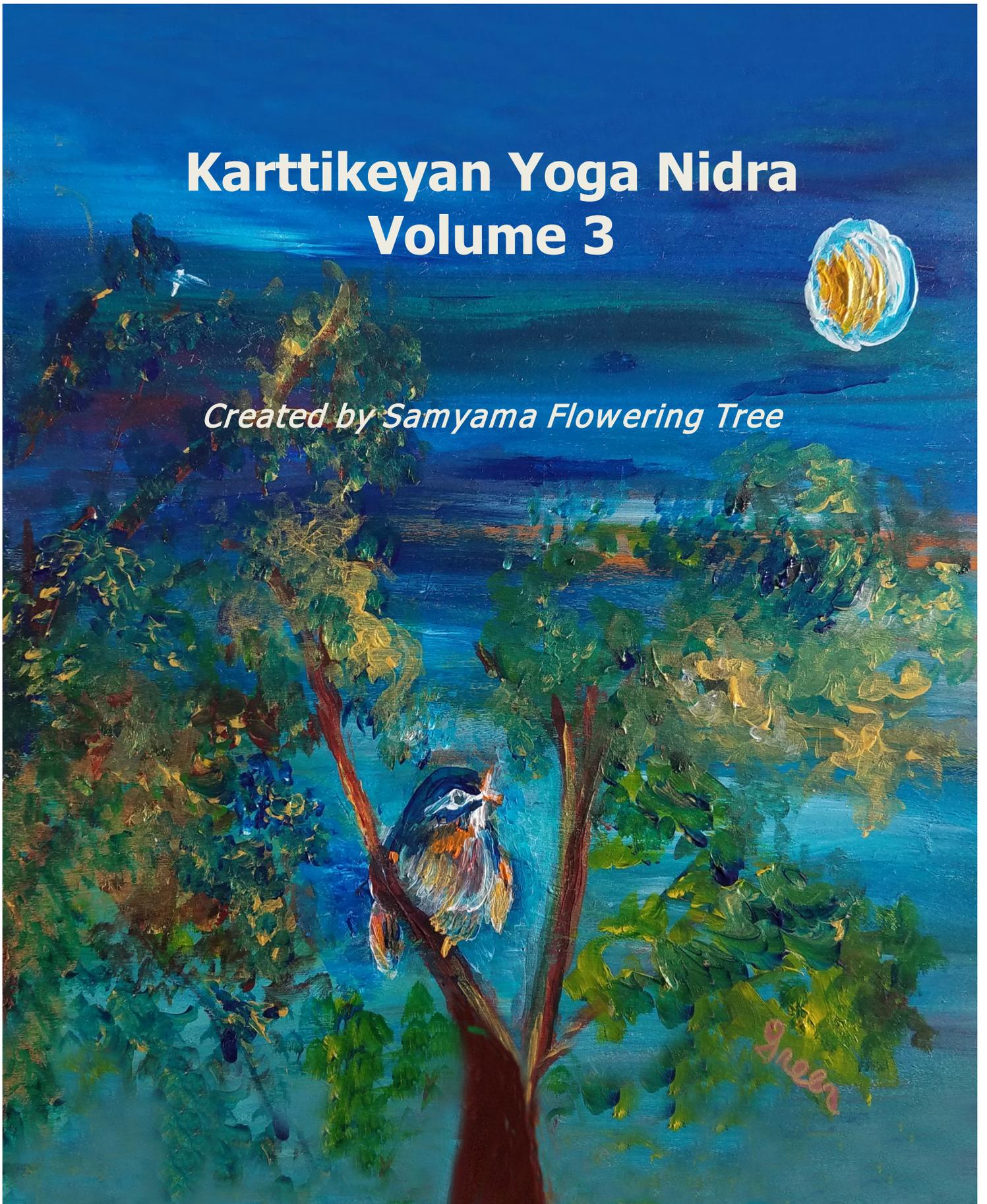


# Karttikeyan Yoga Nidra Volume 3

*Created by Samyama Flowering Tree*



*"Nightingale" painting by Greer Jonas*



# From Everlasting to Everlasting,

## "Thou Art God!"

~ Psalm 90:2

Different Versions:

### **KJV:**

Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God.

### **New Jerusalem Bible:**

Before the mountains were born, before the earth and the world came to birth, from eternity to eternity, you are God.

### **Darby Bible:**

Before the mountains were brought forth, and thou hadst formed the earth and the world, even from eternity to eternity thou art God.

### **World English Bible:**

Before the mountains were brought forth, before you had formed the earth and the world, even from everlasting to everlasting, you are God.

### **Young's Literal Translation**

Before mountains were brought forth, And Thou dost form the earth and the world, Even from age unto age Thou art God.

### **New International Version:**

Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

### **New American Standard Bible:**

Before the mountains were born or You gave birth to the earth and the world, Even from everlasting to everlasting, You are God.



# INTRODUCTION

Greetings and Warm Wishes Beloved Friends!

