on the path of love and devotion also require grounding in awareness to provide the transcendence and stability that come only from the witness.

Every soul is an expression of divine consciousness. The soul's individuality provides the distinctions required for the drama of life to unfold; the appearance of separation is a prerequisite for all interaction in the dance of life.

We are multidimensional beings with separate bodies, minds and souls. At the level of consciousness, however, we are all part of the eternal One, God-the-beyond.

This underlying oneness is revealed more and more as we grow slowly but inexorably in awareness and love. With the flowering of enlightenment, oneness becomes your everyday experience of divine life - in the ecstasy of freedom from yourself.

The purpose of life after enlightenment is to enjoy the wonder of oneness, love and bliss - and to be helpful to friends who are still suffering.



Impersonal Consciousness

Q. Ramesh is not against people using methods of cleaning or therapy if they are needed. But he always stresses that they are just methods of therapy and are not connected to any quickening of self-realization.

A. The time of all events including our awakening is already fixed; nothing that we do or don't do can speed up or slow down the process.

However, the point advaita often misses is that the spiritual effort we are programmed to make will bear fruit. All of the energy we expend eventually returns to us in equal and appropriate measure.

Q. I explained your teaching to Ramesh when he asked where I'd been before coming to him. So he's aware of your understanding regarding effort and let-go. You'll be pleased to hear that he has come to conclusions similar to yours on some points. For younger people in particular, Ramesh thinks it is best to keep engaged in some kind of creative activity that uses the working mind, so they do not end up sitting around thinking about all this. Whether we do something like physical work or sadhana (spiritual practice) he just says, 'Do whatever you like.'

He always strongly tries to disconnect spiritual practice from the idea that it will, without a doubt, improve our chances for enlightenment over someone who is always out partying. From what I remember, this may be where you part company with Ramesh.

A. From a divine perspective, whatever anyone does is perfect. God crafts every human story carefully; nothing is left to chance. Seekers whose time of freedom is approaching are more likely to be attracted to immersion in consciousness than to partying, although the opposite is also possible.

The laws of karma and balance always apply in human affairs: you will reap as you sow. Everyone's actions are totally managed and, eventually, perfectly balanced by Source.

The advaita perspective is prone to be misinterpreted as a lethargic 'do nothing' approach because of a failure to understand the necessity for positive ego development through spiritual discipline, responsibility and creative expression - and because of a failure to appreciate the implications of the laws of karma and balance.

Q. Ramesh makes it very clear that there are no set guarantees with consciousness, so that we cannot start complaining and moaning later.

A. There are no time-specific set guarantees, but the laws of karma and balance always prevail; your efforts will bear fruit when the time is right.

Those who are programed to complain and moan will do so, irrespective of what anyone says. Awakened ones do not complain or moan because enlightenment is conscious surrender to reality.

Q. Ramesh also highlights spiritual snobbery: Doing

this spiritual practice makes me more worthy than one who is watching TV.

A. The effective antidote to a holy ego lies in not taking yourself too seriously, and in remembering that God is the only doer.

Self-esteem develops through practising a creative and dynamic lifestyle. As you become more conscious, the ego finds it difficult to indulge in its old snobbish and elitist habits. The key here is to remember that the ego will identify unconsciously with some kind of 'me' until it dissolves permanently.

People with low self-esteem have unconscious and negative ego structures. Committed seekers are likely to develop a more positive self-image, which is an essential stage of spiritual development.

The discipline of conscious living and being is the most common precursor to full ego dissolution.

Q. I'm left feeling more relaxed with all this, now that I understand consciousness is actually impersonal.

A. God is impersonal consciousness - and so are you. All people are divinely animated creations for impersonal consciousness to experience separation, limitation and suffering. And in its destined season every soul will experience the ecstasy of reunion with universal consciousness. God is fair and just; you will transcend your ego limitations one day and merge consciously with the One.

Eventually, the individual soul is transcended in awak-

ening. When a fully enlightened soul leaves the body it dissolves forever in God-the-beyond and exists only as the eternal impersonal consciousness of Source. God is all there ever is in all the realms of existence and in the mysterious beyond of non-existence.

Q. I have a lot more acceptance of what is being done or not being done. The fact remains that I still like silent sitting and other methods, so I just go with what feels right and joyful for me, knowing that it's all just a play of consciousness.

A. Following your feeling is the perfect application of advaita, and it is very simple, natural and inevitable. One must follow the pull of life. The pertinent question is: how consciously are you living each moment of your life?

The main thrust of spiritual evolution is to become more conscious of every moment of Now. This ever growing awareness is both the means to verify advaita's concepts empirically and, one day, to provoke the ecstatic release of awakening's blissful embrace.



Om Namaha Shivaya

Q. When one experiences a personal deity or a personal aspect of Source, isn't that experience just a part of one's own consciousness projected outwardly?

A. Sometimes it appears so, but a deeper investigation will reveal that no individual consciousness can function without divine animation. Every thought of everyone is divine. However it often appears as if devotees are creating their own fantasy world.

In my case, there was no prayer, invitation, interest or belief in God. His appearance was a huge surprise.

Q. Some masters teach, 'if you see me kill me' meaning that in deepest meditation or samadhi there should be no personal deity or master showing direction. After all, which deity is the right one? And aren't all deities and masters obstacles in the end?

A. Yes, this is correct. For meditators, the ultimate state is no-mind: a totally silent consciousness with no flicker of subtle thought, image or connection to anything; it takes two to connect. This blissful and nondual state of silent no-mind has been available to me since 1995, and became stabilized with full enlightenment in 1997.

Having God as a personal friend is very enjoyable and does not interfere with the silence of no-mind. God speaks and writes through me without any need for me to think.

Q. I can see that God is beyond personality and yet can create a personality. How does someone know if their experience of Source is genuine or is just a construct of their own unconscious programing?

A. All experience is a play of God. Some people cling to a paternal divine projection out of their unfulfilled needs. Others are already free from suffering and are being used by God to share a message. The most significant factor for channels is the quality and usefulness of the information that comes through them from God. History reveals the degree of usefulness of divine messages.

Q. Whence does personal God consciousness arise?

A. Personal God consciousness is just a reflection of the One that is all there ever is. Source enjoys every form of creative expression and many ways of connecting, including impersonating various entities.

Q. I see Jesus' message as saying that you need to develop Christ consciousness before you can reach God. In that respect, I do not see Jesus' teaching as an error. Christ consciousness or Jesus is within all of us, like buddha nature.

A. The error lies in the claim made by followers of Jesus that he is the only way to God. This claim is clearly inaccurate. Consciousness or God is actually impersonal and does not require any name. Buddha, Christ and

Krishna consciousness are all proclaimed to be the only or best way to God; they cannot all be right. In fact they are all doors to the divine, but there is no need to get stuck to the doorpost.

God does not require disembodied masters to work on people's growth in consciousness. However, the silent energetic support of a living buddha is tremendously helpful for raising consciousness rapidly in ripe seekers.

For those who feel the need to connect personally with a departed teacher, Krishna, Buddha, Shiva or Jesus can be a helpful support. Often this connection is simply a game of impersonation that God plays with devotees, or it may be that their souls are still vibrating with love for a friend from another incarnation who departed long ago and has dissolved totally in Source. Love is a tremendously powerful force.

My favourite divine friend is Shiva, who was also Osho's main teacher: Om Namaha Shivaya. But I do not take this connection too seriously. I just enjoy Shiva as a play of God, and as a long departed, most beloved friend.

Devotion leads to freedom when the devotee is ready to disappear totally into the Beloved. But devotion tends to be less effective than meditation because of the strong possibility of clinging to the object of devotion and thus perpetuating the illusion of duality.

Soon God will reveal Itself as impersonal consciousness to many seekers. That miraculous divine revelation will change everything.

From Mind to No-mind

The majority of people live in a dreamworld of thoughts and concepts that is far removed from the deeper reality of conscious no-mind.

Buddhas live in no-mind and try to seduce you into its sublime wonder both with silent awareness and through words and concepts.

The metaphor of Buddha waiting for eternity at the gate of paradise until all souls have entered reflects a basic fact of life: seekers are still suffering and need enlightened support for the jump from mind to no-mind.

Buddhas know that only a silent mind can merge with the ultimate truth; thus they sit silently with you to share a taste of their silent ecstasy - and to encourage you to face your inner reality more consciously.

The human mind is programed to cling tenaciously to dreams, words and concepts. Buddhas use words to create a bridge from the conceptual dreamworld to the deeper reality of conscious silence.

The ultimate truth cannot be spoken; the concepts buddhas use are just an indication of the deeper non-conceptual reality that awaits your discovery.

Remember this well as you read these books: they are a subtle and sophisticated attempt to draw your mind into a silent quest for its source. Different perspectives are used for a broader point of view.

This trilogy comes as close as books can to sharing a taste of the mystery of the Beyond. However, they are still a collection of concepts that your mind is sure to interpret

according to its preprogramed inclination.

When the destined time of freedom from your mental dreamworld of suffering draws near, books and words will not help you sufficiently; an immersion in the transformative energy field of a living buddha is needed.

The jump from mind to no-mind rarely occurs without considerable doubt and despair. The presence of an egoless friend, someone who has passed through his or her own death and rebirth, is often required as a channel for cosmic energy; living buddhas support and facilitate the miracle of rapid transformation.

In the meantime this anthology will help to prepare your mind to understand its own mysterious source a little more - and to merge with the One by conscious surrender to life-as-God.



Miraculous Sacrament

Humans are programed by God or consciousness to be unconscious. We are the only animals on Earth that have souls with the capacity to grow in love and awareness. Eventually we transcend our limitations - all humans are destined to grow and flower into buddhas, one day.

Before that day of total liberation there is certain to be lots of drama as your program for identification, clinging and reaction appears to create the suffering that almost everyone has to endure.

Perhaps the core spiritual understanding shared by most awakened teachers is the recognition that real life exists herenow beyond all concepts - in the miraculous sacrament of each consciously experienced moment.

So you attempt to bring your wandering, dreaming mind back to reality with a flirtation with meditation. Very soon you discover that persuading your busy mind to remain present is extremely difficult, and you wonder if you will ever experience the bliss, ecstasy and silence that all buddhas say is your birthright.

In this anthology we explore the territory conceptually, as clearly and accurately as possible. Intellectual clarity can help you to develop spiritual understanding. But for actual transformation to occur, the energy field of a living buddha, with its ability to lift you up beyond the games of your mind, is almost always required.

My own journey involved renunciation of every trace of thought or concept. I was consumed with an urge for dissolution in the fire of consciousness, beyond the bliss,

love and nondual insights that were bestowed on me with the first stage of enlightenment.

Hence I remained a meditator even after the Self had bequeathed its multifaceted delights; my destiny was to burn in consciousness until the second and third stages of enlightenment revealed the awesome cosmic witness and extinguished all seeds of desire.

Rather surprisingly to me, after all the seeds of desire were extinguished with the ecstasy of full enlightenment, I began receiving messages from Source. Many years have passed since 1997 and I have adjusted to being used as a communicator and energy channel for divine intelligence. Yet I remain in wonder that I have been chosen as a messenger for the One. I have never had any desire for this work; my passion is silent awareness.

Everyone receives information from and is animated by the One. God also sends messages through channels. Yet any divine message that is channelled by an unawakened person will reflect that limited condition.

The pertinent questions for teachers are: How useful is your message in facilitating transformation of seekers? Is your message verifiable by any seeker or does it require belief? Is your message divisive or unifying? Are you living in awakened egoless purity?

My destiny is not yours. Enjoy whatever happens in life with an ever-increasing awareness of the fire of nondual truth, beyond all concepts and experiences. Only in this ecstatic fire can the highest transmutation occur - and without death and rebirth in the fire of Now you cannot know the blissful benediction of the ultimate truth.

Gurdjieff and Ouspensky

Q. I agree that one's full potential cannot be realized until transmutation occurs. I have also met four other sixth-body enlightened souls. Unlike your balanced insight that has the sophistication to encompass most factors in a situation, their insights were nowhere near as comprehensive. This suggests that the state you speak about is not an ultimate state, but that transformation is relative to individual body-mind systems.

Perhaps a necessary preparation would be to develop the mind's full potential before transformation - rather than by just enjoying a state of Being?

A. Awakening is the merger of an individual body-mind-soul with universal consciousness. Yet it is not mind that develops consciousness, but vice versa. Consciousness is the source of mind.

For intellectually oriented seekers of truth, the danger of conceptual addiction is that it seduces the intellect into the exploration of infinite possibilities.

Habitual mental exploration prevents the immersion in silent awareness that is the only way to know the truth that cannot be spoken or conceptualised.

Q. Surely only the quality of what you have created using your mind can be transformed by this presumably neutral transformative process. Therefore it seems to be important to use mind in more and more abstract notions up to this point.

A. Abstract notions do not help spiritual growth. For example, Ouspensky, Gurdjieff's brilliant disciple, did not discover enlightenment - even though his books are so sophisticated and take the intellect to great heights of abstraction, beyond the capacity of his master. Ouspensky failed to find freedom largely because of his intellectual addiction to refined abstraction.

Q. How does further growth occur in this state without mind? If everything comes without effort how can this stretch you and allow more intellectual growth. A couple of the teachers that I met with open third eyes certainly needed deeper insight.

A. Your growth in consciousness does filter through into intellectual development, when it is required. In my case, substantial intellectual development occurred after enlightenment. When no-mind is easily accessible the mind can function more efficiently, when it is required to do so.

The greatest stretch is not intellectual, it is the nervous system's capacity to absorb the immense input of energy that comes with consciousness continually transcending itself. The intellect can develop much more quickly after enlightenment if it is required to - as it did in my case. Not all awakened teachers are intellectually clear, but they are free from suffering.

Q. If enlightenment is an exalted state in which you're given what you need to know, surely it is important to do what one can before awakening.

A. It is useful for seekers to be able to think rationally, particularly to understand advaita, as this frees them from unnecessary ego burden. Intellectual development opens invaluable doors of understanding that contribute very significantly to human potential. However, intellectual development is not vital for enlightenment. Your intellectual capacity is sufficient to share your enlightened insights, once you have them.

Your limitations are in other areas that will not be helped by more intellectual refinement, but by immersion in silent awareness. Awareness has an extraordinary capacity for healing the limitations of your soul - limitations that lie at the root of suffering such as unconsciousness and ego identification.

And who is the manager of your development other than the illusory ego ensuring its survival by claiming to be helpful in its addiction to intellectual forays into refined abstraction?

Remember that every awakening is carefully scripted by divine intelligence. Your ego does not get to vote on the best way to manage freedom; the effective approach to growth is to focus on transcending the ego-mind.

As long as you live in the dreamworld of concepts and mistake them for reality, there will be suffering. When it is time to renounce the dreamworld of your mind and rest in the sublime energy of divine light and truth, everything will be revealed.

Transcending the Mind

Consciousness is the core reality, the substratum that abides eternal at the source of mind and of all manifest phenomena.

The human mind is a sophisticated creation that is programmed by divine consciousness to function within limited parameters. The mind does not have the capacity to know its own source.

Mind spins the illusory web of maya that filters and interprets all experience. The human mind is addicted to concepts and dreams and cannot know the true nature of consciousness. The lower cannot know the higher.

Hence skilful teachers insist that consciousness can be known only by non-conceptual immersion in its silent mystery. Exploring any concept brings you back into the limited realm of mind where legions of dreamers languish in illusion and suffering for lives - thinking about consciousness.

The way to know silent consciousness is to merge with it in no-mind. You have been a dreamer for many lives, following the seductive pull of mind into its endless labyrinths. There is no fruit down that dead-end path. The fruits of freedom are not so readily available.

Freedom requires a total commitment to no-mind, an unequivocal renunciation of conceptual addiction. One day you will be given the longing and ability to transcend your mind and to know what you really are.

Such transcendence is not just a semi-blissful state on the edge of Being. Transcendence is an exhilarating

journey that requires the conscious surrender of the ego-mind to its arcane source - transcendental awareness.

Only the ultimate mystery of God-the-beyond is eternal. Your soul is born and thus will die. When a fully enlightened buddha leaves the body for the last time, the soul dissolves in mahaparanirvana - God's ultimate mystery where all trace of individuality disappears forever.

Transcending the limitations of mind is not possible for dreamers who are addicted to concepts and intellectual abstractions - only to warriors and lovers of truth who are ready to merge with the ecstatic fire of Now.



Inner Science

My work with friends in satsang is grounded in the inner science of experiential verification. I encourage everyone to become an inner scientist and to use my experience and teaching as a hypothesis that must be verified empirically in their own inner laboratory.

My written work is more complex as it is essentially a message from God sharing His ways. Yet the main thrust of the writing is transformative, and I have verified this most important aspect of the books with my experience.

There are invitations throughout the books to remain open to the possibility that the cosmic knowledge shared in them is accurate.

An equal emphasis is given to the fact that no human, not even a prophet or buddha, has ever had the capacity to verify all of the cosmic knowledge that they teach. I am no exception.

What I do know from a deep study of the message that comes through me is that it makes sense. I have not been able to find any part of it that is obviously inaccurate, or that can be disproved by spiritual experience or reason. Many teachings and channelled messages I have seen do not appear to share this luxury.

I invite you to accept the challenge to leave unverified beliefs behind and to become a seeker of truth with a single hypothesis to verify: God is all there is and I am part of Him.

The Whole Takes Care

The big picture is in the hands of the Whole. We try our best and leave the outcome to God. We can only do what is humanly possible. In fact, even what is humanly possible is also completely in the hands of the Whole. Every criminal is as equally in the hands of God as every buddha. God is the author of evil as well as good.

Younger souls are programed with a predilection for conflict, greed and ignorance. Older souls are more sensitive and are programed by Source to endeavour to grow in consciousness, and to help create a better, more compassionate world.

Understanding this deceptively simple model of how all humans function is a useful support to your experiential quest for freedom.

A little reflection on demographic trends reveals that as the minority of more conscious people continue with their gradual spiritual evolution, large numbers of new, less conscious souls arrive each day.

Population growth explains many present problems: in the last 70 years the population has increased from two billion to 7 billion. By 2040 the world's population is expected to rise to nine billion.

Growth in awareness takes time. Many spiritual people are apolitical and have little effect on policy. Those who are politically involved are often marginalized or ignored and have little influence on the way the less conscious majority mismanage resources.

Given our huge wastage of resources, it seems that we

may not be able to accommodate the ever increasing energy requirements of the developing world, whose per-capita energy consumption is as little as one fortieth of North America's. And we may not be able to accommodate the predicted population increases without significantly damaging the planet.

This means that if humans were actually in control of Earth, we would be in serious trouble. The expected new arrivals would not only increase the demand for dwindling resources, but would also have a far greater propensity towards the conflict and ignorance that characterize new souls.

God has planned every detail of the drama perfectly, and we are all playing our destined parts in His divine play. When the miraculous redemption of our damaged planet occurs, humanity will wake up suddenly and start to live consciously, in tune with our real needs.

All souls are destined to become part of the solution - the creation of a just and conscious civilization.

Destiny

Krishna highlighted the law of destiny in his battlefield exchange with Arjuna when he counselled Arjuna to play his part in the divine play. He pointed out that Arjuna had no choice other than to play his predestined role of being a warrior.

Arjuna was convinced by the wisdom of Krishna and played his part in the Mahabharat war that was destined to destroy the Indian civilization of the previous Sat Yuga. This story forms the heart of the Bhagavad Gita and underpins the Hindu understanding of destiny.

Krishna's words to Arjuna are also deeply significant for another reason. Enlightenment is harmless and ahimsa or non-violence lies at the heart of enlightened behaviour. For an enlightened person to counsel the necessity of killing an enemy is generally out of character with the peaceful nature of enlightenment which sees all sentient life as sacred.

Krishna rationalises the act to Arjuna by saying that only bodies will be killed. The soul will live on and the ultimate consciousness that is our true nature is eternal.

This statement is not untrue but when taken out of context devalues human life. Spiritual teachings, like neo-advaita, that devalue human life as an illusory appearance in consciousness provide support for violence and abuse when misinterpreted by some individuals.

Neo-advaita teachings fail to understand the karmic and ethical realities that exist in all human affairs and thus bring the ancient wisdom of advaita into disrepute.

This is advaita for the age of conflict, the Kali Yuga.

Krishna is right: God does preordain all events. The Whole is the only doer, chooser and manifest; the one power that animates the infinite multiplicity of existence and preprograms humans with a self-important ego-mind that is busy trying to choose what is best for itself.

Your ego and its program for self-improvement and control of your life are, in fact, managed by the one divine power. You are inescapably in the hands of God already. This includes you, your mother, politicians and the worst despots, as well as all spiritual people.

However life is dialectical: both the illusion of free will and the deeper reality of choicelessness are part of the human experience.

We appear to have the option to choose to be more conscious. This is where Buddha enters into the scene. He witnesses the lethargy and degeneration that appear to spring from Krishna's fatalism and he teaches personal responsibility for growth and enlightenment. Osho flirts a little with Krishna, but his main thrust follows Buddha's call to choose to live more consciously.

The apparent contradiction between Buddha's concept of personal responsibility and Krishna's understanding of destiny easily dissolves upon closer examination.

You are programed by God to experience separation via the mechanism of your choosing ego. Eventually you will be attracted to a teaching that emphasizes making the right choices and manifesting your hidden potential.

This stage of choosing and ego development is vital. The ego must endeavour to develop its responsible and

positive potential before any meaningful let-go into the flow of life can occur.

And even if, like the majority of spiritual seekers, your ego needs to develop responsibility, you can understand that ultimately the power of the One manages your life totally, via your heart and mind.

I agree with the methods of both Buddha and Krishna and teach meditators to choose to live each moment as consciously as possible, and to understand that success and failure are ultimately not in your hands.

All you can do is try your best to stay conscious every moment, and you watch the mixed results of your intense endeavour with equanimity.

Eventually, the deepening experience of choicelessness is fully revealed in its wonderful climax of surrender to the One that is all there ever is.

Frequent repetition of this nondual reality is needed to dehypnotize you from maya's dualistic spell: there is only the One, not the One plus your ego. The agent of separation itself is just a play of the One.

Leela, the predestined divine play, allows you the vital experience of trying to be the best that you can be, and creates the context of separation that is required to contrast your ecstatic release into the sublime surrender and reunion of awakening.

Work and Transformation

Q. How do you see the practical role of spirituality in the workplace where such a spirituality would be a radical transformation of the way we work, relate to each other, and care for the environment?

A. Transformation of all human affairs is vital for the full expression of our spirituality. We must walk our talk in every area of life including how we function in the workplace, in our relationships and in caring for the environment.

The fundamental issue is our values. We need a shift of values from our uncaring materialism to an efficient world economy that takes care of our real needs, without damaging the environment, animals and people who share life on Earth.

No meaningful social transformation can happen within the context of a world economy based on greed and the exploitation of people, animals and the environment.

The unlikeliness of such a transformation happening leaves many spiritual people attempting to juggle their higher values within the economic reality of unfettered capitalism, where high-risk gambles with complex financial instruments are considered to be business as usual.

Seekers that I meet in satsang often express a longing to be able to live in a way that reflects and supports their inner exploration. But the uncaring greed-driven reality of modern society leaves little room for the more holistic values of the conscious minority. Many sensitive souls

compromise their values every day in order to survive economically in the modern corporate world.

There have been experiments in alternative living and working that have indicated more creative and conscious possibilities for transformation in the workplace. Yet these experiments have failed to bridge the gap between ideals and the economic reality of the world we live in.

Work is a vital part of spiritual life; it allows us to share our creative energy with others and balances our worldly needs with our practical contribution.

But until the global economic system evolves in a more fair, efficient and sustainable direction most seekers will continue making compromises with a world order that is dangerously out of balance.

In the meantime, we can benefit from the understanding that the energetic contribution we make is managed by the whole for the whole. And that by giving of ourselves consciously, we learn to transcend our selfish ego limitations.

In our New Zealand meditation centre, seekers enjoy a balanced lifestyle that includes meditation, work, sharing and play. This balanced lifestyle is essential for seekers to develop different aspects of their human potential.

Work is vital to bring your responsible, creative and dynamic energies to their peak. Those who avoid the challenges of work will remain immature, for the ego must come to a state of positivity before it can be surrendered fully in the deep let-go of awakening.

When work happens in the context of spiritual growth, it is more relaxed, enjoyable and less stressful than in

many other environments; it can also be more efficient.

For those who work in the greed-driven corporate world in unconscious and stressful situations, the challenges are far greater. Many sensitive people have considerable difficulty adapting to their work environments.

In the coming age of conscious civilization, we will witness a miraculous transformation of life on Earth. We will enjoy the benefits of a global economy that is sustainable, preserves the environment and supplies abundant resources to take care of everyone's real needs.

Until that time of miraculous transformation, endeavour to be as conscious, caring and efficient as possible, while working in a world that has a somewhat different agenda.

And try to remember that everything you experience is a perfect play of divine consciousness - even your job.



The One

Q. You have written three books, but who wrote the books. Were the concepts arising spontaneously?

A. When I first started writing in 1998 after living in the pristine silence of no-mind for several years, it was an amazing experience. The words came to me one or two at a time. I had no idea what the overall concept was, or even what the next word would be, until I wrote it down.

When the first page was complete I read the message and was astonished at the quality of the information. It was to become the Prologue to God's Vision, a message from God about His mysterious transcendental nature.

I had been in daily verbal contact with Source since 10 June 1997, the day the divine light opened my third eye and transformed my system totally. But writing was new and very different - something that could be shared with many others.

After many years spent writing and refining these three books, the process is much more familiar, but essentially it is the same. Everything I write is a message from Source. I am not the author or creator of these books, I just transcribe the words as they come through me.

In the process I have been guided and trained in editing and refining the messages so that now I have some of the knowledge and skills of a writer. This allows me to participate more fully in the creative process than would be the case in transcribing word-perfect text.

A similar process happens when I talk in satsang or at

any other time: the words come through me from the One as I witness the body talking.

I have continuous and direct experience of the power of Source animating every aspect of this individual body-mind-soul. I witness this power in wonder as action, writing, talking and all other life experiences occur.

My everyday experience of being animated by God is a great miracle that verifies the concepts of advaita and brings freedom from any sense of individual doership.

I exist as an individual who has been transformed into an instrument through which consciousness speaks. I function only as an instrument of God.

And so do you. The one power of the Whole animates all people and the entire existence. Individual souls are like waves in the ocean of oneness that is the mystery of God-the-beyond.

Existence or God-in-motion is the multiplicity of all individual creations. Every thought, feeling, action and atom of matter is energized and animated by Source. Always.

Your apparent separation is the divine play of hide-and-seek that allows the hypnosis of individual doership to befool you. As you grow in awareness and acceptance of reality, the veil of maya is opened revealing the deeper undercurrent of divine oneness.

You have lived in dreams for many lives. Perhaps it is time to awaken to what you really are: an individual and embodied reflection of the undivided consciousness of God-the-beyond.

We Will Succeed

Social, political and economic issues are fundamental to the quality of life on Earth. The nature of mundane reality is shaped by economic policies that are out of the control of most of the world's people.

Democracy is frequently a window-dressing for corrupt corporate capitalism to continue its profit-driven agenda at the expense of the majority who do not share fairly in the resources that it generates. We live in an unjust world that is yet to mature into a conscious civilization.

The positive aspect of capitalism is that the imperative for profit keeps business minds focused on efficiency and innovation.

The negative aspects of capitalism include the need for perpetual growth at the expense of the environment, and that a small minority of rich, selfish and powerful people control and exploit most of the planet's resources.

Many financial markets are high stakes casinos where unethical traders create instability by gambling enormous sums on risky transactions.

A centrally controlled economy is even worse than unfettered capitalism. Totalitarian communism's complete and abject failure in the 20th century grew in a climate of inefficiency, corruption and abuse of power.

The Third World is still plagued by these appallingly dire disasters and cannot adequately participate in the world economy while these limitations are so prevalent.

Global capitalism's mantra that economic development will eventually bring a decent standard of living to the

world's underprivileged majority makes no sense in Africa which requires a massive injection of resources and expertise to improve its chronically desperate situation. The world's poorest people and countries are in increasingly deteriorating circumstances. Yet with the prevailing economic reality, and in spite of all the promises, no significant redistribution of wealth is likely any time soon.

When the time comes for a new economic system to emerge from the failure of unfettered casino capitalism, we will manage the world economy effectively and fairly; in sharp contrast to the mismanagement of our natural resources and the unsustainable growth of today.

It is an immense challenge for spiritual people to come to grips with these colossal problems and to find efficient, just and sustainable alternatives to the present plunder of our planet by a greedy and selfish minority.

With divine guidance we will find ways to protect the environment and provide an abundant standard of living to everyone. Soon the time of extreme poverty and excessive wealth will be history and we will enjoy the time of conscious civilization and peace on Earth.



Freedom to Choose

Q. Considering what life has to offer each moment, does maintaining an awareness of the responsibility of choice bear enough fruit and challenge?

A. The appeal of the New Age approach to growth is the empowering experience of making positive choices and thus creating more positive life experiences. Choosing goes largely unquestioned in the dreamworld that most seekers inhabit; ego-based experience and common sense support the idea of choosing a better and more positive experience.

A fruitful exploration is to enquire deeply into who or what is actually doing the choosing. And who or what is actually responsible for your choices and for all human experience.

The best place to start is to examine your ego structure and investigate your unconscious identification with a largely conceptual creation called 'me'. How is this me created? What is the foundation of your ego's claim to be you? How do buddhas live so blissfully without a choosing ego? How does the ego continue to survive and function unconsciously after so many years of spiritually responsible choices?

The answers are deceptively simple, but to discover the full implications for yourself requires a consuming thirst for truth.

You are programed to overidentify with a psychological entity called 'me' that is primarily a conceptual illusion.

This illusory ego lives as the doer, controller and chooser. The illusion of separation is easily perpetuated because you remain unaware of the power of the Whole that is actually managing all your experience for you. God chooses in you. God thinks in you.

God is all there is; even your unique situation is perfect divine creation. Reluctance to understand fully that God is the only power is programed into every soul.

You are not a creator or even a co-creator with God, as some New Age methods teach. Co-creation would also require some separate power that could choose to work with or against God.

Personal empowerment is a useful therapeutic strategy to help you transcend being a victim. However, it is important to understand that the small self that you try to empower is the illusory ego. The higher Self, or God, is already omnipotent.

The only way to be truly empowered is to merge with the One power, but the prerequisite for that merger and empowerment is the surrender of the illusory power of the small self.

To experience actual nondual reality, it helps to realize that you are already a part of the Whole and that you are animated and managed by divine intelligence.

God loves hide-and-seek, and He hides in you behind the veil of your identification with 'me'. The 'me' is the false ego-self that thinks it has individual power.

Conscious surrender is the only door to the divine. All your noble attempts to choose a better life experience are part of the ego's means to perpetuate itself. Positive

choices are healthy but, when you try to choose a different experience from the one you are having right now, you reject this moment of reality. Each moment of your experience is inescapable and must be like it is.

You can still benefit by using your ego to choose to live each moment more consciously. But then it will be played as a game; you choose to be the best that you can be, and accept your successes and failures with equanimity.

Eventually, when the full flowering of surrender occurs, enlightenment reveals the wonder and bliss of conscious choicelessness.

My ego evaporated in 1995, and since that day I have lived in freedom from the illusion of being an individual chooser. Surrender to reality always flowers into love, bliss and freedom from yourself. Give it a try.



Surrender's Time of Flowering

The real illusion is not the world as Indian religions tend to philosophize. The significant illusion is programed into every human mind as an experience of, and belief in, free will. This experience is created through divine hypnosis; in truth, only God has free will. His will is manifest as the reality of every event in all realms of existence.

Divine will animates your experience of human free will. Human free will exists only as a reflection of divine will.

Free will is a vital illusion that underpins the entire drama of human separation from the Whole. Without the experience of free will, you would be in automatic surrender, but your awakening would lack the essential contrast of suffering. Separation makes reunion possible.

Only a minority of seekers are ripe enough to understand that our experience of free will is actually programed into us by divine will.

With this understanding the ego loses its support and let-go into the flow of life occurs. This surrender born of understanding is the great value and potency of advaita, which recognizes that only the will of the One exists.

Before surrender's time of flowering, you are certain to live with the illusion of free will. Everyone does. Yet the seeds of understanding have been planted in the fertile soil of your soul, and will flower at exactly the right moment.

Dialectical Approach

The thrust of these messages is advaita-based. They also have a broader perspective that creates bridges for a variety of seekers to begin the transition from the maya (illusion) of separation to the higher reality of oneness.

Hence this writing attempts to meet a range of people where they are, and to lead them inexorably towards the higher truth: consciousness is the only power and the only doer, and all people are instruments of God. We are hosts for consciousness to function through.

Nonduality is the context in which all human activity and growth occurs; this is naturally understood and applied as each seeker's journey reaches the appropriate time of unfolding. However, this nondual teaching is not always the most helpful approach for the majority of seekers who first require positive ego development.

Advaita emphasizes that God or consciousness is the only power and doer; everything happens through divine animation. Meditation and self-improvement teachings emphasize the ego-based endeavour to be more loving, open, helpful and conscious.

Synthesizing these contradictory approaches of positive ego development and nonduality into a truly holistic and effective system of transformation that is suitable for all types of seekers is more complex.

This writing has a dialectical style, which may appear to dilute the essence of advaita. But in fact this approach serves to deepen advaita's insights by acknowledging the common human experience of being an individual doer,

while simultaneously pulling the reader toward the truth of nonduality and the divine animation of every event in existence.

These messages are profound, yet deceptively simple. Several readings are usually required to understand fully and deeply all the implications of this message of Unity.



Instant Karma

God's primary creative interest lies in the balancing of all human actions into an intricate and complex mosaic that spans many millennia and affects billions of souls. Yet the fundamental law of karma is simple: whatever energy you put out will return to you one day.

During the Kali Yuga, the age of violence, confusion and injustice, the underlying cosmic justice and balance is hidden from human perception. Life can seem unfair to those who suffer without having inflicted any harm, while others appear to get away with murder.

However, over the entire journey of a soul's evolution from a primitive peasant to the ecstatic flowering of full enlightenment, God ensures that everything is perfectly fair and just.

Yet for justice to have full meaning it must not only be done, but also be seen to be done. This requires that all accounts be balanced within a single human life so that everyone can witness and experience divine justice, the law of karma, in action.

Instant karma is a central theme of the Sat Yuga, the age of peace, harmony and cosmic justice that is poised to unfold very soon.

When divine justice is revealed and is obvious to everyone, there will be less need for a criminal justice system with lots of rules to govern unruly people.

Everyone will live in the certainty born of experience that their actions return to them in equal measure. When the inescapable certainty of cosmic justice is revealed, it

will be in everyone's self-interest to give more of themselves and to limit negative behaviour.

The time for starting the great change from violence and injustice to peace and fairness is very close. During this great seismic change, your connection to divine consciousness will be paramount as extremely dramatic and tumultuous events purify and rapidly evolve all souls.

You are invited to open more and more to the silent gap of no-mind between two thoughts. Rest deeply in this state of silent awareness as much as possible. Connect in conscious surrender to life-as-God. Very soon we will start the great change.



Sahajo's Song

*I can abandon God, but would not forsake my guru.
 God is not the equal of my guru.
 God has given me birth into this world.
 My guru has freed me from the
 cycle of birth and death.
 God gave me five thieves.
 My guru freed me from them when
 I was helpless.
 God threw me into the net of family.
 My guru cut away the chains of attachments.
 God ensnared me in desire and disease.
 My guru has freed me from all this
 by initiating me.
 God made me to wander in the illusion of doing.
 My guru showed me my Being.
 God hid Himself from me.
 My guru gave me a lamp to illuminate Him.
 Above all, God created this duality
 of bondage and freedom.
 My guru destroyed all these illusions.*

Sahajo's poetic song of freedom highlights the essence of Indian spirituality. For millennia, India has been not only a geographical location, but also the heart of religion and enlightenment. India has an enduring passion for the quest for truth and the transcendence of human suffering.

Since the dawn of history Indian spirituality has relied almost exclusively on a direct transmission of the flame of

freedom from guru to disciple in an unbroken chain that still ignites new fires today. India's methods require total commitment and surrender of the disciple to the guru, for the work involves the transcendence and the dissolution of the disciple's mistaken identity as an ego-doer.

This transformative process of ego transcendence is the ultimate human endeavour; it is never accomplished without confusion, despair, frustration and doubt.

The guru knows the ancient ways to freedom for he has passed through all the layers of ego identification and has found the freedom, bliss and love that await us all behind the veil of our unconsciousness.

The guru knows that the disciple will have ego reactions to the work and is likely to project the ego onto the guru at some stage. Hence the guru-disciple relationship relies on the disciple's surrender to the egoless spiritual authority of the guru.

The culmination of this relationship is freedom for the disciple, who may eventually become a guru and pass on the methods of transformation to his or her own disciples.

The negative aspects of the guru-disciple arrangement are the worship of the guru as God on Earth, and a tendency towards an authoritarian model that limits the application of intelligence and creativity in disciples.

Sahajo's powerful song of devotion for her guru also highlights the end of an era. For millennia God has been in hiding, revealing Himself only occasionally to prophets and mystics. During this time of darkness the guru was the light of God on Earth. Without that divine light, we would have been in the hands of orthodox priests who

value ritual and repeat the old scriptures of long-departed prophets and mystics.

Enlightenment is essentially an impersonal experience of divine consciousness. And with God in hiding, the guru has been inaccurately promoted to the ultimate spiritual authority of God on Earth.

Theistic religions pray for God to reveal Himself, albeit without much success, which lends even more weight to the Indian experience that God is absent and the guru is the highest consciousness in existence.

My circumstances are unusual. My lineage is the Indian agnostic tradition that began with Shiva four thousand years ago and was transmitted through Buddha and his lineages to Osho and now to me and others.

