



Live stream workshops – a brand new way to learn

The Magic Of Manifestation

Session 1: Being

- 2 1.1: A Note about Homework
 - 3 1.2: Homework
 - 4 1.3: Simply Being – a meditation
 - 7 1.4: On a Guitar String: Embodying the Divine Within
 - 8 1.5: Quotations
 - 11 1.6: *The Upanishads* – selection
 - 18 1.7: Blake's Albion image
-



Live stream workshops – a brand new way to learn

1.1: A Note about Homework

Many of you may feel that the homework I have set is too much. My response is that you can really do as much as you want.

The more you do the better – but, equally, if you “obsess” over it, that can be counter-productive.

The key is to make a note of what I have suggested and do as much as you can without it becoming a burden. If you think about it, it really doesn't take a long time to do most things on the list – the core meditation (usually Item 1 on your lists each week) shouldn't take more than 15 minutes a day. The journal entries too don't usually take a lot of time – they are designed to become a part of your day as you live it.

The only item on your lists that you may consider beyond the call of duty is having two books on the reading list each week in the second half of the course. While I do often read two books a week, I wouldn't expect everyone to have the time to do this. If it is difficult for you, try and read the first book on your list each week – and keep the next for the weeks after the workshop. If the books are relatively short – and some are – try and look at them both!

I have (against my better judgement!) supplied lists of selected quotations to help you get a feel for the material – but do try to get to the originals!



Live stream workshops – a brand new way to learn

1.2: Homework

1. Practise the “Guitar String” meditation

Try and do this twice every day at set times of day (ideally first thing in the morning and last thing at night). Each session should last around 10 minutes. Remember, more does not make better – it is the quality of your concentration when you do it that matters.

In addition to this relatively “formal” meditation, remind yourself of the guitar string periodically through the day. We all have moments of potentially “dead” time in the day – waiting for a bus, sitting in a car, sitting in a waiting room. Whenever you have a minute or so – and it doesn’t take longer than that – just remind yourself of your upward connection, your downward connection and open yourself in love to the world, regardless of what the world throws at you. Imagine yourself greeting everything around you with love – and train yourself to do this so assiduously that you wouldn’t ever think twice about greeting a supposed “adversary” in this way.

2. Find an analogy similar to that of the guitar string that distils the essence of what you have learnt at the session about what Jung would call “embracing the shadow”.
3. Keep a journal detailing the situations that have occurred in the week to which you have applied the way of thinking that was the subject of the workshop.

(To what extent have you been able to see supposedly painful situations as perfectly instructive and delightful, indispensable partners in the Creation of your life.)

4. Read *The Upanishads*.

(Do have a look at the sheets with the quotations – but do try and get through the book as well.)

Optional Extra:

5. Sit with the image of Blake’s “Albion”.

What does the painting teach you? Could you be “open” when dancing on a “void”? In what ways are you a bridge between worlds? What worlds do you bridge?



Live stream workshops – a brand new way to learn

1.3: Simply Being – a meditation

Close your eyes, breathe and relax.

Go ten steps down into a garden.

Take time to feel the earth beneath your feet, the sun on your skin, the wind in your hair. Take time to listen to the birds in the trees, the breeze in the leaves. Smell the flowers, the fresh cut grass in the damp earth.

As you walk past the flowers, take time to look at them.

Look at:

- The red flowers
- The orange flowers
- The yellow flowers
- The green grass and the green leaves
- The blue flowers
- The purple flowers
- The white flowers.

Then go and sit on a bench.

Imagine, as you sit on the bench, that there is a transparent, flexible, telescopic cord running along the length of your body through its core - from the top of your head to the perineum.

- Extend that that cord deep into the earth – and let it connect with the core.
- Extend that cord high up into the sky – and let it connect with the sun.
- Breathe in – and draw down the golden energy of the sun. Let it inspire you.
- Breathe out – and push your consciousness down into the earth.
- Breathe in – and draw up the red energy of the earth – let it empower you.
- Breathe out – and push your consciousness back up into the sun.

Repeat this pattern of breathing till you get a feel for it.



Live stream workshops – a brand new way to learn

Now pick a tree opposite you – and open your heart to it: give it all your love.

See a fresh, green, nourishing energy flowing from you to the tree – and coming back to you. The more love you give to the tree, the more it loves you back.

Repeat this till you get a feel for it.

Look for the point at which these lines – the vertical axis (the line from the sun, to you, to the core of the earth and back) and the horizontal axis (the line from you to the tree) – meet. This is your centre. Focus on your centre.