Welcome to this Sacred Space where Communication is Used as a Healing Tool.

“In the beginning was the Word and the Word was with God and the Word was God.”

So it is with Sacred Words. They are crafted from Grace and possess a subtle and pervasive Transformative Power. In their simplicity and directness they awaken us to greater wholeness, health, and spiritual evolution.

Samyama Flowering Tree is one of those beings who can bring forth these Words. At the age of thirteen she began her lifelong study with Spiritual Masters who live in the Higher Planes. While in deep meditation the deity Lord Karttikeya, son of Lord Shiva, shared his teachings with her. After decades of receiving these transmissions she was given permission to share them with the World for the purpose of contributing to the spiritual evolution of our planet and her inhabitants. This is the purpose of Karttikeyan Yoga Nidra.

Samyama entered my life for the first time in this lifetime in December 2007. I saw her, elegant and lovely, gliding across the room of a holiday event at Lotus Wellness Center in Greenwich, Connecticut. An extraordinary Spiritual Astrologist, she was offering sample readings and I was fortunate to receive one. With great wisdom and generosity she shared her insights. Her softness and humility touched my heart.

Several weeks later she reached out to me again. Initiated in the comfort of friendship, a deep student-teacher relationship began to develop and with my profound gratitude it continues unfurling through the Ever Present Now.

Over the years I have received many Karttikeyan Yoga Nidra sessions from Samyama and other practitioners. The sessions gently and peacefully work on me as they would for every recipient. Deeply inspiring spiritual language relaxed me to the point where the passive mind asserted itself over the active mind, just like those moments right before sleep. It's called the hypnogogic state. The mind is relaxed and receptive; open to receiving spiritually inspiring and empowering communications for healing and evolution.

The words in this Karttikeyan Yoga Nidra volume use Eastern and Western Ancient and Ageless Wisdom so the body's molecules, atoms, and cells can absorb the vibration of their teachings. Absorbing these profound vibrations allow the body to heal itself. The teachings also impact the Chakras; piercing, clearing and cleansing them for our benefit. All this as a shift in Consciousness unlocks our spiritual potential, taking us from Self-Actualization into Enlightenment and Illumination. Our own being selects what is needed in the perfect portion for us in that moment. Our Spiritual unfoldment is Paced and Led by the God who lives within us as our Self.

Karttikeyan Yoga Nidra is a Profound and Prolific Work of Great Beauty and Grace edited by Samyama, a woman of Unconditional Love committed to your personal spiritual evolution.

May this text heal you and bless you as you Ascend.

Loving you Now and Always,

Radha French

Spiritual Head of Mahavatar Babaji Mystery Schools of New England

October 2017

# Karttikeyan Yoga Nidra Volume 3

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# THE SESSIONS

## 1. Seva to Yeshua of Nazareth

Now I will light incense and wave it to you. Please Inhale the fragrance as I am waving it in front of you. The incense is an Emblem, a representation of the practice of Self-discipline and Asceticism. Inhale the fragrance so you may profit from all the Tapas (asceticism) the Cave Dwellers in the Himalayas who have gathered throughout the centuries and Ages, managed to add to the Granary of Merits of The Collective Mind. Allow the Experiential Teachings to enter the Collective Mind ~ NOW. Not because I asked; Because It Is Time.

Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. One last time, inhale through the nose, hold it for a count of seven, exhale through the mouth. You are now released and relaxed.

You are now very, very relaxed. From the bottom of your feet, down to your toes each toe is beginning to relax. Feel the bottom of your feet and your toes having a new breath of life; notice you are breathing through them. And with every breath you take from the bottom of your feet down to your toes, you are becoming very, very relaxed. You are feeling a New Freshness. You are sensing a New Direction.

Feel the Energy of the Lord rise up to your ankles. Feel the Breath of Life of Yeshua of Nazareth, the Begotten Son of God. Create in your mind the scenario when He walked on the waters of the Sea of Galilee. Superimpose the bottom of your feet onto the top of His; sink into the feet of Yeshua of Nazareth. Feel your feet and His feet to be One and the Same. Feel yourself walk with His feet and yours.

Visualize the Sea of Galilee. In this scenario from His life, He has Calmed the sea. He asked Peter to walk toward Him on the water. Peter was afraid, yet Yeshua told him to walk. Peter sank in the water and Yeshua said, "Have Faith. Where is your Faith?" Peter gathered his courage and he walked on the surface of the water toward Yeshua. All the Apostles present were amazed that this man called Yeshua of Nazareth could Command Nature, that Nature would follow His Command.

Feel the Energy of Yeshua of Nazareth now at the bottom of your feet, Ascending to your knees. Know that Yeshua, like you, has spent lifetime after lifetime, Praying to and Worshipping the God of His Heart. Imagine the number of lifetimes you and Yeshua spent together praying to the Lord, our Father-God in Heaven.