But after I had enjoyed 20 months of the bliss and love of impersonal enlightenment, God revealed Himself to me and started using me to share His messages of a new dawn of spiritual renewal and global transformation.

This dawn of conscious civilization will include a direct revelation of God to every soul, with personal proof that God exists and is managing your life and all of existence perfectly. With this dramatic epiphany the ancient Indian tendency for guru worship as God will evaporate.

Awakened teachers will always be required to function as spiritual friends who share invaluable enlightened energy, essential support and guidance, and prove by their egoless presence that freedom is actually possible.

Sahajo's beautiful song of love for her master will remain as a passionate, poetic and poignant reminder of the long dark night of God's hiding, and the inaccurate el-

evation gurus to the status of gods on Earth.

In the meantime, by applying reason and intelligence to the message from Source in this book, you can prepare your soul, heart and mind for the next step in your spiritual evolution.

The next step lies beyond the limitations of both the Indian guru model and the dualistic beliefs of theistic religions. The next step will include the transmission of enlightened energy within the context of advaita's potent transformative understanding, and will include a personal relationship with God that heals some of the wounds of separation before the ultimate spiritual healing of awakening occurs.

Everything has its season. We now stand at the brink of a wonderful evolutionary shift that heralds the divine gift of a new world order.

Unity synthesizes and refines the ways of India and the West, advaita and Osho, Jesus and Moses, Shiva and the Sufis, and all traditions into a rational and effective system of rapid transformation for the third millennium and beyond.



An Integrated Understanding

There are two ancient and antagonistic approaches to spiritual growth: the gradual methods of meditation and self-improvement, and the direct way of advaita: 'you are that which you seek'. Unity integrates these approaches and views them not as contradictory methods, but as complementary stages of spiritual growth.

The overlap of these symbiotic stages of growth occurs naturally as individual awareness expands and merges with the universal consciousness of God-the-beyond.

Gradual methods require a concerted effort to develop your human potential to become positive and conscious. You attempt to make positive, conscious choices and be the best that you can be, while realizing that the outcome of your endeavour is ultimately not in your hands.

Be total in this stage with any system that suits you. There are a variety of effective methods to choose from; experiment and see what works for you. The time-proven method is meditation: witnessing with equanimity.

As you become more responsible and positive you will be pulled towards the transformative essence of advaita: conscious surrender to reality, or life-as-God.

Unity's integrated approach avoids two of the major traps on the journey home to freedom. One trap is the belief that positive intention and effort alone can bring enlightenment. The other trap lies in the unverified beliefs that seduce unripe advaitins into lethargy by asserting that there is nothing to do, or that they are already enlightened and just have to remember it.

Speaking from his own experience, Osho sometimes said that enlightenment was only a matter of remembering. To those rare souls like Osho who have been awakened in previous lives, remembrance is more relevant than it is to the majority of seekers who clearly cannot remember what they have not previously known.

Those who mimic their previously awakened teacher's experience, and believe they are already enlightened but have somehow forgotten it, are missing the point that enlightenment is the deep merger of an individual soul with the divine light of universal consciousness.

Believing you are already enlightened is both inaccurate and unhelpful for seekers of truth. Transformation is far more arduous than changing beliefs; nothing less than total transformation will provoke genuine awakening.

There is no other doer than the indivisible power of the One, but your individual energy must also reach its full positive potential before the flowering of surrender has real meaning and depth.

Freedom comes from merging with consciousness on its terms, not from decorating the prison of your mind with positive attitudes, nor by the application of methods that support the survival of the ego-doer in a spiritual guise.

The integrated approach we use in our centres does all of the following:

a) Explores effective techniques for developing positive attitudes towards yourself and others. It is necessary to evolve from a negative mind to a positive mind before the jump to no-mind can occur. Be grateful for each moment of life. Practice kindness and reverence for life.

b) Emphasises the vital need for work to develop your creativity and self-esteem, and to balance your material needs with your practical contribution.

c) Supports emotional and energetic healing by working with authenticity, catharsis and therapy.

d) Works with neutralizing negative judgments and unhelpful beliefs, and emphasizes the intrinsic limitation of all unverified beliefs.

e) Persuades you to accept reality as it is and to work towards becoming a lover of reality.

f) Encourages song, dance and celebration of life.

g) Develops and maintains good health through diet, exercise, yoga and other healing methods.

h) Includes training in self-enquiry techniques, both as a therapeutic release of ego identification and, even more crucially, as a deeper exploration of who or what you are beyond the phenomenal realms of the body, mind and soul: universal awareness.

i) And most importantly teaches you the three stages of meditation:

1) Learning how to sit silently and watch the movie of your body, mind, emotions and energy with equanimity.

2) Acquiring the knack of resting consciously in the gap of silence between thoughts.

3) Resting effortlessly in the source of consciousness, the transcendental witness.

With the skilful egoless guidance and energetic support of an enlightened teacher, the synthesis of meditation, self-improvement, surrender, advaita and self-enquiry is the fastest sustainable method of spiritual growth.

For devotees and lovers who need to merge with a more personal aspect of God, witnessing is equally as essential; it stabilizes and grounds the ecstasy of devotion in the stillness of the silent Beloved.

The witness is the secret heart of hearts of the Beloved that awaits your rediscovery. Witnessing leads to divine reunion; this eternal light of consciousness is both where you come from and what you really are.

Witnessing gives access to the only divine aspect that will always be with you, and is you, behind all the transitory experiences of your heart and mind.

Spiritual growth requires consciousness to continually transcend itself, and witnessing is the basic method of transcendence that has ignited the flame of freedom in thousands of passionate seekers for millennia.

As your thoughts gradually slow down and you open more and more to the divine light of the witness, many miracles occur that cannot happen by directly cultivating positive attitudes, by changing beliefs, nor indeed by the use of any technique.

The egoless purity of the witness is your direct divine connection. As you learn to trust life more and to witness its unfolding without clinging or rejecting, the miracle of the divine light that you really are comes dancing.

This experience of dissolving in divine light opens you up to another dimension that is far beyond the unverified beliefs of less rigorous advaitists and beyond the positive but unstable attitudes that are cultivated by a variety of well-meant teachings.

Methods that work within the context of the mind

always leave the ego subtly intact. Witnessing involves no manipulation of experience and thus does not perpetuate the ego-doer. Witnessing means being consciously with the unfolding of life as it happens, by being in a state of passive awareness with an attitude of acceptance .

Witnessing leads to conscious surrender and finally to genuine awakening; it is the primary method of Shiva, Buddha, Osho and thousands of liberated souls.

When witnessing is used in combination with Ramana Maharshi's potent method of liberation (self-enquiry) and within the context of advaita (consciousness is all there is and I am part of That) the results are even more powerfully transformative.

The witness is reliable and will remain with you as you pass through the dark night of the soul that precedes almost every genuine awakening. The witness will be with you as your heart opens and merges with the love of God. The witness is the divine light and cosmic bridge that allows humans to connect directly with Source.

Beyond all experiences, the witness is the eternal light of God, always waiting for your destined time to open more consciously to it, to merge with it and finally to disappear in it forever.

Witnessing is the most fundamental method because the witness continues to grow and expand till you leave the body for the last time and the individual soul dissolves forever in the ultimate ecstasy of mahaparanirvana.

Now there is no individual existence of any kind; you exist as the mystery that is God-the-beyond. You have become the eternal nondual consciousness of the void.





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God's Vision



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Part One Overview



Maitreya's Story

Maitreya is a divine messenger. His ability to function independently has been replaced with divine animation. This allows him be used as a clear channel for messages from God-the-beyond. Source, the eternal Oneness, is the author of every word Maitreya writes.

These transmissions herald the time of great change, the transition from darkness to light. This book contains many new ideas for you. You are invited to apply your intelligence to understand how existence is structured and how it functions as a reflection of divine will. Intellectual understanding is no substitute for direct experience, but it does help somewhat in providing a rational framework for your experiential odyssey of self-discovery.

This book is deceptively simple, yet there are layers and layers to understand with your mind, heart and being. It is best read sequentially; the second half of the book rests on the first. A single reading will not reveal all of its secrets. God-the-beyond is giving you this information to share His ways and thus help deepen your trust.

Maitreya's quest for truth began in 1971. On 1 January 1991, after a five-year detour into hedonism, Maitreya got his wake-up call. Interest in the outer world evaporated and the pull inside took over. He was a little surprised to be suddenly total in spiritual growth, especially since it was happening without any ego-based effort or discipline.

He did dynamic meditation every morning and participated in hypnosis trainings and therapy groups for six months. Witnessing started to happen effortlessly and

spontaneously. In July 1991 he began intensive meditation with Shambu in Ibiza. Maitreya had never even seen another master in his 16 years with Osho, other than one day spent with J. Krishnamurti in Ojai, yet the silence of Shambu pulled him like a moth to the flame.

Three months of intensive meditation and shaktipat initiations prepared him for meeting Poonjaji in Lucknow. During the fourth satsang, on 26 October 1991, the first satori happened with the help of Poonjaji's energy and with single-pointed enquiry into the source of mind.

The satori lasted for four months. The main difference between a satori and enlightenment is duration. While a satori lasts, you experience a taste of truth. But the return of the ego was a major disturbance and surprise. The dive from bliss to fear is deep and excruciatingly painful.

The disturbance continued for 20 months, a long dark night of suffering. Yet the fading memory of the satori kept pulling him back to the eternal fire of Now, which slowly but inexorably burned off the shroud of fear.

After a long period of deep meditation, the veil parted again. On 26 October 1993 in Bombay, Maitreya met Ramesh Balsekar and the second satori occurred during an intense verbal exchange about advaita. Again this beautiful taste of freedom faded after three months, but this time no fear or darkness returned.

Now the pull to make freedom permanent consumed Maitreya. He witnessed life with equanimity, knowing well that only the intense fire of silent awareness could help.

Following a further two years of meditation and silent retreat in the Himalayas with Samdarshi and Baba, the

ego finally dissolved. On 26 October 1995 in Byron Bay there was a huge jerk in the belly as the psychic knot of the ego separated from him and dissolved in divine light.

Maitreya had been fooled twice by satoris that lasted for months and seemed to be genuine awakening. This time he kept quiet about his experience; he wanted to see if his enlightenment was really permanent.

Meditation continued with expanding consciousness, love and bliss for another twenty months till the third-eye explosion in Dharamsala on 10 June 1997.

With this penultimate opening came an unexpected miracle for an agnostic meditator: direct verbal contact with Source, the first stage of God-realization.

Finally Maitreya was convinced that enlightenment was permanent. The third-eye opening had nearly melted his nervous system with tremendous love, awareness and bliss; the intensity of the ecstasy was almost too much to contain. And the awesome divine consciousness of the void was sharing its cosmic knowledge; his questions were answered and many secret mysteries revealed.

On 23 June 1997 in Delhi there was a more subtle and exquisite miracle as the crown chakra, the thousand-petalled lotus, opened completely. The opening of the seventh chakra brought full enlightenment and revealed the indescribable ecstasy and awareness of non-Being, nirvana, transcendence of the light of the witness and the extinction of all seeds of desire.

The second stage of God-realization came at the same time and Maitreya merged more deeply with Source. His experience of functioning independently was over; he just

watched as God managed every aspect of his life.

The third stage of God-realization happened on 6 July 1997 in Hamburg. Now there was no sense of separation from the One and Maitreya merged forever into Source.

This seven-year process of transformation has allowed Maitreya to understand and integrate all the stages gradually. The integration of the last explosions and openings took just sixteen months, a remarkably short time to assimilate such dramatic changes.

Now Maitreya is fulfilling his destiny as a messenger of Source. He has lost all sense of independent volition and functions only as an instrument of God.

This book is authored by Source. Maitreya transcribes the messages and he is guided in editing and refining the text. He is continually amazed at the quality of the spiritual information that comes through him. It is a profound message of individual and global transformation.

Beloveds, your awakening is not in your hands. When your destined time of freedom arrives, God will manage everything for you, as He did for Maitreya and everyone else who has found liberation. This book can help to prepare you for that ultimate date with destiny.

The ecstatic fire of Now awaits you. Get ready to leave your attachment to the dreams and illusions of the mind and merge with the One in conscious Beingness. Only in this divine dissolution of the dreaming mind is it possible to transcend suffering and know who you really are - the silent and blissful consciousness of Now.

Prologue

God and religion have been brought into disrepute by millennia of myopic chauvinism and conflict. Religious fundamentalists of all types plague the spiritual world with their divisive and contradictory dogmas. The more fanatical elements fight holy wars in the name of their distorted interpretation of God and religion.

The foundation for most religions is fervent, unverified belief in scriptures that are often irrational. Hence, many sensitive and intelligent seekers of truth have abandoned the orthodox religions and have embraced more effective methods of spiritual growth.

Yet the eclectic New Age movement is also fraught with unverified and contradictory beliefs. All teachers have different understandings that they share with followers.

This message is a unique gift from the intelligence that creates existence. Its purpose is to give us the blueprint for a religion of Unity that embraces the transformative essence of all traditions in a rational holistic context.

The first step is to redeem the concepts of religion and God from the disrepute that distort their true beauty and meaning. Religion is rigorous spiritual enquiry and growth in love and awareness, not fervent belief in unverified dogma.

God is not a father in the sky, nor just the impersonal functioning of consciousness. He is both transcendental, the beyond - and omnipresent, or immanent in all that exists. The essential nature of God is monistic, or one principle of indivisible consciousness.

The transmissions shared in this book are authored by God-the-beyond, the transcendental aspect of the One.

God-the-beyond is the source of existence, or Source - the void of eternal uncreated intelligent consciousness. The void is beyond space and time; it has no form and contains the potentiality for all creations in every realm of existence. God is all there ever is.

The unknowable mystery of God-the-beyond is reflected in His creation of existence. Everything that exists is made of and by the mysterious power and intelligence of the One. Existence is created, animated and sustained by the indivisible power of Source.

Existence is God's manifesto. Every detail of the entire universe and of all existence, including the microscopic functioning of every atom, is preprogrammed by Source.

The universe is made from the divine consciousness that is God's ultimate reality. The universe is created from and is permeated by the ultimate reality that is God-the-beyond or consciousness-at-rest. The universe is known as God as existence or consciousness-in-motion.

One day the universe will return to the void, the cosmic womb of creation. After a prolonged period of divine rest another universe is born. This cycle of creation and destruction of an infinite number of universes continues for eternity.

Foreword

Unity embraces the elemental truth of all religions including the teachings of Buddha, Shiva, Jesus, Moses, Krishna, Mohammed and Lao-Tzu.

Unity is the all-inclusive religion of the third millennium. It synthesizes the essence of all spiritual approaches, but it is not a conformity to unverified dogma. Unity is based in pluralism: it acknowledges that every soul is unique and that no two people agree on everything. Unity is flexible, respectful of differences and totally life-affirmative.

A shared understanding abides at the heart of Unity: God is truly and totally omnipotent. Without exception, reality always reflects divine will.

Two secondary principles support the application of Unity: Advaita is the ancient understanding of nonduality or oneness. Zorba the Buddha is Osho's conscious celebration of spirituality.

No human can bring Unity to Earth; that is the work of God-the-beyond. Osho was used by Source to revitalize the ancient meditation techniques of Shiva and to share his vision of Zorba the Buddha. Now Source is using Maitreya to integrate and unify the essence of all religions and to highlight effective systems of transformation.

Unity celebrates God's prolific creativity and embraces all the different expressions of divine intelligence. Unity is God's vision for the new dawn of consciousness that is poised to unfold.

This Message

Unity's message has three distinct aspects: predictions for the future that only time will validate; cosmic knowledge that is supported by reason but can only be known by Source; and most importantly, methods of individual transformation that must be validated by experience.

Enjoy the predictions as a good story that may come true. Contemplate the cosmic knowledge to confirm that it makes sense and supports your trust in Life. And remember: only non-conceptual direct experience of inner truth promotes essential growth in love and consciousness.

Life is innately intelligent and every awakened being lives in conscious oneness. Thus it is reasonable to conclude that the source of life is intelligent consciousness.

This insight is enough to allow you to trust Source. When you trust Source to manage your growth and take care of you now and in the future, your neurotic worries disappear. But you will still be practical as God will guide you intuitively in all your worldly and spiritual endeavours. You can trust God's infinite power and intelligence to take better care of you than your illusory ego and limited mind.

Source is giving you all this information so that your trust is deepened by knowledge and understanding. This message rests on trust in God. Without total trust, surrender will not happen, and surrender is the door to freedom.

These words are all to the point. This message is not intended to be poetic; it is direct, clear and precise. We have plenty of beautiful poets already. What is missing is the simple truth.

The Implications of Unity

This book contains the foundation for Unity, the holistic and transformative religion for the third millennium.

Many spiritual leaders are calling for unity. They point to the core of common ground central to all religions and suggest a more integrated approach to spirituality.

Yet if you ask most spiritual leaders which parts of their dogma they are willing to give up for unity, they will inform you that their ways are the best for everyone. All groups, gurus and religions feel their way is the right one.

Division is a central theme of the Kali Yuga, the age of separation. Talking about unity is relatively easy. Getting all religions and spiritual groups to agree on a shared way of understanding is impossible at this time.

Nevertheless Unity is destined to occur very soon - the result of a miraculous seismic change triggered, to all appearances, by divine intervention. In actuality no such intervention is required; even great miracles are just part of the pre-written story of life.

What humanity needs is a rational, unifying, conscious and holistic vision for the third millennium. This book embodies that vision. It is given to us by God to create the blueprint for a conscious civilization based on a world religion of Unity.

However, even those closest to Unity's central themes of advaita and meditation will not agree with all of it and most other groups will reject Unity as too different from their own approach.

The shift from separation to unity will be accompanied

by lots of drama of every conceivable kind. God enjoys drama. When the great change starts we will all be propelled into another level of energy.

Mind-sets can be changed easily when Source wants them to be. Everyone's thoughts, beliefs and feelings can be altered by God when the time is right. This is how the great change from separation to unity will come about. Since you are reading this book you are blessed. You are being informed in advance of positive unexpected events that will soon come to pass.

Thinking about the future, however, is not how transformation occurs. This book challenges you to let go of unverified beliefs and become a seeker of truth, with one hypothesis to verify with your intelligence and direct experience: God is all there is and I am part of Him.

This hypothesis is required to decondition you from the illusion of separation that God has programed into every human mind. Your ego-mind is a divine creation with a deep divisive belief in free will.

You are hypnotized by maya's spell of duality into believing that you have individual power separate from the indivisible power of the One.

This imaginary separation of yourself from Source via the pretence of individual power is not a mistake on your part but a necessary divine device that allows spiritual growth to have real depth and meaning.

Your reunion in the ecstasy of enlightenment requires a context of separation and suffering to add the necessary contrast to your soul's journey of evolution. Contrast is vital for a good story and God is the ultimate storyteller.

The Nature of Reality

The ultimate reality is the eternal void. God-the-beyond is the omnipotent and omniscient void of non-Being that contains the potentiality for all creations. Source is intelligent awareness without form and with the power to create all forms.

Source cannot be known by these words nor by any other intellectual understanding. Your mind is capable only of conceiving in the realm of space-time. God is the beyond, the mystery, and is sometimes referred to as 'That' - just an indication. 'That' is a mystery to all humans until they leave the body and soul for the last time and merge totally with Source again. Buddha, Shiva, Lao Tzu and all other departed fully enlightened beings exist only as 'That'. They have no trace of any individuality left.

Many devotees project their love and imagination on to disembodied masters and are given visions and messages from them. This convinces devotees that their teacher still has some individual power. God created this illusion to help perpetuate the separation of religions that is part of the Kali Yuga, the present age of division, confusion and violence.

All teachers and gurus are channels for divine energy, but they have no individual power, only the appearance of it. This helps to perpetuate the illusion of separation - my teacher is better than yours.

The basic nature of reality is that God is the only power. He creates all souls and the universe from His ultimate, or absolute, reality of the void and controls all events totally.

Most people feel they have free will to choose. They are befooled by maya's hypnotic spell. God programs you with an ego and mind that appear to have free will. The truth is that you are a sophisticated and sensitive programmed organism, an instrument of God.

God has determined every thought, action and choice you will make. Understanding this allows your ego to relax. The outcome is surrender to the will of God, and conscious surrender is the door to enlightenment.

Personal responsibility is a positive ego trip. It is necessary for all social and practical matters. The first stage of growth is to develop the ego's responsible, creative and positive potential. But personal responsibility is not useful for the second stage of spiritual growth which requires surrender to each moment of life-as-God.

God is fully responsible for every detail of everything. He creates every detail of existence exactly as He wants, including every abomination you can imagine. There is no devil sabotaging His work. God is all good and all evil.

Planet Earth is the setting for the human drama of evolution to unfold. You are centre stage in the universe and God's main interest is you. He loves to experience your soul's evolution from unconscious ignorance to its penultimate flowering of consciousness in full enlightenment.

Ultimately you are God. But you will not experience this until your soul has totally dissolved in mahaparanirvana and has merged with the eternal consciousness of the void. Then no trace of individuality of any kind will remain; you will exist only as Source. This way, God remains forever the eternal mystery of the beyond.

Men and Women

Feminist ideas have helped both sexes evolve from old stereotypes of male and female roles. These concepts have been helpful in empowering women and bringing more sensitivity to men.

In developed countries, many women are dynamic, free, assertive and they often enjoy equal opportunity, but sometimes the price they pay is high.

For social and political freedom, some feminists have sacrificed their connection to the goddess. The goddess is female love, beauty, mystery, sensuality, grace, intuition, sensitivity and the esoteric power of the white witch.

Radical feminism was needed to balance the unfair, male-dominated, patriarchal world of the past. Now the pendulum is finding the middle ground and the radical version of feminism is no longer relevant.

Political and social equality and freedom are every woman's birthright, and women can have it all when the goddess is valued as the primary female archetype. Without the liberating power of the goddess, radical feminism can be an empty victory that leaves women frustrated and confused.

Most men are destined to become spiritual warriors. They must develop their essential male qualities of thirst for spiritual truth, clarity, freedom and awareness.

Feminism has helped men to be more considerate and sensitive to women's needs, and has connected men to the more vulnerable female aspects of their nature.

Feminism has also created a less polarized and there-

fore less dynamic balance of male and female energies. Men must retain and strengthen their positive male qualities in order to create the dynamic dance of opposites that is the real satisfaction in intimate relationships.

If these positive male energies are sacrificed at the altar of feminism the consequences can be emasculation and lukewarm relationships. Men must develop courage and clarity and value freedom above all else.

For spiritual men, freedom is a higher value than love. Thirst for truth has priority over any relationship. Spiritual men can enjoy fully the wonderful delights of intimacy, yet freedom must remain their first priority.

Before we are healed of old wounds, conflicts will arise in all love relationships. Female emotions are wild. Men are often out of their depth in the emotional arena as women can express their feelings much more easily. This leads to male defensiveness and dishonesty: best not to upset her with the truth; the price is emotional drama.

Once honesty is lost the relationship starts to decline. Men need the courage to be totally authentic whatever the result. When a man is open and honest, the woman starts to respect and trust him; she understands that his priorities are different from hers. If relationships remain a man's main priority, he may be limited by the primacy of intimacy and love in the female world.

Honesty, openness and conscious connecting create the foundation for a healthy relationship. Women who understand and support their man's inner journey also enjoy the fruits of intimacy.

Living in tune with the energies of the goddess and the

warrior of truth is natural and satisfying for women and men. These natural energies do not change with political fashions.

When a woman lives the energy of the goddess and a man is a warrior of truth, their authenticity and freedom make a fully dynamic and loving relationship possible.

Shaktipat Initiations

Every soul takes many lives to awaken. In each new body the nervous system has to incorporate and integrate the soul's previous spiritual growth.

The longing for rapid awakening is natural and a direct input of cosmic energy from a fully enlightened teacher does help. Powerful initiations often known as shaktipat may trigger a temporary satori or permanent awakening, particularly for those who were awakened in past lives.

In my case powerful initiations with shaktipat lead to a satori that lasted for three months. The love, awareness and bliss were similar to that of permanent awakening.

The effectiveness of powerful initiations depends both on the consciousness of the teacher and the readiness of the seeker. Only teachers in the second and third stages of enlightenment have the capacity to transmit cosmic consciousness to ripe seekers through shaktipat.

Tibetan Buddhism

Tibetan Buddhism has become an important influence on many spiritual people all over the world; it is flexible and transformative and has evolved in a tantric direction.

Tibet has produced many buddhas during the last millennium. Tibetans are blessed with compassion, intelligence and spiritual sensitivity; they are beautiful people.

Part of the key to this Tibetan success is playfulness. Tibetans are naturally innocent and childlike, yet they have also delineated, developed and applied complex esoteric methods of transformation which have proven to be effective systems of spiritual growth. And Tibetans are largely free from the spiritual diseases of piety and hypocrisy that plague many religions.

The whole Tibetan community is involved in spiritual life and the monks and nuns are respected and supported by everyone in the community. Lay people participate in rituals and worship. Novices learn compassion and respect for all life. Initiates are trained in the ultimate method of liberation - Dzogchen meditation, the art of resting consciously in contentless awareness.

Osho was an awakened bodhisattva in the first stage of enlightenment for his last 14 lives. Bodhisattvas remain in the first stage of enlightenment so that they are reborn and thus continue to be of help to others. Buddhas in the second and third stages of enlightenment are not reborn.

Osho's training with Milarepa and other great Tibetan masters gave him the understanding that flowered into his teaching of Zorba the Buddha. His people wore the

same maroon colour as Tibetan monks.

Tibetan Buddhism's monastic foundation has produced many buddhas, and monasteries allow monks and nuns to focus on spiritual growth. But enforced celibacy and the time of the monastery have passed. The future civilization will have retreat centres where people can take time out from their busy lives to focus on their inner world.

The new civilization will not be repressive; it celebrates all the positive aspects of life. The goddess and sensuality will be consciously enjoyed and valued. This tantric approach creates a healthy foundation for mature spirituality. Retreat centres can also support a temporary experiment with celibacy for those who are ready for the rapid growth that comes from facing oneself alone.

The Chinese invasion of Tibet has had some positive effects including essential material development. And the Tibetan exodus from the high Himalayas has helped bring the ancient wisdom of meditation to the West. Meditation and trust in God are the central pillars of Unity.

The religion of Unity is for everyone. Unity's essential practice is a conscious connection to the flow of life by being aware of body, breath and energy. Many Tibetans and other Buddhists are already in tune with this fundamental meditative approach.

Tibetan Buddhist training in compassion and kindness fits with the new morality: Live consciously and respectfully without harming people or other sentient creatures.

Om Mani Padme Hum.

Synchronicity and Cause and Effect

Serendipity, fortunate coincidence, is just one obvious aspect of synchronicity. Synchronicity is the deep, hidden undercurrent of divine orchestration and interconnection that permeates all of existence.

The laws of karma and balance reflect the functioning of synchronicity in all realms of human life.

Understanding these laws helps us to accept our situation with equanimity, and gives us an insight into the cosmic mind of God.

The laws of karma and balance extend the material law of cause and effect into the complex interconnected web of human life. These esoteric laws differ from cause and effect in their complexity, unpredictability and mysterious workings. Meditation practice, for example, can generate different results; all meditators know the unpredictable nature of their practice, as do psychics and healers.

Do not be discouraged if the results of your meditation practice are not immediately apparent. All the effort that we are programmed to make in spiritual growth will bear fruit when the time is right.

God's greatest creative challenge and interest, as He programs each soul with all the experiences it requires, is the complexity of karmically balancing all energy exchange between billions of souls over many millennia.

All positive and negative actions that we perform return to us in equal and appropriate measure as karma echoes back our inner world, sometimes instantly, but more often in our future. Karmic justice requires that all actions are

perfectly balanced with appropriate life experiences.

God also ensures that limitation and freedom, violence and peace, negative and positive and all other polarities are equally and perfectly balanced with complementary and antagonistic opposites.

The science of inner growth is less consistent and predictable than material science. The laboratory of inner scientists is their direct empirical experience. Subjective knowing from direct experience is enough for buddhas - they know what enlightenment is but they cannot prove it objectively.

Mysticism and science share some common ground. Both start with a hypothesis and then experiment to verify it, but the long timescales of the laws of karma and balance appear to render inner science less consistent.

However, over the millennia of your soul's evolution, the laws of karma and balance are as equally consistent as their material counterpart, the law of cause and effect.

Instant karma is a central theme of the Sat Yuga, the age of truth and justice. Soon we will all witness our actions returning to us very quickly; divine cosmic justice will not only be done - it will be seen to be done.

Visible cosmic justice is an essential theme of the Sat Yuga, the age of truth and peace. Instant karma is vital to prove that justice is truly being managed by God. When the certainty of divine justice is confirmed, much of the need for a criminal justice system will dissolve.

Instant karma also reveals the hidden undercurrents of synchronicity, divine orchestration and interconnection that underlie all human actions and experiences.

From Darkness to Light

Existence is structured in complementary and antagonistic pairs and cycles of opposites: yin and yang, male and female, hard and soft, negative and positive. These polarities impart essential contrast to life.

The cosmic drama is long; the cycles of peace and violence last about 4,000 years each. We are nearing the end of four millennia of violence, the age of the Kali Yuga.

The transition to the new age of peace is about to commence. This is the reason God is now sharing His ways openly with you: to inform you of these cycles so that you understand the positive context for the huge change that is about to occur.

The great shift from violence and division to peace and unity involves the miraculous transformation of all souls. It is a great blessing to experience the transition from conflict to peace; it comes but once every eight millennia.

The age of peace and unity, the Sat Yuga, gives every soul the opportunity to have spiritual growth as its highest priority. Violence, injustice, poverty and most diseases will disappear. We will live in a new conscious civilization where people, work, celebrate and meditate in love and harmony with one another.

This transition from darkness to light is a huge drama. The population in 2012 is 7 billion souls. The means to rapidly transform all of us is hard to imagine. Leave that work to God; you prepare to face His light.

Judgement And Discernment

The word judgement is often used to imply inaccurate and negative opinions fueled by unconscious emotional reactions. In some New Age circles to judge is to sin.

Judgement also refers to the positive quality of discernment, the ability to make considered decisions or come to sensible conclusions. For spiritual seekers, discernment is an indispensable and often underdeveloped quality; it is the ability to see things as they are without distortion.

Cultivate discernment and wisdom through clear thinking, contemplation and meditation. And let inaccurate and negative judgements dissolve in the light of your love and awareness. These projections of your unconscious mind hurt you far more than those whom you judge.



The New Dawn

The great change that will soon herald the new dawn of consciousness is the best news in 8,000 years. This new dawn triggers a seismic shift from our violent, greedy, unjust world; it is the start of four millennia of peace, love, harmony and social justice.

The frequency of the vibration that sustains the world has been constant for most of the last four millennia. This frequency has been gradually increasing in recent years leading to an amplified sense of intensity in many people, and it is about to increase much more.

The cosmic vibration has two aspects: sound and light. Om is the primordial sound of the beyond that sustains existence. Light is a manifestation of divine consciousness, the quintessential nondual reality, the stuff of which the universe and all existence is made.

Every soul will be transformed by the higher frequency of this vibration. Source will use the cosmic vibration to bring about a miraculous shift in the hearts and minds of all people.

We will all be part of a global initiative to develop a just, harmless and conscious civilization. In order to function successfully, society needs responsible, caring and kind people as its members.

In the new civilization everyone will be free to have spiritual growth as a high priority. Material resources will be more equitably distributed and everyone will have an abundant lifestyle. We will work not only for personal gain, but also to share our energy and to enjoy creating a

better world. New technologies, good eco-planning and a shift to organic vegan farming on a global scale will allow the Earth to sustain up to 10 billion people in harmony with the environment.

No one has anything to fear. Every soul is destined for transformation and full participation in the celebration of love and consciousness that is the new dawn.



Masters and Disciples

Enlightenment is originally an Indian phenomenon. For thousands of years the flame of awareness has been passed from master to disciple. This relationship is based on a deep commitment by the disciple to the master.

The master knows the seductive tricks and traps of the ego from his prior unenlightened experience. The disciple understands that the master is his only hope for freedom from ego and suffering.

As spiritual work intensifies, the disciple's ego always has a reaction to the teacher - the authority figure. Hence the teacher insists on surrender to his spiritual authority. If the disciple is allowed to vent his negativity on the teacher, the work is impossible.

The relationship has worked well. By living, meditating and surrendering with the master, the mystical flame of awareness jumps to the disciple when the time is right.

The downside of this arrangement is that some gurus have a tendency to self-aggrandize. The surrender, love and devotion of disciples goes to their heads. Gurus can become subtly impressed with their apparent power to influence and transform disciples.

When God is believed to be far away, the guru is often deified. In India the master is the door to God and is worshipped as a god by devotees. Some disciples sacrifice their own intelligence and surrender to the guru even when the teaching is irrational. Disciples lose respect for their own divine connection by submitting to the authority of the master. Spiritual surrender is healthy and trans-

formative only when it is to life-as-God.

The master-disciple relationship was a crucial part of the age of separation, the Kali Yuga; it helped to preserve the flame of enlightenment throughout the long dark night of ignorance. But no guru has any individual power to do anything at all. The time of the illusion of guru power has almost passed.

The next step is the halcyon age of truth, the Sat Yuga. God is about to evolve the master-disciple relationship to include a direct connection to Source.

Soon all teachers will know from experience that God is the only master and the only power; they will teach surrender directly to God by accepting reality as the manifestation of His will.

This new relationship replaces the old master-disciple connection; it is respectful, loving and free from misuse of power by the teacher. God is the one and only power.

Buddhas will always have essential work with seekers as mediums for divine energy. Enlightened beings help seekers to grow by sitting silently with them in truth, love and awareness. Teachers provide vital support for this silent self-encounter - the key to rapid spiritual growth - and they channel divine consciousness from the beyond to help bring love and light to Earth.

The Basic Set-Up

God has a tidy, complex and immensely sophisticated mind. Everything is connected and balanced within the fundamental paradigm in which God creates all human affairs. The full extent of this complexity is very difficult for the human mind to conceive.

The duration of the universe is billions of years and the number of civilizations that rise and fall on Earth is more than one million. Each civilization has the same basic dynamic: ego conflict and violence, followed by spiritual growth and peace. Otherwise, they are all a unique expression of divine creativity.

Each civilization lasts for approximately 8,000 years. First there is an age of violence for 4,000 years, followed by an age of peace. The change from violence to peace is the greatest time in the cycle. This change is always preceded by increased polarization of light and darkness as consciousness and ignorance are intensified.

This period finds many meditators moving into the light. In contrast, it also produces violent despots and fanatics who inflict suffering, while natural disasters increase in magnitude and frequency.

The intensity of the transition depends on the number of people on Earth. The 2011 population of 7 billion souls is high. This shift is far more dramatic than the last when there were only about ten million people on Earth.

The repetition of this basic theme is never boring to God. The circumstances and details of each age of peace and age of violence are unique - God is creative.

And no other theme creates such contrast as violence and peace. Every soul is also programed for violence and peace.

As your soul evolves over many lives you start to transcend ignorance; you become more peaceful and more sensitive. When your soul is ripe, the burden of ego is removed and dissolves in bliss and love. This is everyone's destiny and is certain to occur when the preparations are complete.

Preparation is essential to develop the capacity of your nervous system to absorb the immense input of cosmic consciousness that comes with awakening.

The time and place of your enlightenment is already fixed. You cannot delay, miss or bring it closer with your laziness or efforts.

You are already preprogramed to make all necessary effort. Understanding this deeply allows you to relax and let the flow take you where it wants to go.

And remember that the flow of life is your direct divine connection; the voice of God guiding you in your heart. No guru or priest is needed to connect you to God; that divine connection is your inalienable birthright. Listen to His silent whisper in your heart.

The New Man and Woman

The new man and woman are rooted in Osho's vision of Zorba the Buddha and in the understanding of advaita: God is the one and only power and I am part of Him.

All but the ripest of seekers need frequent reminders of advaita's nondual truth before it takes root and flowers into direct experience. Osho did not emphasize advaita.

Osho was the start of the new man. He was unusual amongst Indian masters in that he had a high regard for women and celebrated the goddess.

The new man and woman are loving, intelligent, aware and playful. They are sincere and committed to spiritual growth but they are not serious or hypocritical.

Seriousness and hypocrisy are major limitations that were inherent in the old religions of the Kali Yuga. The new dawn calls for a conscious celebration of life as a reflection of divine will in all its pleasure and pathos.

Humanity is constantly evolving to higher levels. The seeds of the new man and woman have already been planted in your hearts and will soon be ready to flower.



A Divine Temple

Consumption of animal products has a major negative impact on humans, animals and the environment. Little can be done about such barbarity while most people are ignorant of the harmful effects of eating animal products, and while the killing of animals is condoned by society.

Health is largely a reflection of diet; you are what you eat. Recent research verifies that cancer, heart problems and degenerative diseases are linked directly to an excessive intake of animal products and junk food. We are eating ourselves to slow and painful deaths.

We have no nutritional need to eat animals; this is an unnecessary murder of innocent creatures. Soon we will cease all violence towards sentient creatures; we will live in harmony with nature and with our true needs.

We will look back with disbelief at our present epidemic of self-inflicted disease, and repent at our unnecessary cruelty to innocent creatures. All animals, not just human animals, have a right to be free from violence and abuse.

An organic vegan wholefood diet is healthy for humans; it obviates the killing and abuse of farm animals and the waste of water, crops, land and other vital resources that are used in raising livestock.

Organic vegan farming will allow the Earth to sustain up to ten billion people with high-quality nutrition without harm to the Earth or any creature; veganism is the diet for the new dawn. Your body is a divine temple, a gift from God in love. Now it is time to start treating it as such.

