



Live stream workshops – a brand new way to learn

The Magic Of Manifestation

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5.1: Homework

1. Practise “Breathe, Float and Smile” throughout the day.

This too is not a formal meditation in that you don't have to sit down to do it at a set time of day. It is more a way of looking at the world – and is best practised intermittently throughout the day. So, if you have ten minutes of empty time on a bus, for example, you could take any challenging situation that comes to mind and do “Breathe Float and Smile”. You don't have to go through your life chronologically or systematically – just go with whatever springs to mind.

As you go through past events in this way you will “re-format” them: if you once found them seriously challenging, it is likely they are now sources of fear for you. (Remember my “slide projector” point from the first session – we project on to the present fears that derive from the traumatic events of the past). As you do the “Breathe, Float and Smile” exercise with these events, you convert them from instances of trauma to situations in which you have perspective, distance and detachment. This not only heals the past but has a forward-looking aspect: when you next find yourself in a similar situation, your unconscious will be trained to see it not as yet another potential instance of trauma but as an opportunity to be detached, calm and open.

2. Find an analogy similar to that of the glove puppet that distils the essence of what you have learnt in the session about seeing things as “just a drama”- where the “adversary” is none other than an aspect of the self.

I wish I could respond to each of your observations – but there are just far too many people doing the course for me to be able to get back to everyone individually. Having said that, this course is so liberally littered with analogies that I am sure you will get the hang of it very quickly!

3. Study the image I have sent you. Write in your journal about instances in your own life where your adversaries have turned out to be partners.

The journal is a vital part of the learning. It is a forum in which you are active rather than a passive recipient of the ideas on this course. It is the forum in which you relate what you have to your life as you are living it – and that is what it is to embody what you have learnt.

4. Read *The Bhagvada Gita* (Penguin Classics edition) and, if possible, *The Ashtavakra Gita* (Thomas Byrom translation). Both are fairly short – but utterly profound so may require more than a breeze through. (Selected quotations are of course supplied.)

Optional Extras:

5. Research other systems of myth and legend that deal with the deep structural cooperation between forces that appear on the surface to be antithetical one to another.



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5.2: The Glove Puppet

Imagine a glove puppet - with two long sleeves for arms that end in two marionette heads, the one white and the other black.

You slip your left arm into the left hand sleeve. You feel your fingers go into the head of the black puppet. And you make a note of its expression. Its evil intent, perhaps!

And then you slip your right arm into the right hand sleeve. And you feel your fingers go into the head of the white puppet. And you make a note of its expression. It's benign aspect, perhaps.

And now see yourself playing with glove puppets the way a child would. The black pounces on the white. There's a tussle. They wrestle. They punch one another. They pin each other to the ground.

Notice that *both hands are controlled by the same consciousness*. Although the one puppet is white and the other is black, they are really extensions of the same "being" - where that being is none other than you.

All "difference" and "conflict" is simply imagined; the "truth" of our situation is that, where there seem to be two, there is "really" only one.

More, the child is *playing* with the puppets: the "battle" between the black sleeve and the white sleeve is happening only for the child's *entertainment*. Of course, if the *puppets* had "consciousness", they wouldn't see their situation as a game. It would seem terribly real. But the puppeteer would know all along that what was happening was "really" only a game.

And so it is that, in meditation, as we cease briefly to be the puppet and become instead the puppeteer. We glimpse the true status of our troubles - that they are "really" quite harmless, just a game, not to be taken too seriously at all.

And so it is that I urge you not to hate the "other" but to embrace it in the spirit of love and laughter, frightening and distasteful as this may sometimes seem. When you do this, you work from a place that is beyond polarity – which is the resting place of the Divine within you.

And, as Sri Aurobindo never tired of pointing out, when you work from the Divine, "all things become possible".



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5.3: Children's football

A group of children wander down to the park to play football. They are clearly all good friends, laughing and joking, and they are all terribly excited about the football game that lies ahead.

What is the first thing they do when they get to the park? They divide into teams. Typically, two boys are declared to be the captains - and they pick their teams. So what was once a homogeneous group is now deliberately fractured down the middle. Best buddies find themselves on opposite sides.

When the game begins, they play flat out - best friends, now in opposing teams, playing flat out against one another. Tackles fly in. There are huge celebrations when goals are scored - in spite of the disappointment caused to friends in the losing team.

And after the game? What happens then? After the game the buddies leave the park, chatting and laughing as they were at the beginning, their temporary rivalry forgotten.

And so it is with life. Only we get so immersed in the game that we lose perspective and forget that it is always only a game - and that our adversaries are really our friends, they are in the opposing team simply in order to make the game possible.

Just as the boys divide into teams because, without opposing teams, football simply can't be played, so also our adversaries in life are seemingly not on "our side" because, if they were, the "game" that is life could not be played.

In Hindu philosophy, the principle underlying existence is "Lila" – which translates as "play" both in the sense of "drama" and in the sense of "playing a game". In meditation, we don't just analyse the concept of Lila in our minds, we *experience* this truth in our bodies.