Feel the Energy of Yeshua of Nazareth Ascend to your upper legs. The Energy is nearing your Root Chakra, which is known in Sanskrit as the Muladhara Chakra. It has four Petals and is located between the base of your sexual organ and your anus. As you focus on your Muladhara Chakra, your Root Chakra, I would like you to see the Color Red. It is the most beautiful shade of Red, the perfect Red for you. Feel yourself resonating with that Red. Feel the Petals unfold simultaneously. You and Yeshua of Nazareth are now ordained to Create a Multicolored Universe together as Companions To and For Evolution.

Now allow me to Stir your Muladhara Chakra in a clockwise motion, merging your Muladhara Chakra, your Root Chakra with the Muladhara Chakra of Yeshua. As we do this, we are aspiring for True Illumination. Your Root Chakra is now filled with the Greatest Light. So, feel the Greatest Light being Stirred. Feel the four Petals of your Muladhara Chakra, colored the Red you so love and adore. From now on, when you wear Red you remember this shade of Red for the color of your Muladhara Chakra which is your Security and Survival Center.

I invite you to feel that through this clockwise Stirring, which Illuminates your Muladhara Chakra, your Root Chakra, you are indeed getting Self-Actualized. Instead of merely surviving, you learn to Thrive while living in the First Octave of Self-Actualization. As you continue to Live, and as I continue to Stir you for your Illumination, you are now Thriving.

You are now having an experience of the Second Octave of your Self-Actualization, which is one of the songs and dances of your Muladhara Chakra.

Feel the Energy of Christ Consciousness Ascend to the Second Octave; Thriving in the midst of Living. You are now Thriving and Living and no longer merely surviving. Feel the Thriving! Feel yourself as you Win in your Life. Feel the four Petals unfold; the Red unfolds - the most beautiful Red for you. The Red is the Color of your passionate, fiery love for God. Your ambition is to be a very Great Soul. Your passion for Illumination is the key to your Spiritual Attainment and Empowerment.

When you are complete with allowing this merging of your Muladhara Chakra, your Root Chakra, with the Muladhara Chakra of Yeshua wiggle your pinky finger to let me know you are complete. Great, thank you!

We are Now Ascending the Energy of Yeshua to your Swadhisthana Chakra, your Spleen Chakra. Your Swadshisthana Chakra which is your Second Chakra is two finger widths below the navel. It has six Petals and the Color is Orange. It is the Throne of your Inner Child, your Emotional Body, The Knower of The Field.

I would like you to see the Color Orange in your mind's eye as the most perfect Color Orange for you. What a beautiful shade of Orange! It resonates perfectly with you. It is now merging with the Swadhisthana Chakra, the Spleen Chakra of Yeshua. I am going to Stir it in a clockwise motion; you will gain Illumination. It's desire in life is to Ascend to you, the adult; parent, which is enthroned in your Anahata Chakra, your Heart Chakra.

For now, let's allow your Inner Child to emerge from its cocoon. In the company of the Lord, your Inner Child is Illumined and Beautiful; a most beautiful child, a terrific child. You will notice the six Petals unfold simultaneously. Your Inner Child knows The Rescue has arrived. The Rescue is here through Yeshua. Through your own prayers, meditation, contemplation, and Inner Reflection, at last your Inner Child is here to live a New Life, as the adult you.

The Light of the Lord and your Light, will Brighten the World. Know your Love and Life are ordained into a Life of Greater Service; a Life of Selfless and Devotional Service to the Lord our God. Allow the Energy of your Inner Child to rest within you, as you.

Your Muladhara Chakra, your Root Chakra, is the Color Red and your Swadhisthana Chakra, Second Chakra is Orange. I invite you to visualize those Colors totally and completely merged. Your life will never be the same, for you are a most colorful individual. You are very much Alive, vivacious, radiant - and an Illumined Being.

Feel your Inner Child delight at the sight of a mouth-watering orange. It is so refreshing to eat an orange. It is cooling and juicy. Feel the juice springing up from the bottom of your feet to your Muladhara Chakra, your First Chakra, Colored Red, rising up to your Swadhisthana Chakra, your Second Chakra, Colored Orange. You are like a fruit; the Fruit of a Flowering Tree.

I invite you to feel the Energy of Yeshua Ascend from the bottom of your feet to your Muladhara Chakra, your Root Chakra, and up to the Swadhisthana Chakra, the Second Chakra. Your Muladhara Chakra is like an apple; a beautiful, crispy, red, delicious apple. You now have a sweet, juicy orange in your Swadhisthana Chakra, your Second Chakra. As He honors your dining room table with your fruits, Behold! The Lamb of God's Love Be Yours!

The Energy of Yeshua of Nazareth Ascends to your Manipura Chakra, your Solar Plexus Chakra. It has ten Petals. The Color is Yellow. It is the most beautiful shade of Yellow, the perfect Yellow for you. Feel yourself resonating with this Yellow, the Yellow your heart is yearning to feel. See how beautiful it is! I am going to Stir this in a clockwise motion, that you gain Illumination.