Inner Tantra

Sex and intimacy are important issues for seekers of truth and freedom. Sexual energy is fundamental; it can be transformed into higher consciousness, used to procreate or it can just be enjoyed for itself.

Traditional spiritual teachers often recommend celibacy to focus seekers on their inner world and prevent energy loss from sex. When the time is right, celibacy can lend vital support to spiritual growth.

When celibacy is enforced on those who have not had sufficient sexual experience and who are not spiritually and psychologically mature, serious problems can arise. The negative aspects of enforced celibacy include loss of intelligence, repression and perversion.

Tantra uses conscious sex energy to help with spiritual growth. Tantra is a nourishing and healing part of the spiritual journey; everyone can benefit from tantric exercises.

They teach you how to remain relaxed, open and connected with your partner while sexually aroused, and how to use sexual energy to become more conscious. Tantra brings awareness into the deep unconsciousness of sex; old wounds are healed by enjoying conscious, open and connected tantric experiences.

Tantric exercises, however, rarely transform sex energy into enlightenment. The transformation of sex energy into higher consciousness is a big undertaking; it requires a strong commitment, and the work is different for men and women.

For men who are approaching enlightenment, celibacy

is usually best; they need the sex energy to help raise their kundalini energy to the higher chakras, and to penetrate the unconscious mind with awareness.

Women who are close to awakening can become enlightened through tantra but they require a partner who is more conscious than they are.

For younger seekers, sex can be enjoyed with intimacy as a natural energy. Full tantric commitment is best undertaken by more mature seekers who have had experience with sex and intimacy, and are psychologically and emotionally ready for the tantric experiment.

There are many techniques and exercises to help bring awareness into sex, but they don't help much unless you have already cultivated awareness with meditation. The first step is to develop awareness by meditating alone, and to understand that tantra is a form of meditation.

In tantra, the sex energy is aroused only slightly. After you are connected, most excitement is dropped. You sit or lie silently together with open eyes; talking can activate the mind and is not required. Communicate through your eyes, body and energy. Consciously open your senses.

Now with love and awareness you merge with your partner's energy. Connecting this way in awareness and love opens new channels for energy to move.

This is transformative tantric meditation, but it is still not usually the optimum for men preparing for enlightenment; they often need celibacy and aloneness.

Men and women in the first stage of awakening may be celibate, as they need the sex energy to help the opening to the next level - if that is destined to happen soon.

Second-stage men and women sometimes enjoy sex, as do fully enlightened men and women. Now the spiritual journey is over and the kundalini has done its work in opening the crown chakra.

Buddhas are fully aware and are loose and natural with sex. However, they often remain celibate because the grosser energy of sex brings them into the physical body, and they are already enjoying a more refined ecstasy.

Enlightened ones enjoy the ultimate inner tantra, the penetration of love by awareness, and the embracing of awareness by love.

For those approaching liberation, inner tantra is a vital transcendence of the primary polarities of yin and yang and, ultimately, of all polarities.

By remaining celibate and practising inner tantra, ripe seekers bring their energy to a peak. As the energy builds and is channelled into the inner reunification of love and consciousness, the focused energy creates the optimum conditions for awakening to occur.

Sex is natural and fun. Enjoy this divine gift as totally and consciously as possible until the time comes for the commitment to inner tantra.



Advaita Vedanta

Advaita or nonduality is the highest flowering of Indian spiritual philosophy; it is the quintessential mystical understanding. Advaita is as far as the intellect and concepts can go in the direction of truth. After advaita, not much more can be said.

The core advaita insight is: consciousness is all there is, therefore I am That which I seek. Advaita recognizes that there is one primordial source to all life; therefore all of existence is made from that source, and that source is God, or consciousness-at-rest. Without an understanding of advaita, spirituality remains confused and dualistic.

The leaders of the philosophical school of Advaita Vedanta are some of the most sophisticated intellectuals of India, an ancient mystical land where an evolved and conscious civilization once flourished.

Advaita's problem lies in its application. Bridging the chasm between nondual logic and direct experience is the challenge that advaitins often fall short on.

Many advaitins attempt to gloss over the separate reality of the body and material world with concepts about oneness and nonduality. Sometimes they insist that they don't exist as individuals in a material world. The absurdity of this belief reflects the limitations of logic.

The material world does exist and is essential to create the experience of separation. A buddha is hungry in his belly, not yours.

Advaita's problem dissolves with a dose of pragmatic authenticity. Understanding that reality is multidimension-

al relieves advaitins of their misguided beliefs about the functional aspect of being human.

Direct experience of the absolute realm of non-Being is available only to those few souls who have access to the seventh body of God. Such fully enlightened people are rare; about a dozen are alive today.

Even they cannot stay in that arcane realm for very long and, when they return to a functional state of consciousness, they experience themselves as embodied awareness again.

My direct experience is always that God is the only doer in me. My body, brain and nervous system are totally in His hands. I have no trace of personal volition at all. Yet I exist mostly in an embodied reality where my body is apparently separate from other bodies.

This separation of bodies is absolutely necessary for the leela, the divine play, to have meaning and intensity.

When I dissolve in non-Being, there is no trace of anyone to claim: 'I am That', or even to think anything at all. When I return from non-Being, just the fragrance of that total dissolution lingers around me for a while. Then I exist as embodied awareness again.

This dance ensures that the mystery that is God always remains mysterious. No one can articulate the subtlety of non-Being, since all sense of Being dissolves and there is no one present to remember the dissolution.

Clinging to absolute concepts about truth is not helpful; it limits you. There is no need to dress up your reality with absolutist jargon. The relative world of matter is also real; it exists as the first body, or realm of God. The universe is

transitory; it is born and is destined to die; yet it is the fundamental reality in which we live. Denying the reality of the world leads to subtle anti-life attitudes.

Only the absolute realm of God is eternal. In this sense only the absolute realm is real. But every realm of God is real in the sense that it exists and is made from His ultimate reality: the uncreated eternal void of awareness, or consciousness-at-rest.

Beloved advaitins, you are on the right track: advaita is the truth. Just remain true to your own experience. There is no need to decorate your experience with limiting absolutist concepts about your non-existence.

It is better to be pragmatic. You can verify that you are embodied consciousness and that God is the only doer. This frees you from ego burden and allows you to play your part in life without denying the reality of the world.

God's creation of existence is complex. Understanding its multidimensional complexity deepens the experience of being embodied consciousness.

God's vision for the new dawn of civilization includes work, meditation and celebration within the context of advaita's understanding: consciousness is all there is, therefore I am ultimately That which I seek.

The application of advaita is much more transformative than the repetition of absolutist beliefs; the application of advaita leads to freedom from ego through conscious surrender: Not my will, but Thy will be done.

Western teachers are coming into their time. They bring a fresh vitality to the ancient wisdom of India and the East.

Zorba the Buddha

Politics endeavours to change society for the better but the process is largely unsuccessful because the individual remains unconscious. Society is the sum of its parts; it will continue to fail until each individual becomes more conscious and responsible.

Authentic religion, the way of personal transformation, starts with individuals and brings light into the darkness of their unconsciousness.

In the past, mystics would often work on their growth in consciousness by withdrawing from society and staying focused on their inner world.

The new dawn calls for a full integration of society and spiritual development. The basis for this integration is in the synergy of Zorba and Buddha.

Zorba the Buddha is the new man, a meeting of West and East, of celebration and meditation. Zorba is passion for life and all its positive worldly pleasures. Buddha is transcendental awareness.

By allowing Zorba to play and create, Buddha is built on solid ground. When the time arrives for introversion, Zorba has drunk his last drop of wine. There is no conflict of interest.

Thirst for Truth

These messages are designed to help awaken your thirst for truth, not to increase your borrowed knowledge. You are already overburdened with unverified beliefs.

Logic cannot conclusively prove or disprove God's existence. But understanding advaita's impersonal theistic reasoning - a frequently repeated invitation of this book - obviates the need for a belief in God.

Your trust in Life is deepened if it rests on rational concepts. By applying your intelligence, you can understand reason without becoming a blind believer. Belief is for the spiritually immature. Check your unverified beliefs and let them go. This challenge is extended to encourage you to enquire.

The initial enquiry is conceptual and intellectual. You apply your intelligence to determine if the concepts make sense. When you have confirmed that the concepts are rational, and when your mind has expanded by understanding how existence works, then the more challenging non-conceptual enquiry commences.

Empirical enquiry is the foundation of authentic religion. The essential enquiry is into the source of your own mind. You cannot discover the source of your mind by thinking about it. Silent awareness has to illuminate the dark recesses of your unconsciousness and reveal itself as the source of mind. This is an extremely arduous endeavour.

Accept the challenge to become a seeker of truth with a primary hypothesis to verify: consciousness is all there is and I am part of That.

Part Two

The Cosmic Mind

Now

This consciously lived moment of Now is the only door to freedom. How long has it been since you first heard this truth?

Many of you have been seekers for decades. You have acquired spiritual knowledge and profound experiences, but the fulfilment of freedom has yet to embrace you in the sublime ecstasy of awakening.

The words of teachers are inspiring and you understand perfectly, but the invitation to burn in the fire of Now remains just an invitation that you have yet to apply in your life.

You are not at fault. You are sincere and willing to try almost anything to help with your growth, except the one thing that really works: consciously opening to the reality of Now.

Your inability to remain present is not your creation, nor do you have the capacity to transcend your dreams and live in the fire of Now. Your fascination with mind games remains too strong.

Everything is in the hands of Source. When your destined time of freedom draws near, your priorities will miraculously change and the pull to live in the eternal presence of Now will consume you.

Deliverance

Enlightenment is deliverance from suffering through the merger of your individual soul with universal awareness, love and light.

Enlightenment is a gift from God; it is given when the time is right and that time is predestined. This does not mean you can just stay in bed.

You are programed to make every possible effort to attain enlightenment. But your effort does not directly cause enlightenment. God's grace showers you with the ultimate gift when most of your spiritual and worldly experiences are complete.

Purification of your body, heart and mind with meditation, self-enquiry and other methods is essential. When your time of liberation approaches, you will be firmly committed to your quest for truth.

Totality is the most significant quality for a seeker of truth; it moves you through experience quickly. Spare no effort. Be total, and remember that you are not alone.

God-the-beyond is waiting for you to come home. Returning to Source gives rise to a great celebration. The total dissolution of a fully enlightened soul is many times more intense than any other human experience - even the extraordinary ecstasy of enlightenment.

Different Opinions

Most teachers disagree on the peripheral aspects of religion. Jesus, Krishna and Buddha diverge, yet they all share the experience of being aware, loving and at one with the Whole.

Awakened teachers receive their cosmic knowledge from God, and He alone knows the veracity of the cosmic information He imparts to them.

Peripheral misinformation is given to teachers to perpetuate separation. If all teachers agreed on everything, the result would be unity. But Unity is scheduled for the halcyon age of the new dawn, not before. The new dawn ushers in a shared understanding based on nonduality, meditation and trust in life-as-God.

During the Kali Yuga there is significant confusion about destiny, free will and responsibility. Most teachers say that your effort and intention affect the time of your awakening. Effort and intention play an essential role in developing the positive aspects of the ego, but the story of your life is already written; all of your experiences are predestined and await your discovery.

Krishna highlighted the law of destiny effectively when he counselled Arjuna to play his preordained part in the Mahabharat war that ended the last age of peace.

The time and place of your awakening has been pre-determined by God. Your effort, responsibility and let-go are preprogramed by Source, as is every microscopic detail of everything. You are already in the hands of the Beloved. You can relax and enjoy the ride.

Fantasy and Truth

Everyone is programed for planning and improvement. Your mind loves future fantasies and spends lots of time dreaming about what might happen. Sometimes your plans coincide with predestined future events - often the outcome is different from your fantasy.

Relative truth is factual; it is relative to this world, a province of science and fact-checkers. Relative truth is also the reality of your experience - you are this moment of life right now.

The dreaming mind with its unconscious desires and inaccurate judgements is not relative truth; these mental addictions are not fact but fantasy. Relative truth can be verified empirically as your truth; it is the facticity of each consciously experienced moment of life - not the mind's interpretations or comments on this reality.

Ultimate truth is the eternal nondual consciousness of the void. Fully enlightened people who dissolve in non-Being have a taste of this absolute truth of the beyond.

The way to know this ultimate truth is to live each moment of your relative truth very consciously. Staying consciously connected to the flow of life in you is both enjoyable and transformative; it leads to refined spiritual revelations and eventually to enlightenment and access to the ultimate nondual truth of the void.

God can knock on your door at any moment. When Source reveals the new energy it will take you by surprise. Live with such presence and totality that you are prepared for the unexpected at every moment.

I Am That I Am

Spiritual teachers expound a variety of cosmologies. Buddha says nirvana is the ultimate; Shiva says eternal presence is the ultimate. Jesus says my Father and I are one.

Now is the time for the whole truth to be told: the void is aware of itself. The void is uncreated unlimited intelligent awareness; it is the source of existence. Existence comes out of the void and goes back into the void. The void is God-the-beyond.

The void is the nothingness of Buddha, the eternal presence of Shiva and the Father of Jesus. God's declaration to Moses: 'I Am That I Am', springs from the eternal essence of the void.

The void contains the potentiality for all future universes. This infinite power of God-the-beyond is known as consciousness-at-rest or Source. Existence is known as consciousness-in-motion or life-as-God; both aspects are part of a unified whole. Non-Being and Being are one.

All events are predestined by the ultimate intelligence of the void. Even the ego, the agent of separation itself, is a play of divine consciousness that dissolves when the time is right. Enlightenment is the destiny of every soul and the time and place of your awakening is preordained.

Your life is divinely scripted, like a movie waiting to be played. All your reservations were made by the infinite intelligence of the void before your soul existed.

Esoteric Science

Chakras are energy centres based in the human nervous system. There are seven major chakras that serve as doorways and connection points to the seven bodies or realms of God. The seven bodies or realms of God relate to the seven chakras in the following ways:

- 1) First body - the physical body. The first chakra is involved with sex, food and survival.
- 2) Second body - the emotional body expands with positive emotion beyond the physical body. The second chakra is involved with emotion, relating and sexual intimacy.
- 3) Third body - the astral body. The third body gives access to the astral realm in hyper-space-time. The third chakra is involved with power, creativity and intelligence.
- 4) Fourth body - the mental or psychic body expands and merges with the fifth body in deep meditation. The fourth body transcends space-time and allows access to subtle psychic realms. The fourth chakra is involved with the heart and unconditional love.
- 5) Fifth body - the spiritual heart - is the Being, or the Self. The fifth body is the first stage of awakening, the realm of bodhisattvas. It is unlimited by space-time and is fully revealed when the ego dissolves. The fifth chakra is involved with sharing.
- 6) Sixth body - the cosmic body is re-

vealed when the Being is transcended. It connects to non-Being. The sixth body transcends Being and is the bridge to non-Being. It is the realm of buddhas. The sixth chakra is the third eye, the cosmic centre of consciousness and witnessing.

7) Seventh body - nothingness, the ultimate beyond, the inconceivable. The seventh body is the void of non-existence, nirvana; it can be accessed by fully enlightened buddhas. Sahasra, the seventh chakra, reveals the exquisite bliss of the thousand-petalled lotus.

Most helpful for spiritual growth is the expansion of the third and fourth bodies. The third body grows through taking responsibility for your reality, being total in your effort, and by creative, dynamic endeavours of all kinds.

Without a healthy third body, seekers remain immature and can easily misunderstand advaita-based teachings. A healthy third body provides the vital foundation for the let-go of the doer and access to the fourth body.

With its vast potential for expansion, the fourth body is activated positively by awareness and love. It is the bridge from the individual ego to universal Being. In pure unconditional love and deep meditation the fourth body connects to the fifth, and a glimpse of the Being or Self is revealed.

The fifth, sixth and seventh bodies are revealed fully after the ego has dissolved in enlightenment.

For most women, the Being is more easily entered through the heart. Love is usually the main door to the

fifth body for women. The heart chakra is generally more active in women than men. For most women love is God.

When a woman expands in love her ego dissolves. For most women almost everything happens through the spiritual heart, the Being, the fifth body. With time the spiritual heart reveals more mysteries.

In conscious devotion to the divine the spiritual heart opens again and Being is transcended. The door to non-Being opens. In the final opening non-Being devours the woman and only fully conscious love remains.

For most men the path of awareness is more natural. Meditation expands the fourth body and opens the door to the fifth. For most men the fifth body opens with awareness, the sixth body opens with awareness and the seventh body opens with awareness.

Enlightenment is a literal description of the sixth-body opening to the intense cosmic light of the witness. It is a huge challenge for the nervous system to contain this intensity. The way of awareness can be a more arduous journey than the path of love.

The ultimate result is the same for men and women: dissolution of the lust for life. This is called nirvana, extinction of the seeds of desire, where even the light of the witness is transcended in the arcane realm of non-Being.

This map is not the same as your unique inner world; it is however an accurate indicator of human potential and your capacity for spiritual growth.

A Woman's Heart

The female way to freedom is through the heart. A woman's heart is opened and penetrated by God; purification of the heart is essential.

Your heart is connected to the fourth chakra, anahata, and also to the fifth body, the spiritual heart. For most women, awakening is in the spiritual heart. The heart opens and opens and opens. This opening is surrender in love to the divine.

For divine love to penetrate and purify the heart, space is needed. Relationships keep you busy and thus less available to the divine.

Attachment to anyone is a barrier to unconditional love. Your attachments take you out of unconditional love and into the contraction and pain of jealousy.

All teachers and lovers are gateways to the divine; pass through them and let them go. The divine is waiting for you on the other side of the gate.

God is needed for most women; the Beloved can only be the divine. Give God space; let go of your attachments and allow Him to purify your heart. Face God alone. In your naked need of man, God comes as a fresh flower of pure unconditional love.

Advaita

Advaita is the philosophy that comes closest to articulating the ultimate nondual truth; it is as far as the intellect can go. Advaita is the quintessential spiritual understanding that says: consciousness is all there is. Existence and its mysterious source are one unified consciousness.

Consciousness-in-motion is existence; consciousness-at-rest is Source. The universe is created from and by the mysterious consciousness of Source.

Advaita is both monistic and impersonally theistic, and takes the view that everything is composed of one indivisible divine principle. The substratum of all creations is consciousness; we are one in divine consciousness. God is all there is.

In contrast to the impersonal theism of advaita, many Indian teachers are pantheistic and do not believe in the existence of a transcendental God.

In order to compound the confusion of the Kali Yuga, God has blocked many teachers from resonating with the impersonal theistic aspect of advaita.

All enlightened teachers have an intuitive knowledge of advaita, although not all of them can articulate its refined subtlety.

The Missing Link

I met several Indian gurus during an intense period of seeking between 1991 and 1993. They all shared a taste of non-conceptual truth with me, but none could satisfy fully my longing to understand the conceptual aspects of truth. In addition to merging with the Self or Being, I needed to understand the nature of existence.

While bidding farewell to Poonjaji in October of 1993, I came across a book by an advaita teacher from Bombay. His words leapt off the page; finally the understanding that I had been searching for was revealed to me.

I drove non-stop for 36 hours from Lucknow to Bombay to meet Ramesh Balsekar. For three hours we shared the most intense spiritual-intellectual experience that I had known. At the end I was intellectually satisfied and, as the last missing pieces of the cosmic puzzle fell into place, my mind became silent and aware; this satori lasted for three months.

The satori was triggered by the core understanding of advaita: existence and its source non-existence are one. Every detail of everything is predestined by Source.

Source is eternal intelligent awareness with the capacity to design and create existence. Consciousness is all there is; even the ego is a play of divine consciousness.

Your sense of individual power is illusory. Surrender can be triggered by understanding that you are already in the hands of God and do not have any individual power. Awakening follows total conscious surrender.

Let these words enter you. The truth can set you free.

The Stages of Spiritual Growth

Spiritual growth involves an epic odyssey of evolution through the seven bodies of God from matter to nirvana.

Many of you are unaware of anything beyond the physical, emotional and ego/mental aspects of your nature. Yet you can access all the following realms or bodies of God as your birthright:

- 1 Matter - physical body.
- 2 Energy - emotional body.
- 3 Prana - astral body; also the practical ego
- 4 Light - mental/psychic body; also the spiritual ego
- 5 Consciousness - Being, spiritual body.
- 6 Awareness - witness, cosmic body.
- 7 Nirvana - extinction, non-Being.

The first four bodies are individual. The three higher bodies are universal. The merger of the individual soul with universal consciousness is enlightenment.

Emotional release cleans and opens the second body.

Work, responsibility, creativity and focused intention develop the positive ego aspects of the third body.

Meditation, unconditional love and surrender develop the spiritual aspects of the fourth body.

The transition from the fourth to the fifth body, from ego to Being, is the biggest challenge. The ego is tenacious and it is difficult for awakening to occur without the help of a living buddha.

A living buddha's energy comes from the beyond. He holds open the secret door to freedom and can help those near the edge to let go.

Love Vibration

Love is the female aspect of God. Love is essentially a vibration; it is both the greatest pleasure and the ultimate experience of oneness that is available to most people.

Love is the connecting force in existence. Love's fullest flowering is in the heart of love, the spiritual heart, the Being or fifth body.

Awakened ones enjoy the love vibration up to the fifth body; the sixth and seventh bodies transcend love. The sixth is pure awareness and the seventh is the void of non-Being.

Devotion Frees

Shiva says: Devotion frees. Devotion means that the Beloved comes first, and the Beloved can only be the divine. God-the-beyond has no form and all forms are His creation.

The mystery of God as the beyond is unknowable by any human; God can be known through this creation. Life is God and its source is God. God is all that exists in all realms. The one and only power is God.

When you see God in everyone's eyes you are free. You are already part of the Beloved; your apparent sense of separation is just a play of God. One day you will wake up. And laugh!

Gate Paragate

'Gate Paragate, Parasamgate, Bodhi Svaha!'

Prajna Paramita is the great transcendent mantra; it is also called the great bright mantra, the supreme mantra, the unsurpassable.

The esoteric meaning of the mantra relates to the three stages of enlightenment. This commentary is given to celebrate Osho's enlightenment day.

Gate, gate means: Gone, gone - gone from suffering to liberation. This is the first stage of enlightenment. Ego is transcended and you merge with the Being in the fifth body. Being is so vast, so beautiful, such love and bliss, and still there is much more.

Paragate means: Gone beyond - gone all the way to the other shore. In the second stage of enlightenment Being is transcended and your individual soul merges with Paramatman, the sixth body.

The sixth body is pure awareness, the cosmic witness with no trace of thought. Many mystics remain at this stage with the complete opening of the third eye.

Parasamgate indicates: The ultimate liberation, full enlightenment, the seventh body of Source where even the cosmic fire of the witness is transcended.

On 21 March 1953, Osho passed through all three stages of enlightenment in one night.

'Bodhi Svaha!' What an awakening!

Freedom

There is no freedom for your ego, only freedom from it.

You are identified with your ego-mind, but you are much more multidimensional, complex and cosmic than that false self. Your ego is just a play of God, created by consciousness identifying with the contents of your mind and naming itself 'me'.

Your ego appears to protect and enhance your life and this seems to be necessary. Yet the ego has also been programed for separation, violence, greed and destructive behaviour. The ego is a single unit and has to be dropped all at once, which means letting go of the protection the ego appears to give you.

This is the challenge of awakening - it is all or nothing.

Freedom comes when the ego dissolves and the Being is revealed; life catches you and continues to take care of you, as it has always been doing.

Trust is needed. Once you have learned responsibility and discipline you can let the energy of now move you always. When your life is a Latihan, you are closer to God.



The Seven Bodies

Humans are the most evolved form of life in the universe. We are complex beings with multidimensional body-mind-souls; no other creatures are so intricate.

People who are identified with first-body energy are interested mainly in food, sex and money. These people make up more than half of the world's population.

Second-body people are interested primarily in relating, sharing and intimacy. Many new meditators are here; their main issue is emotional healing.

Third-body people are attracted to creativity, adventure, challenge and work; many of them have access to the fourth body in deep meditation and unconditional love.

Fourth-body people are often pulled into meditation, prayer, devotion and non-doing. In deep meditation they may enter the Being, the fifth body, for brief periods.

The sixth body is pure awareness while the seventh body is non-Being, nirvana. .

Purification of your body-mind-soul takes time. The journey begins with the first step. Get started.

My Situation

My situation is a little unusual and perhaps difficult to understand. God-realization happened unexpectedly to me and required many intense adjustments. God now uses my nervous system, body and brain as He requires for His purpose. He is always with me.

I was never a believer in God, nor did I have any interest in channeling anything until He came uninvited while I was meditating, immersed in silent awareness, without any thought or desire.

Even though this message bears my name, it is not from me. It is the ultimate blessing to be an instrument of God and to be used to share His divine message of Unity.

Blessings

You are reading this book; this means you are blessed. The blessings of God are given to everyone, eventually. To be blessed already is a great fortune.

You are the sensitive, aware, creative, loving people of the world. You are the seeds of the new man and woman.

You are the archetype for the golden future. You are the old souls who have seen it all.

You are the peacemakers who renounce all violence. You are those who hunger and thirst for freedom. You are the meek who inherit the Earth.

Satori

A satori is a glimpse of truth. Almost every meditator has a satori before the ego falls for the last time. A satori differs from enlightenment mainly in duration. In a satori the ego has not dissolved permanently; it is just asleep. When the ego returns after a few hours, days or even several months, it can do so with a vengeance.

Following a three-month satori in 1991 my ego returned to haunt me with fear. I was surprised for I had assumed my ego was gone for good. The contrast was dramatic; it is a big dive from bliss to fear. The fear was existential, the fear of letting go. It is strong for everyone.

A great misfortune occurs when a seeker's satori fades and he or she lacks the recognition that the ego is back and is claiming to be free.

Anything can and does happen on the long and winding road to freedom. No two journeys are identical. Be ready for the unexpected.



Time and Space

Space-time appears with the creation of the universe and disappears when the universe returns to its source.

The human mind is part of creation; it is limited by its nexus with space-time and cannot accurately conceive of anything beyond the universe.

Source, God-the-beyond, the void of non-Being: These nebulous concepts point to the inconceivable mystery of God's ultimate reality.

God created the whole past and future of existence. He knows the outcome; it is already there like a movie waiting to be played. Let Him manage the big picture. You can focus on living each moment consciously.

Advaita in Action

Applying the advaita understanding of oneness brings a radical transformation to relationships.

When you understand that God is all there is, everything changes. Your sense of self expands to include everyone and everything. It means you are the Whole, including all unconscious and ignorant people. It means other people are also God. It means there is no one other than you. It means you are the world, the Self.

Separation from existence lies at the root of the human experience of suffering. To fully apply advaita is to be free from separation. To miss the point is the hell of the ego.

You

The time has now arrived for God to share some of His mystery openly and accurately with us.

In the beginning is the void that is aware of Itself. A feeling arises for creation and in one breath of the void the universe is born. The universe exists for you.

The One uses consciousness to create you. You are made of condensed consciousness. Your body-mind-soul is made from the eternal transcendental awareness of the void. Every event in your life is divinely scripted; you are a divine fiction, a story of God.

When your individual soul is created, it is expelled from the void into a body; your ego arises from identification of consciousness with a body-mind-soul.

After many lives of unfulfilled desires a longing arises to know who you really are and the search for truth and freedom begins. The ego has to survive somewhere until it dissolves, so it identifies with being a seeker of truth, a sannyasin, a follower of a guru or spiritual teacher.

When the ego finally evaporates awakening occurs and life takes over and does what it wants with you. You have a good laugh and wonder how you could have suffered so much in identification and unconsciousness.

When full enlightenment consumes your soul, your days are numbered. Fully enlightened beings dissolve in Source when the body dies; you are home again forever.

The purpose of all this drama is divine creativity; it also allows unified consciousness to experience Itself in separation and to enjoy the ecstasy of every soul's reunion.

Let this sink in deeply; read it until you get it. This is the truth; rarely has it been told so clearly and simply. When you fully understand and embrace all of this, freedom's flowering is at hand.

Certain Reunification

Every soul is destined for reunification with God-the-beyond; your beliefs do not affect the certainty of this reunion. Yet you are multidimensional and the soul's epic journey involves many realms for you to experience.

Between lives your soul goes to the psychic realm of bardo, usually for a few weeks or months but it can be for much longer, in some rare cases even hundreds of years. In bardo your soul goes through many intense experiences with all kinds of psychic drama; some of them are pleasant (heaven) and some are disturbing (hell), depending on actions in your previous life. Much karma both negative and positive is balanced in bardo.

Enlightenment can occur in bardo. When enlightened souls incarnate they rediscover enlightenment relatively easily. Unlike most seekers, these souls have only to remember and integrate awakening in the new body.

Bardo meditations are helpful; they prepare you for the intense drama of the psychic realm. The most beneficial meditation, however, is to witness all experience with increasing awareness, equanimity and acceptance.

Luck of the Draw

You are unique. Your jiva or individual soul is created with the blueprint for all of your lives; it is a very intricate and sophisticated program. Source is the programmer.

Soul mates do not exist and finding the right partner does not bring freedom. Only your growth in awareness, equanimity and acceptance can free you from suffering. This growth is just a matter of time and is equally certain for you and for every soul.

Older souls develop kindness and compassion as a consequence of growing in awareness, equanimity and acceptance.

Younger souls are programed to project their negative judgments onto others. To judge is to separate; to judge is to hurt yourself; to judge is to strengthen your ego.

Every soul is equally divine and equally in the hands of the One. God is all there ever is; to see life as His divine play helps bring freedom from the old habit of judging.

Over the course of its long life, every soul has exactly equal negative and positive experiences. Those souls who do the most harm must also do the most good. The law of balance always applies.

The part you have been given to play is just the luck of the draw; someone has to be you. Equally, someone has to be Buddha or Hitler. Buddha was once as violent as Hitler, and Hitler will be as compassionate and helpful as Buddha.

Samsara, the Wheel

The world of suffering (samsara) and the realm of the ultimate enlightenment (nirvana) are fundamentally one consciousness. Nirvana is the source of samsara. Both samsara and nirvana are aspects of God.

Your soul is programed for about 100 lives on the wheel of suffering. The passing of every day brings you closer to freedom; you are reading this because your destined time of liberation is approaching.

The fear of letting go is part of the barrier to freedom. Understanding that you are not alone gives you courage to jump. Source is waiting to catch you when you let go of the illusory security to which the ego tenaciously clings.

There is nowhere to fall but into the arms of the Beloved. God-the-beyond patiently awaits your time of let-go.

Long has the Beloved waited for you to outgrow your toys and ego attachments; they give you no peace. Are you still a beggar for love?

Let go. Jump.

God is waiting.

He will catch you.

God is love.

For the Future

The future is known only to Source: your job is to be conscious and present for every moment of life. However here is a possible future; it is given not to be believed but to expand your horizons.

After Source has transformed the hearts and minds of all people, the age of truth, the Sat Yuga, dawns with the third millennium. Everyone becomes a seeker of truth. The time of darkness has past.

Everyone embraces conscious surrender with the deep knowledge: God is the only power and I am part of Him. Creativity flourishes: a just and conscious civilization with well-managed resources and new technologies heralds a vibrant paradise on Earth.

We continue to evolve spiritually with each new buddha transcending many of his predecessors.

As the proportion of enlightened ones climbs to ten percent of the population, another quantum leap propels awakened ones into non-material realms to experience dimensions beyond the space-time universe.

After four thousand years of peace and wonder the Sat Yuga reaches its ecstatic climax (page 435). Another age of darkness descends - to be followed four thousand years later by an even more magnificent age of light.

Vipassana

Concentration is often disparaged by teachers who understand that awareness is all-inclusive and choiceless.

Silent awareness starts with access to the fourth body; before that there is constant traffic in the mind. If your mind is still busy, concentration is needed to gain focus and open up the mind for awareness to take root.

Silent awareness happens naturally as a by-product of concentration. One of the best meditation techniques is vipassana breath awareness. It originated with Shiva and was refined and popularized by Buddha.

Sit comfortably with a straight spine; it is better to use a chair and sit straight than to slouch in discomfort on the floor. A straight and comfortable posture allows energy to move freely and easily.

Be aware of the breath as it enters your nose and follow it down to your belly. The breath is not manipulated in any way; allow breathing to remain natural. Just watch with equanimity everything that occurs. When you notice your mind wandering, gently bring your attention back to the breath. Continue for forty minutes or longer.

This breath awareness technique activates the hara, the powerful centre in the belly. Vipassana is suitable for beginners and seasoned seekers, from the first step of the journey to the last. This method has had a long history of success during the last several millennia both with buddhist meditators and with many seekers from other traditions.

Give it a try today.

The Ecstatic Fire of Now

The essential purpose of all religious discourse is to provoke a thirst for freedom. Rarely does spiritual growth happen just by reading books or listening to teachers; it requires immersion in the fire of Now.

The fire of Now is dangerous for those who are attached to toys and illusions. These include your desires, your need for attention, success or approval, and whatever pulls you outward away from your centre.

You are programed by Source to desire and to achieve. You are addicted to dreams of the future and memories of the past. The primary illusion is identification with your mind as 'me'.

Immersion in the fire of Now burns away your obsession with these illusions of the mind. The fire of Now is fueled by the eternal energy of Source. It is cosmic awareness and unconditional love. The fire of Now reveals your true identity: transcendental consciousness.

Consciousness is the alpha and the omega; it is the means to purify your soul of attachment to illusions and, ultimately, it is what you really are. The fire of Now burns the primary attachment to your ego-self. All secondary attachments disappear when the root is cut.

You are attached to you: me, myself and I. My life, my feeling, my guru. I like, I don't like. I want, I don't want. Every time you use the words 'me' or 'my' or 'I', enquire: To whom is this 'I' referring? If it is your body and its real needs, this is necessary even for enlightened ones.

Mostly, if you observe closely, you will find that it is your

ego, the false centre that has been programed to create your sense of separation by trying to get the best for you.

Ego is needed only when you don't trust that Source always gives you what you really need. Trust arises from deeply understanding the set-up. One of the primary purposes of this book is to provide a rational basis for trust.

Trust is supported by understanding that your life is a gift from God and is always perfect for the complex needs of your soul's epic odyssey of evolution. You can see part of the picture. Source sees all: your past, present and future at the same time. He knows what He's doing. Let Him manage the big picture; you focus on transformation through immersion in the conscious energy of Now.

You will still take care of the basic practicalities of life. God needs your hands to tie your camel, but there is no value or utility in worrying about your future and old age. Every event in your life and all existence was ordained by Source before the universe existed.

Now it is time to live this understanding. This challenge brings you to the fire of Now. Surrender your ego to the fire of Now at your centre. Let your pain, your fear, your resistance burn in awareness and unconditional love. Let the gaps of silent awareness grow deeper and deeper.

Call off the search for anything that pulls you away from the primacy of Now, including enlightenment in the future.

Face yourself as you are. Meet each divine moment with awareness, equanimity and acceptance. Open to the ecstatic fire of Now. Let it burn your toys and illusions.

Be free.

Yoga

The saying, 'Trust in God but tie your camel first' seems self-explanatory, yet it also alludes to the two stages of spiritual growth.

Surrender to life and total trust in God is the last step in your growth. The ego dissolves in a state of let-go. But before surrender can have depth and meaning the ego needs to develop to its positive, creative and responsible potential: tie your camel first.

The best way to tie a camel is different for everyone. The way of yoga is effective because it strengthens, purifies and prepares the body-mind while it develops the positive aspect of the ego.

Yoga is not for everyone; any responsible activity will suffice. Try to be the best that you can be in all of your endeavours. Work is the most common way of positive ego development. Whatever method suits you is the right one for you.

The essential point to understand is that the ego must develop adequately before surrender happens. Positive ego development is a vital and healthy stage of the spiritual journey that lays the prerequisite foundation for the second and final stage: total and unconditional trust in life-as-God.

Trust in God but tie your camel first.

Perfection

Source is transcendental awareness and intelligence with the power to create and destroy existence. The concepts of Source and God-the-beyond are synonymous. They indicate the eternal nondual awareness that is the highest aspect of God.

The universe is made of condensed consciousness and is innately intelligent. Every quantum is programed by and with divine intelligence to play its part perfectly in the drama of life. Life is divine.

God creates the world so that He can experience embodied separation with all the intrinsic pleasure, pain and pathos of being human.

Humans are the only creatures that have the spiritual capacity for self-awareness and the intellectual ability to understand abstract concepts.

You are the ultimate purpose of creation. Your potential is immense and your present limits will be transcended as you continue to grow in consciousness. You are all destined to become buddhas and to live in love, bliss and freedom from mental and psychological suffering.

The only question is when. If you are pulled to prioritize spiritual growth before all else, your time of liberation will be sooner than if you do not have this priority.

You are a perfect expression of divine creativity and intelligence. Right now, just as you are, you are all beloved children of God. He loves you more than you can know.

Mamud

In the Sufi story of Mamud, the voice of God tells him to leave everything and jump into the river. Imagine what you would do.

Mamud is a man of courage; he jumps and is pulled out downstream by a fisherman who teaches him fishing.

To jump in the river is extremely irrational. Your mind has good reasons not to jump. But if you hear that voice you have no choice; you will do whatever it says. You would give your life.

After several years of following the divine voice, which guides him in mysterious ways, Mamud begins to show signs of illumination. God comes only to those who are ready to live in trust and surrender.

Beloveds, you are living in God already. At any moment He can do anything with you. The whole of existence is in God; at any moment He can do anything with it.

Take a look at your present priorities; they may be about to jump in the river.



Lust for Life

Everyone is born with a strong desire to experience life. When you have lived totally and drunk the last drop of wine the lust for life diminishes and you become more interested in the inner world of meditation and unconditional love.

In the first stage of enlightenment, when the ego finally dissolves, you can still enjoy the body and the material world. Then you are again innocent and you simply enjoy whatever life offers.