What we *think* we may forget or, at a later time, reject. But what we *experience* we *know*.



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5.4: Claire Montanaro: Seeing Through the Illusion

I was amused to learn that the word “illusion” comes from the Latin “illudere” which means, to mock. More and more I wonder how far life on earth is not just a play but a comedy which we are enacting in order to entertain the Gods. “Lord, what fools these mortals be,” as Shakespeare said. While there is some flippancy in what I have said here, there is also some truth. Just as human life is a mixture of humour, tragedy and everything in between, so the world of the gods is not all seriousness, and I am sure there is merriment, enjoyment, occasionally arguments, as well as decision-making and activity of the most profound significance in the halls of wisdom. Having, most of them, gone through the gamut of human experience as we are doing now, they can and do observe our efforts with sometimes admiration, sometimes pride, sometimes concern and sometimes amusement, always with love. Our inability to pierce the Veil of Illusion, to see the true reality of our world and beyond must create the most (loving) laughter in the highest realms. As a result of the work, you may find yourself laughing with the gods as a result, in full awareness of the meaning of the joke!

1. The illusions in being human

It is the natural state for men and women to live in a place of illusion. It is part of God’s plan for us, to enable us to make our choices in life and have our human experiences directly and spontaneously, without memory or understanding of the true reality pertaining to our soul journey and destiny.

The Veil of Illusion

If we knew all about our past lives, our mission and learning for this incarnation, if we understood everything about the nature of soul and spirit, if we comprehended the meaning of duality, if we knew how to work with energy and what it means, and if we could grasp God’s intention for us and our planet, then living as a human being would be easy. We would be able to see the bigger picture with the eyes of clarity and wisdom and any difficulty or challenge would be momentary, effortless. Our choices would be made as a result of this all-encompassing knowledge and decisions would be “perfect” as we used our memories and abilities in order to achieve the best result.

Where would the learning be, however? It would not be there. It would be like sitting an exam with the book of answers open next to our examination paper. As it is, as we move through life with – for most people– the Veil of Illusion firmly in place over our eyes, the requirement for us to determine for ourselves what will happen to us and how we will develop is based on



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perception, experience, sometimes a developing spiritual understanding and, most importantly, our soul's guidance. It is all about creating and exploring the opportunities to achieve our personal mission for learning and service through what we decide to do and be.

It is important to remember that the Veil of Illusion is thicker for some people than for others. For those people for whom it is light – and you who study these words are likely to be among them – your many, many lifetimes of human study mean that you have reached a level of spiritual evolution whereby the veil may be lifted to the degree that is appropriate comparatively easily. Spiritual wisdom and self-understanding may come within this lifetime. However, whatever level of enlightenment you have achieved by the time you die, if you return to earth in another body later, the Veil of Illusion will be over your eyes once again, and all the clarity you gained before will be, for a time, blocked from you. Your journey of learning and remembering begins again.

The experience of the Veil of Illusion has been undertaken even by the great Masters who have walked the earth to help and teach us. Jesus, Buddha, Mohammed, for example, all trod a human journey in oblivion in the way we all do, before They found enlightenment. Unlike for most of us, it came within the one lifetime, and part of Their purpose was to show us through their experience what is possible for each of us. It is comforting, as we struggle and doubt sometimes on our own journeys, to know They went through this also just like us. One day, like Them, we will survey the drama production that is playing on earth at the time and smile, with love, remembrance and all-knowingness.

Incidentally, not so far from now, some of these Masters will return to Earth again, in human form, but this time They will be working in total clarity and awareness of all that is. Later, as part of the new world and the New Consciousness, other souls that have passed all the tests of being human will, despite their release from the Wheel of Rebirth, choose to return in order to help humanity and the planet. When they do, they also will work unveiled and without illusion. It may be you?

The Illusion of Separation

When a baby is born, that child enters the world without the veil. Children have memory and recall of their spiritual lineage and purpose, and they can see and hear the presence of their guides, which makes the trauma of "coming down to earth" that much easier to bear. Babies can be seen looking upwards and around them, smiling and laughing, and they are drawn particularly to lights. When they do this, often it is because they are connecting and communicating with their spiritual helpers.

The degree and refinement of the connection will vary according to how advanced, evolved, the baby's soul is. Even a soul that is still largely asleep, working perhaps on issues of physicality



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– the first lesson about being human - will be accompanied by assistants to ease the transition into earth life. These may be family members from the astral plane from which they themselves are likely to have come also.

For every child, its awareness of its spiritual companions will be with it for as long as it is appropriate, and it may be as much as four years or longer. For many, it will be a few days only before the consciousness of their presence is severed. For less-evolved souls, after this their guides will tend to be watching on the sidelines, while for other people their guides will be working more closely with their charges, albeit unseen and possibly unnoticed for a while, until the process of spiritual learning and remembering begins again.