This Yellow is so beautiful! It is the Yellow of summer squash. It is a vegetable and you enjoy vegetables. This is the Color of your Assertiveness ~ your Balanced Assertiveness. It's your ability to be *The Doer of the Action*. It is just right for you to be firm and determined when you need to be so you have a choice when to use it. It is beautiful to use The Power of Choice.

So we are getting you ready to be an Offering to the Lord. You can give Him something to eat: the crispy, red, delicious apple, the sweet juicy orange, and the sun-drenched flavorful summer squash. Feel the ten Petals unfold simultaneously in Illumination. The Daffodils curtsy at the sight of the Lord, in Great Respect and Great Love for Yeshua of Nazareth, the Master of the Household. You love Him to pieces!

Feel the Energy of Yeshua Ascend from your feet to your Anahata Chakra, your Heart Chakra. It has twelve Petals and the Color is Green. It is the most beautiful shade of Green, the perfect Green for you. Feel yourself resonating with this Green. This Green is the Green of an avocado. Experience it fully, for it is the Color you worship, love and adore.

When it comes to The Oral Tradition of the East, Communication is used as a Healing Tool. Allow the non-violent way you speak to Ascend the person you are speaking with as you treat them with Great Respect and Sublime Love. Sublime Love is given and Sublime Love is received. They will know it by the manner you communicate with them. They can see it by the way you smile, the way you move, the way you walk, and the way you look at them, through the eyes of someone who loves them. Everything about you is as calm and as peaceful as a dove on a church belfry. Sublime Love is in the air!

Allow me to Stir clockwise the twelve Petals of your Anahata Chakra, your Heart Chakra, to open simultaneously. Feel those Petals unfold simultaneously. As the Petals unfold simultaneously, know you are born again. You leave *A Trail of Blazing Light for Humanity to Follow* as you emerge from the Ocean of Bliss, Sublime Love and Great Mercy from your Anahata Chakra, your Heart chakra. It thrills your Inner Child to climb up into your Heart and join you, in All Your Radiant Glory, the adult parent in your current years. Your Inner Child wants to grow up in Spiritual Maturity, to become more Spiritually Erect and more Spiritually Upright; in Harmony with your current biological age. Now your two-year-old child merges with you at your current age, totally, completely, looking as stunning as ever, soaring like an Eagle in Flight!

We Stir together the Color Orange of your Inner Child and the Color Green of your adult parent. We are Stirring them together until they are Brown like the Earth. And Yeshua said, "The meek shall inherit the Earth." "You are the Salt of the Earth" and "You will inherit the Earth." Feel you being Prepared to be Food for the Soul for Yeshua of Nazareth to partake with you ~ for you are an Offering to the Lord.

And now we have a green avocado. Good for a salad mixed with summer squash and smooth creamy avocado. This is an Offering to the Lord. He can see you cutting and preparing this salad for Him.

In the Eucharistic Liturgy, there is a Miraculous Spiritual Alchemy called Transubstantiation. This is when the bread and wine are converted into the Body and Blood of The Christ. And in the same way your Chakras are getting converted into fruits and vegetables: a red, delicious apple and a sweet, juicy orange, a sun-drenched, flavorful summer squash and a smooth, creamy avocado.

Behold the Energy of Yeshua of Nazareth as He Ascends to your Vishuddha Chakra, your Fifth Chakra. It is located in the Throat and has sixteen Petals. The Color is Blue. See the Blue that Awakens within you as you. It is the most beautiful shade of Blue, the most perfect Blue for you! Feel yourself resonating with this Blue. The Petals unfold simultaneously. This Blue will become the Blue of the blueberry. Now you have three fruits: the red, delicious apple, the juicy orange and you have the bursting flavorful blueberry. You have three fruits and two vegetables.

Feel the Illumination of your Vishuddha Chakra, your Throat Chakra as it is being Stirred clockwise. You become aware of the way you communicate. Your aspiration in life to be effective, to be able to say in one sentence what you normally would have said in one paragraph. You have been practicing Self-discipline and Asceticism in the manner in which you speak.

As we Ascend, all the Teachings you have received are now being imprinted in your consciousness. You will receive them at least 108 times more than how you normally would

have received them. 108 is the number of the Rudraksha beads of a mala. It refers to the favorite beads of Lord Shiva; they are called *The Tears of Shiva*.

So right now, you look like the basket of fruits and vegetables that you are preparing for Yeshua of Nazareth to partake with you. This is a very Healthy Diet for Him and it nourishes and nurtures your Souls.

And now I invite you to feel the combined Energy of Yeshua as you Ascend to your Mastaka Granthi Chakra, your Sixth Chakra, your Moon Chakra, the Medulla Oblongata. Also called Chandra or Chandri; it is the Seat of Intuition. The more highly evolved the aspirant is, it turns into Intuitive Logic. It is the Seat of Mystical Clairvoyance, meaning the Throne of Direct, Subjective, Personal Communication with God.