When the final opening has happened you live without desire. You savour everything for the last time. The main reason to stay is to be of help to friends who are still suffering. You enjoy being helpful more than anything else. And your situation allows Source to experience vicariously the apogee of human evolution: full enlightenment.

The pull of the beyond is very strong and any moment you are ready to go. All lust for life has gone; the Beloved is waiting. You are ready to disappear forever back to the source and revert to what you truly are: God-the-beyond.



The Soul

Your individual soul is unique and multidimensional but it is not eternal. Only Source is eternal.

Your soul is programed by God to contain the entire blueprint for its epic journey of evolution that spans eight to ten millennia.

The soul is a psychic entity with the capacity to manifest new physical bodies. With each incarnation the soul grows in awareness until its unconscious program is transcended and the ego dissolves. Then the individual soul merges with universal Being and the first stage of enlightenment is revealed.

Every soul incarnates for 108 lives until it reaches full enlightenment. Your soul still remains as your awakened individuality until its destined time of total dissolution. When a fully enlightened person dies the soul leaves the body for the last time and disappears forever in Source.

This cosmic reunion with God-the-beyond is the ultimate ecstasy for the soul. It is called mahaparanirvana, beyond the great ultimate enlightenment. Every soul, even you, is destined for full enlightenment and mahaparanirvana.

Start to become more aware of your soul. It includes the energy body, astral body and mental/psychic body.

But even a fully enlightened individual soul is not who you really are. Ultimately you are the eternal nondual consciousness of the void.

God

God-the-beyond is uncreated intelligence, awareness of consciousness, the eternal void of creation.

The word 'God' has been sullied by myopic chauvinists for millennia. In addition to its meaning of the mystery that creates existence, God has less happy connotations for many people.

All religions have their own ideas about God, ideas that diverge from one religion to another, although most agree that God is mysterious and invisible.

The Christian and Jewish Jehovah is a father in heaven who is somewhat remote, authoritarian and to be feared.

The Hindu pantheon of gods is confusing for outsiders. Rama, Vishnu, Brahma and Shiva are worshipped as Gods, and there are other deities to petition for help with different aspects of life. Ganesha removes obstacles, Laxmi helps with finance.

Simple devotees from all religions pray for help with their circumstances, as if their prayers would persuade God to change His mind about their situation and improve it a little. Pray to share your heart and connect with the Beloved, not to beg for favours.

Buddha is pantheistic (life is God) and says the ultimate divine consciousness is nothingness, nirvana. Many Indian teachers are deeply influenced by Buddha. They know from experience that silence is the ultimate state of consciousness and they assume that awareness of consciousness is known only by awakened ones.

This inaccurate pantheistic assumption promotes

buddhas to the highest consciousness in existence.

Some Indian teachers say the universe is self-created. Modern science and advaita disagree with this assertion.

Osho liked to be provocative by quoting Nietzsche, who says that God is dead.

The consequence of these divergent cosmologies is general confusion about God.

This message from God says: God is all there is. Divine consciousness is both the substratum of existence and the source of existence. Take this as your hypothesis and embark on an inner quest to verify it. No belief is needed.

Latihan

Latihan is a Sufi method that invites the energy of the moment to move you, rather than relying on the ego.

Most people don't trust life totally and rely on the ego to take care of them. This is okay for newer seekers and worldly people. Mature meditators can start to let life take them where it wants to go. Or in truth to recognize that surrender has always been the deeper reality: you and all existence are already in the hands of God.

Every day is another invitation to let go. Every moment the divine is waiting for you to trust. When you start to live in trust your ego loses its grip on you.

Beloveds, you are part of the Whole already. The more you trust, the more the Whole reveals that it has always been taking care.

Enlightenment

Direct spiritual experience transcends the mind and cannot be accurately communicated: the truth cannot be spoken. Words and concepts are but pale indicators of immense and unspeakable mysteries - until you know what they mean from direct experience.

The concept of enlightenment is ambiguous. When enlightenment actually happens, however, it is a dramatic event that is far from a mere concept.

Enlightenment has three stages. The first stage is the permanent merging of your soul with the fifth body, a jump out of ego into Being. Most souls live at least one life in the first stage of awakening.

In the second stage the third eye opens and reveals the potent awareness of the witness. Enlightenment quite literally happens. You are consumed by the awesome light of the sixth body, the Cosmic Being or witness.

The last stage is the seventh body, nirvana, extinction of the seeds of desire and transcendence of the witness. It requires the full opening of the seventh chakra, the thousand-petalled lotus. Now all lust for life has gone forever.

After the seventh body is mahaparanirvana, beyond the great ultimate enlightenment, when you leave a body for the last time and your soul disappears back to Source forever.

These words are just concepts like fingers pointing to the moon. Your empirical verification is required.

The Absolute and Relative

Some seekers are confused about the application of their spiritual knowledge. The key to clarity is to apply reason and stick to your direct experience.

All spiritual knowledge that you have collected is borrowed, unless you have verified it with experience. Ask yourself: What do I really know? The less baggage you carry the faster you can travel.

Become an inner scientist with a primary hypothesis to verify by your direct experience and applied intelligence: Consciousness is all there is; I am not separate from That. The negation helps to free you from a subtle trap of ego. The positive version: 'I am That', or 'I am God' often leaves the ego alive and claiming to be free.

We live in the relative world of matter. The world is not unreal; rather, reality is multidimensional. There is no need to deny the reality of the relative world and cling to the Absolute as the only reality. The relative is where we are human and enjoy the fruits of life. The Absolute is wholly known only to Source.

Fully enlightened ones have a glimpse of the Absolute in the seventh realm of non-Being, the highest human experience. Even they cannot adequately describe the subtlety of that refined awareness.

Who Am I

The question: 'Who am I?' is multidimensional. Silent awareness is the ultimate answer. But before you can understand the mysteries of silence you will have to pass through many layers of identification.

The most basic identification is with the body; some body identification is natural even for awakened ones. A buddha gets hungry in his belly, not in yours. But he is not attached to the body; at any moment he is ready to let it go. In the interim, a buddha is free from his body only in deep silence. Hence he still meditates.

Identification with your mind is the main problem. Your mind is complex and unconscious; it is closely linked to jiva, the individual soul, which includes your brain and nervous system, emotional body, energy body, astral body and psychic body.

You are unaware of much of this most of the time. This lack of awareness is the soil in which ego thrives. Your ego exists mainly in unconscious identification and has little actual substance.

Your mind is potentially positive; it is destined for silent merger with awareness in the exalted state of no-mind.

Identification with the individual body-mind-soul continues till the ego dissolves in enlightenment.

Your next identification is with Being; it is without limits and is entirely positive and conscious. When the Being is transcended you enter the Cosmic Being, Paramatman. Still a subtle identification remains. The Hindu sages say: Aham Brahmasmi, I am the ultimate.

When Paramatman is transcended you enter nirvana, transcendence of the light of the witness. Here there is no identification except for the needs of your body. Your lust for life has gone forever.

You are made of consciousness - even your darkness is made of light. You are destined to return home to the eternal void of silent awareness when the time is right. You cannot avoid the void.

Sexuality

Sexual repression is the foundation of many neuroses. The onerous doctrine of enforced celibacy has spawned an epidemic of paedophiliac priests in Catholic and other traditions.

The natural age to start sexual intimacy is after puberty. Teenagers need freedom to explore their sexuality in an open, loving and playful way. This will remove much of the unhealthy sexual morality that underpins our present sexual neurosis.

Teenagers who are free to explore intimacy will move quickly beyond promiscuity and will become capable of healthy, loving relationships at an early age.

We have suffered from the poisonous effects of anti-life sexual morality for long enough.

The Age of Enlightenment

The age of darkness is coming to an end. The halcyon age of enlightenment is the golden future.

The new dawn brings the light of consciousness to Earth. Without violence and abuse, without poverty, injustice and corruption, our troubled world will become a lotus paradise of opportunity.

You will all have the chance to make spiritual growth your top priority. When you grow in spirit and realize your latent potential, you become more silent, loving, sensitive and creative.

Your work will allow you to express your creativity. You will live in peace and harmony with your fellow travellers. Everyone will be a seeker and lover of truth.

This vision is God's plan for the third millennium. The transition from here to there will be dramatic. Source will bring about a miraculous shift in the hearts and minds of all people. We start very soon.

Beloveds, when the great shift starts you will be taken by surprise. Have no fear; you will be protected by your love, awareness and playfulness. These divine qualities and trust in life-as-God are all you need to enjoy the miracle of the great change.

The Time of Transition

The great change is difficult for you to believe possible and its effects are beyond your capacity to grasp.

You are hypnotized by the gradual processes of nature into believing that things change slowly.

Yet dramatic change can occur at any moment without prior warning, as in the case of a natural disaster.

You have never seen the birth or death of a star; it can be sudden and dramatic. Galaxies continue to evolve and to form stars; larger galaxies devour smaller galaxies as the universe continues to expand at an increasing rate. In a few billion years the Milky Way will collide and merge with our neighbour Andromeda.

You are unconcerned with the cosmic drama of the universe; it seems too far away to concern or affect you. But the great change will be immediate and inescapable.

Source will soon bring about a miraculous and positive shift in the hearts and minds of all people.



The Cycles of Darkness and Light

The last age of enlightenment ended about 4,000 years ago in the time of the Mahabharat war in India.

Jesus was born 2,000 years ago in the middle of the present age of darkness, 500 years after Buddha. The messages of these pivotal teachers are contradictory: God the father in Heaven, and life-as-God herenow, symbolize the spiritual confusion of the age of darkness.

Only about one percent of the population are authentic seekers of truth. The vast majority of religious people are unquestioning believers in various outdated scriptures. Injustice is pervasive. Materialism is the world's current prevailing ethos.

The victory of materialism, blind belief and injustice is symptomatic of the last stage of the age of darkness.

We are entering the time of change now. The transition from darkness to light is one of the most beautiful parts of the human drama.

All people are transformed into seekers and lovers of truth. All substandard structures are replaced by fresh architectural designs and vibrant gardens. Living temples, monuments to celebrate God, abound and are enjoyed by all.

You are not asked to believe this but to be informed so that you know what will happen. God is ready to start the great change from darkness to light.

Avatars

Every soul is God incarnate; we are all equally divine.

Avatars differ from other souls; they come directly and consciously from Source in a human form. They have no past lives, no karma and no experience of ego, suffering and unenlightenment.

Hence avatars do not have any direct experience of the limited human condition, and are less helpful to seekers than teachers with an unenlightened past who are able to remember your situation.

Many teachers claim to be avatars, but they have been misled by Source. Avatars are sent to Earth by God rarely, and only when there is a specific need at the times of transition.

An avatar, Mother Meera, has incarnated recently to help with the seismic shift from darkness to light. Before her, Krishna and Shiva were the last avatars to visit Earth. Krishna preceded Shiva by about 500 years.

Shiva came to Earth 4,000 years ago to start the search for truth again, to rekindle the flame of enlightenment that had almost been extinguished and lost during the Mahabharat, the great Indian war.

Shiva is the Lord of Darkness, the avatar of the Kali Yuga. He gave us the Vigyan Bhairav Tantra, the 112 methods of meditation on which Osho based his teaching. We owe much of our spiritual knowledge to Shiva.

Om Namaha Shivaya.

Monastic Life

For millennia, monasteries have provided the structure for religious discipline to take root and, in some traditions, eventually to flower into the freedom of awakening.

Unfortunately monastic life has also lead to immaturity and sexual perversion. A visit to any monastery will verify this. Monasteries are the way of the past. The future is an integrated material and spiritual society where work and meditation are part of everyday life.

The new civilization supports periods of spiritual retreat and temporary celibacy to bring more focus to the inner world. Society will also celebrate the sensuality of the goddess and encourage conscious sexual intimacy with the understanding that relationships are a healthy and essential aspect of human development.

When teenagers are free to explore sex and intimacy openly and responsibly they mature more quickly and many emotional problems dissolve.

After the age of 40 sexual interest often starts to fade, then the inner journey can continue without the tragedy of sexual repression and perversion that plagues celibate traditions.

Longer periods of spiritual retreat are most beneficial and natural for those who have lived and loved totally, for those who have drunk the last drop of wine and are ready for the ultimate inner adventure. Enforced monastic lifestyles are unhealthy and counterproductive.

Manifesting

Manifesting is the positive, creative aspect of the ego. Your focused intention seems to bring results. But there is no cause and effect at work here.

You manifest because Source has programed you to do so. Your soul is programed to have all of your life's experiences. Every detail of the story is predetermined, like a movie waiting to be played. The result is preordained, as is every detail of everything.

Reality is multidimensional, and you are here to learn all levels of reality. Manifesting and attempting to create your reality with positive thinking are necessary steps in developing the third body - the creative and responsible aspect of the ego. Manifesting prepares you for the next step of conscious self-encounter and acceptance.

The miracle of transformation cannot be manipulated with positive intention, as the ego is always involved and survives in a positive guise. The ego is the problem not the solution.

Transformation requires you to meet each moment of life in ever increasing acceptance and consciousness. Transformation occurs in a climate of trust in life-as-God, not in the ego-based effort of trying to change reality by manifesting your desires.

Destiny, Free Will and Responsibility

Destiny, free will and responsibility are central themes of Unity. Nonduality means that God exists both as the transcendental creator of existence, and as life-as-God.

The nondual understanding that God is all there is, both as Source and as existence, supports clarity on destiny, free will and responsibility.

Buddha says freedom from suffering is the goal and that you must take responsibility for your life and strive for liberation. Buddha is pantheistic; he says that God exists as impersonal consciousness. But Buddha has no direct personal experience of God as a transcendental creator. Many Indian gurus follow Buddha's pantheism.

Friedrich Nietzsche says God is dead. Osho agrees that the God of theistic religions is redundant. Buddha, Nietzsche and Osho are mistaken.

Responsibility is needed only to develop the creative, positive aspect of your ego. Naturally you are not responsible for the world; you are just a small part of it. You cannot be responsible for your enlightenment; you do not know what it is and your ego cannot undo itself.

Responsibility for your growth is essential up to the third body. From the fourth to the fifth body, the jump from ego to Being happens only in surrender.

A belief in free will is necessary for learning responsibility by making conscious choices and developing the positive aspect of the ego. But God is the only power there is and He thinks and chooses in you through your heart and mind. Destiny is an inescapable divine law.

Krishna's understanding is perfect. Krishna counsels Arjuna that he must fulfil his destiny and fight in the great Mahabharat war that destroyed the previous Sat Yuga, the last age of enlightenment.

We are all animated and powered by divine consciousness. You are already part of the One. When you trust that your life is totally in the hands of infinite intelligence, you are more relaxed and suffer less ego burden.

God is revealing the truth of His ways to celebrate the end of the conflict and confusion of the Kali Yuga; the time of trepidation and turmoil will soon be history.

Peace on Earth

Unity is an idea whose time has finally come. The end of division and conflict is at hand. We are destined to be reunited with God in love and to embrace the way of Unity, God's vision for the third millennium and beyond.

Unity has only one hypothesis to verify: God is all there is and I am part of Him. No belief is needed.

Unity opens up the possibility for all violence to cease. Unity means everyone is valued as a friend of God. Unity heralds the age of enlightenment and the way of spiritual maturity; it brings peace and justice to Earth.

Beloveds, the Kali Yuga is drawing to a climactic close. We have passed through a long dark night of ignorance. Soon we enter the Sat Yuga, the age of truth and unity.

Beyond the Witness

Witnessing is the ultimate proven method of liberation. Witnessing leads to the opening of more subtle levels of awareness as your meditation deepens.

When the seventh body opens, it devours the cosmic witness of the sixth body and all individual consciousness disappears. Finally you are free both from the body and from time. You enter eternity.

With the body and time left far behind there is still a refined current of awareness: the indescribably subtle consciousness of the seventh body, nirvana.

Since no experiencer remains, nirvana cannot be adequately articulated; it is the ultimate state of transcendental consciousness. Buddha, Osho and fully enlightened ones have access to this seventh realm of nirvana.

Jesus was not a fully enlightened meditator; he lacked this refined awareness but had an even more mysterious gift. He was in direct verbal contact with God. This is why he got into so much trouble; he did not have the capacity to be diplomatic to avoid crucifixion.

Jesus was used as a divine messenger; he could not censor anything he said. God spoke through Jesus, and it cost him his life.

God sacrificed the life of a beautiful young man to create Christianity - a lifeline to God-as-love for millions of devotional souls.

To be used by God in this way is an even greater wonder and miracle than transcending the witness in the arcane realm of non-Being, the seventh body.

Osho's Contribution

Osho is unusual in several ways. His reading and understanding encompass the essential themes of all the significant contributions to the science of alchemy. His knowledge is vast.

Second, he breathes new life into old teachings and articulates them with renewed eloquence.

Third, he cuts through the spiritual afflictions of seriousness and hypocrisy with insight, intelligence and, above all, humour.

Fourth, he has the courage of a lion and confronts human unconsciousness everywhere without regard for the consequences.

Fifth, he values and respects the goddess, and is the first Indian master to fully respect women.

Sixth, he offers powerful approaches for transformation based on Shiva's quintessential meditation techniques, the 112 methods of the Vigyan Bhairav Tantra.

Seventh, he synthesizes the vital essence of Eastern and Western traditions into a holistic, playful and effective system of spiritual transformation.

Osho's teaching of Zorba the Buddha is a synthesis of the ancient esoteric knowledge of the East and modern Western approaches. His work is an invaluable and significant contribution to Unity.

Krishna

Krishna was an avatar who lived at the end of the last Sat Yuga. He was sent to help with the transition to the age of darkness, our Kali Yuga; it was difficult work. No conscious person wants to see ignorance descend, but he had no choice. He was designed and created for that mission.

Krishna was a man of unmatched beauty. Many women who saw him fell in love. Thousands of women were his devotees. Naturally jealousy arose in husbands who lost their wives to Krishna.

He was also a great warrior who played a big part in the Mahabharat, the war that ended the last age of peace.

Krishna had the unpleasant task of convincing Arjuna to fight and kill his own kinsmen.

Arjuna is very reluctant to fight and is ready to leave the battlefield. Krishna tells Arjuna, "You are a warrior, you have prepared your whole life for this war. Your fate hangs in the balance. You must fulfil your destiny and play your part in the battle; you have no other choice. Remember Arjuna, only the bodies are being killed. Deep down everything is God; He is the killer and the killed; He is you and me and everyone. It is God's will that the battle goes ahead." Arjuna is convinced and his divine destiny is fulfilled.

Like all compelling sagas the cosmic drama relies on contrast. Light must be followed by darkness and again by light. When viewed in the perspective of 4,000-year cycles of light and darkness, life makes more sense. You

can understand why night must follow day. Equally, the context and contrast for peace and the end of suffering can only be conflict and suffering.

The time of violence and injustice is near its end. This is one of the best moments in the 8,000 years of both cycles, the transition from darkness to light.

Oneness

Separation from the One causes the suffering that is needed to create the drama of life; separation exists so that humans can reunite with God-the-beyond. Suffering is created by God to lend contrast, depth and meaning to the end of suffering: enlightenment.

For four thousand years the world has seen violence, rape, torture and abuse of all kinds. Suffering that is caused by violence is of a different nature from the suffering that is caused by separation from the Whole.

Violence is an abomination; it is part of the Kali Yuga, the age of darkness. When the new conscious civilization arrives in the third millennium, violence, poverty and injustice will disappear. We will live in conscious oneness in God.

India's Degeneration

India is the cradle of civilization and enlightenment; it is blessed and cursed more than any other country. The law of balance must always be maintained.

Hinduism is the world's oldest and most sophisticated religion. Yet India has misunderstood Krishna's teaching on destiny, and this has proven disastrous.

Partial understanding of destiny is fertile soil for apathy. Everything is in the hands of God - let him manage. This supports relaxation and acceptance but, with no clear understanding of the vital context of responsibility, fatalism is the precursor of decay. Hence India's degeneration today.

Buddha was born a Hindu prince and saw the result of Krishna's teaching: lethargy and unaccountability. He set out to restore the balance and taught personal responsibility for spiritual growth and worldly affairs.

Osho flirted with Krishna's understanding of destiny but was more inclined to follow Buddha's theme. Osho taught that you are unprogrammed, a tabula rasa, a clean slate with an open opportunity to become conscious and free.

The idea of personal responsibility is a common, even unquestioned, belief in both conventional and New Age circles. But this ego-based concept of personal responsibility for enlightenment limits the effectiveness of spiritual teachings that do not place the concept in context.

The ego must develop the capacity to organize itself. You are required to make every effort to be free. You must be accountable and responsible for practical affairs,

while understanding that everything is in God's hands, and ultimately He is responsible for you and for the entire existence.

When you understand that divine omnipotence is total and all-inclusive, life is a lot easier. You do what you have to do and enjoy the ride, knowing that every experience is up to God. Simple as this is, it is understood by almost no one. Even enlightened teachers are unclear about the basic way God has arranged the circumstances of life. Now it is time for understanding and clarity.

Buddha in Waiting

Your future is already created by Source, like a movie waiting to be played. Your present situation is His doing, as is every step you will ever take.

One day when you are a buddha you will look back and laugh at your current situation. You will be amused by your present priorities.

Every buddha has an unconscious past. Every seeker is a buddha in waiting.

If you could talk to your future buddha, what would you ask? What would the buddha reply?

Beloveds, these messages are from God, the creator of you and all buddhas.

Enlightened Society

Society is the sum of its parts. An enlightened society means that enlightenment is the highest value and everyone is consciously working towards spiritual awakening.

This was the case for the 4,000 years of the last age of enlightenment in India. In this golden age everyone had developed the third body to be responsible and almost everyone had access to the fourth body in meditation.

The result was a flowering of creativity, spirituality and social development. There was little violence until the great war at the end of the cycle.

The absence of violence and abuse is essential, but it is not enough. When social and economic injustice exist, conflict is certain to follow. Most wars have been fought over control of land and resources.

Ancient India had excessive private wealth, which bred the conflict that eventually led to the great war, the Mahabharat.

In the age of conscious civilization resources will be shared more equitably. There will be no poverty and there will be limits to personal wealth. Everyone will enjoy an abundant and comfortable lifestyle and the gap between rich and poor will be less than it is today.

Everybody will be free to choose their work according to individual interest and capacity. Those with greater responsibility will enjoy a higher standard of living. But the difference between the living standard of a manager and a cleaner will not be as significant as it is today. There will be an abundance of material necessities for all to enjoy.

Enlightened ones will monitor those who are entrusted with responsibility to ensure there is no abuse of power.

Spiritual growth will be given a high priority. Everyone will benefit from a lifestyle that supports the inner quest for awakening and freedom from suffering. Enlightened ones will meditate with seekers every day in a climate of love, awareness and playfulness.

Soon this utopian vision will be reality and our present violent, greedy and unjust society will be but a memory of the Kali Yuga, the age of darkness.



The Cosmic Mind

The fifth, sixth and seventh realms of God are universal. They exist beyond space-time and are accessed by humans through the door of consciousness. These three realms or bodies of God are also known as Being, the Cosmic Being and non-Being.

The cosmic mind is part of the sixth realm of God; it serves to manifest the universe and the other realms of existence. The cosmic mind contains details of all past and future events; it is programed by Source to monitor and manage existence.

Those who pray to a cosmic mind, or to any deity such as Christ or Krishna, are effectively dividing it from, and substituting it for, the one power of God.

This kind of dualistic confusion is widespread in almost all religions and teachings. Humans are programed with minds that divide the one power of the Whole into God and devil, good and evil, us and them, et cetera.

Dualistic programing is at the core of the ego and is the basis of almost all division and separation.

The ego can be transcended by fully understanding the nondual insight of advaita and by applying it in all circumstances of your life.

The cosmic mind is God's instrument of creation. It can never be understood fully by humans, but it is less of a mystery than its creator - the ultimate uncreated power of the One.

Third Body

The foundation for spiritual development is the third body, the creative, responsible aspect of the ego. If the third body is not mature it is difficult to develop the fourth body fully and to enter into the fifth body, or Being.

Many teachers understand this and focus on third-body development through work and discipline. The third body is the indispensable base that supports the fourth-body energies of surrender and let-go.

Some fourth-body people have immature third bodies; they attempt to bypass the third body before it is adequately developed. For them it is essential to complete the third-body work. Permanent awakening is impossible without the vital foundation that the third body provides.



Tantra

Tantra means technique; it is the way to transform sex energy into love and meditation. Tantra originates with Shiva, as do most methods of meditation.

The Vigyan Bhairav Tantra is Shiva's gift to humanity. It contains 112 techniques of meditation that are the base of most other methods. Many of Shiva's techniques focus on the transformation of sex into love and awareness.

Shiva is sitting in a deep embrace with Shakti, his divine consort. Shakti is also an avatar. She asks Shiva: What is your reality Lord? Shiva uses her question to delineate his 112 methods of meditation.

The methods that are used to transform sex into love and meditation are best practised by people with a strong base in awareness. To stay aware in sex usually requires training in meditation. It is almost impossible for untrained people to use tantra without getting lost in hedonism. And to stay fully aware in sex is possible only for enlightened ones. Tantra is a double-edged sword; the danger is that it can be used to rationalize indulgence.

Authentic tantra is transformative. It requires discipline, awareness and a willingness to let go, to surrender your ego to the flow of life. These qualities distinguish a tantrika from a hedonist.

Sex is fun; there is no need to glorify it by calling it tantra. Enjoy sex till the time comes to make the commitment to tantra. Only then will you be able to know what Shiva is pointing to in the meditation methods that involve the transmutation of sexual energy into consciousness.

The Royal Way

Tantra is the royal way. Beyond technique, tantra is the way of surrender. It is the way of let-go, of trust. Tantra is a total 'yes' to life as it exists right now in you.

This is why tantra is not for beginners. New seekers are busy developing the creative and responsible aspects of the ego. Tantric meditation is possible only with the opening of the fourth body.

One difficulty with tantric sex is that fourth-body men often require all of their sex energy to penetrate the gap between thoughts with consciousness. For this inner penetration celibacy is usually most effective.

Yet fourth-body women can benefit tremendously from tantric sex. The problem lies in finding the right partner. Less aware men won't be able to help, and fourth-body men may not be interested. One solution is for awakened men to partner fourth-body women. Unions such as these can propel rapid transformation. But be aware that very rapid growth can prove difficult and disturbing.

With enlightened men there won't be any relationship dramas; they are not so inclined. The climate will be loose and natural, the royal way. Women will benefit from the awareness of their partners and the men can enjoy the experience and be helpful at the same time.

Tantra is transformative only with people who are ready for its demanding commitment to consciousness, the way of let-go, trust and surrender.



Part Three

Cosmology



Friend of God

When a fully enlightened person declares: I am God, he is both right and wrong. Right because he has realized that he is awareness, and transcendental awareness is the highest aspect of God. Wrong because no embodied consciousness can create the universe; no human can access the full power and intelligence of the beyond.

In deep meditation a seventh-body master disappears into transcendental awareness - the absolute aspect of God. But when he returns he is still limited by his body.

Jesus is a God-realized person who says he is the son of God: my Father and I are one. This is a symbolic representation of the higher nondual truth, but the family relationships have unnecessary and unhelpful implications.

The simplest and most accurate description is that God is your friend. Everyone is a beloved friend of God. Each of you is created to realize that you are made from God, by God, and that ultimately you are God.

You have been searching for truth for many lives. This book is God's message to you for the age of truth; it is an accurate account of how things are. Unity is authored by God and transcribed by Maitreya.

Maitreya Ishwara means friend of God. Soon everyone will know and feel that they are also friends of God - the eternal power that animates us all.

Soon you will be rapidly transformed by divine light and the sound of AUM, the vibration that sustains existence.

The time of chaos, conflict and injustice has almost passed. God is very happy that this moment has arrived.

Karuna

Karuna or compassion is a spontaneous flowering of love and awareness. When you live in oneness, you are the world, and you treat others as you would like to be treated - with kindness and respect.

Difficulties may arise with the practice of compassion by unconscious seekers; when compassion is unaware, the possibility of pretence increases.

This common spiritual trap can be avoided through the understanding that all your actions, words and thoughts come back to you. No other morality is needed.

Your self-interest is being served by helping others and in living with sensitivity and care. Self-interest prevents the spiritual ego from becoming holy and pretentious.

Osho taught awareness as the only morality. This is the way for those who are already aware. But while you still have negativity, please understand that by hurting other creatures you also hurt yourself. This insight into the law of karma provides the foundation for a new and healthy morality based on natural self-interest.

Before awakening, it helps if you can cultivate kindness without developing a holy spiritual ego. Those who meet life with an open heart enjoy the fruits of loving kindness.

After enlightenment, compassion continues its fragrant flowering as awareness grows, and your heart opens and opens in the miracle and wonder of cosmic love.

Social Order

We live in a society with lots of rules and laws to control people's behaviour. But excessive regulation becomes redundant when people live harmlessly and understand that their actions will always return to them.

Social, legal and civic agreements are needed to make life fair and workable for everyone. These agreements will be founded on the principle of harmlessness to all creatures and on the right to equal opportunity for all.

Primary agreements will be universal and will be honoured by everyone. Secondary agreements can be developed regionally and locally. All agreements will help to nurture harmony and justice.

Aware people can live in harmony with each other and with nature without an excess of laws and rules. Laws are made to be broken by criminals. When there are fewer criminals, we will need fewer laws. We will have less need for police and a judicial system and there will be fewer weapons of any type.

Divine justice will function transparently and quickly. Instant karma is the only way we can be certain divine justice is being done. Instant karma will soon render most negative and harmful actions a fading memory of our tortured and divisive history.

The age of violence, crime and injustice has almost passed. Soon we will live in love in God.

The Discipline of Transcendence

The application of your spiritual understanding is vital. To live in let-go requires awareness. When you rely less on the mind, you have to be more open and aware of the energy of Now. This is the discipline of transcendence.

Every moment is an invitation to feel your energy and let it move you. This makes your life a latihan, a flow of awareness. If this works for you, no other discipline is required. Conscious energy guides you always.

Every unconscious person has a restless mind and body. Cultivating awareness is extremely difficult if you cannot sit still and be aware of your own energy.

If you want to move during meditation, first watch the impulse closely for as long as possible. Sensations arise, stay for a while and then dissolve. If discomfort becomes unbearable, move slowly and consciously. The way to be fully at peace with yourself is to face your disturbance consciously. If you avoid this self-encounter with your own body, mind and energy, freedom will elude you.

Remaining still during meditation and watching any disturbance with equanimity is effective in reducing suffering and helps you to make friends with yourself as you are.

Socially you must be responsible and accountable; this allows life to flow smoothly and provides the vital context for your surrender to life-as-God, the energy of Now.

Spiritually you know that God is ultimately responsible for everything. Your life is His gift. Use each moment to become more aware of and open to the energy of Now. The discipline of transcendence will carry you home.

India and the West

India is the country of enlightenment. Indian civilization grew from the vision of awakened ones and was once the highest on the Earth. Most Indian philosophy and culture is a reflection of enlightenment; in this it is unique.

India's poverty and degeneration today is necessary to balance its previous glory. The highest civilizations must also experience decay.

In spite of India's decline, the flame of enlightenment has been transmitted from guru to disciple throughout this Kali Yuga, the prevailing age of darkness.

Indian teachers have opened the door for millions of Westerners, and the seeds they planted are growing. The West has little tradition of enlightenment, but since the nineteen sixties the flame of truth has been moving from the East to the West.

Western teachers are articulating the ancient Indian knowledge with a contemporary intelligence that is often lacking in traditional teachings. Now it is time for the West to lead the way.

India changes slowly and remains locked in outmoded traditions. Despite its growing economy, India's prevailing reality is of poverty, corruption and decay. Indian spiritual superiority is misplaced and most of its contemporary gurus lack the vitality and vision for the future.

Still there are many enlightened Indians. In the coming age of light these beautiful flowers of freedom will sit silently with you to help you prepare for the jump from ego to Being.

The Mala

A mala is a necklace of 108 beads connected by a string. Each bead is separate from its neighbours and all of the other beads, and each bead is connected to the others through the medium of the string.

The mala is an esoteric symbol for your soul and your physical bodies. The string represents your soul and the 108 beads symbolize your physical bodies. Every soul has 108 lives; it is always the same number. You will become fully enlightened in your soul's last incarnation.

Understanding this arrangement helps you to accept yourself as you are. Your journey has a beginning and an end. The beginning has already happened, and the time, place and circumstances of the end are predetermined.

Between now and then you have to pass through all of your destined spiritual and worldly experiences. You must develop your full human potential, learn responsibility, surrender, awareness, love, trust, creativity, usefulness and playfulness, etcetera. All of this takes time.

Those who believe in only one life, or that there is no connection between lives, are mistaken.

God loves creativity. He delights in creating a complex story of separation and reunion with intense contrast and drama. He enjoys watching and experiencing your epic saga of evolution with you as you grow from an ignorant soul to a fragrant flower of freedom.

The mala is symbolic of the continuity of your lives and soul. When you leave the body for the last time and pass through mahaparanirvana, the soul disappears forever

back to Source. Now the circle is complete and you exist only as God-the-beyond. No trace of the individual soul remains, except that all its experiences are recorded in the akashik records in God's cosmic mind.

Limited human perspective renders it impossible for you to see the whole picture. Be aware of this limitation. God is never careless or random. Everything has a purpose, everything is balanced and just, and everything always makes sense, eventually.



Kalpa

In Hinduism a kalpa is defined as a period of 4.32 billion years - a day in the life of Brahma.

Hindu scriptures delineate four yugas. The first, the Sat Yuga, is the best. The Sat Yuga is followed by increasing decline and conflict in the treta and dvapara yugas which culminate in the violence, injustice and confusion of the Kali Yuga.

The message from Source in this book states that there are only two yugas, the Kali Yuga followed by the Sat Yuga. Each yuga lasts for 4,000 years, and a kalpa is a period of 112,000 years.

There are 14 (4,000-year) cycles each of darkness and light in a kalpa. The 12th cycle of darkness is in its final days. The dawn of the 12th Sat Yuga is imminent.

There are 102 soul groups, each created during one millennium. Every group of souls takes from 8,000 to 10,000 years to complete its journey home.

The souls in each group are approximately the same age and find freedom during the same millennium. It takes one kalpa for all the soul groups to return home.

At the beginning of a kalpa the soul groups are small; the first starts with a couple. The biblical story of Adam and Eve is a metaphor for the first humans with growth potential in a kalpa. This is the evolutionary leap when primitive humans are first given souls.

The soul groups keep growing until the last group numbers 10 billion. That will occur approximately 10,000 years from now, halfway through the 13th Sat Yuga.

For the following 10,000 years until the end of the kalpa no new souls are created. Gradually the population falls as fully enlightened souls return to Source, until only one community of enlightened beings remains.

This is the ultimate conscious civilization, the climax of the kalpa. When the last fully enlightened being leaves the body the kalpa comes to a close. The Earth takes a rest from civilization for another kalpa, then the drama starts all over again with a new Adam and Eve.

The divine play repeats the same theme of suffering and release from suffering until the end of the universe, which endures for one billion kalpas. Then the universe disappears back to its source of non-existence.

After a timeless rest in the eternal void of conscious awareness another universe is born and the next round of creation begins.

Beloveds, it helps to step out of your personal world sometimes and take a more cosmic perspective.



Contemplation

Viewed from a cosmic perspective the change from a cycle of darkness to a cycle of light is significant. From a myopic and self-absorbed human point of view, a change of this magnitude is almost inconceivable.

Your lack of perspective is natural; you live in a small world of limitation, fear, projection and desire.

Enlightenment opens you to existence and gives you a taste of eternity outside of space-time. Yet full awareness of the cosmic drama is experienced only by God.

Most people spend a lot of time lost in repetitive old thought patterns that are unconscious and unhelpful. The mind has a far greater creative capacity than you know. Stepping outside of your small ego-world helps put your life into context.

Contemplation means creative, positive thinking; it expands horizons and prepares your mind for the jump into non-conceptual consciousness, or no-mind.

When you have developed your natural capacity to think consciously and positively, it is easier to persuade the mind to be silent and present during meditation. Give contemplation a try.

Spiritual Ego

If you are a seeker of truth, the ego identifies with your quest and can become serious and secretly superior.

The spiritual ego is subtle, superior, inferior, cunning and unconscious; it develops because ego has to live somewhere until it dissolves.

The inner reality of seekers is never as beautiful as the ideals of their tradition. Thus seekers tend to decorate their persona so that it looks a little nicer. Pretence is a common trap for some seekers, a trap from which it is difficult to escape.

Authenticity and playfulness are the antidote. For this you will need support from a teacher who is already living in this way, who values authenticity above spiritual ideals.

When authenticity is valued over idealism, you are free to be yourself. Authenticity and playfulness give you the space to face yourself as you are and to confront your darkness consciously.

This conscious self-encounter brings purity indirectly, without the hypocritical burden of a spiritually pure ego.

However, harmful behaviour in the name of authenticity is not healthy. Authenticity must be balanced by kindness and consideration. Finding this crucial balance is not always easy. But by the grace of God, you will succeed.

The Divine Play

The primary purpose of the universe is to give expression to leela, the play of divine creativity. You and everyone exists as part of the leela, as does your suffering and your enlightenment, your birth and your death.

You are the central theme of the leela. The universe exists mainly as the set for the human drama on planet Earth. You are centre stage.

There are non-material realms where disembodied souls with energy and psychic bodies exist, but material bodies cannot go there. Only here on Earth is there intelligent life with the possibility of embodied enlightenment.

The human drama of spiritual evolution is far more intricate and complex than any other part of existence. You are God's ultimate creative expression; your potential is vast, and the suffering and ignorance of your past were great. Your suffering and its release in enlightenment is God's passionate interest.

In you God finds the greatest creative satisfaction; in you is His passion lived; in you His love, awareness and playfulness are manifested.