So, the Veil of Illusion is placed upon us in early childhood, and it must be a distressing time for a sensitive, advancing soul to find that its greatest source of comfort and reassurance, its connection with its spiritual family, suddenly has gone. It is an early dark night of the soul. If you notice in your own children or grandchildren that they suddenly go through a difficult period, crying a lot, having tantrums, or being quiet and withdrawn, it may be because they are confused and in grief for their loss, unaware that, in fact, they have not gone away at all.

One of the results of this is that, through this, they are reminded of the Separation, which I discussed in the first month's coursework. Their souls, our souls in our early days, believe they have been rejected by God. Healing this illusion of separation and seeing the true reality is the most important aspect of our mission in any lifetime on earth. The truth is that God, Spirit, has never left us, has never rejected us, and our eventual reunion will be welcomed with great joy. The illusion that it existed was necessary to assist us to learn about being human blindfolded, and as importantly to enable the new cycle of male domination and indeed separation to take its place. This latter purpose is defunct now that we are entering the age of compassion and union, and as the New Consciousness becomes embedded in the human consciousness, so the potential for the greatest reunion ever known to take place is very great.

The illusion of separation can cause much heartache for evolving souls, and I have worked with many people who are carrying deep grief within them, far more than would arise from the ups and downs of human life. I have seen it where there are relationship issues in particular, when there is a sense of great loneliness for individuals both within a partnership and when on their own. Many of us carry anguish, where the separation is at its core, from many lifetimes before this one, and old souls can feel the pain as almost unbearable. It is wonderful that we have the chance to transmute the pain and heal the separation now, and I have witnessed this happening in a few people already.

The Illusion about Death

The belief that that this human life is all there is, is a direct result the illusion of separation. I talked



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in Spiritual Wisdom of how certain religious leaders in certain churches have for thousands of years sought to separate the people from their God, placing themselves as intermediaries and instructing them in what to believe and do. It was all a part of the last cycle of denial.

In the great pagan days, and in liberal spiritual structures like Tibetan Buddhism, individuals connected freely, naturally and directly with Spirit in the knowledge and belief that it was everywhere and was infinite. Death was a rite of passage to be honoured and celebrated because of the joy of returning to one's spiritual home and the promise of a return to earth one day in some form or other.

These days there are many different ideas about death and what it means. Many people, especially the millions in the Christian churches, believe that we have the one life and then go to Heaven forever, if we are worthy. Some who are agnostic don't know what happens, others who are atheists don't believe in any afterlife or any God. Hindus believe in reincarnation and the continuity of life after death, while Moslems teach that there is an afterlife, but that reincarnation, or resurrection into the same original physical body, only occurs after the world has ended. (My own beliefs about life and death, which have some similarity with the Buddhist teachings, have been explored extensively in Spiritual Wisdom and so will not be repeated in full here. Suffice to say that they include a belief in a cycle of reincarnation for learning and spiritual growth and, when that is complete, an endless and wonderful cosmic journey, for soul and spirit.)

It is not surprising, therefore, that the idea or proximity of death evokes fear, particularly in the western world. There is fear of the unknown, fear of leaving friends and family forever, sadness at leaving a beautiful planet perhaps, or a sense of not having made the most of the one chance of life there is. This is the great illusion. For me, my certainties about life and death are so strongly held that, while I may grieve for the loss of a loved one, I am comforted to know that they are still around and continuing their journey elsewhere, and that I will be reunited with them again one day. Where there is a loving relationship, including with pets even, that love continues for ever. It is good to know, too, that there is always another chance to complete what was unfulfilled in the human experience we are leaving, in a new and exciting incarnation to come, and that life never ends.

The Illusion of Limitation

The illusion that we are "just" a human with just the one life creates, inevitably, a sense of limitation about how much we can achieve in that one lifetime, and indeed about who we are. There is great freedom in knowing that this incarnation we are in now is just a blink of an eyelid when considering the limitless and infinite nature of our soul journey. It means we do not have to strive to reach the pinnacle of success: we will achieve, hopefully, what our mission asked of us, and if we do not, well, we can try again next time. If our experience of relationships



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is unhappy, rather than thinking about what we have missed, we can remember the good experiences we have had in previous lives and will have in lives to come, and appreciate the learnings these interactions have given us.

It is wonderful to consider that we have so much (human) time to experience everything there is to know about being human, and that so many opportunities lie ahead both in this lifetime and those to come. It would be disheartening, as we get older, if we were to think that there is less and less time to make the most of life and to achieve peace of mind and heart. It becomes a race for time, and can result in self judgment and self pity as well as uncertainty and then fear. That is the penalty of the illusion of human limitation.