From the bottom of your feet, with all your Chakras Ascending, the Energy of Yeshua of Nazareth intertwines with yours Ascending to the Medulla Oblongata. See the Color Purple. It is the most beautiful shade of Purple. The perfect Purple for you. Feel yourself resonating with this Purple. It's the Purple that your heart is yearning for! It is the Purple of a very special plum.

This adds a soft and sticky Purple plum to your fruit basket for the Yeshua. Juicy, delicious, succulent, summer fruits and vegetables that are ripe and perfect. Your fruit basket is filled with a red, delicious apple, a juicy orange, some flavorful blueberries, and a soft, sticky plum. And now you have the Fruit Salad.

The Medulla Oblongata is the Intuitive Chakra. It has two Petals. Feel the Petals unfold simultaneously. Feel the clockwise Stirring Illuminating your Chakra. Feel the Purple Color as Purple as a plum. It is responsible for your Intuitive Logic. It is different from your Third Eye. The Third Eye is in the front and the Moon Chakra, the Intuitive Chakra, is at your Medulla Oblongata. It is Spiritual Attainment and Mystical Clairvoyance. From this day forward, you will feel your relationship with God is now Direct, Up Close and Personal, and Ineffable to other people; and yet clear, very brief, concise, and truly laconic between God and you.

The clockwise Stirring of your Ajna Chakra, your Third Eye, your Seventh Chakra brings such Magickal Illumination. Your Third Eye is the Seat of Shiva. There are two Petals, one is Yin and the other is Yang. On the right-hand side of the Petal, is Yang Energy, masculine and assertive. On the left is Yin Energy, romantic, tender, nourishing, nurturing, and healing.

See as a most beautiful shade of Indigo arises within your mind's eye. The most perfect shade of Indigo for you. Feel yourself resonating with this Indigo. Feel the Petals unfold simultaneously.

As you focus on this Color Indigo of the Ajna Chakra, the Third Eye Chakra, I would like you to visualize the room where you are serving this salad and fruits; the mixed salad for Yeshua of Nazareth. Imagine the room turned into this Indigo Color and the Light of the Fire of Yoga in the Sushumna which is at the base of your spine coming from you, coming from Him, and merging into one Flame of Divine Love. Blending and merging like the sign of the medicine of Hippocrates, the symbol for Wholistic Health. May you be Blessed in this Wholistic Health Practice. And know that you have an Offering for Yeshua, as you're serving Him Salad and you are serving Him Fruits.

And out of your Chakras emerges the story of your life. You have twenty-five hundred lifetimes and the story of your life from the Beginningless Time until today is baring your Soul, wearing your Heart on your sleeve to Him so that He knows you. For your love belongs only to Him and there is no other.

Yeshua is a Master of Raja Yoga which is the Royal Path of Meditation. You are prone to be an Ecstatic Lover of God. So now Yeshua of Nazareth offers you Raja Yoga. Aside from a passionate fiery, Ecstatic Lover of God, He is Offering you the Royal Path of Meditation and Self-Inquiry.

In your Third Eye, you can see the Eye of Horus. Horus is the child of the Goddess Isis and Osiris of the Egyptian Mystery School. This Eye of Horus is One Eye; only one eye in the

middle where your Third Eye is. Feel the Eye of Horus completely open and completely capable of Seeing the Past, the Present and, the Future.

Feel the Offering; the Offering of Yeshua of Nazareth to you at this moment, so you become aware of the space of *No-Thing*. In the space of *No-Thing*, know it is a hint for you. When you notice you are in this space of *No-Thing* know it is time to Create. The best way to predict the future is by inventing it.

I would like you to focus from the bottom of your feet up beyond your Ajna Chakra, your Third Eye as the Energy of The Christ starts emerging slowly in All His Radiant Glory. See Him in a white robe normally worn by the Great White Brotherhood. He is wearing a crown on His head as the Begotten Son of God and you may sense on this day He is giving you an Initiation on the Axiom, *As Above So Below So Below As Above*; Him being the Above and you being the Below. Whatever He Is, you are. As He Said in the Bible anything He can do, you can do also. This is His promise. He gives you this Grace and Blessings which will take a total of three hundred sixty years from today to unfold for you, totally and completely.

The last addition is on your Crown; a Flower, the 1,000 Petaled Lotus Blossom. The Seat of the Divine Witness responsible for God Realization. As your Heart offers Self-Realization, so the Crown, as Divine Witness offers God-Realization to you, His Muse, (for women, and for men as Best Friends Forever) to Ascend to the Pedestal that He meant for you.

See the Color White-Violet in your mind's eye. The most beautiful shade of White-Violet. The perfect White-Violet for you. Feel yourself resonating with this White-Violet, the White-Violet of the One-Thousand Petaled Lotus Flower. Feel the One Thousand Petals unfold simultaneously. It is for you to put your beautiful feet on, to step on as you worship Lord Yeshua of Nazareth and as He adores you as His Beloved.