God is intimately involved with you and everyone in all situations and in every experience. God-as-existence is in you and is you. God-as-existence suffers with you and is enlightened with you. God-the-beyond has no physical aspect and feels no pain or worldly experience directly.

God-the-beyond, or Source, is pure transcendental consciousness and cosmic love. He loves you more than you can know.

Unity

Unity dissolves all religious conflict and division. Unity means the end of my group is better than yours; it means the end of us and them. Unity brings the understanding that there is only us. We are one In God.

The means to create division amongst religions was to give each founder a different understanding and to make him believe his way was best. The result is our present religious diversity, with each religion convinced that it is right and that the others are misguided.

The message in Unity is not another limited perspective in the already crowded arena of religion. It is God's vision for the new dawn of consciousness - a transformative, nondual religion of Unity.

People do not change beliefs easily. The words of spiritual teachers have little influence on humanity.

This message will take a long time to take root unless there is apparent divine intervention. In fact a dramatic shift is central to the message. Source will bring about a miraculous shift in people's hearts and minds.

Apart from future predictions and cosmic knowledge, anyone with an open mind can verify the authenticity of the spiritual information shared in this book. Self-enquiry, meditation and reason are needed for this verification.

This sets Unity apart from most religions, which rely on beliefs that cannot withstand rational investigation. This message cannot be disproved by logic or awakened experience; in fact it rests on both.

Beloveds, take the challenge and become an authentic

seeker of truth. Verify the central hypothesis of Unity: God is the one and only power and I am part of That.

And there is no need to believe this until you know from direct experience. Unverified belief in the truth prevents authentic enquiry. Unity does not rely on belief but on reason and direct experience.

Unity comes with the third millennium. Soon all spiritual teachers will understand and share God's vision of Unity. The time for oneness in God has arrived.



Discover the Being

God's vision of Unity is unique; it provides a rational shared understanding that has the capacity to unite all spiritual groups and religions in oneness in God.

Osho's vision of Zorba the Buddha and the nondual insight of advaita form part of the foundation for Unity.

Zorba the Buddha combines celebration of the positive aspects of life and transcendence through witnessing; it provides a vital grounding in meditation and celebration that supports the nondual understanding of advaita: Consciousness is all there is and I am part of That.

Unity integrates all aspects of religion that are holistic, rational and can be verified by direct experience. Unity discards the aspects of teachings that are divisive, irrational or unverifiable with experience.

Some teachers say you are already enlightened and just have to remember it. This is partly accurate for those rare souls who were enlightened in previous lives. Yet even they must integrate their previous experience into their present nervous system. This involves far more than mere remembering. Integration can be challenging.

For the vast majority of unenlightened seekers who have no prior experience of enlightenment, remembering something that is unknown is irrelevant; you can only remember something that you have previously known.

You are made from consciousness, as is everything, but that is not enlightenment. Your soul is created with a program for unconsciousness and ignorance. It has no memory of its origin in nondual consciousness.

You grow slowly in awareness and love until your soul merges with the fifth body, the Being. The Being or the Self is already there awaiting your discovery; you do not have to create it.

The Being is discovered by growing in consciousness and sensitivity. When the veil parts and your soul merges with Being in enlightenment, it is a new discovery.

Many teachings say you are responsible for your enlightenment. Ultimately this is not accurate. You did not create your unenlightenment, nor can you manifest your awakening. Enlightenment happens by the grace of God when you are ripe and the time is right.

And the time is predetermined by Source. Awakening rarely happens before life 100. The journey is 108 lives in all, and you become fully enlightened only in your last life. It is the same for every soul.

Everything is predestined by Source; nothing is in your hands. You have no possibility to manifest enlightenment. You can manifest an enlightened ego, but that is a great misfortune.

Merger with the Being in enlightenment is a divine gift, a showering of grace that is preceded and provoked by conscious surrender to life-as-God.



You are God

The ultimate truth is that you are already God. You are made of God and are an indivisible part of God - as is everything that exists.

The whole existence is God-in-motion. The sensitivity you feel is God. The awareness you have is God. Your love is God. The veil of separation, your ego, is God.

Even though this is the truth, it can become a trap if you believe you are God without experiential verification.

Premature belief prevents authentic discovery. Be rigorous about what you know from direct experience and what is borrowed knowledge. We have enough parrots of teachers and scriptures already.

The solution is to remain an inner scientist. Verify all teachings with reason and direct experience.

Your soul does not have any clear memory of being God, nor do you know how to create the universe. In that sense, you are lost in samsara groping towards the light. This is your experience and is therefore the most real for you. Yet Source is in you animating your every move, thought and feeling.

The fast way to grow is to remain true to experience. This prevents the spiritual traps of unverified belief from ensnaring you. At the same time, try to understand the big picture and how you fit into it.

You can understand that consciousness is all there is, and God is awareness of consciousness. This means you are a part of God with no memory of where you come from.

Take this not as a belief but as a hypothesis. Do not believe anything until you know.

What you always know experientially is the energy of the moment. This moment of life is who you are right now.

Become more sensitive to this miraculous moment of life happening in you. Allow the energy of Now to take you where it wants to go. Give more space to the silence between thoughts. Silent surrender leads to reunion with God-the-beyond.



Purification of the Mind

The mind is not just the brain; it is linked to the emotional, astral and psychic bodies, and is closely related to the soul. Much of the mind's functioning is subliminal. When the mind is fully purified, enlightenment occurs.

Purification of all these systems takes time and is the main purpose of meditation, prayer, yoga, therapy and all healing methods.

You are unique and every journey is different. You are guided by Source, through your intuition, as to the right path for you. Knowing your basic type helps.

Understanding tends to be more male. Feeling is more female. Intuition is both male and female. Meditation means silent awareness; this path is natural for most men and some women. Sharing your heart with God in prayer and devotion is natural for most women and some men.

Enquiry means asking ultimate questions that the mind cannot fully answer: Where do I come from? Who am I? What is awareness? What is love? Who is in? Where is consciousness? Ask and wait for the mind to settle into silence. Enquiry works for both men and women.

Rapid purification of your mind happens fastest through a combination of self-enquiry, meditation and surrender to life-as-God. Purification is similar for both meditators and devotees.

The method that suits you is right. The problem is your lack of totality. This is about to change. Soon you will be total in your quest for truth; you will sit silently twice a day in self-enquiry, meditation or prayer.

The Nature of Mind

Your mind is not just a collection of thoughts. If it were it would be easy to transcend; you know it is not. The key to purifying and transcending your unconscious mind is witnessing. In the beginning you watch a constant stream of thoughts, emotions and moods. This is your inner reality. Gradually you purify the mind and the constant flow of traffic slows down, allowing gaps of silence.

As the witness penetrates the gap between thoughts, contentless awareness reveals who you really are. You are silent consciousness, or no-mind.

The journey to the wonder, love and bliss of no-mind is the aim of meditation. This work takes lives to complete. Do not be discouraged by a busy mind; it is how every soul is programed. And everyone will transcend the mind, eventually. The salient question is when will this occur?

Many experienced meditators are ready to take the jump to no-mind; this let-go happens most easily in the presence of an egoless friend.

God uses the purified nervous systems of enlightened ones as a medium for cosmic energy. The presence of an awakened teacher creates a climate of high awareness that tremendously supports your quest for truth.

If you are a seeker of truth and your mind still runs the show, find an egoless friend to meditate with. He can help give you a taste of the pure witness, beyond mind, and can even give you the courage to let go of mind forever. Then the individual soul merges with the universal Being and you live in the freedom, love and bliss of no-mind.

The Nervous System

The nervous system is your bridge to the beyond, a direct connection to Source for every man and woman. A purified, sensitized nervous system allows access to the fifth, sixth and seventh realms or bodies of God. It is the key to awakening.

Meditation triggers permanent changes in the nervous system. The neuro-transmitters and neuro-modulators stimulate growth of dormant or latent neurons to develop a higher centre than the cerebral cortex.

The brains of meditators develop new connections and plasticity resulting in the capacity to think, to rationalize and react to sensory input in new ways.

The higher centre inhibits the neo-cortex (reasoning, conceptual thinking and willing). With regular meditation, most mental activities eventually subside and a state of is reached which is beyond mind: silent awareness.

The higher centre contains many delicate channels for bliss, love, awareness and ecstasy that remain closed until enlightenment. With full enlightenment they open completely and allow divine cosmic energies to move through your nervous system.

The way to purify the nervous system is meditation. Sitting silently every day strengthens and sensitizes the delicate channels for cosmic energy to flow through your body. Begin the endeavour of purifying your nervous system with meditation. Start today.

Nature is Right

Women are different from men physically and emotionally; there are also significant spiritual differences. The silent awareness of meditation is basically male while the love and prayer of the devotee are fundamentally female.

God is very helpful for both male and female devotees. God is formless and cannot easily become an object of attachment and romantic projection.

In men, no-mind is silent awareness; in women, no-mind is usually silent love. Silence is needed for both prayer and meditation. Prayer can start with verbal sharing. Soon the words will end and silent merging with the Beloved will start to happen.

Male and female systems are different. Most female systems are not designed to accommodate the intense cosmic energy that accompanies the full opening of the third eye. A woman's awakening is usually in the heart in love and devotion to the Beloved, and female purification is mainly of the heart. Women have a tremendous capacity for love; they also benefit by cultivating awareness.

Negative emotions and moods are the impurities that cloud the heart. Effective purification of the heart occurs by surrender, love and devotion to the Beloved, and by conscious self-encounter, by bringing awareness into attachment, jealousy and all negative emotions.

Surrender works for both men and women, meditators and devotees. Surrender starts with the understanding: God is all there is and I am part of Him. Surrender fully flowers with melting in His love.

The heart opens in cosmic love three times. The first opening transcends the ego and reveals pure love and beingness. The second opening is merging consciously with the Beloved. The third opening is dissolving in the Beloved.

Usually women do not enter the sixth and seventh bodies. These realms exist beyond the body and heart; they have no love, just pure awareness. When women do enter these realms for extended periods of time, it can be with disturbing results.

These apparent limitations have led to male chauvinism in the spiritual world in India and the East. However, this superiority is misplaced. Women are blessed with big hearts that make their journey home to the Beloved, and life on Earth, very sweet.

By nature, men and women have different systems but they are equal in their spiritual capacity. For some women witnessing is natural, and they enjoy flying in awareness.

Some men have more female energy and are attracted to devotion. A powerful key to spiritual growth is to remain loose and natural. Follow the guidance of your inner voice. Nature is always right.



Violence

For the last 4,000 years we have lived with violence, conflict and abuse.

These abominations are part of life everywhere; in the cities and jails of the developed world, and in wars fueled by territorial, economic, religious and ethnic disputes. Even in the homes of so-called civilized people, women, children and men are victims of violence and abuse.

A UN committee reports that US military personnel in Iraq and Afghanistan engage in "torture or cruel, inhuman and degrading treatment, sometimes ending in death."

We condemn violence, yet spend billions making and watching movies that depersonalize and glorify violence. Our so-called civilized values are a reflection of a sick society. We think it is normal to butcher animals for food, despite the fact that there is no nutritional need to do so.

The USA leads in many things, including the concept of guns for all. Guns are used for crime, violence and death. The US lawmakers are not alone in their travesty.

Many Third World governments still tyrannize political dissenters with imprisonment and violence.

The Middle East is filled with hatred. Fanatical religious terrorists kill thousands of innocent people in the name of their distorted interpretation of God and old scriptures.

Violence is an abomination whose days are numbered. It is part of the age of darkness. The age of light is free from all violence and abuse to any creature, including all animals, even small fish and birds. The dawn of a just and peaceful civilization is at hand.

God is Eternal Awareness

Awareness is usually directed outward towards the world and is often clouded by unconscious thoughts. For those trained in the art of meditation however, awareness is directed inward, engaged in watching thoughts, emotions, energy and actions.

The essence of meditation is to watch inner and outer experiences with equanimity until gaps of silence start to appear between thoughts.

When awareness has grown through the discipline of observing thoughts, emotions and actions with equanimity, and silent gaps between thoughts have started to occur, then it is time for the second phase of meditation: the exploration of the source of awareness.

Seasoned meditators are able to expand the frontiers of their awareness by exploring its very source. When awareness has developed this capacity to turn around and examine itself, rapid spiritual growth is likely to occur. This is why the enquiry into 'what is awareness' is so potent for mature seekers, as are the Tibetan dzogchen and similar methods that turn consciousness back on itself in silent awareness.

By using these methods, you will continue to expand the limits of your individual awareness until, ultimately, it merges with the cosmic awareness that is both the source of your mind and of the entire existence.

When the reunion of individual and cosmic awareness has occurred, no effort or technique is required.

One rests spontaneously in choiceless awareness that

is simultaneously aware of its source and of all inner and outer experience.

The ultimate nature of God is transcendental awareness. Although pantheistic meditators like Buddha and Osho do not experience a personal connection with God, they have merged with the impersonal divine, with transcendental awareness.

These fully enlightened ones know the divinity of existence from direct experience; they are closer to God-the-beyond than theistic believers who have not yet dissolved in God's ultimate realm of nondual awareness. God is love and the source of love is eternal divine awareness.



Silent Beloved

The intervals of peace and silence you experience are an invitation to go deeper inside and to stabilize these glimpses.

But not everyone is ready to sit silently. Many of you have difficulty with meditation and think something is wrong when your mind is busy. Nothing is wrong. Your mind is programmed for compulsive thinking.

Your journey is long, and diligent practice does bear fruit, eventually. Do not be discouraged by a busy mind; every buddha had one.

Even if you are not a natural meditator, it is still very helpful to sit silently and watch your mind and feelings. By watching with equanimity you distance yourself from the action. This distance is the seed of silence. From this seed the tree of awareness will grow. Certainly it takes time for a big tree to grow, but once the seed is planted the process happens automatically.

It is natural for devotees to be in tune with prayer and feeling. But also give some space for watching; it is not against feeling. The most beautiful melting is to be open to the Beloved in silent communion. Give some space to awareness, the highest aspect of God.

Devotees and those who misunderstand advaita often slide into lethargy: 'Let Him manage'.

God does manage, but you must participate fully in the drama of your awakening - the divine play of hide-and-seek. God hides and you seek. He has already made the game and you are destined to join in the play.

Without your full conscious participation things do not go easily. When you are total He enjoys tremendously. One day you will accept His invitation to the game of awakening and give a little more space to be silent, open and present to the flow of life in you.

Relax into the arms of the silent Beloved, feel His silence and love, and merge with Him here. Silence is the answer.



Aloneness and Freedom

Men are destined to be warriors of truth. Many men are still attached to woman's warmth and intimacy. This is natural for young men and boys. For fully mature meditators who are ready for freedom it may be one of the last hurdles to overcome.

Eventually, most men must face their need for woman in aloneness. For the majority of men there is no other way to be free. By facing the stark, barren depths of your need, you become integrated and strong.

This is very different from the repression of the monk. It is not a lifestyle, but the final self-encounter before the let-go into freedom. Before this moment comes you will have shared deeply with women; you will know what they can give you and what they cannot.

No woman can give freedom to your soul. This has to be earned by awareness penetrating the gap between your thoughts. In the last stage of the journey home, all your sex and life energy is needed for this inner penetration. Even tantra is a distraction at this stage.

Now the time has come to face yourself and live alone. If you have an egoless friend, sit silently with him and allow his energy to persuade you to let go into freedom.

Men are programed to need women. But one day you will transcend your dependency and become a warrior of truth. Freedom is the natural way for most mature men.

There is no need to be forever dependent on female energy. Take the challenge. In aloneness everything of value will be given by Source. In self-encounter you pass

through your need and emerge bright and clear and free.

Aloneness is suitable for mature meditators of any age. Other men and boys can enjoy women totally.

If you are total with women, you will also be total in aloneness and meditation. Totality is the master key and is the greatest gift for any seeker; it always comes as a showering of grace when the time of rapid growth arrives.



Where Do I Come From

Self-enquiry is existential, not intellectual; it is a potent method of discovering the deeper levels of who you are. You can use it as an effective technique to turn the mind back to its source.

The source of your mind is silent consciousness; this state can be accessed by those with a deep thirst to know the truth.

But self-enquiry will not be total and will not bear fruit if you do not have a passionate thirst for truth. Your lack of thirst is the basic problem. You have other priorities. In part, the purpose of this book is to awaken your thirst to know who you really are.

Self-enquiry uses the mind to investigate its source. You ask yourself:

Where do I come from?

Who am I?

What is aware of now?

Who is in?

The mind asks the question and then tries to answer it. Eventually the mind realizes that it does not know and gives up. In that moment there is a gap of silence. This silent awareness is the answer. Rest in the silence for as long as possible.

When the mind starts to wander, bring back the focus by asking the question again. Soon another gap of silence appears. Enjoy the silent answer until the mind starts wandering and then repeat the question. Continue for as long as you feel. The longer the better.

Self-enquiry uses the mind to go beyond itself; because the mind has a part to play, it is more inclined to relax and allow immersion in silent awareness.

Self-enquiry is one of the best techniques for everyone; it can be practised alone for short or extended periods of time. Alternatively it can be practised as a verbal mind-clearing exercise while staying in eye contact with a partner. One partner asks: Tell me who you are? The other partner responds with whatever comes to mind. Every ten minutes change roles and continue for as long as possible. The longer the better.

Everything happens when the time is right. Every step of your journey is preprogrammed by Source. The divine game is hide-and-seek and you have to play your part totally. These words are an invitation to participate in the only game that matters: awakening.

Check your priorities by noting the amount of time you allocate to various daily activities. How far down your list is awakening in terms of the amount of time you devote to your spiritual practice compared to other priorities?



Powerful Techniques

There are many unenlightened gurus in India who have their own ashrams and flocks of followers. Their egos are gratified by the attention and the influence they hold over seekers. Usually these gurus are harmless; the seekers get the teacher they are ready for and learn helpful techniques. Hatha yoga, for example, is good for everyone.

The problem arises when extremely potent techniques are taught before seekers are capable of integrating them. Some techniques force the kundalini energy to rise before its natural time, thus increasing psychic power. When a temptation arises to misuse this power, it is inevitably followed by severe disturbance and suffering.

The negative effects of secret and powerful techniques far outweigh the benefits. The most effective, sustainable and safe method is witnessing.

By observing the body, mind, feelings and energy with equanimity, spiritual growth occurs in its right season: when the nervous system is prepared to integrate the growth harmoniously.

When the time is right for the kundalini energy to rise, it happens spontaneously as a by-product of the increased awareness that is generated by witnessing.

Spiritual greed always leads to more suffering. Try to avoid it and the unenlightened gurus who teach secret techniques to attain spiritual or psychic power.

Find an enlightened teacher to help you; he will usually recommend witnessing the eternal flow of Now - the most effective and time-proven way to merge with Beingness.

Spiritual Power

The ego can be very destructive. It pretends to take care of you and tries to get the best for you. But its hidden agenda is often power, prestige, domination and control. Politicians, business leaders and other very successful people have unusually strong egos. They control global resources and dominate the world in which we live.

The power behind every ego comes from God. He gives the appearance of separate ego power to all souls to allow the drama of the world to have intensity. The bad guys and the good guys are both fuelled by ego power.

Ordinary people with average egos have difficulty imagining how powerful people get so much power. The answer is through intense spiritual and psychic training.

Many unenlightened Asian gurus are caught in power games and devote all of their energy and knowledge to accumulating psychic and spiritual power - the ultimate ego trip. There are secret techniques that seem to bring enormous power and can be projected into future lives.

Both the extraordinary charisma and the madness of Hitler came from his esoteric training in previous lives in Asia. Many other people with very strong egos have also passed through psychic training in Asia in past lives.

If the program for their next life is positive, the power is directed into spiritual growth and enlightenment.

Negative power is utilized for control and domination. Neutral power finds expression in business, politics and achievement of all kinds.

It is great misfortune when a seeker forces the kundali-

ni to rise prematurely. This can force open the Shiva Netri centre in the head. The result is the psychic power to achieve almost any desire, other than enlightenment.

But this is accompanied by terrible psychological disturbance. Those who have forced open the Shiva Netri centre may gain psychic power but they suffer insanity as a consequence.

Beware of the seductive traps of spiritual and psychic power; the costs are always far greater than the benefits.



Om Namaha Shivaya

Shiva rekindled the flame of enlightenment after the Mahabharat war that ended the last age of light.

Shiva planted the seeds of transformation in the Vigyan Bhairav Tantra (VBT), the 112 methods of transformation that form the basis of most meditation techniques.

Osho was a disciple of Shiva, and his commentary on the Vigyan Bhairav Tantra is at the heart of his teaching. VBT is an encyclopedia of esoteric knowledge. If you read only one of Osho's books, that is the essence.

Shiva was an avatar and a tantric mahayogi who lived in the Himalayas with Shakti, his divine consort. He preserved the essential techniques from the last age of light. Om Namaha Shivaya! Om is one of the names of Shiva. He is called AUM - the divine cosmic sound.

Osho is deeply connected to Shiva and shares Shiva's gift for words; both are master communicators. Osho takes the seeds of Shiva and brings them to full flowering in his commentary on VBT. He also developed many of Shiva's techniques into structured meditations.

Shiva knows the whole picture but he does not reveal everything to everyone; he keeps the nondual insight of advaita separate from the meditation methods of VBT.

The techniques of Shiva are effective and many meditators have become enlightened with them but full conceptual clarity is not possible without the nondual context of advaita. And without a grounding in meditation, advaita can be dry and intellectual. Now the moment has come to bring the two halves of the picture together.

The synergy of the nondual insight of advaita: God is all there is and I am part of that, and the ancient meditation methods of Shiva complete the picture. The synergy has been elucidated and published for the first time in Unity.

The reason for this revelation is timing. We are nearing the most auspicious moment in the last 8,000 years, the time of the great change, the transition from darkness to light. Now is the time when peace and Unity ascend and prevail. Om Namaha Shivaya!



Divine Possession

Advaita is based on nondual insights that arise from the enlightened experience of oneness. It is very helpful to understand the impersonal theistic conclusion of advaita: God or consciousness is all there is.

Only when God-the-beyond contacts you directly and verbally, however, do you know from experience that He exists and can communicate.

Many unenlightened people hear the voice of God. He guides and directs devotees through their inner voice.

Divine possession and full verbal contact with God is called God-realization; it happens rarely and is different from occasional divine guidance. God-realization is given only to some enlightened ones; it is not a projection of the mind as is often the case with unenlightened people who believe they hear the voice of God.

In the first stage of God-realization, He makes verbal contact and directs your life. He replaces enlightened intuition with direct divine guidance. In the second stage you merge with God and there is almost no distinction between you and Him. God thinks and feels in you.

In the third stage you dissolve in God; you cannot function independently. You lose all sense of independent volition and you are totally consumed by God. He manages everything for you by directly moving your body, by speaking through you, or by giving you verbal instructions. Being totally in the hands of the One power is the greatest blessing and freedom. You transcend separation and rest forever in God's grace.

Cosmology

God-the-beyond is eternal. Source is transcendental awareness of consciousness. The universe is condensed divine consciousness, made of the One and by the One.

You can think of Source as the centre. Of course Source is not in space-time, so these spatial relationships serve only to give you a conceptual approximation.

The inner circle of God is non-existence, the seventh realm. This is unknowable to humans. It is glimpsed by fully enlightened ones in deep silence, but they cannot describe it adequately; when they return to embodied consciousness no clear memory of the beyond remains, just the fragrance lingers around them.

The seventh body is the void of creation and contains the potentiality for all future universes. This potential exists in the aware intelligence of Source. The seventh body is no-thingness, non-Being, consciousness-at-rest, the eternal realm of uncreated intelligent awareness.

The next circle is the sixth body - the bridge from Being to non-Being. It is called Paramatman, beyond the Being, and also contains the cosmic mind. The sixth body can be accessed by enlightened ones in meditation only; it is silent awareness, the transcendental witness.

The cosmic mind is programed by Source to create, sustain and eventually destroy existence.

The cosmic mind is the divine instrument of creation. It contains all future events in this universe, including the number of times an insect moves its wings; every thought by every brain, and everything you can think of, including

the apparently random behaviour of quanta.

This inconceivable complexity is programed into the cosmic mind of the sixth body. It is beyond space-time and is God's great work of creation, a labour of love.

The next circle is the fifth body - the Being or Self. This realm is where existence starts, but is beyond space and time. It is created afresh with each new universe, and is not eternal. Only the seventh body is eternal. The Being is the first stage of enlightenment, and is also the heart of love - the spiritual heart.

For most women almost everything happens in love in the fifth body, the spiritual heart. Awakening starts here with the permanent dissolution of the ego. Meditators also have a taste of the fifth body in deep meditation.

Satori is a temporary experience of the fifth body; the ego stops functioning for an hour or a few months but returns sometime, until finally it dissolves forever.

This is the definition of enlightenment. Some seekers are confused on this core point and after their satori has faded they get stuck with an enlightened ego.

The next circle is the fourth body - the psychic realm. It is in hyper-space-time and is non-material. It is the realm of heaven, hell and bardo. The fourth body is accessed through love and meditation. It can also be used by those seeking psychic power to control and dominate others.

In the Mahabharat war, most meditators had access to the fourth body and many of them misused their psychic power. This spiritual crime has engendered the intense suffering of India in the present Kali Yuga. The positive qualities of the fourth body are love and awareness.

The next circle is the third body. This is the astral realm and contains the potential for creative and destructive expression of all kinds. It is power. Responsibility, service and creativity are the highest aspects of the third body; it is in hyper-space-time and can be used to dominate others by power-hungry psychic adepts.

The next circle of Source is the second body, the realm of feeling, emotion and energy. This is the origin of all emotions, both positive and negative. The second body is also an energetic bridge between hyper-space-time and the material world of space-time.

The first body, the outer circle of Source, is the material universe. It includes your physical body in space-time.

These seven bodies are all Source and each of them has a different part to play in the cosmic drama. The fifth, sixth and seventh bodies are beyond space and time and are universal. The second, third and fourth bodies are both individual and universal.

The first body is only individual, hence your experience of separation from existence.

The doors to the seven realms of God are the chakras, which are hidden in your nervous system and activated primarily by consciousness and unconditional love.

Your journey of discovery is not complete until you are back home in the seventh body of God-the-beyond.

Your individual soul, or jiva, is unique. It is your second, third and fourth bodies. It manifests new physical bodies for 108 lives until it disappears in mahaparanirvana and dissolves for all eternity in the mystery of the void.

Your soul and everything else in all realms of existence

is preprogramed by Source to the minutest detail of all events. Predestination is the way Source has chosen to manage the complexity of existence and the intricacies of the laws of balance and justice. Everything is programed in the cosmic mind beyond space-time.

This is 'where' God creates everything. The cosmic mind manages every minute detail of all events at exactly the right moment.

Your nervous system is programed in the womb with every event in your life, including your experience of free will and everything you believe you choose.

Understanding all of this allows you to trust in God and surrender to His will as it manifests each moment in you.

God is truly omnipotent and could override the program of the cosmic mind with divine intervention. However, it is more difficult to manage the material universe directly, and would also involve rewriting the future to maintain the integrity of the laws of balance and justice; any new twists in the story would affect the intricate web of all interconnected human sagas.

God not only watches the divine leela unfold, but also experiences and shares every moment of your life with you. Even though He wrote the story long ago, He is still rediscovering and savouring all the twists and turns of the leela as it is animated with your unfolding experience.

God is all of these seven bodies and the awareness and creator of them simultaneously. He is your innermost spark of divine consciousness, your life force and your body and soul. You are never alone. He loves you more than you can know.

Que Sera Sera

When you understand that your life and everything else are preprogramed by Source, you can relax.

The future will be as it is already destined to be. Every detail is perfectly planned for the intricate needs of your evolution as a soul. It is difficult to comprehend how this complexity is possible. To preprogram 6 billion souls each with 108 lives within the constraints of the laws of karma and balance is God's ultimate challenge of creativity.

Everything is connected and everything makes sense, eventually. This relieves you of the burden of worrying about your future, at least in theory. In practice, you will worry till your program changes to trust. And the timing of that metamorphosis is not in your hands.

Even if you are still programed to worry about your future, you can at least understand the set-up. This also means things are getting closer to changing, as deep understanding often comes just before the shift occurs.

You are in good hands. Source is managing everything perfectly for the complex needs of your evolution.

You can relax and enjoy whatever happens - if you are programed to. If not, and if you feel an affinity with these nondual concepts, at least relaxation and equanimity are close at hand.

Hari Om Tat Sat

Hari Om Tat Sat is the divine sound of truth. These words have been at the heart of India's spiritual heritage for millennia; when uttered by an enlightened one they still vibrate with undiluted mystical potency.

The sound of truth cannot be described accurately. It is called Om. But the Om that you chant is far from the ever present sound of awareness that is heard by meditators

The sound of awareness is constant; the pitch remains the same, although the volume fluctuates depending on how much attention is given to it.

The sound of AUM is the sound referred to in the Zen koan: What is the sound of one hand clapping?

The koan can be understood only by those who hear the unstruck ring of truth. Any other answer will invite the Zen master's stick.

Some meditators hear an inner sound that is a prelude to the sound of awareness. This is often a ringing in the ears that comes and goes.

If you do hear an inner sound of any kind it is helpful to use it to go deeper in. Sound is a bridge to awareness.

The following technique is useful for meditators who already hear some kind of inner sound.

Let the breath guide you in. As you fall inside allow the sound to merge with the breath. Continue merging the sound and breath. As your awareness grows the sound will increase and the breath will slow and sometimes stop. Continue merging with the sound.

Enjoy the sound of awareness. Feel the source of the

sound and merge with it totally. Continue to merge with the source of the sound for as long as you feel. The longer the better.

This technique is not for everyone but, if it suits you, it can carry you all the way home.

Hari Om Tat Sat.



Enlightened Ego

Even sophisticated spiritual seekers are caught in the trap of pretending to live up to ideals. In its more subtle form, the trap of pretence catches seekers who claim: 'I Am That' - the ultimate awareness of the void.

Seekers have an unconscious ego that runs their lives. When the belief 'I Am That' is imposed on top of the ego, the result is a split personality. This disorder manifests in neurotic behaviour. In stressful situations the belief 'I Am That' is forgotten and the wounded ego reacts like any other.

Later the behaviour is rationalized by believing that it was just a temporary forgetfulness of the higher truth. It was no such thing.

Higher truth does not need to be remembered. When it is your authentic experience, it is who you are. If the truth has to be remembered it is not authentic experience, just an unverified belief.

If you deny unconsciousness and push it out of sight, it will return to haunt you, often at the most inconvenient moment. The solution is total authenticity.

'I Am That' believers may feel superior to those who stick to direct experience. Their superiority is misplaced. When you remain authentic and awareness has grown through meditation, it is easy to understand advaita.

Unverified belief in higher truth is a sweet trap in which your spiritual ego will languish until the time arrives to set aside belief and bring light into the darkness of the ego. Conscious authenticity is the key.

You are That

The ultimate reality of Source is eternal transcendental awareness of consciousness. Source is also referred to as 'That' - just an indication of the nondual mystery of God-the-beyond. 'That' contains the potentiality for all creations in all realms of existence.

There is only Source playing all of the parts in the leela; therefore you must ultimately be God. Certainly you are made of God. But no mystic can have more than a glimpse of 'That'.

The mystery of the Absolute is never fully revealed to humans. Even full enlightenment provides only a taste of non-Being, the void of creation, the seventh body of God-the-beyond.

The proclamation 'I am That' is only partially accurate because no human can create or destroy the universe. Yes, you and everything are made from 'That', but Source is the mystery that cannot be known until you leave the body for the last time and all traces of your individual soul have vanished forever. Then and only then do you return home to the void and become fully 'That'.

The Self or the Being is the first stage of enlightenment, the fifth body of Source. The soul has no prior knowledge of the Self; it is not something the soul can remember. The Self can only be discovered by conscious merger.

Functionally you exist as an individual soul until your soul merges with the universal Self. When enlightenment happens it is a new experience (except for those rare souls that were previously enlightened). You cannot re-

member what you do not know.

The third-eye opening reveals the sixth body of Source. Full enlightenment gives access to the void, the seventh body of Source. No human can stay in this realm for long. When seventh-body mystics return to the body the fragrance of the beyond lingers around them, yet they cannot say much about this arcane realm because there was no mind to retain a clear memory of its mystery. Non-Being cannot be adequately articulated or fully remembered by anyone.

Each soul is created by Source to be ignorant and to slowly evolve in consciousness until its destined time of awakening. A common advaita misunderstanding is the belief that everyone is inherently free already.

The time of your awakening is fixed by Source. There is nothing to do but what you feel, with the insight that your intuition is the voice of Source guiding you.

In the spiritual world imagination is a major trap. When a seeker declares: 'I am That', unfortunately the 'I' is often his ego. The remedy is to stick rigorously to direct experience: I am this moment of Life right now.

It is also helpful for seekers to contemplate: God is all there is and I am part of 'That'. By taking this as a hypothesis until it is realized, you can avoid two common traps: the unverified nondual beliefs of advaita that promote you to illuminator of the universe, and the unnecessary ego-burden of responsibility for enlightenment that many disciplines encourage.

This hypothesis does not contradict the teaching that says you just have to stop and recognize who you are

right now. Truth is reality. Truth is awareness.

The way to know the absolute truth is to penetrate into this moment of relative reality. Conscious self-encounter eventually reveals the ultimate nondual truth to which advaita points.

This revelation is not a belief or concept; it is a luminous and direct merger with silent awareness. Silence is the answer. The gap of silence between thoughts reveals a taste of the truth. Truth will become permanent by returning to the gap of silence every moment of every day till the ego dissolves forever.

Conscious surrender to each moment of life-as-God brings freedom herenow. Silent surrendered awareness is the ultimate method of liberation. Those who are close to awakening will feel pulled into silence.

Ramana's self-enquiry supports the let-go into silence. Ask: Who am I? What is awareness? And wait for silent transcendental awareness to reveal its non-conceptual nondual answer.



Shiva Netri

The sixth body of God includes the cosmic mind, the witness and Shiva Netri, the cosmic eye of God. It is aware of every event in the universe and in all other realms of existence. Shiva Netri automatically records all details of every event as it happens in the akashik record, a part of the cosmic mind.

In humans, Shiva Netri is connected to the third eye. There are six centres in the head all of which must open before full enlightenment. Shiva Netri is one of them.

The danger of Shiva Netri is abuse of power. It is possible for unenlightened yogis to force open the Shiva Netri centre before its natural time. The result is enormous psychic power, but the price is psychic disturbance and madness. These yogis are almost all Indian and some of them are worshipped and enjoy power and prestige in their world.

Westerners who attempt to copy them usually fail; the discipline is too arduous. They are lucky. To force entry to Shiva Netri and misuse its power is a major spiritual crime; the karma can take lives to burn out.

The third eye is the sixth chakra and opens fully with the second stage of enlightenment. The third eye functions as the witness in humans. After enlightenment, it is safe from abuse of power.

Source is revealing this esoteric knowledge to highlight past abuse of spiritual power and to celebrate the new dawn of the age of light.

Enjoy the Ride

This book is God's vision, the blueprint for Unity; it is a shared understanding that provides the foundation for a conscious civilization. Unity is not another set of beliefs to replace your old ones. Unity relies on reason and direct experience. This means some of your unverified beliefs will have to be left behind.

Unity is the religion for the third millennium. It is simple and sophisticated, esoteric and devotional; it challenges you to become an inner scientist and discover who you really are. Your direct experience is what really counts.

The application of reason can verify most of this book. Cosmic knowledge is unverifiable by humans. God is sharing it to help you understand His ways a little more.

The future is known only to God. Your job is to be totally herenow. The predictions are given to help expand your horizons and to prepare you for the dramatic shift when it occurs. Naturally the only real preparation is to live each moment with passionate awareness and acceptance.

Source is all there is. His seven realms are the totality of existence and non-existence. The doctrine of Monism, one indivisible and transcendental power animating all of existence, reflects the ultimate cosmic reality.

Before awakening you are lost in the illusory world of your ego-mind. When you enter the fifth body of Source, the Being, you are free from suffering forever.

When you leave the body for the last time, you fully reunite with the ultimate mystery of God. Divine reunion is the destiny that awaits every soul.

Bardo

The Tibetan reports of bardo are accurate. Bardo is part of the fourth body of God, the psychic realm.

Bardo is non-material and includes heaven and hell. Each time your body dies, your soul goes to bardo for various disembodied experiences and to balance previous karma.

There are lots of lights, noise and psychic disturbance in bardo; it is also heaven, the realm of psychic pleasure.

Ultimately you are not the soul, you are awareness. If you have developed the capacity to witness in your last life, bardo is fun - you just watch the show and enjoy. For non-meditators bardo is a big shock.

Unaware believers from all religions are unprepared for the drama of bardo and often have a difficult experience until they are reborn.

The biggest challenge, however, is to learn how to be spirit in the material world. The physical body is the most dense and takes a lot of time and work to purify and heal.

Eliminate all dairy and animal products, and all junk food and sugar from your diet. Eat whatever you feel attracted to that is organic vegan wholefood.

Purify vegetables by cooking, or use a salad dressing containing vinegar which creates an internal pH environment that harmful microbes cannot tolerate.

Fruit and vegetable juice fasting may be necessary for you to energize and remove impurities from your body.

Heal the emotional body with catharsis and healthy expression. Develop the third body with yoga, creativity,

work, responsibility, total effort and intense spiritual practice. This brings the ego to its positive peak and prepares the fourth body for let-go, trust and surrender.

Sit silently every day in awareness to give God space to work on you. If you have an enlightened friend, meditate with him as much as possible to increase awareness and intensify and accelerate the process.

And trust in God. He knows what He's doing.



Karma

There can be no escape from your karma. Existence echoes everything back to you. Negative thoughts, words and actions create bad karma that is balanced only by your future suffering. Be alert - negativity always returns to you. When you really understand this you may want to stop hurting other creatures.