2. The reality behind the illusion

Having considered how our illusions about life and death, our relationship with Spirit, and how the Veil of Illusion can limit us, I would like to look now at the reality of what we as humans, spirit and soul in body, can achieve:

The ability to Control your Physicality

Wise men, priest-kings, in ancient civilisations had the knowledge to determine how long they would live. They could control the ageing process in order to be on earth for as long as it was necessary to fulfil their function of teaching and guiding the young human race. Some of them lived to be many hundreds of years old, choosing to assist Earth at an important point in her development for one long (in human terms) cycle rather than reincarnating several times over. They managed to achieve their longevity through diet, healing techniques and intent. They also knew how to live in the Fourth Dimension, thus avoiding the diseases and weaknesses to which humans are exposed when trapped in the Third Dimension.

Nowadays, for most of us there is a combination of a belief in what is an expected lifespan, and poor nurturing of the body. The healing and nutritional skills that were practised long ago have been forgotten. As a result, there is the illusion that we are at the mercy of our body and of time. The reality is that we are not.

Now, it is true of course that the time we will die is determined before birth, and unless there is a change of plan for our exit point that is when it will occur. Exit points are decided according to the needs of your soul and your service, and also to correspond with the likely human scenario. In the last century, to have lived for three hundred years would have created quite a stir! It is not generally recognised how much the human situation is changing as the new spiritual cycle comes into being. In many ways we are coming full circle, and many of the abilities we once had will be returning – including the ability to live longer and be far more in



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control, or co-operation, with our bodies than has occurred for a very long time. It is our choice as to whether we want to prepare for it now.

The Ability to be Telepathic

Being able to communicate silently and remotely is a gift that was natural to evolved souls for many thousands of years, but has largely died out or become minimal in the last two millennia as man became more and more en-grossed in the material world. The gift was not just between two people, but applied between humans and animals also, for whom the link can be very strong.

Telepathy is the communication of thoughts and ideas without speech or technical devices. It is more than an intuitive knowing, such as sensing who is calling when the phone starts to ring. It is being able to connect with another person who probably is not present with you and to transmit and receive messages between you, as if it were in a conversation. Making the connection can be spontaneous or pre-arranged, as in having made an appointment to speak together at a particular time.

It sounds an impossibility, doesn't it? For you who are reading this, it is likely (by the fact that you are reading my words) that it is something you may have practised frequently, perhaps in Egypt, perhaps in Atlantis or Lemuria. It was a faculty used by priests and priestesses in particular, for which they received special training when they were ready. The process is described well in "Initiation" by Elizabeth Haich.

The gift of telepathy will return to be used in time of need when conventional means of communication break down, as they will from time to time. It will be used by spiritual leaders, teachers and guides to inspire and enlighten many people across the world, conveying messages of comfort and wisdom without words. And the people will have the ability to hear.

The Ability to be Psychic

As humans became more and more engrossed in matter and separated from God, over time our bodies and skills changed in two significant ways. Firstly, a chakra on the back of our heads, at the top of the skull, closed up because it was no longer being used. It was a portal to other dimensions, and through this portal evolved souls would travel freely through time and space, and when used in conjunction with the crown chakra it was a major means of spiritual connection also. When this chakra is open, time is transcended and the individual is existing in a permanent state of bliss.

Secondly, our DNA matrix changed. Some people say it was changed by the Brothers of the Shadow to inhibit or block our spirituality, but I believe it changed as a result of our own choice to separate spirit from matter. The new limitations of our DNA meant that many of our gifts



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of intuition were lost, and our ability to talk to animals, to feel totally at one with everything gradually disappeared. The lure of materialism had taken hold for the majority of humankind, and only a few souls resisted it and managed to retain the original DNA structure.

While some can do it now, most people in the world have no interest in being able to astral travel or be clairvoyant, for example, and the idea of being able so to do would, for them, be laughable. As a result of the ascension of the planet, however, and the earth changes associated with it, the DNA of a number of advanced individuals is changing once again to restore the structure to what it was before, and it is happening now. As souls evolve, this will become more and more widespread, and the gifts associated with it will be available to be used again by them if they choose.

The opening of the “lost” chakra on the head is rather different: very few people have reached the level whereby it has fully opened because of the dangers associated with its misuse, or use when they are not yet ready. In months and years to come more souls will discover that their long-held belief, or illusion, that advanced spiritual gifts were not available to them is untrue, and they will, to their amazement, begin to see and experience the unimaginable.

There will be changes in the wider population too relating to these issues, and they may arrive quite uncomfortably! It may be that there is an occurrence that is so startling it jolts the dormant faculties awake, perhaps the third eye, crown chakra and the lost chakra. Something unbelievable may happen, and it will be as if that part of humanity that has been sleeping is awakened overnight with a start. Everything will be different, and time will cease to exist as we have known it. It may be we have no sense of past or future as a result and we will be living like the birds and animals, just living in the now. If we understand what this means, can see with discernment the bigger picture, we can live in this new scenario with real joy, for it will be living in heaven on earth, a multi- dimensional reality not a third dimensional illusion.

The Ability to Manifest

So often it is believed that we are limited in life by our circumstances, our gifts – or lack of them – the opportunities that come our way, and by luck. Such an attitude, when taken to extremes, can lead to a victim mentality and a sense of powerlessness. Nothing could be further from the truth. Everything that happens to us is a result of our choices, and if we choose to be a victim and powerless, then that is what we will be. **We create our own reality**, whether we are active or passive, creating or responding. Sometimes it is good to do nothing.