When energies are flowing freely on both axes, we are “centred”.

But when “things go wrong” for us out there in the world, we are thrown “off centre” and these energies seem no longer to flow quite so abundantly.

But of course, from this time on, you have no reason to fear “things going wrong” – because you have a secret technique, a way of coming back to your centre every time the world pushes you off your centre.

Breathe and relax.

Imagine that the cord that connects you to the sun and the earth is a guitar string.

Imagine that the cord is perfectly aligned. What, as long as the cord is aligned, are you not doing?

You are not vibrating!

Now imagine a situation in which something upsets you. You are thrown off centre.

The cord is pushed out of alignment.

But, because you now know how to come back into alignment, you can do just that:

- Send the cord up high and draw down the golden energy of the sun.
 - Send the cord down deep and draw up the red energy of the earth.
 - And open! Open your heart wide and love the situation that threw you off balance – for that is what made it possible for you to vibrate
-



Live stream workshops – a brand new way to learn

As you open your heart, feel yourself come back into alignment.

Feel the vibration – see how makes you come alive!

Notice how, each time you vibrate, your guitar string creates waves that spread out into the world around you.

Place on those waves a thought – a vision – of what you'd like to create in your life – an intention.

Let the waves gently carry your vision out into the universe.

Once the vision is out of sight, let it go. There is nothing left for you to do – there are beings, spirits, forces that are already at work, helping to ground your vision, to turn it into reality.

Your vision is like a tune in the mind of a guitarist. It is only when the guitarist actually plays the tune on the guitar that the tune manifests in the world.

Thank the "uncomfortable situation" that plucked your guitar string – and made possible the vibration that is your reality.

— *Out of my imperfection I create the world.*

Breathe and relax – and love your imperfections even more. Open to them utterly.

— *Out of my imperfection I create the world.*

Openness is all.

Breathe, relax and find your way to the steps you went down.

Thank the flowers, the trees, the grass – all of whom have borne witness to this vital first step in what will be a miraculous journey.

Count yourself up the 10 stairs – and be back in your space, ready, relaxed and refreshed.



Live stream workshops – a brand new way to learn

1.4: On a Guitar String: Embodying the Divine Within

The paradox of manifestation is this: you will never be able to manifest your desires if you work from a place of desire; you will manifest whatever you want, no matter how outlandish, if you work from a place of acceptance.

That place of acceptance is already within you. It is that core within you that already knows that you are Divine. But to access that place – to plough through layers of the needy, insecure “me” and find the laughing core that is the “I AM” presence within – that is the journey I want to take you on.

Because that is the journey we are all here to make. It is the only journey that really matters.

It is the journey most spiritual gurus out there try to teach. But most gurus and teachers give us only half the story. They teach that God is to be found in alignment. They seek to heal, to cleanse, to rid us of our pain.

What they don't see is this: to seek to rid us of our pain is to be in a place of non-acceptance.

So, to access the Divine within, you must not only seek alignment; you must also revel in misalignment.

Think of yourself as a guitar string that is perfectly aligned between the sun above, the core of you and the core of the earth below. How wonderful, you may think. I am in harmony. How beautiful! Yet I would ask you: if you are a guitar string, is it not your purpose to sound your music? And, as long as you maintain this perfect alignment, are you actually sounding your music?

Is it not the case that, to sound your music, you must first be misaligned? Does a guitarist not have to come along and pluck you out of alignment so that you can fulfil your purpose as a guitar string and sound your music?

Of course, once plucked, you must seek your alignment once again: if you were content to remain misaligned you wouldn't vibrate.

So, to sound your music as a guitar string, you must seek both alignment and misalignment.

Most spiritual teachers teach only the first part of this process. There was a time for this and their work was valuable. But the time has now come for us to take the second part of the journey.

Our course is concerned with discovering what it really takes to find the Creator within.

— *Shomit Mitter*



Live stream workshops – a brand new way to learn

1.5: Quotations

From "The White Book" Ramtha, 1999, JZK Publishing

You are eminent creatures of divine proportions who hold latent within your beings who have the intelligence and the power to create all things, and yet you do not realize this. You are more than creatures of flesh. You are awesome entities expressing yourselves through this form we call humanity on a wondrous stage that affords you the opportunity to dream into existence any reality you desire.

There is no other destiny than to allow yourself to be whatever you desire. In fulfilling that purpose, know that you have the unlimited freedom to become and do and be whatever your desire.