Positive deeds, words and thoughts create future good karma, but they cannot balance prior negative actions.

The bulk of your negative karma is balanced before enlightenment, but some remains with you until you leave the body for the last time. Even enlightened ones may have some physical or health problems from their previous karma.

Never be discouraged by suffering. There is an end to it. And the sooner you pass through it the better.



Reality

Reality is multidimensional. The universe is material. Matter is made from energy; energy is from light; light is made from consciousness. Matter is born and will die. Energy is born and will die. Only the consciousness of the void is uncreated, eternal and indestructible.

In this sense only eternal consciousness is real. Hindu philosophy postulates that the world is unreal and exists only when observed by human minds.

Science and common sense disagree and say the world exists independently of human observation.

We live in the material world, distort it with our mental projections and assume it is reality. This is the sense in which the world is unreal.

As meditators, your journey is from identification with your body-mind to a merging with divine consciousness.

Enjoy the pleasures of the world and remember they are not the ultimate reality.

Your destiny is to be a buddha - a blissful flower of love and consciousness.



The Realm of Ascended Masters

Full enlightenment is rare. The majority of enlightened people are in the first and second stages of awakening. First-stage teachers (bodhisattvas) must be reborn, but no rebirth is possible for those in the second stage of enlightenment.

Second-stage buddhas complete their final growth to full enlightenment in the realm of the ascended masters, where their soul takes up to 1,000 years to enter nirvana.

This psychic realm functions only during the Kali Yuga, or age of darkness. It gives most enlightened souls a long experience of disembodied bliss and ecstasy, free from the limitations of the physical body.

Only one in ten buddhas attain nirvana in the physical body during the Kali Yuga, but the Sat Yuga brings full enlightenment to all souls - here on planet Earth.

During the Sat Yuga, the age of enlightenment, there is a need for all buddhas to share extensively with seekers.

A large number of souls are ripe for awakening and will soon require more support by fully enlightened beings.

Only third-stage buddhas have the capacity to transform the energy of millions of people at the same time. These buddhas can be used by Source as clear channels for divine light. Our miraculous spiritual renaissance is about to begin.

Surrender is Always to God

This book is God's gift to celebrate the new age of light. Now the moment for unity has arrived. Much of the cosmic knowledge of God has been kept secret and is being accurately revealed to us for the first time.

All teachers get their cosmic knowledge from Source, but no human really knows the whole truth. Full enlightenment reveals transcendental awareness, oneness and love, but not the details of how to create a universe and manage human affairs in perfect balance and justice.

Source gives all teachers a message to share. The teacher is in God's hands and says whatever God wants.

If you are a sincere seeker with a teacher, look closely at the teaching and see how much of it really makes sense. Teachings are all different, and some are contrary to reason. There is usually a core of truth that most teachers agree on: immersion in the transformative fire of Now, but peripheral teachings are often contradictory. These teachings cannot all be accurate.

Use your reason to determine what makes sense in your guru's teaching before you attempt to verify it. There is no need to believe anything that is irrational.

Surrender to a guru means you are required to accept the whole teaching. You will have to repress your doubts about any irrational ideas that the guru has been given by Source.

The need to repress discernment makes surrender to a teacher difficult for rational seekers. Look deeply into the theme of surrender. Trust and surrender are essential for

your awakening.

The dilemma is if you surrender to a guru then who is going to manage your life? If you do not surrender, awakening is impossible. Even if you like the teaching, there is still the question of who or what will take care of you when you give up control. And as the teacher is human, there is always the chance of confusion. Surrender is not submission to a person but an invitation to God to take you. Only God has the power and intelligence to create and manage the universe, and to take full care of you.

In the past, divisions were essential to perpetuate the drama of conflict and separation that characterized the Kali Yuga, the age of darkness.

The new way is direct connection to God. The new way encourages everyone to keep sharp the sword of rational discernment so that surrender to life-as-God is supported by reason.

All teachers and gurus are middlemen for God, whether they say so or not. When you surrender to a guru, it is God that takes care of you, not the teacher. Enlightened teachers are still necessary to help you to meditate; their luminous presence opens the secret door to Beingness. And their surrender to God invites and supports your own surrender. Yet surrender is always to God.

The Path of Love

Meditators awaken by penetrating all the layers of their unconsciousness with awareness. Eventually they must let go, for surrender guards freedom's solitary portal with unwavering resolve.

On the path of meditation, awareness is essential but God is not needed and meditators are often agnostic or pantheistic.

For devotees and those on the path of love, God is the Beloved. He supplies the prerequisite support for surrender. He is waiting to catch you when you let go and dissolve in His love.

Most women are on the path of love and are created by God to be His lovers. God penetrates a woman's heart with divine love and she merges with Him in awakening. Yet women also need awareness, for without it your love is emotional and unstable. Meditation is for everyone.

Meditation provides essential equanimity and access to the witness, the impersonal connection to God.

Meditation prepares your heart for the Beloved to enter. The journey of a devotee is sweeter than that of the warrior of truth. Surrender is more natural for women than for warriors. The female way of love and devotion is sweet and soft. Prayer is sharing your heart with the Beloved.

Prayer and meditation are different spiritual methods, but they are not antagonistic, and devotees need both.

Female enlightenment is in the heart of the fifth body, the spiritual heart. The spiritual heart opens three times;

with the final opening you dissolve in love in God.

This dissolution is similar to the nirvana of Buddha and the warriors of truth, but softer and sweeter. This is how God has made you. He wants you to be soft, sensual and female, a goddess of love.

Most teachers are male and share the same teaching for men and women based on their own experience.

Osho was an unusual Indian guru; he fully appreciated women's invaluable contribution to the spiritual world.

Some women try to be warriors of truth and find things don't go easily. There is no reason for women to compete with men; let men compete with each other.

You remain open and available for the Beloved to enter your heart. Surrender is freedom.



Instruments of God

Enlightened ones transcend duality because their reality is no longer limited by the realms of matter and mind in which division prevails.

Their experience of conscious oneness is not that all bodies and minds are one entity, but that awareness is the common source of mind and matter. They know that this nondual awareness is who or what they really are.

Yet humans cannot be God-the-beyond until they dissolve in the void forever. No enlightened teacher has access to all the power and intelligence of the void. That remains God's secret.

When a guru claims 'I am That', he is partly right. He has been given awareness but he has not been given the intelligence and power that creates the universe.

God's creative intelligence is unfathomable even to enlightened ones. God programs the cosmic mind with every detail of all events for the entire life of the universe before it is manifested. This is His creative secret.

The consciousness that designs and creates existence is also the intelligence that is programed into the core of every atom. Matter is made of and by consciousness.

The refined understanding of Buddha and Mahavira balances the devotion of theistic religions. These mystics were the voice of intelligence and reason for the inner world; they have made invaluable contributions.

Fully enlightened ones like Buddha and Mahavira are the ultimate human consciousness; yet they are pantheistic and have no knowledge or experience of a transcen-

dental creator God. Thus they assume that buddhas are the highest consciousness in existence.

Gurus in India are worshipped as gods on Earth. They enjoy the drama and allow it to happen; it is a harmless play but its days are numbered.

Soon all gurus will be relieved of their roles as gods on Earth and become channels for God's energy. They will enjoy the additional liberation that comes with directing all praise and blame to Him. Soon all awakened ones will know the truth: Everyone is a divine instrument of God.



Foray into Samsara

There are many paths to the top of the mountain. Each journey is unique, and your way is perfect for you. It is a gift from God. All systems are only guidelines; the exact application of any method is up to your intuition.

There are certain similarities for most seekers. Totality is the universal master key and comes when it is needed.

Understanding the tricks of your ego's survival strategy is very helpful. And conscious merger with the energy of Now is always the last step into Beingness.

Before that happens there is a long and winding road up the mountain till you reach the jumping point. The final jump is managed by Source, as is the climb to the top.

This understanding takes root only when it is time to let go; before that you are programed for ego strategies and desires.

The human saga is not just for the creative expression of Source, but also to give your soul the full satisfaction of its final reunion after a demanding foray into samsara.

This reunion is deeply savoured by Source as all souls finally return home and dissolve in the ecstasy of mahaparanirvana - beyond the great ultimate enlightenment.

Your ego is programed with a belief in free will; it cannot really agree that everything is predestined by Source.

Belief in free will perpetuates the drama of separation until the time comes for surrender. You have to believe in free will; you have no choice.

The question of predestination is distinct from free will. Enlightenment will verify that you are not the doer, but it

cannot reveal whether life is predestined or is merely a spontaneous play of divine improvisation.

This question is largely academic as it has little bearing on your transformation. Either way you are in the hands of God. The key for your transformation is surrender.

The advaita understanding is potent because it offers a rational support for surrender: consciousness is all there is and I am already part of That.

You are all perfect as you are now. The most ignorant soul will one day flower into enlightenment.

Before that time of total transformation, all souls will experience limitation and suffering as the vital contrast to their awakening to the love, light and oneness of the fifth body of God - the Being or Self.



Dark Night of the Soul

Your soul is carefully created by God to provide you with an equal balance of limitation and freedom.

Life gets more positive as your soul gets older. Yet even just before awakening everyone is programed to have doubts and despair.

The dark night of the soul starts at its conception with your first human life. Your last period of despair and doubt is the final testing of your readiness for freedom.

This varies in intensity depending on the role you will play after awakening. If your role is to teach and to help many people your tests will be greater; to prepare you for the challenges to come and to balance previous karma.

Not everyone becomes a teacher after enlightenment embraces them. Many awakened ones keep on chopping wood and carrying water. Their outer lives continue in a similar way; only their inner experience is altered.

Whatever your destiny, it will feel perfect for you. No buddha ever wants anything more or less than what is given.

When you enter your final time of testing, remember all of this and wait with unswerving acceptance for the dark night of the soul to pass. This is your last test and is often the greatest.

Women

Women are designed to love. For most women love is the ultimate. Love is feminine beauty and the necessary counterbalance to the male energy of consciousness.

Men and women are complementary opposites. Hence the drama of relationships as couples try to absorb and understand the different energies of the opposite sex.

Most teachers are male and have no direct experience with the way of the goddess. This has led to women trying to compete with men in awareness and clarity.

These male qualities are valued by male teachers and are sometimes held as superior to love and devotion. This superiority is totally misplaced. Men and women are different in many ways but have equal spiritual capacity.

Your spiritual journey is unique; no two souls are the same. Women are designed to surrender to God in love, merge with God in love and dissolve in God in love.

Most women also have a higher emotional intelligence than most men. Almost everything happens for women in the heart of love, the spiritual heart.

Women are designed to share love. This makes life juicy and interesting. When a woman is totally fulfilled in a love relationship her spiritual search may cease.

Love is the goal. And God is the Beloved. He won't let you stop for too long with any man; your ultimate destiny is to be His lover.

Women are emotional beings with feelings that are sometimes beyond their control. When they feel love everything is wonderful, but when they are disturbed by

confusion or negativity things are a mess.

When love is there, women can enjoy and share. When they are disturbed, that is the time for a harmless release of the energy and meditation. Watch the disturbance from outside your body. Go up in the sky and take some distance from the problem. This is the witness.

Beloveds, your part in the dance of life is essential. You are needed to be loving and soft and sensual to balance the male energies that are more clear and logical.

Your capacity to absorb male energy with love is the fast way for you to grow; it also helps men to relax.

Never try to compete or fight with men; that destroys your beauty and upsets everyone. When a man needs to learn something from you, it will be better received when it is shared with love. Women often get stuck in reaction to men.

The key to successful relationships oftentimes lies with the woman. She is love and it is her love that helps bring the man into his creative male energy. If you share from love rather than reaction, the man will be surprisingly open and amenable to your requests for more sensitivity.

And he will sometimes be right, so learn to listen to what he is saying. It is natural for men to be logical; there is no need to disparage them for it.

Enjoy the differences and focus on absorbing the male energy with your love. This brings your femininity to full flower and helps you fulfil your divine destiny as a goddess of love.

Men

Men are programed for clarity and awareness; they want to know the ultimate truth. Awareness is the male principle of God, the way of the peaceful warrior. Love is the female aspect of God and is more natural for women.

Some New Age men are overly influenced by feminine values of softness and receptivity that are common and valued in many New Age groups.

These female qualities are a good way to balance old conditioning of aggressive maleness in a man's world, but you do not need to get stuck in them.

Being a second-class woman won't help; your way is different. Your natural male qualities of consciousness and clarity are the key to your growth. Men are designed to be warriors of truth. This means you need courage and discipline to penetrate the unconsciousness of your mind.

You do need to learn to share your feelings openly. You have nothing to hide and are more sensitive than you know. Yet you are a man and your way is primarily awareness. If love and devotion are natural and spontaneous, you can enjoy them. If these qualities are missing do not be concerned; they will flower as you grow in awareness, in their preordained season.

Authenticity is essential. Be what you are. There is no need to try to please women by imitating their ways; it neither helps you nor endears you to women.

You are designed with a logical mind and a thirst for truth and freedom. Mind cannot know the ultimate truth, but a clear intelligence can help you to understand many

things. Put your intelligence to work. Think creatively, try to understand everything and when the mind is exhausted from creative thinking, enter the silence of no-mind that awaits behind your thoughts.

Beloveds, you can learn sensitivity, love and intimacy from women. Enjoy this with them. When you have fully enjoyed and experienced everything you can learn from women the time has come face yourself alone.

The ultimate adventure is moksha, total freedom in a state of transcendental nondual awareness, far beyond the limitations of the body and mind. The full flowering of freedom comes in aloneness.



New Age Methods

The present strong interest in alternative spiritual paths highlights the failure of the old religions. Many sincere seekers have abandoned their religion of birth and have embraced more effective means of transformation.

The number of New Age methods available reflects the diversity of seekers. Enlightened teachers bring a variety of approaches: meditation, advaita-based teachings and psychologically oriented systems. There are channels for various disembodied masters, angels and entities. Some teachers have adapted Eastern methods for Westerners. And there are a raft of self-improvement disciplines.

Unity is aimed initially at this diverse collection of New Age seekers. You are the sensitive, conscious and loving souls who have the capacity for spiritual transformation.

You are blessed with a thirst for genuine freedom and the capacity to endure spiritual purification and learn the discipline of transcendence.

You are the meditators who watch from above.

You are the lovers who surrender to love.

You are the dancers who celebrate life.

You are the buddhas of the new dawn.

Now you are blessed, for your time has come.

Freedom and Limitation

Source creates humans with a soul that evolves over many lives until enlightenment brings freedom from all mental and emotional suffering.

Karma is the inexorable echoing back to you of all your past actions. Karma is the divine law of cosmic justice; it ensure fairness and continuity for every soul in its gradual evolution from unconsciousness to enlightenment.

Most of the 7 billion people on Earth in 2012 do not experience equal amounts of joy and pain during their present lives. Injustice and suffering are more prevalent than justice and awakening. Balance is not achieved in one human lifetime.

The law of balance functions over the eight to ten millennia of the lifetime of your soul. During this epic saga of freedom and limitation, all positive and negative actions and experiences are balanced in exactly equal measure.

God programs every soul to create equal amounts of positive and negative karma. But we cannot see the proof of this because the soul's journey takes thousands of years from its birth to mahaparanirvana.

The laws of karma and balance continue to function after enlightenment. Awakened ones may face health or other problems to balance their previous negative karma.

Fortunately the karma of awakened ones is biased in their favour, and their difficulties are less than the harm they have previously inflicted on others.

If there were no soul and we came directly from Source without past lives and karma, human affairs would be

less complex and sophisticated. Life would lack justice and continuity, and thus would be less creatively satisfying to Source.

We do have souls that are our psychic individuality that incarnate 108 times during the millennia of our evolution into buddhas. It is the soul that provides the opportunity for freedom. Without the soul, life would be unjust and random - a cynical game of cosmic roulette.

Part of the purpose of the divine play is for Source to have a vicarious experience of human limitation and its transcendence. He enjoys making human affairs just and balanced, and as complex and sophisticated as possible.

God elected to create all human affairs within the constraints of the laws of balance and karma. It is the long evolution of your soul that allows these laws to function.

We are God's main creative interest and satisfaction. His primary creative passion is to ensure perfect balance and justice for each and every most dearly beloved soul.



Existence and the Beyond

The substratum of all existence is consciousness. The material world is very condensed consciousness. Energy is less condensed consciousness. Prana is more refined energy. Light is more refined prana.

The fifth body of God is consciousness and love. These five realms or bodies of God make up existence.

The sixth body of God is cosmic awareness; it is the bridge to the seventh body, the realm of non-existence. Only the seventh body is eternal. Existence is born and must eventually dissolve in its source of non-existence.

Your soul's journey is from the absolute realm of the seventh body and back to where you started. It always takes each soul 108 lives to complete the round trip.

This means you are made from and by God. Source creates each soul from the essence of the void. This is your deepest nature. God also creates the ego to blind you to what you really are; it is a game of hide-and-seek.

Now you are in a body and identified with your life. You feel that you are a body, mind and emotions. You have no memory at all of the seventh body that you are made of.

This divine play gives God a vicarious experience of separation, duality and limitation that is impossible in the absolute nondual reality of the seventh realm. This is His main reason for creating the universe and other realms of existence.

Ultimately you are God-the-beyond. But if you believe this before you experience it, you lose authenticity. This is the main foundation of most sophisticated spiritual belief.

And ultimately it is true. But rather than blindly believing what you have not yet experienced, a more fruitful way is to enter deeper and deeper inside yourself until the truth is experientially revealed.

This commitment to inner exploration distinguishes a sincere seeker from those who merely believe in the truth without direct experience.

There is also no need to deny higher truth. Take the truth that you hear from spiritual teachers as a hypothesis and attempt to verify it with your own experience.

No amount of wishful thinking can give you freedom from ego and suffering. The way to be free is by authentic enquiry into who you are and where you come from.

Truth is much more than an unverified belief. To know higher truth requires a deep inner resolve, the courage to stake everything, and the capacity to remain conscious and authentic.



This and That

This moment of life is who you are right now. You are all the ecstasy and agony of being human, and everything in between. This is the simple, obvious and verifiable truth.

You are also multidimensional. As you enter deeply into this moment of life many doors open to more refined, subtle energies. As every buddha has discovered, you are ultimately transcendental awareness.

The door to the ultimate is hidden in this moment of life that is offered to you again and again for your participation in the dance of Now.

Words are seductive. The truth believed is not the experience of truth. Truth is what's so. Truth is this moment consciously lived. You are this moment of life right now.

The identification with the concept of 'That' takes you away from this direct experience of life herenow.

When you say: I am That which I seek, you are philosophizing. 'That' is the beyond, Source, the unknowable absolute mystery. You identify with a concept about truth and your ego claims to be the Absolute.

When you return to the Absolute you will have left the body for the last time and be dissolved forever in the void.

You are busy with the content of your mind. You are dreaming about freedom and missing this miraculous moment of life.

Shifting your attention to the source of mind changes the gestalt significantly; it brings silence. Instead of identifying with thoughts, the mind turns back towards its source and rest in the gap of silence.

This gap of silence is available to every meditator every moment. It is the eternal miracle of truth that is always awaiting your discovery. Freedom is herenow in silent awareness.

When you face this moment of life with full consciousness, the miracle happens. The mind stops and suddenly you are aware, silent and at peace. You enter the fire of Now.

Put aside your ideas about the ultimate truth and experience reality directly. Unverified beliefs will not help you to be free - even if they happen to be true.



Understanding the Set-up

You are given an ego and the illusion of free will to fully know separation and suffering. God experiences your limitation and the sublime freedom of its transcendence with you. This is the main reason for the divine gift of your unique soul.

Your soul is individual; no two are the same. This gives Source billions of different experiences of limitation and equal experiences of freedom as each soul awakens and is released from suffering forever.

This cosmic perspective helps you to expand beyond the myopia of ego vision. From the ego's point of view and experience, you are stuck in a body-mind with beliefs in free will and personal responsibility for your freedom. These beliefs create the foundation for dualism, division and the divine game of hide-and-seek.

When you can fully understand the set-up and live that understanding in moment-to-moment surrender, your time of suffering is drawing to a close.

While you are still programed to believe in free will and personal responsibility for your freedom, things are more difficult. You are unaware of the divine play and still busy with ego desires and goals. This is a necessary stage of your growth, and changes when the time is right. If you believe in free will, try to understand this.

The understanding of advaita helps soften your ego and opens you to the indivisible oneness of divine power. And it prepares you to dissolve in the nondual truth: God is the only power there is and I am part of That.

God Is All There Is

God, or divine consciousness, is all there ever is. Taken as a hypothesis and experientially investigated, this leads to freedom from the suffering and separation of your ego.

For lovers of God, however, inner science is irrelevant. For devotees, just to feel this deeply is enough.

When you feel deeply that God is all there is, you are free. It means the end of your ego-based separation, followed by the deep fulfilment of conscious surrender.

If you are a devotee of God, pray to share your heart with the Beloved and merge with Him in love. Nothing more is required. Merging in deep love with life-as-God is deeply transformative.

If you cannot feel the undercurrent of divine oneness, apply reason and adopt a working hypothesis: God is all there is. If this is true then it follows that you are a part of God. This means your ego is not needed; the Whole will take care. This understanding is the basis of surrender. It is not a blind belief in a father in the sky. The universe is evidence of intelligent design; the natural world is perfect. Only humans seem to be out of balance.

Human ignorance is the apparent cause of most earthly problems. It seems as if God has just left you to sort it all out. This situation gives rise to the present cynicism about religion and God.

Yet if you look a little deeper, the human predicament is also perfectly designed. Buddhas do find freedom, love and peace. They say that you are basically the same as them and it is only a question of time till you awaken from

the dream of your ego-based suffering. This means all humans are destined to be buddhas. All buddhas say consciousness is the ultimate reality.

The universe is a product of intelligent design; it cannot design itself. The design has to occur before the universe exists. The source of existence is conscious intelligence that can design, manifest and sustain creation. This is the definition of God-the-beyond.

Existence is made by and from Source. God is all there is and you are part of Him.



Extraterrestrial Intelligence

The primary reason for existence is the human saga of spiritual evolution. You are centre stage in the cosmos.

We have no evidence of intelligent life forms elsewhere in the universe. Planet Earth is the only place we know where intelligent life exists in space-time.

None of the UFO sightings has been verified. No alien message has ever been received. UFOs just seem to fly by or land and disappear.

Still, we wonder if we are alone in the universe. Does life exist on other planets? The answer is not yet known to humans, but this message from Source indicates that no intelligent life exists except on Earth.

Technology will evolve to astonishing levels in the far future, allowing space/time travel and many wonderful new experiences, but this is just a sideshow.

The drama of awakening here on Earth is a complex and sophisticated story. No exploration of the universe and meeting unusual aliens could begin to compare with the evolution of your soul in consciousness.

Your soul is wired into the energy, astral and psychic realms in a complex interconnectedness with existence. This allows you to experience multidimensional events in hyper-space-time where other beings do exist without material forms.

As you grow in awareness you eventually enter the fifth body of God, the spiritual heart. Your soul merges with the Self or Being and is impregnated with its qualities of consciousness, love and freedom.

Next your soul enters the sixth body of Source, or Paramatman, beyond the Self. Here your soul is impregnated with the quality of the sixth realm of God: silent awareness, the cosmic witness.

Finally your soul enters the seventh body of God and merges with the void. This is nirvana, transcendence of the witness; even the light of Paramatman is left behind. Now all lust for life is gone forever.

Your individual soul is not fully transcended until you leave the body for the last time in mahaparanirvana, the ultimate dissolution of your soul. Only then can you accurately say 'I am That', the beyond.

Beloveds, the most interesting discoveries are all made inside of you through the portal of consciousness.



Sannyas

Sannyas means renunciation. Traditionally sannyas is renunciation of the world. But the true renunciation is of ego, a symbolic commitment to freedom from yourself.

When you have lived all your desires totally and with gusto, the time comes to let it all go. This moment is the beginning of sannyas, the initiation that leads to freedom. The homeward journey starts here.

Naturally, your ego wants to get enlightened and will play any role as long as it can survive. Rarely does a seeker have such trust in life that let-go happens without enlightened support. That is why an egoless friend is needed for the final jump. He knows the tricks of the ego and the way of surrender. The good news is that Source manages everything for you. The bad news is you do not trust this.

The moment of your awakening is predestined. When you start to live in conscious surrender the time of your reunion with the One is getting nearer.



The Nature of Consciousness

Consciousness is all there is. Ego is consciousness that is identified with and trapped in a mind.

The Zen koan, the goose is out, refers to a baby goose that is put in a bottle. As the goose grows it becomes difficult to get it out without breaking the bottle or fatally damaging the goose. The bottle is your mind and the goose is consciousness.

When some Zen people awaken they say: The goose is out! In fact the goose was never really in. Just a part of the ocean of consciousness, a few drops, pretends to be your ego for a while. The ocean is always the ocean and when those few drops return they are again dissolved in the Whole, as if they had never left.

The problem is that your mind can understand the logic before you are reunited with the ocean. This often gives rise to borrowed knowledge that is not verified by your own experience.

The true answer to this koan lies in the transcendence of your own mind in awakening, not in the collective borrowed knowledge that many seekers adopt as their own.

Make a list of the spiritual knowledge you have verified with direct experience. Compare this with the huge amount of borrowed knowledge that you carry around.

While the goose is stuck in the bottle, you are identified with your mind. Your mind acquires spiritual knowledge and uses it to feel superior. Superiority is another victory for your spiritual ego. When the goose is really loose you will know; it is your awakening.

Silence is the Answer

Self-enquiry is an experiential search for truth. At first, when you ask: Who am I? the mind tries to answer the question. Eventually it realizes the futility and gives up. In this giving up there is a gap of silence. Silence is the answer. No-mind reveals your deeper nature.

Truth is known in a pristine state of silent awareness. Any slight thought of 'I Am That' and you are back in the realm of concepts, the booby prize.

When the mind turns away from its usual preoccupation with thoughts and looks towards its source, the miracle happens. This is Ramana's great contribution to consciousness. He resurrected the ancient method of self-enquiry and taught it to many disciples.

His method invites you to leave your thoughts, the content of your mind, and turn back towards its source. Silent awareness is the source of your mind.

As long as you stay with the gap of silent awareness, you have a taste of freedom. A taste is not permanent but it whets the appetite and shows you the door to freedom. Any moment that you tune in, the door can open and give you a glimpse of freedom. This is a potent technique for awakening. When diligently applied it brings rapid results.

The belief 'I Am That' neither awakens nor transforms you. The conscious recognition: 'I am this moment of life right now' is both helpful and verifiable. This moment is herenow. 'That' is somewhere else. This moment is your direct experience. 'I am That' is an unverified belief or a logical conclusion.

In silent awareness all beliefs and concepts dissolve in the fire of Now. You are not; silence remains.

There is no need to settle for beliefs about truth - you are capable of knowing truth directly. Self-enquiry is an effective method for helping you to come home. You are not what you think. Silent awareness reveals the hidden splendour of who you are. Silence is the answer.



The Relative and Absolute

There is relative truth and absolute truth. The relative truth is what's so. It includes the intricate complexity of all human experience and interaction, and the entire functioning of existence. The relative truth is everything that happens. It is an inconceivable number of interconnected details manifesting as each moment of Now.

To human perception, the relative truth of the natural world may appear to flow spontaneously from moment-to-moment. Actually, Source programs the cosmic mind to manifest this complex flow of Now, or relative truth. It is God's work of creation, His labour of love.

Absolute truth cannot be fully conceptualized. It is God-the-beyond, the eternal source of existence.

The Absolute can be tasted by enlightened ones only in deep silence, beyond all trace of subtle concepts. The Absolute is monistic nondual awareness - oneness with no trace of distinction - the silent witness of Itself.

For humans, the portal to the Absolute is through this relative moment of Now. By consciously merging with the energy of Now, the divine door to the Absolute eventually opens.

Beware of your ego's tendency to identify with absolute concepts that are not your own experience. And remember that only silent transcendental awareness allows a genuine glimpse of the mystery of God's absolute reality.

Rajneeshpuram

Osho's dream was his new commune in America. The reason it turned into a nightmare was that Source wanted that to happen. This is the conclusion that flows from understanding that God is the one and only power. Yet the causes are more complex, as every human event occurs for a variety of interconnected reasons.

When we moved to the Big Muddy Ranch in central Oregon we were a bunch of flower children from India. We traded our sandals and robes for boots and pick-up trucks. We were in the middle of John Wayne country, redneck USA. Soon the city grew and we all got high on creativity and work. Meditation was something of the past from India.

Work was paramount on the ranch; it was called worship, and Sheela was the boss. Power went to her head and gradually she became a megalomaniac, a disturbed person who destroyed the commune.

Many mistakes were made because of Sheela's megalomania. She attacked and alienated the neighbours. She collected one thousand homeless people from the streets of America in a transparent attempt to fix the local elections. She created a climate of conflict and fear that led to her arming many meditators with automatic weapons.

She had Osho's room and half the commune bugged. She abused the concept of surrender so much that Osho rarely used the word again. Yet ultimately she is not to blame. Source bears full responsibility for all tragedies, including Rajneeshpuram.

Thousands of beautiful people lost everything when the ranch closed. Rajneeshpuram was a great experiment in creating a model commune, yet it failed to survive for even five years.

Osho was arrested while trying to flee the US and became a persona non grata in most countries of the world. Four years' hard work and a beautiful commune of 5,000 seekers evaporated almost overnight.

This failure was necessary to highlight that there is no future for communes that are separate from society. The mistakes of Rajneeshpuram and all the other failed communes will not be repeated.

The way forward is an integration of spiritual and practical life. We are the world and society has to work for the good of all people. This requires a shift in values. Society must value reverence for life, justice and meditation as much as economic prosperity. Capitalism must be reformed and based on moral and ethical values as well as profit. Moral capitalism and ethical social values provide the foundation for the global society of the future.

Globalization has already transferred many jobs to the third world and lifted millions out of poverty. The most potential for economic growth lies in developing countries.

We will live without killing and abusing animals for food and thereby enjoy significant benefits for human health, food security, animal welfare and the environment.

We will live in a time of abundance and justice where poverty and extreme wealth no longer exist. It will be a time when meditation is valued and practised by all - an era of harmless and conscious civilization.

Freedom From Yourself

You always follow your feeling. Even if you are following orders you must have a feeling to follow or you would refuse. If you act out of fear, still it is following your feeling. Everyone always follows their feeling, even the most unconscious of people. If you are confused and think you cannot ever decide anything, nevertheless you have arrived at this time and place somehow.

This is the way Source has arranged things. It allows God to manage everyone, through your heart and mind, without any perception that you are being manipulated.

When you understand this fully you have a good laugh and realize that you are just an instrument of God. Your feeling is really divine animation functioning through your intuition. This applies equally to awakened ones and the worst despots or criminals. Less conscious people follow their selfish impulses; buddhas follow their enlightened, intuition, which is harmless and compassionate.

God-realized people have the direct experience of being an instrument of God. This is lots of fun and totally frees you from any idea of individual power. You know that you function only by divine animation; you just watch yourself doing and saying whatever God wants.

In fact, everyone is an instrument of God by birth, but most people don't have the direct experience of being managed by Source. Everyone is in the hands of God already. Understanding this is the beginning of the end of the illusory ego-based freedom of free will, and the start of real egoless freedom from yourself.

The Synergy

Unity is a synergy of the transformative essence of all religions and systems of spiritual growth.

Every religion has a kernel of beauty that is wrapped in irrational beliefs. All founders of religions and spiritual movements were channels for God, and He gave each of them something beautiful to share. Unity synthesizes these kernels of beauty while discarding the outer layers of irrational belief.

Osho started synthesizing with his vision of Zorba the Buddha. He revitalized Shiva's great contribution, the techniques of the Vigyan Bhairav Tantra, and brought celebration to Buddha's world of meditation.

To this foundation, advaita adds its rational nondual perspective. Ramana contributes the potent method of self-enquiry. From Jesus comes surrender: Thy Will Be Done. The Sufis add divine ecstasy, unswerving devotion and unconditional surrender to God.

These different paths converge as God's vision for the new dawn. Neither the founders of any religion nor their followers would agree to merge with the others.

Nor would they be willing to give up their cherished beliefs, even if those beliefs were exposed as limiting and irrational. Fortunately such fundamental changes are neither in the hands of followers nor their leaders.

God has waited for millennia for this pivotal moment. The age of division and conflict is almost past. Now it is time for the great change from darkness to light.

Unity is the world religion for the new age of peace and

justice. Unity is essential to live a fulfilling spiritual life free from violence and injustice.

Great change is never initiated by humans. You do not have the vision to be truly revolutionary; you try only to improve the past. Real revolution has not occurred in the last 4,000 years of darkness. Now everything is ripe for the dramatic climax to the age of darkness and the shift to the age of light.

When the essence of Shiva, Osho, Buddha, advaita, Ramana, Jesus and the Sufis is synthesized we have the foundation for Unity: a holistic and rational system of transformation that is conscious, playful and effective.

Unity embraces all spiritual paths and emphasizes your direct divine connection. God is already in you, guiding and animating your every movement, thought or feeling.

Whatever your present beliefs and involvements, every soul is destined to join in the dance of Unity. Allow your horizons to expand to include this miraculous possibility.



Shiva and Advaita

Osho's holistic and esoteric approach is grounded in Shiva's vast knowledge of the alchemy of transformation. Osho's work rests on Shiva's invaluable contribution, the Vigyan Bhairav Tantra. These 112 methods of meditation are the culmination of Shiva's vast experience. They are the basis of many meditation techniques.

The essence of most of them is witnessing the content of mind and all experience. This eventually culminates in the witness being silently aware of itself, in transcendental cosmic consciousness.

Advaita focuses on understanding and often negates the value of meditation, saying: What will be will be; you are already free. Hence advaitists can remain stuck in the desert of intellectualism and enlightened egos.

Meditators usually feel they are responsible for their growth and are unnecessarily burdened with ego effort. Many enlightened meditators are pantheistic and settle for the divinity of life and existence.

Pantheism says that a buddha is the highest flowering of consciousness and that only through a buddha is existence aware of itself. Hence the necessity for surrender to a guru, for he is the ultimate spiritual authority.

Advaita is nondual impersonal theism. It understands: consciousness is all there is. The universe is made of condensed consciousness. The source of the universe is absolute consciousness that has the ability to design, create and sustain existence. This is the definition of God-the-beyond, or Source.

Now Source is revealing the truth: there is no need to surrender to any guru. Surrender can be only to the One that gives you life. Your life is a gift from the One. That is enough reason to trust the Whole to take care of you when the ego lets go of control.

Part of my work is to help bring clarity to meditators to relieve them of unnecessary spiritual responsibility, and to share the meditation techniques of Shiva with advaita people. For without an opening to the luminous wonder of the witness, advaita can be an intellectual desert.

Understanding and applying the wisdom of both Shiva and advaita is the foundation for spiritual maturity.

Meditation and advaita are the two wings of Unity; their synthesis supports the most potent method of spiritual transformation - conscious surrender to the fire of Now.



Part Four

Commentaries on Ancient Wisdom

Meditations from Vigyan Bhairav Tantra

The following selected techniques from Shiva's Vigyan Bhairav Tantra are potent tools for transformation. Shiva preserved these methods from the last age of light and gave them to disciples to develop.

Osho is one of those disciples, and his extensive commentary on the Vigyan Bhairav Tantra lies at the heart of his teaching.

The Vigyan Bhairav Tantra contains 112 techniques for transcending the illusory division of consciousness into all the multiplicity of existence. The illusion that you transcend is of separation from the Whole.

Consciousness is monistic; it is one indivisible principle. Existence is made of the same consciousness as the void of non-existence or God-the-beyond.

This commentary focuses on the Vigyan Bhairav Tantra techniques that involve witnessing - the basic method of meditation, and rests on the advaita understanding that consciousness is all there is. Consciousness-in-motion is existence; consciousness-at-rest is Source.

Shakti asks Shiva:

O Shiva, what is your reality?

What is this wonder-filled universe?

What constitutes seed?

Who centres the universal wheel?

What is this life beyond forms pervading forms?

How may we enter it fully,

above space and time, names and descriptions?

Let my doubts be cleared.

Shiva's reply is the 112 methods of the Vigyan Bhairav Tantra. His response is experiential, not philosophical.

Shiva and Shakti are avatars, God's emissaries on Earth. Shakti asks the questions to give Shiva a chance to share the techniques. She is his other half, inseparable from Shiva; they sit in a deep embrace - a dance of love.

1. Radiant one, this experience may dawn between two breaths. After breath comes in (down) and just before turning up (out) - the beneficence.

If you are attracted to these breath awareness methods you are blessed. They keep you focused in the present moment on the subtle shifts that are always happening inside you. They have been used by many meditators to find freedom by gradually training the mind to remain present in the body, and thus stay grounded in Now.

Watch your breath in the belly. Be particularly aware of

the moment when the breath turns from in to out. Do not manipulate the breath in any way. Rather let it be totally loose and natural. This is the same for all these selected methods. There is nothing to do except watch. This is a kind of effortless effort; no tension or ego effort will help. The key is relaxed awareness.

In the gap between breaths be aware of your energy. Gradually you may start to experience your energy and consciousness as the source of breath. Continue every day for as long as possible.

2. As breath turns from down to up and again as breath curves from up to down. Through both these turns, realize.

Now Shiva introduces the other turn when the breath moves from out to in. Stay aware of both turns and you will soon enjoy an expanded state of consciousness.

4. Or, when breath is all out (up) and stopped of itself, or all in (down) and stopped - in such universal pause, one's small self vanishes. This is difficult only for the impure.

In silence your ego disappears. Pay particular attention to the gap between two breaths and the gap of silence between two thoughts. In these gaps the small self can easily vanish. Ego does not function without thought.