Eventually you notice there is a row of Five Thousand Suns Shining At The Same Time Without Blinding and another row of Five Thousand Guru Purnimas Shining At The Same Time. He is the Beloved and you are the Lover, and you become the Beloved also and He the

Lover, thus providing you with the Biblical Sacred Geometry "X" which means "Go, and Multiply."

Feel your energy. Offer the Lord this last piece of the White-Violet salad, and green salad to partake. Now create your favorite salad dressing of your own concoction. When you are done, put it together so The Lord may begin eating His salad. After eating His salad, He will have His dessert. Think about a special dessert you would like to serve The Lord and what ingredients you will use. Anytime you are ready, you may let me know what the ingredients are.

(Client gives ingredients)

Wow. Great, great! So now visualize you putting these ingredients together. Stir them together in a clockwise motion so they become a dessert most pleasing to you. Stir them together so that they get a flavor of the combination of everything. When you are finished, you may let us know.

Visualize yourself going to the sink and washing your hands gently with soap and water, drying them carefully so that you may start serving Him. See yourself setting the table with utensils, or chopsticks, a napkin, His glass of water, bread to the left, meal in the center and water on the right. What kind of water do you want to serve Him?

(Client answers)

Oh, delightful. The Zen Masters of Southeast Asia say that experiencing Enlightenment is like drinking fresh, pure, spring water when you are super thirsty after a walk in the desert.

Imagine yourself and Yeshua of Nazareth having taken this long walk in the desert. And now you come to an oasis. Do you remember the part in the Bible when Yeshua said the Son of Man does not even have a place to lay down His head? He said this to his Apostles. And Now, it is you, Offering Him this Meal and this dessert you have created. This is the beginning of you learning Spiritual Alchemy. You mix your ingredients. My goodness, this is very, very exciting. Very exciting indeed.... What do your ingredients stand for?

(Client gives meaning of ingredients)

Great! Thank you. Consider this evening the First Supper you ever had with The Lord. This is the day you Offer yourself to Him as His Devotee and one of His Apostles. He is the Thirteenth Apostle. You are the fourteenth member of His Congregation. The number fourteen in the Tarot cards is Temperance, which means the Equilibrium, the Equipoise, the Balancing of the Yin and Yang. Become aware of your love nature, it has Equipoise and Equilibrium. As the Lord says "Be Thou Perfect"!

I bless you in the name of all that is Sacred, all that is Divine and all that is Holy. Amen.

Is there anything you want to say to The Lord while you and He are dining?

(Client replies.)

Thank you. You have an assignment tonight. Before you go to bed, write a Love Letter to Yeshua. It is important you tell him what you are looking for and what you want and need from Him. When you come out of this Trance, I will give you the list of the questions the Lord has for you, to answer.

And the Lord gives you Darshanat and says, "Of course, you are an Empress/Emperor. Are you willing to be Greater than that? Do you have any idea what it entails to be Greater than an Empress/Emperor? And if so, will you *Walk in Faith with Me?* Amen."

Is there anything else you could think of? Is there anything you want and need to tell Him?

(Client replies.)

Thank you. I will light incense. You may inhale the fragrance as I wave this incense to you. The incense is an emblem, a representation of the practice of Self-discipline and Asceticism. Inhale the fragrance so you may profit from all the labor the Cave Dwellers in the Himalayas have done throughout the centuries and ages, adding to the Granary of Merits of the Collective Mind. Allow your Teachings to enter the Collective Mind. Now! Not because I ask, Because It Is Time.

Thank you! Do not extinguish the incense because that is your stick. From this day forward, you will notice you will be more Self-disciplined because you have inhaled the Ascetic Practices of Yeshua of Nazareth when He was in the desert. Do you remember the Forty days He spent in the desert? He is a Great Tapaswee.

There was a time in the Bible when Peter, after serving Him for years, complained and wanted to leave the entourage of Yeshua. Yeshua asked why and Peter said "Somebody stole my precious shawl and I no longer have any protection from the cold and I am angry since it was stolen." Yeshua took off His shawl, folded it, and gave it to Peter and said "Now you can stay because you have a brand-new shawl."

This is a Demonstration of Guru's Love. You are a Child of God and from this day forward, you will *Walk the Earth in Christ Consciousness*, Loving, Non-violent, and Sublimely Merciful. So, go in Peace ~ and be Big. Be Brilliant.

I bless you with the Wisdom and the Treasures of Our Ancestors. The Lord be with you. Praise The Lord for He is with you and all that is Holy, Sacred, and Divine.

Begin to bring yourself back to conscious awareness. Whenever you are ready you may wiggle your fingers and toes, and open your eyes. There is no rush.

Sadgurunath Maharaj Ki Jaya!