There is no law, save one, and that law is that you have the power to express your life according to your own sovereign will.

You are a free soul and Spirit, master. You are free to create and experience in the moment whatever truth, whatever reality, whatever illusion you so choose.

The only illusion you need to master is the illusion that you do not have the ability to become that.

Jung – *A complete life*

Doubt and insecurity are indispensable components of a complete life. Only those who can lose this life can really gain it. A "complete" life...[is one in which]...one accepts without reservation the particular fatal issue in which one finds oneself embedded.



Live stream workshops – a brand new way to learn

Anonymous* – *Out of evil, much good has come*

Out of evil, much good has come to me. By... repressing nothing, remaining attentive, and by accepting reality—taking things as they are, and not as I wanted them to be—by doing all this, unusual knowledge has come to me, and unusual powers as well, such as I could never have imagined before. I always thought that when we accepted things they overpowered us in some way or another. This turns out not to be true at all, and it is only by accepting them that one can assume an attitude towards them. So now I intend to play the game of life, being receptive to whatever comes to me, good and bad, sun and shadow forever alternating, and, in this way, also accepting my own nature with its positive and negative sides. Thus everything becomes more alive to me. What a fool I was! How I tried to force everything to go according to the way I thought it ought to!

*Written by a former patient of C.G. Jung. Jung commented: "This attitude is religious in the truest sense, and therefore therapeutic, for all religions are therapies for the sorrows and disorders of the soul"

Cited in Jung. Collected Works, Vo1 11.

Blake – *Joy and Woe*

Man was made for joy and woe;
And when this we rightly know
Through the world we safely go.
Joy and woe are woven fine,
A clothing for the soul divine.
Under every grief and pine
Runs a joy with silken twine.



Live stream workshops – a brand new way to learn

Seng-ts'an – *The Way is Perfect*

The Great Way is not difficult
For those who have no preferences.
When love and hate are both absent
Everything becomes clear and undisguised.
Make the smallest distinction, however,
And heaven and earth are set infinitely apart.
If you wish to see the truth
Then hold no opinions for or against anything.
To set up what you like against what you dislike
Is the disease of the mind.
When the deep meaning of things is not understood
The mind's essential peace is disturbed to no avail...

Indeed, it is due to our choosing to accept or reject
That we do not see the true nature of things...
Be serene in the oneness of things
And such erroneous views will disappear by themselves...
As long as you remain in one extreme or the other
You will never know Oneness.

[...]

One thing, all things:
Move among and intermingle,
Without distinction.
To live in this realization
Is to be without anxiety about non-perfection.
To live in this faith is the road to non-duality



Live stream workshops – a brand new way to learn

1.6: *The Upanishads* – selection

The Upanishads – Translations from the Sanskrit with the Introduction by Juan Mascaró, Penguin Books Ltd, 1965

Introduction

The script of the Upanishads can be compared with that of the New Testament summed up in the words 'I and my Father are one' and 'The kingdom of God is within you'. 'I have said: you are gods; and all of you are the children of the most High'.

There was not then what is nor what is not. There was no sky, and no heaven beyond the sky. What power was there? Where? Who was that power? Was there an abyss of fathomless waters?

There was neither death nor immortality then. No signs were there of night or day. The ONE was breathing by its own power, in infinite peace. Only the ONE was: there was nothing beyond. Darkness was hidden in darkness. The all was fluid and formless. Therein, in the void, by the fire of fervour arose the ONE. And in the ONE arose love: Love the first seed of the soul. The truth of this the sages found in their hearts: seeking in their hearts with wisdom, the sages found that bound of union between Being and non-being.

One of the messages of Upanishads is that the Spirit can only be known through union within him, and not through mere learning. And can any amount of learning make us feel love, or see beauty or hear the 'unheard melodies'? Some have only seen the variety of thought in the Upanishads, not their underlying unity. To them the words in the sacred texts might be applied: 'Who sees variety and not the unity wanders on from death to death'.

Why? For the joy of creation. Why is there evil? For the joy of good arising from it. Why darkness? That light may shine the more. Why suffering? For the instruction of the soul and the joy of sacrifice.

The self- training for the vision of the unity of Atman and Brahman as called Yoga.

The law of evolution called Karma explains the apparent injustice in the world with sublime simplicity. There is a law of cause and effect in the moral world. We are the builders of our own destiny and the results are not limited to one life, since our Spirit that was never born and will never die must come again and take to itself a body, that the lower self may have the reward of its works.