Everyone is impure before enlightenment. Purity comes through cleaning the mind with meditation.

5. Attention between eyebrows, let mind be before thought. Let form fill with breath essence to the top of head and there shower as light.

Bring your awareness to the third eye. Let your mind remain relaxed and alert, before thought. As you breathe in feel your body filling with prana. As breath moves out enjoy a shower of light.

The key part is: Let mind be before thought. This is one of the most potent of all the methods.

8. With utmost devotion, centre on the two junctions of breath and know the knower.

For lovers and devotees this variation on the first four methods can be a bridge to awareness. The knower is the witness. For the devotee the witness can be a little vague. This method brings a clear sense of witnessing. Devotion becomes the door to connection and merger with the witness.

14. Place your whole attention in the nerve, delicate as the lotus thread, in the centre of your spinal column. In such be transformed.

You cannot feel the nerve unless kundalini energy is moving through it. With diligent observation of your spine, energy movements may occur.

Feel your spine while sitting straight. Be aware of your spine with each breath. You can breathe up the spine and down the spine. This is very helpful at the start of sitting to tune in or to bring a sharper focus at any time.

22. Look at your past dis-identified.

Your past is full of suffering and good times. Watch the past consciously as if you are watching a movie. You are interested, you re-experience everything, but you are not identified.

Often while sitting, scenes from your past will replay spontaneously. This is the perfect time for this method. Just watch the drama without identification. Witnessing with equanimity is the basic meditation technique.

Whatever happens in meditation is perfect for your growth. There is no need to manipulate experience. Just watch the show and know that mind-cleaning is happening automatically, as a by-product of witnessing.

24. When a mood against someone or for someone arises, do not place it on the person in question but remain centred.

You are programed to judge others; it is part of the hell

of the ego. Those who have judging minds hurt themselves more than those whom they judge.

The key to transcending judgment is the remembrance that God is animating everyone's actions, always. All of us are equally helpless in His hands.

Avoid speaking in anger; you will create new problems and regret your words later. It is not healthy to repress negativity, and it is harmful to inflict negative emotions on others. Negative feelings can be released harmlessly through catharsis, or just witnessed until they dissolve in awareness. Positive energy can be shared, but while sharing remain centred and don't get lost in excitement.

29. Devotion frees.

Devotion brings freedom from your ego. Devotion can be to anyone, but the ultimate devotion is to the Beloved, the source of you and everything.

If you are a devotee of God you are blessed; your way is the way of the heart, your way is love. In love you offer everything to the Beloved. In love you surrender to His will, to each moment of life-as-God.

Devotees tend to be a little lethargic: let Him manage. Yes, God does manage but your full participation is a vital part of the dance of awakening. Learn witnessing also, just to please Him.

With any human, devotion can easily get mixed up with attachment. With God this does not happen. He is the eternal silent Beloved.

38. *Bathe in the centre of sound, as in the continuous sound of a waterfall. Or, by putting your fingers in the ears, hear the sound of sounds.*

You are always in the centre of sound, so this is easy. Just close your eyes and listen to the sounds around you. Allow all the sounds of Now to enter; do not choose or reject any sound. Choiceless listening to Now is always a fast way to tune in.

By closing your ears you may hear an inner sound. If you do, this method is beautiful. Just listen and let the sound carry you in. Merge with the source of the sound. Hari Om Tat Sat.

53. *Self-remembering.*

This sutra is essentially an invitation to feel 'I am'. You exist as a flow of energy beyond the control of your ego. This energy flow is divine. Feel your energy and let it guide you where it wants to go.

Self-remembering can be maintained while engaged in action. You are aware of the action and of the actor. When action and actor merge consciously you are in the flow of Now. The key is to feel, not to think.

Self-remembering is also an advaita-based understanding: you are not the small ego-self but the universal Self or Being. This insight is, however, just a hypothesis that must be verified by your experiential merger with the Self through the expansion of awareness.

58. *See the world as a drama.*

"All the world's a stage, and all the men and women merely players." The world is leela, a play of God; everyone has a unique role in the divine drama. When you feel you are a divinely animated actor in the leela you are free. When you see the world as a stage and understand that all the characters are God, separation dissolves.

62. *Wherever your mind is wandering, internally or externally, at this very place, this.*

The beyond cannot be directly approached. When you are aware of this moment the door can also open to the beyond. When thinking stops you become aware and enter the temple of Now. This moment is the only bridge to truth; this moment is the sacred door to freedom.

63. *When vividly aware through some sense, remain in awareness.*

Try being aware of all your senses simultaneously. The senses can be doors to eternal presence. Or with closed eyes, listen and feel your energy, breath and body.

It is impossible to think when you are aware of even two senses. Just listen to the sounds and feel your energy and you immediately enter the temple of Now.

72. Experience the cosmos as a translucent ever-living presence.

Existence is born and will die. Only Source is eternal. The entire existence is permeated with the eternal consciousness of Source. You can feel eternity only when there is total silence. The slightest ripple of subtle thought brings you out of that purity. Silence is eternal presence.

73. In summer when you see the entire sky endlessly clear, enter such clarity.

The sky is consciousness and your thoughts are the clouds. Awakening is the summertime of consciousness. When your inner sky is free of clouds, awakening is at hand. Don't be disheartened by clouds; one day they do clear. Watch closely for gaps in the clouds of thoughts. When you see a gap, allow your awareness to rest there. Gradually the gestalt changes from watching clouds of thoughts to being the sky of silent consciousness.

80. Meditate on the make-believe world as burning to ashes and transcend.

This world is not the ultimate reality; it is born and will die. So will you. Before that happens let it all go. Imagine the whole world is burning and you are just watching with equanimity.

In a real disaster do the same, just witness and remain undisturbed. The witness is the transcendental reality, the eye of God that watches the creation and destruction of the make-believe world. The witness is freedom.

82. Feel: I-ness, internal organs, me.

Feel 'I-ness', your sense of being beyond thoughts. By tuning in to the subtle energy currents of your body and breath, the mind is transcended and only beingness remains. 'I' has disappeared.

85. Thinking no thing will limited self unlimit.

Thoughts are all limitations, they are like toys of the mind. Leave your toys and enter the vast cosmic freedom of silence. In no-mind you transcend the small ego-self and merge with the unlimited universal Self.

87. I am existing.

Be aware of the essence of your energy; beyond thought you exist as a flow of energy and consciousness.

96. *Abide in a spacious place, clear of trees, hills and habitations. Thence comes the end of mind pressures.*

Mind is always with you wherever you go. Open space is healthy and enjoyable but it is not enough to free you from the tyranny of the mind. Awareness cultivates the inner space that brings freedom from all mind pressures.

112. *Enter space, supportless, eternal, still.*

The eternal silence awaits you with endless patience. From silence you come, to silence you go. Enter your still inner space and know where you come from and what you really are. The eternal Beloved patiently awaits you in silence.

These selected techniques lie at the heart of the Vigyan Bharav Tantra; experiment with any of them that attract you. When a method pulls you for some time, allow it to deepen in you and reveal its subtle secrets.

These techniques are about witnessing. Witnessing is the quintessential method - the fundamental bedrock, the heart and soul of meditation.



Yoga Sutras of Patanjali

Hatha yoga, which is widely known in the West, forms one aspect of the ancient Hindu system of religious and ascetic observance. Raja yoga has the ultimate aim of spiritual purification and self-awareness by the practice of meditation, leading to samadhi or union with the divine.

These sutras of Patanjali are at the core of the ancient discipline of yoga. There are many commentaries on Patanjali. This one is brief and focuses on a nondual reflection of the sutras.

These sutras point to the beyond, like fingers pointing to the moon. They are useful signposts that have guided many seekers on the path to freedom.

The yoga sutras of Patanjali are oriented towards the male approach but they also embrace love, devotion and surrender. All seekers of truth can benefit from their clarity and transformative potency.

1. Now the discipline of Yoga.

Yoga means union, reunification of inner and outer. The immediate way to transcend separation is to enter the eternal Now.

2. Yoga is the cessation of mind.

Patanjali gets straight to the point. This sutra indicates the time-proven way to know the ultimate truth. Next is the direct experience of silence. This is the purpose of yoga and meditation - to bring you to a state of no-mind.

3. Then the witness is established in itself.

Silent mind reveals the eternal witness, and vice versa: witnessing brings silence to the mind.

4. In other states of consciousness there is identification with the modifications of the mind.

In all states except witnessing there is identification of the mind with something. In witnessing, the mind is dis-identified and aloof from the drama of the moment. This detachment brings freedom from your small ego-self.

5. The modifications of mind are five. They can be either a source of anguish or non-anguish.

Anguish or non-anguish depends on your capacity to witness. Identification is suffering; witnessing is freedom.

6. The five modifications of mind are imagination, sleep, right knowledge, wrong knowledge and memory.

Imagination doesn't help much, it is just entertainment for the mind. Sleep is good and natural, and your body knows the right amount for you. There is no need to force yourself to sleep less, but early nights and mornings do support your meditation practice. Right knowledge comes from direct experience. Wrong knowledge is all unverified belief. Memory is your ego's past; witness it as if you are watching a movie until you are dis-identified.

7. Right knowledge has three sources: direct cognition, inference and the words of awakened ones.

Prajna, or direct cognition, is true knowledge. Inference and the words of awakened ones can help tremendously, but they are no substitute for experiential wisdom.

8. *Wrong knowledge is a false conception that does not correspond to the thing as it is.*

Avoid confusion. Verify your beliefs.

9. *An image conjured up by words without substance behind it is vikalpa - imagination.*

Conscious visualization can help somewhat, but avoid imagination. Imagination can be a trap that lures unaware seekers into believing their dreams are real.

10. *The modification of the mind which is based on the absence of any content is sleep.*

When mind is without content, it is in a state of deep sleep or samadhi. The difference is only of awareness.

11. *Memory is the calling up of past experiences.*

Every buddha has an unconscious past. Witness the past and dis-identify from it until you are free from your history.

12. *The cessation of the calling up of the past is brought about by persistent inner effort and non-attachment.*

These disciplines almost always precede awakening. They are gifts from God that are given when the time is right for rapid spiritual growth.

13. *Of these two, abhyasa - the inner practice - is the effort for being firmly established in oneself.*

Your inner practice is everything; it is a kind of effortless effort, wei wu wei.

14. *Inner practice becomes firmly grounded on being continued for a long time, without interruption and with reverence and devotion.*

When your inner practice is spontaneous and natural you are blessed. Eventually it will become like breathing and your heartbeat - a part of who you are. Now you are in the final stage of the journey home.

15. *This first state of vairagya, desirelessness - cessation from self-indulgence in the thirst for sensuous pleasures, with conscious effort.*

Your desires are natural; they are given to you by Source to create the suffering that follows desire like a shadow, and to pull you into necessary experiences.

Understanding the nature of desire is the key. Tantric

discipline is helpful: follow your desires with intense awareness and soon they will start to dissolve. Maitreya became desireless through this tantric method.

Repressed and unfulfilled desires will return to haunt and expose you. Hence there are so many scandals in traditions that value spiritual purity above authenticity.

16. The last stage of vairagya is desirelessness, cessation of all desiring by knowing the innermost nature of purusha, the supreme self.

Nirvana brings freedom from all desire. But before full enlightenment embraces you, the seed of desire remains for that total liberation.

When all desire has been burned out of you by intense conscious experience and through immersion in silent awareness, you become authentically desireless - all lust for life has gone forever. Events happen without any desire; you follow the pull of the divine while witnessing the drama of life with equanimity.

17. Samprajnata samadhi is accompanied by reasoning, reflection, bliss and a sense of pure being.

Samprajnata samadhi is accompanied by thought. It is similar to the Zen concept of satori. When it becomes permanent it is the first stage of enlightenment, the fifth body. There is a breakthrough; mind is transcended and

there are insights into the nature of reality.

This is a beautiful and significant opening for a seeker. Now you know that the scriptures are real, and you have direct experience of bliss and Being - a taste of truth.

Bodhisattvas enjoy the first stage of enlightenment until the time comes for the next expansion.

18. In asamprajnata samadhi there is a cessation of all mental activity and the mind retains only unmanifested impressions.

Asamprajnata samadhi is much more intense. Here no trace of subtle thought remains. This is the sixth body of Source, pure contentless awareness, the second stage of awakening. The first stage is the fifth body. It is bliss and pure being, but there are still subtle thoughts, even in meditation. Here in asamprajnata samadhi, mind exists only in potential. The seed of the mind is still there but in meditation there are no thoughts; mind is totally silent.

19. Videhas and praktri-layas attain asamprajnata samadhi because they ceased to identify themselves with their bodies in their previous life. They take rebirth because seeds of desire remained.

Those who know that they are not the body are blessed. Transcendence of body-mind identification is a vital step on the journey home to total freedom.

Neurotic over-identification with your body-mind is the root of ego. When the identification dissolves, you are a videha - now you know you are not the body.

Many seekers believe they are not the body until something provokes an ego reaction. Then their actions speak louder than their beliefs.

Blind belief in any sutra doesn't help; inner science is more effective. Take these sutras as a hypothesis to be verified empirically in the laboratory of your inner being.

The first stage of enlightenment brings dis-identification from the body-mind. When videhas are reborn they can attain to asamprajnata samadhi - the second stage of enlightenment wherein the seeds of desire are almost extinguished, but the potential remains for a final disembodied experience in the realm of ascended masters.

When all seeds of desire are burned, no more births are possible. This is nirvana, the seventh body of God, the transcendence of all desire and even the light of the witness.

20. Others who attain samadhi attain through faith, effort, recollection, concentration and discrimination.

Your total effort is required. Leave no stone unturned. Clean your mind through meditation, concentration and psychological approaches. Develop your creativity and responsibility through work, and purify your body and emotions with healthy food, exercise and catharsis. This simple formula is very effective - when you apply it totally.

21. Success is nearest to those whose efforts are intense and sincere.

This understanding is perfect. When you become intense and sincere, success is at hand. It is not linear cause and effect that produces results in spiritual practice, but a deep divine synchronicity.

Your intensity and sincerity are gifts from Source that indicate your ripeness for success.

22. The chances of success vary according to the degree of effort.

Your totality of effort will bear fruit. Those who are not programed for totality are unlikely to be close to success. Pray for totality.

23. Success is also attained by those who surrender to God.

This is the direct method for devotees. Surrender to God brings freedom from the suffering of the ego-doer.

When you understand that God is the only power there is and you trust divine intelligence to manage your life, surrender happens naturally and spontaneously.

Surrender is always to life-as-God, with the total trust that your experience is perfect for the complex needs of your growth, even if it is difficult or uncomfortable.

24. God is the supreme ruler. He is an individual unit of divine consciousness. He is untouched by the afflictions of life, action and its result.

God is both the universe and its mysterious source - the void of the Absolute. His divine consciousness permeates all realms of existence and non-existence, both as this relative moment of life and as the arcane beyond. He experiences your limitations with you and He is also untouched by all the drama of life.

God is transcendental awareness of consciousness.

25. God is unsurpassable, omniscient, and the source of existence.

God is the alpha and the omega. There is only God.

26. Being beyond the limits of time he is the Master of Masters.

This refers to God-the-beyond not to any human guru.

27. He is known as AUM.

AUM is the sound of silence; it is the creative aspect of Source. AUM is the force that God uses to create and sustains the universe.

28. Repeat and meditate on AUM.

Repetition of AUM brings inner balance and harmony.

Meditate on the sound of silence. This is heard when you are getting closer to home. After you can hear the inner sound of AUM there is no need for repetition. Just merge with the sound, and the source of the sound.

29. Repeating and meditating on AUM brings about the disappearance of all obstacles and an awakening of a new consciousness.

Indeed it does.

30. Disease, languor, impotency, carelessness, laziness, sensuality, delusion, doubt and instability are obstacles that distract the mind.

These obstacles are programed into every human. The drama of awakening involves transcending the negative aspects of your program. At first, this requires your total effort. Later, when the time is right, it appears to happen spontaneously. Conscious sensuality is not an obstacle. It is a gift from God to enjoy. Sensuality brings you to your senses. Your senses are a door to the divine. Enjoy them with awareness.

31. *Anguish, despair, tremors and irregular breathing are the symptoms of a distracted mind.*

A distracted unconscious mind provides fertile soil for disturbances to thrive.

32. *To remove these meditate on one principle.*

The one principle is awareness. Gradually, as awareness grows, all disturbance dissolves and disappears in awareness.

33. *The mind becomes tranquil by cultivating attitudes of friendliness towards the happy, compassion towards the miserable, joy towards the virtuous and indifference towards evil.*

Positive attitudes do help, but any cultivated attitude is unstable. These positive qualities are natural by-products of awareness. Focus on awareness and everything else will follow like a shadow. Then your positive attitude will be stable and unshakable.

34. *Mind also becomes tranquil by alternately expelling and retaining the breath.*

This breathing practice is good for centring..

35. *When your meditation produces extraordinary sense perceptions, the mind gains confidence and this helps perseverance.*

Yes. And remember that experiences are not the goal, they are just an encouragement and entertainment on the way. Do not get stuck in any experience. Stay alert to the experiencer - the witness.

36. *Also meditate on the inner light which is serene and beyond all sorrow.*

If you see an inner light this is a good meditation. If not, there is no need to imagine one. Eventually, the light of the witness will grow very strong and devour you.

37. *Also meditate on a liberated one who has attained desirelessness.*

If you have an egoless friend sit silently with him and allow his energy to help you transcend your mind. Or you can connect with an absent teacher in love and devotion.

38. *Also meditate on knowledge that comes in sleep.*

Dreams with a significant message are visions; they may contain helpful insights or information.

39. *Also meditate on anything that appeals to you.*

This is perfect for the shared understanding of Unity. Whatever appeals to you is the easiest thing to meditate on. Easy and natural meditation is sustainable and productive.

40. *Beyond the smallest and the greatest, the master of all.*

The master of all is Source. God is the only power there is; from the smallest to the greatest to the beyond, He is the master of all.

41. *When the activity of the mind subsides, the mind becomes clear like crystal, reflecting without distortion, the perceiver, the perception and the perceived.*

Awareness creates the climate of nonduality that leads to freedom. The merging of the perceiver, perception and perceived happens spontaneously when the mind is silent. Only no-mind can reflect reality accurately. Silence cannot be manipulated; it comes as a divine gift to those who have earned it through diligent immersion in awareness.

42. *Savitarka samadhi is the samadhi in which the yogi is still unable to differentiate between real knowledge and knowledge based on words, on reasoning or sense perceptions, which all remain in the mind in a mixed state.*

This confusion follows those who cling to concepts and scriptures. Ultimately you must be God, but no awakened one can create the universe. Useful spiritual knowledge comes by direct experience of no-mind.

43. *Nirvitarka samadhi is attained when the memory is purified and the mind is able to see the true nature of things without obstruction.*

Purification of the mind is the purpose of meditation. Then everything is crystal clear.

44. *The explanations given for savitarka and nirvitarka samadhis also explain the higher states of samadhi.*

But in these higher states of savichara and nirvichara samadhis the objects of meditation are more subtle.

As meditation deepens more subtle experiences come to you. This refinement is part of the delight of awareness growing. Finally all experience disappears and you also disappear in the ultimate samadhi of the seventh body of Source.

45. *The province of samadhi that is connected with these finer objects extends up to the formless stage of the subtle energies.*

Yes.

46. *These samadhis that result from meditation on an object are samadhis with seed and do not give freedom from the cycle of rebirth.*

Meditation on an object is not as helpful as choiceless awareness.

Rebirth continues after enlightenment until the seed of desire is annihilated. This may be one or two lives or occasionally more, depending on the way your story goes. Rarely is someone fully enlightened without prior awakening in a past life. When that does happen, as in the case of Maitreya, he has only one life of enlightenment before he disappears forever in Source.

The shorter duration is balanced by unusual blessings.

47. *On attaining the utmost purity of the nirvichara stage of samadhi, there is a dawning of the spiritual light.*

Experiences of divine light and sound can come at any time, but experience is not the goal of meditation. The goal is to live each moment consciously, and one day to merge with Being in freedom from ego.

Don't be too concerned with any experience of spiritual light. Dissolve in the eternal light of the witness.

48. *In nirvichara samadhi, the consciousness is filled with truth.*

Truth means silent awareness. When no subtle thought stirs in the mind, you are totally free, not before.

49. *In nirvichara samadhi, an object is experienced in its full perspective, because in this state knowledge is gained directly, without the use of the senses.*

The senses are doors to the divine, but they are not the ultimate means to knowledge. Direct perception without the use of the senses comes from no-mind.

To perceive any object visually requires the use of the eyes but not of the mind. When objects are perceived without interpretation from the mind, life is experienced in its undivided natural state.

Mental interpretation divides into subject and object. In the no-mind experience, the experiencer and object of experience are not divided by mind.

This direct knowledge is available only to those who know silence.

50. *The perception in nirvichara samadhi transcends normal perceptions both in extent and intensity.*

Yes.

51. *When this controlling of all controls is transcended, the seedless samadhi is attained, and with it freedom from life and death.*

Yoga uses the controller to transcend itself. This way can lead to excessive ego burden. Yoga is the way of the warrior. Use its methods but avoid becoming a control freak.

Control is a helpful first step in learning the discipline of meditation and spiritual practice. As awareness grows, the need for control diminishes proportionately.

Yoga means union, not control. And the union of yoga is easiest and most effective through conscious surrender to each moment of reality that you experience.

Conscious surrender to life-as God neutralizes the ego and brings rapid results without the risk of a detour into spiritual ego-trips.

Seedless samadhi is the seventh body of Source. It is the last frontier. When full enlightenment is attained there is no one left to claim it.

Trust is the royal way, the direct method. The moment-to-moment application of trust produces positive results. Rapid growth requires your commitment to trust and consciousness in all circumstances.

Conscious trust is the discipline of transcendence - the most effective method of liberation.

The odyssey to freedom has two complementary and interconnected steps. Discipline and total effort make up the first step. Conscious let-go and trust comprise the second.

When trust in life is total, your ego will soon evaporate; it cannot survive for long in one who has an unwavering commitment to trust and awareness.



Gautama the Buddha

Buddha's contribution to consciousness is tremendous. He was born a Hindu prince and at 30 had everything any man could want. But his thirst for freedom was so consuming that he left his beautiful wife and kingdom to embark on a quest for truth.

He lived with Hindu ascetics in the forest and learned their ways of fasting and concentration. He was total in his discipline, but still did not find liberation.

After many years of hardship he left the ascetics to face himself alone. One night as he sat meditating under a tree he vowed that he would not move from that spot until he attained release from suffering. But just before dawn his body collapsed and let go from exhaustion.

When he awoke, the explosion of light was happening and Gautama the Buddha was being born.

With Buddha's enlightenment came deep insights into reality. He realized that everyone has buddha nature and he taught respect for all beings as future buddhas.

His understanding of tathata, suchness, or seeing things as they are without judgement, brings the relative and Absolute together herenow.

By merging deeply and consciously with this moment of relative reality or suchness, the underlying nondual mystery is revealed.

Tathata is Buddha's most potent insight; it is at the core of Buddhist understanding. The conscious application of tathata is a powerful key to freedom.

Buddha is agnostic and says personal liberation is the

goal, not belief in God. It is true that belief in God will not transform your unconsciousness into awakening; beliefs are not transformative and even belief in God does not help spiritual growth in a significant way.

What does help is your conscious acceptance of the flow of life in and around you. Tathata is a deep trust in each moment of reality, or life-as-God.

Change is constantly occurring as an intrinsic part of the flow of suchness: This too will pass. However things are like this now; each moment cannot be other than it is. When resistance to life arises it is recognized and witnessed until acceptance arises.

Trust in the energy of Now connects Buddhists directly to Source without any belief in God. Trust in life allows anyone to avoid the blind faith of theistic religions and to connect consciously to life-as-God through acceptance of inner and outer reality.

Buddha's insight is a great blessing for everyone who applies the teaching of tathata.

Buddhism is spreading in the West amongst sensitive, intelligent seekers more quickly than any other religion. It is an effective, compassionate and rational method of awakening.

Buddhism's limitations dissolve with the full application of tathata. The primary limitation is a belief in personal responsibility for attaining nirvana without the vital context of divine responsibility.

The message in this book balances personal responsibility with the higher reality of divine omnipotence.

The other limitation is an over-emphasis on rules of

conduct, instead of focusing on awareness as the foundation for natural ethical development. But hypocrisy is not that prevalent amongst practising Buddhists who rely on insight meditation for deeper guidance.

Lay people benefit by living according to Buddha's eightfold path. For less conscious people some guidelines are necessary and these eight rules of life are a useful moral and ethical support.

They are: right understanding, right aspiration, right speech, right conduct, right livelihood, right effort, right mindfulness, right meditation.

Right mindfulness is the conscious application of tathata - the moment-to-moment recognition that 'things are like this now'. When tathata flowers into a full acceptance of life as it is, you live in paradise on Earth.

This prescription for the middle way between indulgence and asceticism is natural for enlightened ones, and as awareness grows in seekers these guidelines begin to happen spontaneously; before that occurs, practice and effort are needed to live harmlessly and with kindness and respect for all sentient beings.

For less evolved lay people the rules are applied to the best of their ability and are not followed too rigidly.

Of all the major religions Buddhism is the most relevant today. Its focus on meditation and liberation from all suffering keeps it practical and effective.

And applying its core insight of 'things are like this now' is the discipline of transcendence. The universal key to freedom is conscious surrender to life-as-God.

Sufis

The Sufi way is the Way of the Heart. The Sufi tradition emphasizes devotion and surrender to God. Sufi mystics are drunk with the divine. They feel God with every breath and express their ecstasy and devotion in song, dance and celebration.

For devotees of God the Sufi methods are an effective transformative approach. Sufis have developed many techniques for awakening, including awareness training and centring exercises to strengthen and ground the ecstasy of devotion and surrender.

Whirling is a transformative Sufi centring method that reveals the still core abiding at the heart of movement. Other methods include devotional singing and dancing, as well as systems of contemplation and meditation.

At the heart of Sufi understanding is total acceptance of the will of God as it manifests moment-to-moment. This surrender to the divine truth of Now is the key to rapid awakening.

The Islamic roots of Sufism need not be a barrier to people from other cultures. Every religion has something special and beautiful to share with the others. The Sufi approach can be tremendously uplifting; surrender to the will of God, combined with ecstatic song and dance, is a beautiful way home.

Sufi methods are practiced in the West by a variety of New Age groups. For many devotees of God there is no better system of spiritual transformation than the Sufi way of the Heart.

Ashtavakra Samhita

These sutras from Ashtavakra are amongst the most potent spiritual words ever uttered; they point to the nondual truth that all enlightened ones experience.

When taken as an invitation to penetrate to the source of consciousness, these sutras are an invaluable help for your growth. When they are believed without experiential verification, they can be a beautiful and seductive trap for your spiritual ego.

Ashtavakra, the deformed sage, is giving instruction to King Janak.

Janak asked: Lord, how does one attain to wisdom? How does liberation happen? And how is non-attachment attained? Please tell me this.

Ashtavakra replied: You are neither earth, nor air, nor fire, nor water, nor ether. To attain liberation know yourself as the witnessing consciousness of all these.

If you can separate yourself from the physical body and rest in consciousness, then this very moment you will be happy and at peace and free of bondage.

Unattached and without form you are the witness of the whole universe. Know this and be happy.

You are not the doer nor the enjoyer, you have always been liberated.

Janak's question is authentic, and his sincerity provokes Ashtavakra's eloquent response. To know yourself as the witnessing consciousness of all and everything is

real freedom. The key word here is 'know'. Real spiritual knowledge is experiential, not intellectual. To know oneself as the transcendental witness is the purpose of meditation; to rest in silent consciousness is the ultimate human endeavour.

If consciousness separates from the body, you are free in that moment. The key word here is 'if'. This liberation of consciousness is most likely to occur in deep meditation.

The next statement: You have always been liberated, is open to misinterpretation and unverified belief. It is true only in the sense that ultimately you are God-the-beyond. But all you can know empirically is what you can witness and experience. You exist as embodied consciousness. No one has any memory of being God-the-beyond. No buddha can remember how to create a universe.

Believing that you have always been liberated is a very common advaita misunderstanding. It seduces seekers into thinking that freedom is a change of perception.

This belief applies only to the Absolute realm of God; it lacks empirical support and fails when it is applied to the human reality of body-mind-soul-witness.

Absolute beliefs are a common trap for advaita people; avoid them by being authentic and by sticking to direct experience.

This point requires repetition as it is the foundation for many advaita proponents who are reluctant to give up their absolute beliefs because ultimately these beliefs are true. But the truth believed without empirical verification is just a dream; it does not transform you.

When the witness is experienced through a human, it is

limited by the nervous system. No awakened one can ever know the full power of the witness; it is many times stronger than any enlightened nervous system can accommodate. Buddhas have a good taste of the witness, but a drop of the ocean is not the ocean.

When a soul is created, it retains no memory of its source. Every soul is made of divine consciousness. This consciousness does pervade and animate all existence. But experientially you exist as a body-mind-energy, and the witness of all you observe.

Ashtavakra said: You are the one observer of all and in reality always free. Your bondage is this: you see the other - not yourself - as the observer.

This is a great insight. When the gestalt shifts and you are centred as the observer of everything, you are free.

'I am the doer' - thus has the black serpent of ego bitten you. 'I am not the doer' - drink this divine nectar of trust and be happy.

This is Ashtavakra's keenest insight; it is the essence of transformative spiritual understanding. It is vital to realize that God is the only power, and that your belief in free will is a divine hypnosis. Drink this divine nectar of trust and be happy and free.

The soul is the witness, all-pervading, perfect, one, free from doing, absolutely alone, non-attached, conscious,

free, desireless, peaceful. Because of illusion, it looks like the world.

The witness is transcendental to the soul. Your soul is an individual creation that lives for up to 10,000 years; it is destined to dissolve finally in its source. Clarity helps to gird you for the journey of evolution of your soul.

Awaken in the thought that you are the unchanging, conscious, nondual soul.

No one has ever awakened by thinking, and never will. Only immersion in consciousness can awaken you. The soul evolves as it grows in consciousness. This is the meaning of spiritual growth. If your soul were already perfect you would not be suffering.

Understanding needs to be grounded in meditation, to prepare your soul for merger with higher consciousness. Just changing to nondual beliefs does not help that much.

You are alone, void of action, innocent, self-illuminated. Your bondage is this: that you practise samadhi.

When the values of the Absolute are grafted onto the human reality of embodied consciousness the result is a split. Stay with your direct experience. Your bondage is your separation from Source through the body-mind. This is not a mistake; it is God's creation to allow His play of division and reunion to have true meaning and depth.

Samadhi cannot be practised; it is beyond technique - a

gift from Source that is provoked by your immersion in silent awareness.

This sutra has fuelled an anti-meditation sentiment in some advaita teachers. They have missed the point that meditation is meeting, merging and dissolving with each moment of life in the divine sacrament of Now - not a goal-oriented concentration exercise.

Janak said: I alone illumine this body, and I illumine the universe too. Either this whole universe is mine or nothing at all. Amazingly, having renounced the body and the world, now through the skill of your teaching I see only the divine.

Janak has had a satori. His mind has opened and he is in ecstasy. To see God everywhere is freedom.

Janak said: Light is my self nature. I am not other than that. When the universe is illuminated, it is illuminated by my light. The universe that has emanated from me will dissolve in me. Amazing I am, I bow down to myself.

Although embodied, I am the nondual. I just exist, I pervade the universe.

Now Janak is projecting beyond the experience of his satori. Logically he is right, but experientially he has lost authenticity. Enlightened ones are illuminated by divine consciousness. The beauty of this nondual divine light is truly awesome, but no human has full access to the power and intelligence whence the universe emanates.

Avoid unverified beliefs and remain true to experience. Take these sutras and all concepts as a hypothesis to be verified in the laboratory of your inner world.

Resist any temptation to parrot the absolute truth and to deny the human reality of being embodied consciousness. The absolute truth is not your experiential truth; it is a sweet dream that lures unaware seekers into believing they are already free. Once you have decorated your ego with absolute concepts, it is challenging to admit that you do not know who you are. Take the challenge and discover your true nature by dissolving in silent awareness.

Authentic enlightenment requires total transformation; your individual body-mind-soul must be impregnated with universal consciousness. Unverified belief in absolute concepts does not help you to engage in the essential work of spiritual transformation.

Enlightened teachers face the challenge of translating their direct non-conceptual knowing of absolute truth into concepts that will be helpful to seekers. Seekers need to be reminded to avoid the trap of believing in the poetic words of awakened ones without experiential verification.

Remain true to experience; bring your total energy and awareness to a peak. Only then can these potent sutras of Ashtavakra help you to grow into a jnani - one who knows truth directly, from the silent power of no-mind.



Part Five

Buddhas of the New Dawn



God's Passion

By now you will be familiar with the experiential, non-believing approach that is the basis of this transmission.

It is essential for seekers to drop their unverified beliefs about truth, even when they are true. Premature belief in the truth is a major hurdle that can hypnotize seekers into believing they are already free.

Contemplating the advaita understanding: consciousness is all there is and therefore I am That, is helpful. But believing this is not enough to transform you. A more rigorous approach would take the understanding as a hypothesis that must be verified by awakened experience.

Enlightenment is your birthright; it is certain to happen to every soul one day. But awakening does not occur by merely believing you are part of the ocean of consciousness. God bestows this blessing when your soul is ripe.

Awakening is not just a shift in perception of cosmology; thus it is not helpful to give seekers the impression that any change in beliefs can bring freedom. Freedom devours you only after you have tried and failed in every search; finally surrender happens and the individual soul merges with universal consciousness.

Understanding that the seeker and the goal are one is ultimately accurate, but this is not enough to provoke genuine awakening. Source requires every effort and failure of effort before understanding permeates deeply enough to trigger release from suffering forever. This must be preceded by intense separation to contrast and give full meaning to each soul's ecstatic liberation.

Certainly effort strengthens the self-esteem or positive ego of seekers. Developing self-esteem is an essential part of every story of awakening, not something to be avoided in the name of 'non-doing'.

Rarely does freedom come with just a few words of truth from a book or teacher. When it does happen easily, awakening has always been preceded by intense effort and preparation, in this or a previous life.

Seekers are vulnerable to collecting premature beliefs about truth. Experiential verification is far more arduous than belief, but there is no other way to be free. Seekers who claim to be finders just by changing beliefs are certain to be stuck with an enlightened ego.

Deeply understanding advaita gave Maitreya a satori in 1993, but it took another two years of intense meditation and retreat before his ego finally left for good.

This single-pointed endeavour involved no direct effort. It was spontaneously focused on silent awareness. It was an effortless effort, wei wu wei.

No two awakenings are the same, yet the central theme of total effort followed by total surrender and let-go frequently occurs.

Your totality is God's passion. Totality is the most significant quality for those coming closer to freedom.

If you believe you have power to choose, then choose to live each moment totally and consciously. If you like to pray, then pray for totality.

This is the method that I recommend for most seekers; it uses the ego-mind to choose the only thing that will eventually devour it - the divine light of consciousness.

Zen, Advaita and Celebration

Zen is the very essence of meditation. In Sanskrit, dhyān means meditation. When Buddhism moved to China, dhyān became Ch'an. After absorbing the tantric influences of that culture, it spread to Japan and culminated in Zen. The insistence of Zen masters on meditation has kept the tradition vibrant and fresh.

The Zen insight that the ultimate reality is nothingness or emptiness comes close to advaita. The understanding of advaita holds that everything (the universe) came out of nothing (the void). The void is the womb of creation.

Thus the void has the power, intelligence and ability to design, create and sustain existence. This means that nothingness or nirvana is God. Advaita then culminates in the oneness of existence and non-existence through the medium of consciousness.

The understanding of advaita is compelling, yet some enlightened teachers do not understand its nondual and impersonal theistic implications. The reason is timing.

When the clarity of advaita is married to the inner focus of meditation the result is holistic and transformative spirituality. The time has arrived to consummate the union. The synergy of meditation and advaita is Unity.

Advaita's significance is that it provides a rational basis for surrender. Merely understanding the logic of advaita without living in surrender is the booby prize; intellectual enlightenment does not free you from suffering.

Living in surrender without understanding advaita is better; surrender is transformative. The most important

issue is your transformation, not understanding spiritual philosophy.

Jesus gave humanity four potent words: Thy Will Be Done. They help you remember that you too can surrender to divine will, even if life itself is at stake.

Followers of all religions are burdened by irrational beliefs; they are taught that blind faith is the only way to salvation. Those who understand and apply 'Thy Will Be Done' have a direct connection to God. If you can put aside your unverifiable beliefs and focus on meditation and conscious surrender to life-as-God, you are blessed.

Zen does not rely on belief, devotion or prayer. Instead Zen focuses on growing in consciousness through silent meditation. And it works. Many meditators have found freedom on the path of awareness, but were often burdened with a serious spiritual ego along the way.

Celebrating the journey as the goal helps to dissolve the serious spiritual ego. Celebration is Osho's great contribution to the world of meditation. His vision of Zorba the Buddha embodies the celebration of life-as-God in the context of the transcendental awareness of Buddha.

When the diligent focus of Zen is applied in the context of advaita and celebration, we have the most effective method of rapid awakening: conscious, playful trust in the One. Finally it is time to integrate the ancient antagonists of meditation and advaita. Unity can flower at last.

The Ultimate Reality

You are a multidimensional being. Clinging to absolute concepts that deny your multidimensional nature is limiting and unhelpful for your growth.

Understanding the map of the seven bodies or realms of God brings clarity to cosmology. Each realm of God is real, but only the seventh body of the void is the eternal uncreated ultimate reality. When teachers talk about nothingness they are describing this highest reality, but the rest of existence is also real in that it does exist.

You are also the sixth body of God, the witness.