If you decide you want to manifest a project, then you will need to do more than set yourself some goals and do some visualisations. Here are some things to think about if you decide you want to manifest something in your life:



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- **Be clear about what you want.** If there is confusion or ambiguity, you will get confused results. Let the vision be clear.
- **Do something** towards achieving your dream every day.
- **Be flexible.** Be prepared to change direction if this is called for, such as when a major difficulty or block arises.
- **Be limitless.** If you are narrow, rigid or over-focused in your intent, then you may be missing the big prize because you are, in fact, looking for third prize without knowing it.
- **Have no expectation** of outcome. With expectation comes disappointment. Have your vision, certainly, but be accepting of whatever comes about.
- **Be sensitive** to your inner guidance and include your spiritual helpers as you ponder, plan and create..
- **Be sensitive** to opportunities and messages that are all around you, always.
- **Do nothing** that will interfere with the karma of someone else.

It is important to know what you are intending to achieve and why, and not to have too many manifestation projects going on at the same time. Indeed, I would recommend focusing on one at a time only.

The Ability to Shapeshift

One of the results of our separation from Spirit is that most of us have lost the ability to connect with and feel part of the world around us. It is as if we have placed a barrier between ourselves and what lies beyond, holding our energy tight to us and not allowing it to wander beyond, nor allowing other energies to come close to us let alone into us. This is an illusion, however, for our connection with the totality of all that is cannot be broken – but so often we do not allow ourselves to feel it or even to acknowledge that it might be there. We impose the barrier as if we are in a castle raising the drawbridge, fearful of what may happen if we leave the drawbridge down. Because we do this we have forgotten our ability to make magic, to manifest our dreams, to change our reality and to be at one with nature, with all that nature can give us.

When we are able to reconnect consciously and totally with Spirit and the self-imposed illusion of separation is ended, an inevitable consequence will be that we will have the ability to change our energy at will. We will be able to shapeshift physically, emotionally, energetically by intentionally becoming something else or manifesting a creation, an idea or a vision.



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This is a powerful tool and one not to be used lightly.

Shapeshifting by John Perkins, explains what shapeshifting means and how we can use it for ourselves and to change the world. He talks about how we can use intent to change energetic patterns, and how shapeshifting can occur on three levels, cellular – transforming into a plant or an animal from being human – personal – becoming a new person – and institutional - creating a new business or cultural identity.

While shapeshifting normally occurs as a result of clear intent, it can occur quite spontaneously also. Whenever I acquire a new crystal, which I do from time to time, I take it to bed with me for a few nights so that we can get used to each other. I know it may sound strange, but I find it works! A few years ago I did this with a clear quartz crystal ball that had come to me from India where it had been used by an astrologer. The first night I had it I woke in the middle of the night to find that I had become the crystal. I was “stone” cold, couldn’t move, felt enormously heavy, and very, very old. I had the wisdom of ages within me. It was an extraordinary sensation and one which I will never forget.



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5.5: Breathe, Float and Smile - A Meditation

Close your eyes, breathe and relax.

Relax your body from your feet up to your head.

Take ten steps down into a garden.

Sit down on a bench and relax.

Now think of a challenging situation you found yourself in recently.

Run a little video of it in your mind.

Re-run the video – remembering to *breathe* and relax

(as you relax in your garden, so also relax in the scene.)

Re-run the video – and, this time, *float* up and *look down* on the scene.

Down there the character that you are is in the midst of all the conflict

But up here, by the ceiling, you are calm.

You have *distance, detachment* and *perspective*.

You can see the scene for what it is – *it is just a drama*)

I am not the body, nor am I the mind;

*I am the silent witness that merely **watches** the body and the mind.*

Re-run the video. Then float up, look down and **smile**.

Love the scene the way an author might relish the conflict in a drama

I am not the body, nor am I the mind;

*I am the smiling author who has **created** the body and the mind.*



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As the author, remember what lesson you intended your protagonist to learn here.

As the author, remember what lesson you intended your “adversary” to learn here.

See how these lessons dovetail *perfectly* into one another!

You are *partners*, not adversaries.

Float up and look down – and ask: who is it that is looking down at this drama?

I AM

See how, as the I AM, you float down slowly into the “character” that is you.

See how the character that is “you” is really an emanation from the I AM.

Float up again – and float down, slowly, into the body of your adversary.

See how your adversary is also an emanation from the I AM.

Merge again into the I AM and float down into the character that is “you” in the scene – and view your adversary through these, new, eyes

What do you feel?

Float across to your adversary – and look back at the character that you are. How does your adversary “really” feel?

See how the bond between the two of you is really a bond of love. You are like two children playing Cowboys and Indians – the conflict is not for real; you are just having fun.

Float back up to the I AM and see how the “other” and “you” are two facets of ONE.