Who knows God becomes God.



Live stream workshops – a brand new way to learn

What a wonderful relation do we establish with a human being when in spite of his limitations we see his Infinity!

'Whether the world is eternal or not, there is birth, and death, and suffering, and woe, and lamentation, and despair. And what I do teach is the means that lead to the destruction of these things'.

'To be. No more. This is all. This is the joy supreme.'

The spiritual vision, like the poetical vision, is not an analysis, it is not even a synthesis: it is the joy of truth revealed to a living soul. Every spiritual and political vision comes from imagination: because the imagination is the light of the soul. Without imagination we cannot have faith, because 'Faith is the substance of things hoped for, the evidence of things not seen': things not seen of course by reason or by the eyes of the body, but seen by the spirit. Without imagination there is no vision and no creation. Most of the miseries of man, such as selfishness, injustice, and cruelty, have their roots in a lack of imagination. But imagination is not fancy. As Rabindranath Tagore says, 'The stronger is the imagination, the less imaginary it is.'

The primary Imagination I hold to be the living power and prime agent of all human perception, and as repetition in the finite mind of the eternal act of creation in the infinite I AM.

By love he knows me in truth, who I am and what I am. And when he knows me in truth he enters into my Being.

Samsara, the transmigration of life, takes place in one's mind. What a man thinks that he becomes.

'And then he saw that Brahman was joy: for from joy all beings have come, but joy they all live, and unto joy they all return.'

Main text

Isa Upanishad

Who sees all beings in his own Self, and his own Self in all beings, loses all fear.

When a sage sees this great Unity and his Self has become all beings, what delusion and what sorrow can ever be near him?

He, who knows both the transcendent and the immanent, with the immanent overcomes death and with the transcendent reaches immortality.



Live stream workshops – a brand new way to learn

Kena Upanishad

Who is the Spirit behind the eye and the ear? It is the ear of the ear, the eye of the eye.

He is above the known and he is above the unknown.

What cannot be spoken with words, but that whereby words are spoken: Know that alone to be Brahman, the Spirit; and not what people here adore.

What cannot be seen with the eye, but that whereby the eye can see: Know that alone to be Brahman, the Spirit; and not what people here adore.

HE comes to the thought of those who know him beyond thought, not to those who imagine he can be attained by thought.

Katha Upanishad

When the wise realise the omnipresent Spirit, who rests invisible in the visible and permanent in the impermanent, then they go beyond the sorrow.

The Atman is beyond sound and form. When consciousness of the Atman manifests itself, man becomes free from the jaws of death.

When the wise knows that it is through the great and omnipotent Spirit in us that we are conscious in waking or in dreaming, then he goes beyond the sorrow.

But as pure water raining on pure water becomes one and same, so becomes, O Nachketas, the soul of the sage who knows.

As the sun that beholds the world is untouched by earthly impurities, so the Spirit that is in all things is untouched by eternal suffering.

There is one Ruler, the Spirit that is in all things, who transforms his own forms into many. Only the wise who see him in their souls attain the joy eternal.



Live stream workshops – a brand new way to learn

Prasna Upanishad

Even as a man cast a shadow, so the Spirit casts the shadow of life.

Mundaka Upanishad

BRAHMA was before the gods were, the Creator of all, the Guardian of the Universe.

By Tapas, the power of meditation, Brahman attains expansion and then comes primeval matter. And from this comes life and mind, the elements and the worlds.

Where all the subtle channels of the body meet, like spokes in the centre of a wheel, there he moves in the heart and transforms his one form unto many. Upon OM, Atman, your Self, place your meditation. Glory unto you in your far- away journey beyond darkness.

And when he is seen in him immanence and transcendence, then the ties that have bound the heart are unloosened, the doubts of the mind vanish, the law of Karma works no more.

Brahman is all.

As river flowing into the ocean find their final peace and their name disappear, even so the wise become free from name and form and enter into radiance of the Supreme Spirit who is greater than all greatness.

Mandukya Upanishad

All is OM. Brahman is all and Atman is Brahman.

God upholds the oneness of the universe: the seen and the unseen, the transient and the eternal. The soul of man is bound by pleasure and pain; but when she sees God she is free from all fetters.

All is, and man has all: for he is one with the ONE. Know that Brahman is for ever in thee and nothing higher is there to be known.

God is in truth the whole universe: what was, what is, and what beyond shall ever be. He is the god of life immortal, and of all life that lives by food.