You are also the fifth body, the universal Self or Being.

You are also an individual soul, that is your fourth, third and second bodies. Your soul is real but not eternal. Only the void of the seventh body is eternal and uncreated.

And you have a physical body in a material world. Each of these seven bodies is real at its own level. Only the ego, the unconscious doer and chooser that identifies with a largely conceptual 'me', is truly illusory. The more you examine the ego with the light of consciousness, the more it dissolves like a dew drop in the morning sun.

The challenge of spiritual growth is to remain true to your own experience. Take the map of the seven bodies of God as a guide to help you understand yourself more clearly. This map helps you to explore your full potential; it is not another unverified belief to add to your collection.

Hindu and Buddhist cosmologies differ. Some say the soul is eternal; they equate it with the witness. Others say that the soul does not exist. Hindus often say Atma, the

Self, is the ultimate.

Buddha says nirvana is the ultimate and postulates that there is no self (the doctrine of anatta) just the flow of life, the eternal Now. Osho says no-mind is the ultimate and talks a lot about your Being (the Self).

Buddhist and Hindu differences on cosmology are just part of the general confusion of the Kali Yuga; sincere seekers from both traditions still become enlightened.

The time has come to bring confusion, separation and conflict to an end. The cosmology in the map of the seven bodies is accurate, and much of it can be experientially verified.

Cosmic knowledge that can be verified only by God is best enjoyed as a good story that may well be true.

You are invited to accept the challenge to become an inner scientist. Use the map of the seven bodies to give some structure to your experience, and remember that it is just a guide. Your experience is the important truth for you. Your inner journey is unique; no two seekers are identical.

Enjoy the deepening sense of self-discovery that grows with self-enquiry. Remain open to every experience that life gives you and meet each person with an open heart.

Your experiences are all necessary, helpful and perfect for your growth - even those that are the most painful and difficult.

For you, the buddhas of the new dawn, the moment of celebration has come. Soon divine light and sound will transform our world - and the confusion of the Kali Yuga will be just a memory from the age of darkness.

Choicelessness is Bliss

God's will is whatever happens. As simple as this may sound, it is fully understood by almost no one. When this understanding is consciously applied to every moment of life, you live in surrender.

Surrender is the way of intelligence, the Royal Way home. There is no other door to freedom from ego and suffering than conscious surrender.

The hypothesis that God, or the Whole, is the only power and doer provides vital succour for surrender to take root. And surrender always flowers into awakening when the time is right.

Surrender can happen after all strategies of the ego are exhausted. Buddha and Patanjali are spiritual warriors of this type; they use intense will power to make every effort in their quest for enlightenment.

Few meditators have the capacity of these lions of truth. For most seekers of truth, conscious surrender is both the means and the end.

We are conditioned by conventional wisdom and New Age approaches to choose or manifest a better future for ourselves. This first stage of growth is the domain of self-improvement; it is necessary to crystallize the ego's creative and positive potential, and to provide the essential foundation for the second stage: conscious surrender.

The more total you are in creating a positive reality, the better. But while that totality helps you to develop your human potential, it also reveals the limitations of manifesting. You may manifest almost anything, except the

one thing that matters - your awakening. Seekers who try to manifest enlightenment often end up with the booby prize, an enlightened ego that is positive but shaky.

Free will is a belief that Source has programed into you to create the appearance of separation and division. But God is truly omnipotent; it is not possible for anyone to actually have any will out of the control of God's will.

God is all there is. All the choices that you appear to make are actually made by God's indivisible power, through your heart and mind. Most New Age approaches miss this vital understanding; they believe in some sort of individual power to effect positive change - the illusory power of the ego.

Source creates you with the appearance of free will so that your life has meaning. Without belief in free will you would be in automatic surrender to God's will from birth. This would deprive you of the essential experience of separation from the Whole that creates the context for the ecstasy of your final reunion.

Scientific research indicates that your thoughts may not be yours. The human brain does not create thoughts; it only receives them from an unknown source. In reality, God thinks in you and disguises Himself as your ego. He is with you at all times. He is you. Verify this with totality.

Totality is the master key. Be total in the first stage: Manifesting, taking responsibility for yourself and trying to be the best that you can be. Meet life with an open heart. This heals many of your old wounds. Then be total in stage two: Conscious surrender to the will of God as it happens in you every moment. Choicelessness is bliss.

Freedom From Yourself

Human beings are unique; our souls give us depth and vast spiritual potential. We are created by God to reflect the divine intelligence of His ultimate reality.

Humans have a sense of separation that is not shared to the same extent by other sentient creatures. Non-human animals do not have egos that invoke a strong sense of 'me'. They are programed with behaviour patterns that are largely predictable; they differ from human animals in spiritual capacity and intelligence.

We are animals with self-awareness and more evolved brains. But we are also much more complex. We are sophisticated and sensitive creations with no independent volition. Human free will is merely an individual reflection of the one divine will.

True freedom is not for yourself but from yourself. This understanding brings freedom from your ego, your false self. And it allows you to trust in God and leave the ultimate responsibility to Him - after first trying your best.

It is human nature to attempt to be masters of our fate, to try to control and be responsible for how things are. God made us this way. God is, however, truly omnipotent. He is in absolute control of the universe and all realms of being and non-being. This includes you and everyone.

He has also given us the capacity to transcend our ego limitations and to fulfil our destiny as the new flowers of freedom that bloom in the understanding: God is all there is and I am not separate from that divine mystery.

We are all one in His indivisible eternal consciousness.

Spiritual Growth

Understanding the message in this book will benefit you tremendously. It can help you avoid most of the traps for your ego. Transcending unconscious, irrational and limiting beliefs opens you to self-enquiry. Understanding that surrender is the only real solution brings a divine gracefulness to your life.

Yet all of this is secondary to meditation: sitting silently doing nothing is the most effective method of spiritual growth. By remaining unoccupied and alert to your inner world, many miracles happen. You become aware of the subtle energies in the depth of your being. You contact, expose and heal the old wounds of early life and past lives. You find freedom from the thought processes that limit your life energy, and eventually you discover what you really are: silent blissful awareness, beyond all trace of subtle thought.

With energetic support of a living buddha, your spiritual growth is significantly intensified and accelerated.

This is the main reason why buddhas will always be needed. Surrender is only to the One, but without the energetic support of a living buddha the journey is more difficult and takes much longer.

Teachers in the first stage of enlightenment are actually bodhisattvas; they do not have the full capacity to absorb your negativity and turn it into nectar. But they can assist you in many ways. Bodhisattvas have soft sweet energy and they are closer to you than buddhas.

The word buddha refers to both second stage and fully

enlightened people from all traditions. They often share primarily with silent meditation and love. Awareness and acceptance are usually their main teachings.

There are about seventy buddhas in the second stage of enlightenment who are very helpful to meditators. They are mostly male and have powerful third eyes. They can work effectively using silent awareness.

Osho was fully enlightened but didn't sit silently with his people much. He always said they weren't ready. He talked more about silence than almost anyone and used his energy to share his vision of Zorba the Buddha.

Now the moment of truth is upon us; the time for silent meditation has arrived. Prepare yourself to face the light by any method that suits you. Yoga, martial arts, therapy, rebirthing and many New Age practices are perfect. Dance, sing and celebrate. Meet life with an open heart. Make spiritual growth your priority and allow the flow of life to carry you deeper and deeper inside with as few unverified beliefs as possible. Don't take spiritual growth too seriously.

Beloveds, reading and understanding this book helps tremendously; it puts you on solid ground. Yet for most seekers of truth, only silent surrender in the divine light of consciousness brings freedom.

When you are ready for rapid spiritual growth, find an enlightened friend to meditate with. Buddhas and bodhisattvas are channels for divine light. Sitting silently with them in meditation helps tremendously; they have the capacity to absorb your negativity and transform it into light and love.

Authentic Religion

Religion has become a tainted word because of the orthodoxy of priests and blind believers who have sullied it, not because of the teaching of the founder.

Like Buddha, Krishna and Jesus before him, Osho was a revolutionary in his time. These mystics were visionaries who brought fresh clarity, insight and understanding to the status quo of their day.

Authentic religion is consciously allowing the flow of life to live you without clinging to any unverified beliefs you borrowed from the founder. Hence the repeated emphasis of this book to remain a sincere seeker of truth.

Unity creates the blueprint for a new religion based on the synthesis of advaita, meditation and celebration, plus direct divine connection to life-as-God. This ensures that no future priests can alter the understanding: God is all there is and I am part of Him.

Unity has the capacity to find common ground with all extant religions and to usher in an age of authentic religion, based not on belief but on conscious surrender.

Unity is a gift from God to balance the last 4,000 years of orthodox and divisive religions that were controlled by priests who suppress intelligence by insisting on blind belief. This age of darkness is almost history.

Unity will never fall into the hands of orthodox priests. There will always be a fully enlightened channel to share the latest fresh message from Source. Unity will remain vibrant and relevant for the coming 4,000 years until the next age of darkness descends.

The Booby Prize

Advaita is the closest that words can come to the reality of conscious oneness. Advaita is not merely the philosophy that Shankaracharya and others diligently define and discuss; it precedes all written scriptures, even the Vedas. The concepts advaita uses were designed by ancient buddhas not for philosophical discussion but to support surrender and lead the mind to silence.

The excessive intellectualization of advaita by many of its contemporary adherents trivializes the impact of the nondual truth to which it points.

Intellectuals never find freedom from the suffering of the human condition by thinking about truth. Those who do not value surrender and silent awareness languish in the trap of conceptual addiction until the time for freedom is at hand.

Advaita's potent transformative thrust lies in provoking acceptance of reality. Acceptance lays the foundation for surrender. And conscious surrender flowers into awakening when the time is right.

When the understanding arises that surrender is the door to freedom, advaita has potent transformative value; it lends rational support for acceptance and surrender.

Understanding the transformative essence of advaita is enough to provide intellectual support for the deep acceptance of reality that culminates in surrender.

The indivisible reality of unified consciousness is at the core of all enlightened experience. Consciousness is all there is. You are already part of the One.

The universe has a beginning and is not self-created. The source of existence is conscious intelligence that has the capacity to design, create and sustain the universe. Existence is innately intelligent, a manifestation of divine consciousness. The source of the universe is God.

Humans are made of and by that One, and the egos that appear to separate us from the One are also a manifestation of consciousness, a creation of God.

Your ego is an aspect of divine consciousness driven by a program for separation and dualistic thinking; it is created to give your soul depth by ensuring suffering, which provides the essential contrast to enlightenment.

Genuine awakening is not just a matter of remembering. When your ego finally lets go and your individual soul merges with universal Being, it is for the first time. You cannot remember what you have not previously known.

Just believing or thinking about all of this does not help much. Real freedom comes not by thinking but by transcending all thought. Awakening requires the total transformation of all your individual systems.

The two fundamental keys to transformation are acceptance and awareness. Acceptance is an attitude that can be cultivated; it leads to surrender. Awareness expands by practising meditation: silently witnessing all inner and outer experience.

Growing in conscious surrender is more arduous and infinitely more satisfying than the booby prize of intellectual understanding with its concomitant dark shadow of suffering. It is a far greater blessing to be a conscious lover of reality who lives in surrender to life-as-God.

Does God Exist?

The core existential question is: Does God exist? Jesus says yes. Buddha says not as a transcendent deity but as universal consciousness. Nietzsche says God is dead.

Osho agrees with Buddha's pantheism and uses Nietzsche's statement to decondition seekers from the paternalistic God of monotheistic religions.

Either existence is aware of itself and that transcendent awareness is God, or existence is aware of itself only in enlightened humans and they are the highest flowering of consciousness in the Whole.

Unity asserts that God exists as the transcendental awareness of existence, and the impersonal theistic understanding of advaita agrees.

Advaita rests on the enlightened experience of conscious oneness that is common to all buddhas. Advaita understands that consciousness is all there is, as the void of non-existence and as all the multiplicity of existence.

The universe has a beginning and an end. Only the void of consciousness is eternal. The universe appears out of the void of consciousness. The void has the power and intelligence to design, create and sustain the universe. The void is God.

Existence consists of the universe, plus the second, third, fourth and fifth realms or bodies of God. None of these realms is eternal; they are created along with the universe and disappear with it, back to the void, when existence dissolves in its source.

The sixth body of pure awareness is the bridge

between temporal existence and the eternal void of the seventh body of God.

Understanding all this helps with surrender. You can trust the infinite power and intelligence of the void to get it right, including your very special life and destiny.

This understanding helps to clarify pantheistic thinking such as 'existence is eternal and self-created' and 'only buddhas are aware of consciousness'.

Rocks, apes, people and buddhas are all created from the same unified consciousness of the void. But rocks and apes can never know their deeper nature. It is the soul that allows humans to be aware of their oneness with the mystery of divine consciousness. Yet even buddhas cannot know most of God's infinite power and intelligence. No buddha can create existence.

So yes, God does exist as eternal intelligent awareness with the capacity to create, sustain and finally destroy the universe. God is both all that exists and the mysterious transcendental source of existence, the monistic power animating the entire cosmos and all non-material realms. God is omnipotent, omniscient and omnipresent. He is all powerful, all knowing and ever-present everywhere.

He is of course really an impersonal 'It'. And, somewhat surprisingly to this ex-pantheistic meditator, 'It' is using me to transcribe these divine messages of individual and planetary transformation.

Direct Methods

There are three primary Indian methods for awakening that have helped transform many seekers for thousands of years. The most essential method is meditation, which also provides the prerequisite foundation for the direct approaches of advaita and self-enquiry. For those trained in meditation these two direct methods are very helpful.

Meditation means meeting each moment of life with awareness. The essence of meditation is witnessing or watching. Witnessing means being aware of the content of mind and of all inner and outer experience with equanimity. Ultimately the witness is aware of itself.

Shiva shares 112 methods of meditation. The factor common to most of them is witnessing. By sitting silently watching the movie of your mind, gaps of silence start to appear. As you develop the art of resting in silence, exquisite flowers of consciousness shower more and more, until your destined day of enlightenment triggers their full opening. Witnessing is the classic method of liberation of Shiva, Buddha, Zen, Osho and Patanjali.

Advaita is the primary direct method. Advaita's transformative potency is that it provides a rational basis for surrender to life-as-God. Advaita knows that consciousness is all there is; therefore you are already ultimately that which you seek.

Without a sufficient grounding in meditation, however, the intellectual approach of advaita is susceptible to unverified belief in the absolute truth, a trap that snares unaware seekers in a conceptual illusion of freedom.

If advaita is applied as a moment-to-moment surrender to life as a play of divine consciousness, rapid growth occurs. If it is believed without experiential verification, advaita is a trap for the spiritual ego and a hindrance to real growth in awareness.

Self-enquiry or atma vichara is a powerful and direct way home. This ancient technique was used effectively by Ramana Maharshi and by many of his followers.

Self-enquiry has two stages: the first stage examines the small self; it highlights and releases the limitations and identifications of the ego. It lends itself well to working in pairs, asking each other: Tell me who you are right now? The second stage is an enquiry into your inner reality - an experiential quest for the source of your own mind and a turning back of consciousness to rest in itself. Self-enquiry is a potent catalyst for no-mind.

Several questions can be posed, including: Who am I? Where do I come from? Who is in? What is aware of Now? The aim of these questions is to send the mind on a quest for its own source, to turn consciousness back on itself in silent awareness.

Silent awareness is the real non-verbal answer to any of these enquiries. Any conceptual answer is part of the mind and is therefore rejected (unless you are engaged in a verbal mind-cleaning exercise with a partner).

When experienced meditators use the potent method of self-enquiry in the context of advaita's nondual insight, results can be dramatic. Satoris are common.

Experiment with the direct methods of advaita and self-enquiry. But first learn the discipline and art of meditation.

Stages of Enlightenment

Existence is designed, created, and sustained by the transcendental intelligence of the void that is God-the-beyond. The multidimensional complexity of existence can be understood completely only by its arcane source and creator.

Our universe is at least 15 billion years old and still continues to expand. After hundreds of billions of years the universe will dissolve into the formless mystery of its source. When you contemplate this vast cosmos it puts your personal circumstances into perspective.

Each moment of Now that is experienced by 7 billion souls reflects some of the multidimensional complexity of existence. Yet the facts of life are a mere fragment of the story. There is more to the picture than meets the eye.

The universe is just the first body or realm of God. The second, third, fourth and fifth bodies (the energy, astral and psychic realms, plus atman the Self or Being) are a mysterious part of existence that even esoteric science cannot fully comprehend.

The sixth realm of paramatman, the cosmic witness, is the bridge between existence and the eternal void of non-existence, the seventh body of God that is called Source.

When the ego dissolves, your soul is impregnated with universal consciousness, love and bliss. This merger with Being, the fifth body, is the first stage of enlightenment.

The next dissolution transcends Being and reveals the cosmic witness of the sixth body. This is the second and penultimate stage of enlightenment; it involves the full

opening of the third eye and of other centres in the head.

Finally even the light of the witness is devoured by its source, the seventh realm of non-Being. This is nirvana, transcendence of the light of the witness and of all seeds of desire; it is the ultimate state of human consciousness, the third stage of enlightenment.

After your individual soul's destiny is fulfilled, you return to God-the-beyond. When a fully enlightened being dies, the ultimate cosmic orgasm of mahaparanirvana frees the buddha from his body and soul forever; all traces of individuality dissolve in God's eternal mystery, the void of non-Being. Thus the absolute nature of God-the-beyond is known only to Itself.

Beloveds, when your personal circumstances are witnessed from a cosmic perspective, everything is perfect.

Allow your horizons to expand to include what ultimately you really are: the void of eternal intelligent awareness that is God-the-beyond or Source.



Monistic Divine Consciousness

The tendency of advaita-based teachings to believe in absolute concepts without experiential verification can lead to subtle anti-life attitudes.

When the Absolute is presented as the only significant reality, the other realms of existence are often dismissed as illusory and transitory.

Misguided absolutism misses the point that all realms of existence, including the material, are equally divine. A rock is made from the essence of the void as much as a fully enlightened buddha.

The essence of the void is indivisible consciousness; the void's multiplicity of expressions are all manifestations of that monistic divine consciousness.

This universe is not eternal but it is real; it exists in space-time, independent of human observation, and it is made of and by the ultimate reality of the void of divine consciousness. Life is God or consciousness-in-motion.

Dismissing the universe as illusory is unhealthy. We exist as embodied consciousness in a material world.

The antidote for absolutist anti-life attitudes is to understand that although only the realm of the void is eternal and uncreated, all realms of existence are real in that they are manifestations of the Absolute. This allows you to celebrate the pleasure and pathos of being human without dismissing the world as an insubstantial illusion.

The new dawn heralds a conscious celebration of all the positive aspects of humanity and of this beautiful Earth that God has given us to enjoy.

The Personal and Impersonal

God is both immanent in all that is and transcendental to existence. He is also both personal and impersonal; the personal is love, the female aspect of God. The impersonal is awareness, the male aspect of God.

For many women and some men, connecting with a personal Beloved is a vital part of spiritual growth. The true Beloved is God-the-beyond because all forms are His. Yet even though God is immanent in all life herenow, omnipresence is impersonal and the beyond seems far away.

Hindus solve this difficulty by worshiping and connecting with a myriad of deities. Christians and other religions solve it by deifying their founders and prophets.

Love needs to connect and it is easier for most devotees to connect with the personal. Hence, even if the guru emphasizes impersonal awareness, devotees will still melt in love with their teacher.

This divine play is as God wants it to be, and it is not a problem with a living buddha; he will gradually guide you to merge with the One. It is also harmless to project your love onto past teachers, even if they no longer exist as individuated consciousness. The heart must go where love beckons. Yet even simple devotees can benefit from the understanding that God is all there is and all forms are manifestations of the One.

I have an intimate personal connection with God. His playfulness and intelligence are impossible to convey adequately. My friendship with God is intimate, the most

miraculous gift I have received, surpassing even the benediction of full enlightenment.

And He came unexpected and uninvited, apparently provoked by my immersion in silent awareness. As a seeker of truth, I had no interest in God or devotion; silent awareness was everything for me.

Yet I have lived as a divinely possessed instrument of the One since 1997. Even though this reality is always with me, I continue to be amazed by the fact that I have absolutely no control of my life; this is truly mysterious and liberating. Now I know that anything can happen.

For many devotees there is a need for a personal divine connection that is about to be fulfilled in a new and wonderful way.

The great shift from darkness to light will change the way everyone connects with the eternal Beloved.



Tilopa

Mahamudra is beyond all words and symbols. But for you, Naropa, earnest and loyal, must this be said.

The void needs no reliance; Mahamudra rests on naught. Not making any effort, but remaining loose and natural, one breaks the yoke thus gaining liberation.

Mahamudra is the ultimate cosmic orgasm that occurs as your soul dissolves for eternity in its mysterious, cosmic source: the uncreated void of consciousness.

Tilopa and Naropa are vital links in the great Tibetan tantric lineage. Tilopa feels very grateful that there is a man of Naropa's capacity to receive the transmission of freedom's eternal flame, beyond all words and symbols.

This beautiful sutra of Tilopa stirs the soul's longing to transcend its limitations and fly in the sky of liberation.

'Not making any effort but remaining loose and natural' is the royal way of surrender, the essence of advaita.

All seeking and doing is of the illusory ego. Advaita understands that Source is the only doer and that seeking becomes part of the natural flow of life in every soul, when the time is right.

When you identify with this natural flow of seeking and make an ego-based effort to gain liberation, the understanding of advaita is lost, and the ego is strengthened.

Yet effort is an essential precursor of awakening, for it crystallizes your totality and intention. And the fruits of your efforts do return to you as the laws of balance and karma are always maintained.

Liberation is usually preceded by effort that is focused, sustained and relaxed. A kind of effortless effort, or *wei wu wei*.

The apparent contradiction between effort and let go dissolves when you remember that God creates all thoughts and actions in everyone, including your effort; seekers have no real control of their inner world.

Understanding this and accepting the natural flow of seeking as it happens, with less identification with 'me', allows you to remain focused and relaxed.

This is a significant step for the majority of seekers who are conditioned to take complete responsibility for their spiritual growth.

'One breaks the yoke, thus gaining liberation' is not a fully accurate understanding. 'One breaks' implies an achiever - the doer is unnecessarily empowered. A more accurate perception is that the yoke of separation is removed by God. Liberation is a function of grace.

Remember that you are not the creator, thinker or doer, but a divinely animated actor. Everything is a play of the One divine consciousness and both your effort and its sublime culmination in awakening are already written into your story.

Life is God

Life is more than just an illusory reflection of its source, more than a dream-like appearance in consciousness, as advaitists are inclined to theorize.

Existence is multidimensional and complex. Existence is the ultimate expression of divine conscious creativity. It is created out of consciousness, to give God a vicarious experience of limitation and the satisfaction of reunion as each soul finally finds freedom from the suffering of *samsara*, the world.

When the ultimate reunion of *mahaparanirvana* devours the soul, the cosmic orgasm gives Source and the soul the experience of ultimate ecstasy.

Those who are connected to that fully enlightened soul are showered with grace for months.

Life and existence are consciousness-in-motion.

The universe is the immanent aspect of God; it is part of the multidimensional reality of the seven realms of the Whole.

The illusion is not the world but the individual ego. This divine creation is God's means of creating the suffering and separation that must precede your awakening. The ego is essentially an illusory over-identification with an individual part of life called 'me'.

Every body-mind-soul is unique, individual, and a part of the flow of life. Egocentric over-identification with 'me, myself and I' creates separation and neuroses.

When the ego dissolves, you still exist as an individual body-mind-soul but the obsession with 'me' disappears

and the flow of life carries you where it wants to go.

This allows you to live consciously in the flow of life without advaita's unnecessary adornment - an unhelpful rejection of existence as illusory.

The doctrine that the world is illusory is unverifiable by and unhelpful to humans. Existence is created in the cosmic mind of God, and in this sense is a divine dream. But the universe is real and does exist independent of human observation.

The illusion that you must transcend is your own mind, your personal dream machine: the maya of ego.

Let the universe be real and focus on transcending your unhealthy preoccupation with 'me'.



Just Watch

These two words are the condensed essence of all the ancient spiritual wisdom of India. Shiva, Buddha, Osho and many great masters have based their teaching on this basic method of transformation.

'Just watch' means conscious observation of reality as it is, without any subtle attempt to change it. This passive awareness of your inner and outer worlds leaves the ego unemployed. Life happens and is watched or witnessed with equanimity.

As simple as this method sounds, it is rarely practised, even by seekers who have heard teachers recommend it for decades. For the ego will also subtly stake its claim in 'my watching' and has great difficulty remaining passively aware of your reality.

Your ego is programed to achieve and improve things for you. Self-improvement develops a positive ego that provides an essential foundation for spiritual growth, but it is useless for finding real freedom; the ego always survives through its subtle involvement in changing things for the better.

Even if you try to surrender, again it is the ego that tries and survives in its identification with 'my surrender'.

Everything is as it should be. Finally, when the time is right, you start to apply the wisdom of the alchemy of transformation. By sitting silently for several hours a day, just watching your inner processes unfold, the miracle of rapid growth happens.

With the silent energetic support of a living buddha, this

transformation process is intensified and accelerated; he keeps reminding you every time your ego wants to change things: Just watch.

Watching gradually opens the secret door to the divine light of the witness. As your meditation deepens, the light grows stronger and starts to pull you up towards it. This inexorable pull into the divine light of awareness purges the darkness and negativity from your heart and mind.

Soon the light becomes the greatest attraction in your life. As you continue opening and merging with the light, you begin to disappear in it, until finally the benediction of enlightenment embraces you.

Beloveds, when your destined time of conscious let-go and surrender arrives, this message will provide you with the support to face yourself as you are, without your ego subtly trying to improve itself.



Passive Awareness

Life can be directly experienced only as the constant flow of Now. It is just your mind that wanders habitually in past and future dreams and plans. Your body, breath and senses are always herenow.

Every time you notice your mind divesting you of the direct experience of life, gently invite it to come home, back to the body, breath and senses. With the mind at home in the body, remain passively aware of life in you.

Passive awareness of the flow of Now is supported by the advaita understanding that even your ego is a play of divine consciousness. Without this nondual understanding, meditators and most other people are conditioned to take total responsibility for themselves and for the world.

When the understanding of advaita (the One is the only power and doer) is fully applied in life the ego's days are numbered. You do what you have to do without ego worries and neurotic over-identification with 'me'. You live your life as an actor in a divinely animated drama.

Advaita frees you from the unhelpful burden of ego, but its proponents often miss the full fire of awareness that is realized only with silent immersion in consciousness.

Witnessing, the ancient core method of Shiva and Buddha, applied in the context of advaita provides the foundation for a holistic and transformative spirituality, free from both the burden of ego responsibility and the dry intellectualism of advaita.

Add conscious celebration of life-as-God and the new way of Unity is ready to flower.

Lotus Paradise

Many spiritual traditions still suffer from the inflictions of seriousness, piety and hypocrisy. Osho's philosophy of Zorba the Buddha is an effective antidote to these out-moded limitations.

The new man and woman are already with us. Osho planted the seeds of this evolutionary shift in the hearts and minds of many of his sannyasins. The flowering of those seeds releases a fresh, vibrant spirituality that is playful and celebrates all the positive aspects of life.

Many Osho sannyasins live his non-serious approach to life perfectly. Yet celebration that is not grounded in the silent depth of meditation remains hollow and superficial. Meaningful celebration is an overflow of life energy that is provoked by conscious self-encounter.

Sitting silently in awareness is the cutting edge of rapid growth for most mature seekers.

Resting consciously in the energy of Now dissolves ego structures faster and more effectively than any other approach. Remaining aware of the moment-to-moment unfolding of life in you is the rapid way to grow.

When the celebration of Zorba meets the awareness of Buddha in the nondual understanding of advaita, humanity will realize its hidden potential and the Earth will flower into a Lotus Paradise.

Being and Becoming

The essence of transformative spirituality is being fully present to the unfolding mystery of Now. The tendency of the mind to wander in dreams of the future and memories of the past is neutralized by the discipline of consciously bringing your attention back to the immediacy of Now.

Your intention to live each moment as consciously as possible is a commitment to Being rather than to the dreams and desires of mental becoming. You understand that both spiritual growth and real life are possible only in each consciously lived moment of Now.

This commitment to Being occurs, however, within the context of the inexorable evolutionary process of becoming. The universe and all existence is always in a state of change or becoming, a constant state of flux.

The universe had a beginning and it still continues to expand at an increasing rate. Sometime in the distant future the universe will reach the limit of its expansion and will begin to contract until it disappears back into the eternal void of conscious intelligence that is called God-the-beyond or Source.

Understanding the dialectical dance of Being and becoming is important for seekers of truth. We have minds that are capable of future projections, desires and fantasies. It is our attachment to the mental state of becoming that robs us of real life and perpetuates the ego-mind's illusory sense of individual doership.

When all dreams and mental projections of becoming have dissolved and the mind has learned to rest con-

sciously and effortlessly in Being, enlightenment occurs.

After enlightenment, your mind is silent, luminous and free from the disturbance of mental becoming. Now you live consciously and naturally in the cosmic flow of Being. Yet even as you rest in Being, evolution still continues its inexorable odyssey of becoming.

When the mental state of becoming has evaporated with the ego, the enlightened body-mind-soul remains an organic part of existence that continues to evolve according to its preordained blueprint. Life is always changing and the evolutionary process of becoming reflects the fundamental facticity of flux.

It is prudent for seekers to leave the evolutionary process of becoming in the hands of the Whole. After all, the power and intelligence that creates the universe also knows how to manage your future. Your ego-mind does not need to be involved with evolution and becoming.

To enjoy real life and to grow quickly in consciousness, stay focused on persuading your mind to return again and again to experience Being herenow as totally as possible. Remain focused on being present for life and leave evolution and becoming to God. You can trust Him to get it right. He knows what He's doing.

The Fundamental Paradigm

The laws of karma and balance reflect the fundamental paradigm in which God creates human experience.

The law of karma (cosmic justice) requires that every positive or negative action that you perform returns to you in equal and appropriate measure.

We are individual souls that materialize more than 100 physical bodies during an epic odyssey of evolution spanning 8,000 to 10,000 years. Balance requires that your negative and positive experiences are, over the lifetime of your soul, exactly equal.

Karma is not always balanced fully during one lifetime. Since cosmic justice is not limited to the span of one human life, the law of karma is impossible to verify. Some people appear to get away with serious crimes.

The law of balance influences the law of karma: The greater the harm done by any soul, the greater the good that soul must do to redress the balance. Not all souls, however, have the same degree of negative and positive experiences. Those that suffer the most also enjoy the greatest love, bliss and ecstasy. People like Buddha, who was one of the greatest contributors to human consciousness, have negative and positive experiences that are more intense than those of most souls.

Buddha was criminal and violent in his previous lives to the same extent that he was a helpful and tireless servant of humanity in his last life.

After enlightenment, negative karma is not balanced in equal amounts to the harm previously caused. There are

three stages of enlightenment and three stages of God-realization. Each opening reduces the amount of negative experience by 90%. Those who are enlightened and have passed through all six openings, experience only one millionth of the harm they have caused.

It is impossible for anyone, even an enlightened teacher, to be certain of who they were in their past lives. This fact was demonstrated to me very clearly in 1997 when Source took me on a vivid past-life journey.

In the vision, which was completely lifelike and realistic with all sensory information graphically presented in a convincing way, I was an enlightened teacher living in a well-known ashram in India.

After many hours and countless detailed revelations, I was convinced that this was an accurate recreation of my last life. The next day, however, God sent me to check the death date of the teacher.

I discovered that he had died after I was born in 1949, indicating that Source had fabricated the vision. God gave me this experience to prove that however vivid a past-life vision may be, its veracity cannot be confirmed.

There are reasons for divine secrecy: it discourages us from taking our past-life experiences too seriously. Also, if a man like Hitler who caused a huge amount of harm to millions of people were publicly and positively identified as history's ultimate criminal, you can imagine the onslaught of opprobrium that he would face.

For Hitler to suffer the same harm he inflicted on others would be impossible even in one hundred lives. In fact for criminals of that magnitude, most of the karmic balancing

happens in bardo, the psychic realm where the soul goes between lives. In the bardo realm of hell it is possible for Source to balance the crimes of even the greatest criminals. There is no limit to the pain of psychic torture.

Nevertheless someone like Hitler will not have an easy time in his next life. He will suffer tremendously as the law of karma returns the harm caused to the perpetrator.

And eventually after that suffering has passed he will be redeemed fully from his crimes and become a tireless servant of humanity who does an equal amount of good work.

The law of balance always prevails and those that do the most harm will also do the most good.



The Final Summary

All religions and systems of transformation are similar in essence. Advaita understands the unity of existence and its source through the medium of consciousness, the nondual undercurrent that permeates and animates the multiplicity of existence.

Jesus has an appealing message: God is love. His method for transformation is surrender to God. Thy Will Be Done. These four words are enough to transform you, if they are consciously applied to every moment of life.

Islamic and Sufi surrender to the will of God is similar to that of Christians and Jews. Surrender unites the theistic religions with a common core of agreement.

Once we reach a shared understanding that the will of God is whatever happens, we can also agree to accept reality as His testament. Reality as the will of God is the only workable basis for any durable consensus on divine will. Without this agreement divine will is vulnerable to misinterpretation by almost everyone and especially by orthodox priests with their tainted history of chauvinism.

Surrender to the will of God is fundamental to theistic religions. However, they have also invented the devil and empowered evil humans to sabotage God's work. This allows religions to divide and reject the parts of reality they don't like as the work of the devil or of bad people.

The fact that God would no longer be truly omnipotent if the devil or any person were out of His direct control appears to have escaped their comprehension.

God is truly omnipotent. He is the author of all evil as

well as all good. God is the only power there is. His will is always done. Once this is fully understood we have the basis for agreement on the only point that really unifies: conscious surrender and acceptance of life-as-God.

Many Buddhists and meditators live this understanding without any belief in God. The application of tathata or suchness is acceptance of each moment of life as it is.

No belief will help you to grow. Transformation requires trust in the perfection of Now and conscious acceptance of reality rather than clinging to unverified beliefs.

Most New Age groups believe in personal responsibility for spiritual growth and the state of the world. This ego burden is tempered by beliefs such as 'existence takes care' and by intensive training in acceptance of whatever life brings. These beliefs, however, are contradictory.

Most seekers will eventually accept reality and limit the extent of their personal responsibility. This pragmatic approach saves them from much of their ego burden. When seekers understand that God is truly omnipotent and leave the ultimate responsibility to Him, their burden of ego is significantly diminished.

To be free of their premature and unverified belief, 'I am That' believers need only shift to the more experiential and instantly verifiable, 'I am this moment of life'.

Each moment consciously encountered opens the secret door to the subtle mysteries of higher awareness.

Conscious surrender to the sacrament of each divine moment connects you directly to Source without any need for belief in God. This direct divine connection is the way of rapid growth.



The common factor for all groups and religions is the conscious recognition that 'things are like this now'. This includes all creative expression and the desire to make things better. Allowing the energy of Now to move you brings relief from your neurotic mind and is even efficient in completing the essentials of life.

For spiritual growth, the energy of the moment is all you need to follow. This energy pulls you into discipline, effort and let-go at exactly the right time. And things only ever change when the time is right.

India's misunderstanding of Krishna's law of destiny has culminated in the apathy and degeneration that now plague this once-great civilization. The application of God's vision of Unity is fully dynamic; it has nothing to do with India's fatalistic lethargy.

Personal responsibility lays the crucial foundation for transformative spirituality and for a harmonious, dynamic and creative society. The law of karma underpins personal accountability by ensuring that the fruits of your actions return to you in equal measure.

Practically, you act as if you are responsible for living in harmony with your neighbours, for keeping your agreements and for being the best that you can be. When difficulties arise they are settled by dialogue and conscious sharing until consensus is reached.

Spiritually, you understand that ultimately nothing is in your hands. By consciously allowing the energy of Now to guide you, while remembering that reality is a divine manifestation, you remain connected to life-as-God.

Everything is a play of Source. Remember this and

take yourself a little less seriously. You are perfect as you are right now for the needs of the present moment. Your evolution in consciousness is happening according to your divine destiny, whether you agree with this or not.

Viewed from the cosmic perspective of God, everything is perfect. He creates everything exactly as He wants it to be. There are no mistakes ever; you are perfect right now according to your present stage of development.

The law of balance requires every soul to have exactly equal negative and positive experiences. Your limitations are transitory and are destined to be transcended when the right moment comes.

The evolution of each soul is an epic journey. This allows Source to savour your release from suffering as you grow gradually but inexorably in consciousness.

Divine channels are needed to help you understand the ways of God and to lend vital energetic support and guidance for spiritual growth. Teachers are indispensable to highlight the subtle traps of the ego; treat your mentor with loving kindness and respect. Yet surrender is best offered to life-as-God, not as misguided submission to a spiritual teacher.

Soon all teachers will apply the core understanding shared in this message from God as the unifying context for their individual approaches.

This message of Unity is rooted in diversity and pluralism; it is a vast tree of divine consciousness with infinite branches and leaves all coexisting and evolving harmoniously within God's new vision, the dawn of conscious civilization, which will soon reshape our world.



Buddhas of the New Dawn

The age of conflict, confusion and darkness is drawing to its tumultuous climax. The first rays of the rising sun are lighting your being with awareness, playfulness and love. The new dawn of Unity will soon reveal its hallowed time of peace, justice and harmony.

Deep in the hearts of conscious and creative people is a longing to live in a world that supports these values. When the mystical power of God purifies planet Earth, you, the buddhas of the new dawn, will rejoice.

You are destined to lead the way forward; you are the vanguard of truth, the first to taste the fruits of freedom. You are the blessed ones who herald the new conscious civilization of the third millennium and beyond. You are the dearly beloved, the meek who inherit the Earth.