Feel the truth of this, distil it into a “nugget of wisdom” - something you can carry within you always.

Place the nugget of wisdom deep in your being where it will nourish you long after you have forgotten you ever did this meditation:



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- You are “really” the ONE
- You are merely “playing at” being the character that is “you”
- You are also the “other”, your “adversary” – you are playing together.
- This drama that you are playing will contain lessons for your “characters” – you now know what these are
- As the “author” of the drama, you can change the script at any time
- As the “child” at play, you can choose to play another game at any time



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5.6: Quotations

From *The Bhagvada Gita*

If any man thinks he slays, and if another thinks he is slain, neither knows the ways of truth. The Eternal in Man cannot kill; the Eternal in man cannot die.

This truth is not seen by all; it is hidden by a veil... and so all beings are born in delusion, the delusion of separation...

But I AM, and I watch the drama.

When the wise man sees that all are merely actors in a vast drama, then he becomes that which is beyond this drama – and then he comes into his true Being, and dwells in his inner nature.

Then he is the same in pleasure and pain, in what is pleasing and displeasing, leaving him in peace, whose mind is steady and quiet, he is one with the ONE.

From *The Tempest*, William Shakespeare

“Our revels now are ended. These our actors,
As I foretold you, were all spirits and
Are melted into air, into thin air:
And, like the baseless fabric of this vision,
The cloud-capp’d towers, the gorgeous palaces,
The solemn temples, the great globe itself,
Yea, all which it inherit, shall dissolve
And, like this insubstantial pageant faded,
Leave not a rack behind. We are such stuff
As dreams are made on, and our little life
Is rounded with a sleep.”



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5.7: *The Bhagvada Gita* – selection

The Bhagavad Gita, translated from the Sanskrit with an introduction by Juan Mascaró, Penguin Books Ltd, 1962

Introduction

The poet of the Vedas saw that for the progress of the mind of man requires doubt and faith.

'I am Brahman' or 'I am Atman' or I am 'God' may sound strange unless we take it in the true meaning that only I AM in me is: my little personality is practically nothing.

It is the vision of all things and of the whole universe in God. In this theme there is wonder and fear: the God of creation is also the God of destruction, the God of immortality is also the God of life and death.

The spiritual Yoga of the Gita is love; but Yoga also means 'Samandi', a state of inner communion with the object of contemplation. When this contemplation is turned upon any being or object in creation, we have poetry: when it is turned towards the Source of all creation we have Light, spiritual vision.

As the rational mind can see that all matter is energy, the spirit can see that all energy is love. Love leads to Light: Bhakti leads to Jnana, and Jnana is the joy of Brahman, the joy of the Infinite.

All life is action, but every little finite action should be surrender to the Infinite. Every little work in life, however humble, can become an act of creation and therefore a means of salvation, because in all true creation we reconcile the finite with the Infinite, hence the joy of creation. When vision is pure and when creation is pure there is always joy.

That he who has a good will and strives is never lost, and that in the battle for eternal life there can never be a defeat unless we run away from the battle. The true progress of man on earth is the progress of an inner vision.

We can see the Eternal in things that pass away.

Main text

The wise grieve not for those who live; and they grieve not for those who die - for life and death shall pass away.



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Because we all have been for all time: I, and thou, and those kings of men. And we all shall be for all time, we all for ever and ever.

From the world of the senses, Arjuna, comes heat and comes cold, and pleasure and pain. They come and they go: they are transient. Arise above them, strong soul.

The men whom these cannot move, whose soul is one, beyond pleasure and pain, is worthy of life in Eternity.

The unreal never is: the Real never is not. The truth indeed has been seen by those who can see the true.

Interwoven in his creation, the Spirit is beyond destruction. No one can bring to an end the Spirit which is everlasting.

For beyond time he dwells in these bodies, though these bodies have an end in their time; but he remains immeasurable, immortal. Therefore, great warrior, carry on thy fight.

If any man thinks he slays, and if another thinks he is slain, neither knows the ways of truth. The Eternal in man cannot kill: the Eternal in man cannot die.

In whatever work he does such a man in truth has peace: he expects nothing, he relies on nothing, and ever has fullness of joy.

The man who sees Brahman abides in Brahman: his reason is steady, gone is his delusion. When pleasure comes he is not shaken, and when pain comes he trembles not.

And when he sees me in all and he sees all in me, then I never leave him and he never leaves me.

He who in this oneness of love, loves me in whatever he sees, wherever this man may live, in truth this man lives in me.

There is nothing else for thee to know.

Beyond my visible nature is my invisible Spirit. This is the fountain of life whereby this universe has its being.

All things have their life in this Life, and I am their beginning and end.

In this whole vast universe there is nothing higher than I. All the worlds have their rest in me.



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I am the taste of living waters and the light of the sun and the moon.

I am the pure fragrance that comes from the earth.

I am the power of those who are strong.

How the whole world is under the delusion of these shadows of the soul, and knows not me though for ever I am.