## 2. Moving the Planets

Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth... releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth... releasing, relaxing. One last time, inhale through the nose, hold it for a count of seven, exhale through the mouth. You are now released and relaxed.

What we are going to do right now is to move the Planets in your chart. And we are going to do it for the purpose of evolving you and stretching you to the Fullest without causing you discomfort and undue emotional hardship.

So we are going to start with your Root Chakra, the Muladhara Chakra, which is at the base of your sexual organ and your anus. The Root Chakra has two octaves and is the Color Red. There are four Petals in the Root Chakra and you will find two Petals at the bottom. And so, since our purpose is Illumination, I'd like you to visualize and see in your Dharmic vision your Root Chakra. The lower octave, or the lower half of it, is ruled by Saturn, the Disciple, and we are going to Stir it clockwise twenty-two times.

Inhale OM NAMAH SHIVAYA, SHIVAYA, SHIVA. Exhale OM NAMAH SHIVAYA, SHIVAYA, SHIVA. All throughout the session, you must do this at the same time you visualize the Stirring of the Chakras.

So we are going to do it right now.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...clockwise...seventeen...eighteen...  
nineteen...twenty...twenty-one...twenty-two.

Twenty-two is the number of the Fool in the Tarot Cards, from the Major Arcana which actually represents the Ecstatic Lover of God who is an Enlightened Being, sage and saint.

So that is how we are moving your Chakra, your Root Chakra, of the lower octave. As you are lying there, focus on visualizing the Chakra getting Stirred clockwise for Illumination.

Inhale OM NAMAH SHIVAYA, SHIVAYA, SHIVA. Exhale OM NAMAH SHIVAYA, SHIVAYA, SHIVA. Repeat this at the same time you visualize the Stirring .

The upper octave of the Root Chakra is ruled by Uranus, the Guru of the Western Hemisphere of the Planet. It is an Illumination also.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...  
twelve...thirteen...fourteen...fifteen...sixteen...seventeen...eighteen...  
nineteen...twenty...twenty-one...twenty...two.

Now we are going to Stir the whole Root Chakra, Above and Below, together into one. Saturn and Uranus become one and the same. Together now the Color Red means Ecstatic, Passionate Love for God, the Absolute, the Light, the Truth, and the Way. As you chant OM NAMAH SHIVAYA, SHIVAYA, SHIVA I'll Stir the Chakra twenty-two times for Illumination.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...  
twelve...thirteen...fourteen...fifteen...sixteen...seventeen...eighteen...  
nineteen...twenty...twenty-one...twenty...two.

Feel the Evolution of your Root Chakra compared to the rest of your Chakras NOW. Good. Thank you.

Now we are going to go to your Emotional Body, which is the Second Chakra.

The Color is Orange and it has six Petals. The bottom, the lower octave, is ruled by Neptune which is the Ocean of Great Love, Joyful Bliss and Sublime Mercy. So we are going to Stir it clockwise twenty-two times while you chant OM NAMAH SHIVAYA SHIVAYA SHIVA on the inhale and OM NAMAH SHIVAYA SHIVAYA SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

And now, the upper octave of your Emotional Body is your Inner Child and it is ruled by Jupiter. So I would like you to stay in the Moment ~ Moment to Moment while we are doing this. I will Stir you clockwise twenty-two times while you chant OM NAMAH SHIVAYA SHIVAYA SHIVA on the inhale and OM NAMAH SHIVAYA SHIVAYA SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

Now we are going to merge and Stir Jupiter, your Second Chakra and Neptune into one. It is the Above and Below. It's the Axiom *As Above So Below, So Below As Above*. Illusion and Reality are One and the Same. I will Stir you clockwise twenty-two times while you chant OM NAMAH SHIVAYA SHIVAYA SHIVA on the inhale and OM NAMAH SHIVAYA SHIVAYA SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

So right now, you have two Chakras that have been Stirred: the Root Chakra which is Red in Color, fiery and passionate Red, and then Orange, the Inner Child (the Emotional Body) representing expansion of Cosmic Consciousness. Feel the evolution of your Inner Child. Thank you.

Now the Third Chakra, the Manipura Chakra, the Solar Plexus. It has ten Petals. At the bottom, in the lower octave, you have Pluto. It is represented by Lord Shiva who is the Destroyer of Ignorance aspect of God because ignorance is not Bliss. So I'll refer to your ability to love and be loved. Become aware of the assertive aspect of love, which is Self-Expression and the art and science of showing love to another person, places, and things. Clockwise Stirring is for Illumination and counter clockwise is for purging or purification. So to purge negative abrasive energy I'll Stir it counter-clockwise twenty-two times as you chant OM NAMA SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMA SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

This is teaching you to love in Total Abandon, Freely and without reservation. The upper octave of the Solar Plexus, the assertive aspect, is ruled by Mars. This is the Planet of Lord Karttikeya, the Spiritual Warrior. I will Stir it clockwise twenty two times as you chant OM NAMA SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMA SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

Now Mars and Pluto actually represent a Blast of Illumination in the assertive aspect of love. This balancing is the Yin of Pluto and the Yang of Mars. This represents the ability to express romantic and sexual Love, or romantic and physical Love. Mars is the *Doer of the Action*. So we're going to Stir the two octaves together twenty-two times clockwise as you chant OM NAMA SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMA SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...three...four...the yellow color is very apparent now  
five...six...seven...eight...nine...ten...eleven...twelve...thirteen...fourteen...  
fifteen...sixteen...seventeen...eighteen...nineteen...twenty...twenty-one... twenty-two.