Know therefore that nature is Maya, but that God is the ruler of Maya; and that all beings in our



Live stream workshops – a brand new way to learn

universe are parts of his infinite splendour.

He is the Lord of all who, hidden in the hearts of things, watches over the world of time. The gods and the seers of Brahman are one with him: and when a man knows him he cuts the bonds of death.

There is a region beyond the darkness where there is neither day nor night, nor what is, nor what is not. Only Siva, the god of love, is there.

Ignorance passes away and knowledge is immortal; but Brahman is in Eternity above ignorance and knowledge.

He is incorporeal Spirit, but he can be seen by a heart which is pure. Being and non-being come from him and he is Creator of all.

God ended his work and he rested, and he made a bond of love between his soul and the soul of all things. And the ONE became one with the one, and the two, and the three and the eight, and with time and the subtle mystery of the human soul.

In truth he works not, and he is.

He is in his own Being, pure, never-changing, never-moving, unpollutable; and in peace beyond desires he watches the drama of the universe.

In the beginning all was Brahman, ONE and infinite. He is beyond north and south, and east and west, and beyond what is above or below. His infinity is everywhere. In him there is neither above, nor across, nor below; and in him there is neither east nor west. His vastness is the vastness of space.

At the end of the worlds, all things sleep: he alone is awake in Eternity. Then from his infinite space new worlds arise and awake, a universe which is a vastness of thought. In the consciousness of Brahman the universe is, and into him it returns.

He who is in the sun, and in the fire and in the heart of man is ONE. HE who knows this is one with the ONE.

Samsara, the transmigration of life, takes place in one's own mind. Let one therefore keep the mind pure, for what a man thinks that he becomes.

Even as water becomes one with water, fire with fire, and air with air, so the mind becomes one with the infinite Mind and thus attains final freedom.



Live stream workshops – a brand new way to learn

Kaushitaki Upanishad

It is not things seen which we should want to know: we should know the seer.

Chandogya Upanishad

There is a Light that shines beyond all things on earth, beyond us all, beyond the heavens, beyond the highest, the very highest heavens. This is the Light that shines in our heart.

This is the Spirit that is in my heart, smaller than a grain of rice, or grain of barley, or grain of mustard-seed, or a grain of canary seed, or the kernel of a grain of canary seed. This is the Spirit that is in my heart, greater than the earth, greater than the sky, greater than heaven itself, greater than all these worlds.

Believe me my son, an invisible and subtle essence is the Spirit of the whole universe. That is reality. That is Atman. THOU ART THAT.

I do not call this greatness, for here one thing depends upon another. The Infinite is the whole universe. I am the whole universe. Atman is the whole universe. He, who sees, knows and understands this, who finds in Atman, the Spirit, his love and his pleasure and his union and his joy, becomes a Master of himself. His freedom then is infinite. But those who see not this become the servants of other masters and in the worlds that pass away attain not their liberation.

There is a bridge between time and Eternity; and this bridge is Atman, the Spirit of man.

Brihad-Aranyaka Upanishad

It is not for the love of the all that the all is dear; but for the love of the Soul in the all that the all is dear. It is the Soul, the Spirit, the Self, that must be seen and be heard and have our thoughts and meditation, O Maitreyi. When the Soul is seen and heard, is thought upon and is known, then all that is becomes known.

There a father is a father no more, nor is a mother there a mother; the worlds are no longer worlds, nor the gods are gods any longer. There the Vedas disappear; and a thief is not a thief, nor is a slayer a slayer; the outcast is not an outcast, nor the base-born a base-born; the pilgrim is not a pilgrim and the hermit is not a hermit; because the Spirit of man has crossed the lands of good and evil .



Live stream workshops – a brand new way to learn

There the Spirit sees not, but though seeing not he sees. How could the Spirit not see if he is the All? But there is no duality there, nothing apart from him to see.

The Soul is Brahman, the Eternal. It is made of light and darkness. It is made of anger and love.

When a man sees the Atman, the Self in him, God himself, The Lord of what was and of what shall be, he fears no more.

A man who knows this is not moved by grief or exultation on account of the evil or good he has done. He goes beyond both. What is done or left undone grieves him not. He is not moved by evil: he removes evil. He is not burned by sin: he burns all sin. And he goes beyond evil, beyond passion, and beyond doubts, for he sees the Eternal. This is the world of the Spirit, O king.



Live stream workshops – a brand new way to learn

1.7: Blake's Albion image