The man of vision and I are one. His whole soul is one in me, and I am his Path Supreme.

My glory is not seen by all: I am hidden by my veil of mystery; and in its delusion the world knows me not, who was never born and for ever I am.

I know all that was and is and is to come, Arjuna; but no one in truth knows me.

All beings are born in delusion, the delusion of division.

Brahman is the Supreme, the Eternal. Atman is his Spirit in man. Karma is the force of creation, wherefrom all things have their life.

For all the worlds pass away, even the world of Brahma, the Creator: they pass away and return. But he who comes unto me goes no more from death to death.

All this visible universe comes from my invisible Being. All beings have their rest in me.

Thus through my nature I bring forth all creation.

I am and I watch the drama.

I am the Way, and the Master who watches in silence.

I am what is and I am what is not.

I am the same to all beings, and my love is ever the same; but those who worship me with devotion, they are in me and I am in them.

For this is my word of promise, that he who loves me shall not perish.

Only the Spirit knows thy Spirit: only thou knowest thy-self. Source of Being in all beings, God of gods, ruler of all.



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He who is beyond good and evil, and who has love – he is dear to me.

The end of Wisdom: beyond what is and beyond what is not.

The Light of consciousness comes to him through infinite powers of perception, and yet he is above all these powers. He is beyond all, and yet he supports all. He is beyond the world of matter, and yet he has joy in this world.

He is invisible: he cannot be seen. He is far and he is near, he moves and he moves not, he is within and he is outside all.

He is ONE in all, but it seems as if he were many. He supports all beings: from him comes destruction, and from him comes creation.

He is the Light of all lights which shines beyond all darkness. It is vision, the end of vision, to be reached by vision, dwelling in the heart of all.

I have told thee briefly what is the field, what is the wisdom, and what is the End of man's vision. When a man knows this he enters into my Being.

The Spirit Supreme in man is beyond fate. He watches, gives blessing.

When a man sees that the infinity of various beings is abiding in the ONE, and is an evolution from the ONE, then he becomes one with Brahman.

I will reveal again a supreme wisdom, of all wisdom the highest: sages who have known it have gone hence to supreme perfection.

When the man of vision sees that the powers of nature are the only actors of this vast drama, and he beholds THAT which is beyond the powers of nature then he comes into my Being.

Who unperturbed by changing conditions sits apart and watches and says 'the powers of nature go round' and remains firm and shakes not;

Who dwells in his inner self, and is the same in pleasure and pain; to whom gold or stones or earth are one, and what is pleasing or displeasing leave him in peace; who is beyond both praise and blame, and whose mind is steady and quiet;

Who is the same in honour or disgrace, and has the same love for enemies or friends, who surrenders all selfish undertakings - this man has gone beyond the three.



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There is a tree, the tree of Transmigration, the Asvattha tree everlasting. Its roots are above in the Highest, and its branches are here below. Its leaves are sacred songs.

Because I am beyond the perishable, and even beyond the imperishable, in this world and in the Vedas I am known as the Spirit Supreme.

He who with a clear vision sees me as the Spirit Supreme he knows all there is to be known, and he adores me with all his soul.

I have revealed to thee the most secret doctrine, Arjuna. He who sees it has seen light.



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5.8: *The Heart of Awareness* – selection

From *The Heart of Awareness – A Translation of the Ashtavakra Gita*, Thomas Byron, 1990, Shambhala Dragon Editions

We are all one Self. The Self is pure awareness. This Self, this flawless awareness is God. There is only God. (p.xix)

Give up giving up! Reject nothing, accept nothing. Be still. But above all be happy. In the end, you will find yourself 'just by knowing how things are'. (p.xx)

The "I" invents the material world (p.xix)

Our true nature is pure and choiceless awareness. We are already and always fulfilled. (p.xix)

It is easy. God made all things. There is only God. When you know this desire melts away. Clinging to nothing you become still. (p.xxiv-xxv)

It is not really you
Who acts or enjoys.
You are everywhere,
Forever free.

Forever and truly free,
The single witness of all things.
But if you see yourself as separate,
Then you are bound.
(p.2)

If you think you are free,
You are free.
If you think you are bound,
You are bound.
For the saying is true:
You are what you think. (p.3)

One without two,
Exalted awareness.



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Give up the illusion
Of the separate self.
Your nature is pure awareness. You are flowing in all things and all things are flowing in you. (p.4)

From my light the body and the world arise. So all things are mine, or nothing is. (p.6)

All creation streaming out of the Self is only the Self. (p.6)

When the Self is unknown, the world arises. (p.7)

I adore myself.
How wonderful I am!

It is all mine, whatever is thought or spoken. (p.8)

I am the infinite ocean. When thoughts spring up, the wind freshens, and like waves a thousand worlds arise. (p.10)

I am the unbounded deep in whom all living things naturally arise, rush against each other playfully and then subside. (p.11)

Knowing yourself as That in which the worlds rise and fall like waves in the ocean, why do you run about do wretchedly? (p.12)

The wise man knows the Self and he plays the game of life. (p.15)

He knows the whole world is only the Self. So who can stop him from doing as he wishes? (p.15)

Rare is he, and blessed,
Who observes the ways of men
And gives up the desire
For pleasure and knowledge,
For life itself. (p.24)

Let go of all contraries. Whatever comes, be happy and so fulfil yourself. (p.25)

In the shifting elements
See only their pure form. (p.25)

Striving and craving for pleasure or prosperity, these are your enemies, springing up to destroy you... Hold on to nothing. (p.26)



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Whatever you do brings joy or sorrow, life or death. When you know this, you may act freely, without attachment. (p.29)

Detached from the senses, you are free. Attached, you are bound. When this is understood, you may live as you please. (p.36)

You and the world are one. So who are you to think you can hold onto it, or let it go? (p.39)

But if you desire nothing, and disdain nothing, neither attachment nor detachment bind you. (p.43)

He does not want the world to end.

He does not mind if it last.

Whatever befalls him,

He lives in happiness. (p.46)

He is not concerned with the meditation,

Or the absence of it,

Or the struggle between good and evil.

He is beyond all. (p.49)

The world is nothing.

It is only an idea.

But the essence of what is

And of what is not

Can never fail. (p.50)

The Self is always the same,

Already fulfilled.

When the Self is known,

All illusions vanish.

The veil falls,

And you see clearly.

Your sorrows are dispelled.

For the Self is free

And lives forever.

Everything else is imagination,

Nothing more!



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Because he understand this,
The master acts like a child.

When you know you are God,
And that what is and what is not
Are both imaginary,
And you are at last free of desire,
Then what is there left
To know or to say or to do?

For the Self is everything.
(p51)

He no longer thinks,
'I am this, I am that.'
Such thoughts melt away.
He is still. (p.52)

When you are without thought
And you understand there is only one,
Without a second,
On whom you can meditate?

When you are distracted,
You practice concentration.
But the master is undistracted.

He has nothing to fulfil.
What is there left for him to accomplish?

He acts like an ordinary man.
But inside he is quite different.
(p.53)

But he pretends not to know.
He finds freedom in his life,
But he acts like an ordinary man.
Yet he is not a fool.
Happy and bright,
He thrives in the world.
(p.55)



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He sees the world,
But knows it is an illusion.
He lives like God.
Even when he is still,
The selfish man is busy.
Even if he is busy,
The selfless man is still.
He is free.
He is still, and he shines!

The fool practices concentration
And control of the mind.
But the Master is like a man asleep.
He rest in himself
And finds nothing more to do.
(p.56-57)

Because the fool wants to become God,
He never finds him.
The Master is already God,
Without ever wishing to be.
(p.57)

A man who has no doubts
And whose mind is one with the Self
No longer looks for ways to find freedom.
He lives happily in the world,
Seeing and hearing,
Touching and smelling and testing.
(p.59)

The master is free of his mind, and his mind is free. In this freedom he plays. He has a wonderful time! (p.60-61)

He is pure awareness.
What is there left for him to do?

The man who is pure knows for certain
That nothing really exists;
It is all the work of illusion.



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He sees what cannot be seen.
His nature is peace.
(p64)

He has no 'I',
He has no 'mine',
And he shines!
(p.65)

In the eyes of the master
There is nothing at all.

There is no heaven.
There is no hell.
There is no such thing as liberation in life.
What more is there to say?
(p.66)

He wanders where he will,
Never setting one thing against another.

In his view of things
Good and evil have melted away.
(p68)

Step by step,
whatever befalls him,
He is happy.

He thinks without thinking.
He feels without feeling.
(p.69)

He is not free,
Nor does he seek freedom.
He is not this.
He is not that.

Amid distractions,
He is undistracted.



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In meditation,
He does not meditate.

Foolish,
He is not a fool.

Knowing everything,
He knows nothing.
(p.70)

Duty or discrimination,
Duality or non duality,
What are they to me?

What is yesterday,
Tomorrow,
Or today?

What is space,
Or eternity?

I sit in my own radiance.

What is the Self,
Or the not-Self?

What is thinking,
Or not thinking?

What is good or evil?

I sit in my own splendour.
(p.72)

I am always
One without two.
(p.74)

What do I care for freedom
I am always
Without I.



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Who seeks freedom,
Or wisdom or oneness?

Who is bound or free?

In my heart I am one.
(p.75)

I am forever pure.
What do I care who knows,
What is known,
Or how it is known?

What do I care for knowledge?

What do I care what is,
Or what is not?

I am forever still.

I am forever pure.

What is illusion,
Or the world?
(p.76)

What need is there
For striving or stillness?
What is freedom or bondage?
What are holy books or teachings?
What is the purpose of life?
Who is the disciple,
And who is the master?
For I have no bounds.

Nothing is,
Nothing is not.
What more is there to say?
(p.77)

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5.9: Gods and Demons Churning the Ocean Together – an image