Your Solar Plexus is making music.

And now we go to your Heart Chakra. The Planet is Venus which is ruled by Aphrodite, the Goddess of Love. At the middle you have a Golden-Green Heart. It has twelve Petals. So we are going to Stir it clockwise twenty-two times while you chant OM NAMAH SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMAH SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...three...four...the yellow color is very apparent now  
five...six...seven...eight...nine...ten...eleven...twelve...thirteen...fourteen...  
fifteen...sixteen...seventeen...eighteen...nineteen...twenty...twenty-one twenty-two.

At the right hand side of your Heart Chakra is another Chakra of the Heart, which is White. It represents Divine Love or Spiritual Love, the Perfect Love. It has twelve Petals also. So let's Stir that together clockwise as you chant OM NAMAH SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMAH SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...and as the counting continues, know that your love nature is becoming purer and purer and more and more taintless.

Three...Four...Five...six...seven...eight...nine...ten...eleven...twelve...thirteen...fourteen...  
fifteen...sixteen...seventeen...eighteen...nineteen...twenty...twenty-one... twenty-two.

Now the left side of your Heart Chakra is the Color Red and refers to human love. It has twelve Petals also. So let's Stir the Wholesomeness of the three Chakras into one.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

Feel the Evolution so far of the four levels of Chakras.

Thank you. Now the Throat Chakra. It is ruled by the Planet Mercury, the Fine Arts of Communication, the Gray Hermit, The Gray Magickian, The Hermit. And again, the Axiom is *AS ABOVE SO BELOW SO BELOW AS ABOVE*. The Color is Blue. And the Self-Expression is coming from the Core of your Being, your Soul Heart, your Heart of Hearts.

So the Color Golden-Green merges with the Blue, making it Turquoise. So let's Stir that now while you chant OM NAMA SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMA SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

Your Throat Chakra, which is ruled by Mercury says that you will leave a Trail of Blazing Light for Humanity to Follow. And it talks to you about creating the future you want to live ~ *a Created Future*.

Next, is your Ajna Chakra or your Third Eye Chakra; the seat of Horus, the seat of Shiva, the Guru. It has two Petals and is the Color Indigo. It is the Planet Sun; the Star Sun, Surya. Please chant OM NAMA SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMA SHIVAYA, SHIVAYA, SHIVA on the exhale.

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

Feel the Evolution, which means Attitudinal Growth, of your Third Eye Chakra.

Okay, last is your Intuitive Chakra which is your Medulla Oblongata Chakra. It is ruled by the Moon and the Goddess Diana. She Emerges from the Waves of the Ocean of Blissful Joy, Great Love, and Sublime Mercy.

So I'm going to Stir it now clockwise twenty-two times while you chant OM NAMA SHIVAYA, SHIVAYA, SHIVA on the inhale and OM NAMA SHIVAYA, SHIVAYA, SHIVA on the exhale

One...two...three...four...five...six...seven...eight...nine...ten...eleven...twelve...thirteen...  
fourteen...fifteen...sixteen...seventeen...eighteen...nineteen...  
twenty...twenty-one...twenty-two.

You are indeed the *Knower of the Field*.

And now, the top, the Crown. It is not a Chakra, it's a Flower. There are A Thousand Petals. And so we will Stir the Lotus Blossom in your Crown Chakra.

*AHAM BRAHMASMI*. Meaning, *I Am Brahman, the Absolute Reality, Absolute Existence, and Absolute Bliss. I am Brahman. AHAM BRAMASMI*. He is the *Doer of the Action* and the *Knower of the Field*. Oh Lord, there is no place in the Universe where You are not. No place in the universe where You do not dwell.

From the top of your head, to the bottom of your feet, I would like you to become aware of the merging of the Yang which is White, pure, and taintless with the Black or pitch dark which is the Yin, the feminine aspect, the divine feminine. We are going to mix them together now from the bottom of your feet, to the top of your head so that it merges into the Gray Magickian, Hermes Trismegistus. Right now, your coloring is that of a Gray Magickian. 100% Black and 100% White mixed together and so your life will be functioning 200% instead of 100%.

May you be Blessed in the name of all that is Holy, all that is Sacred, and all that is Divine.  
Amen.

SADGURUNATH MAHARAJ KI JAYA!

Whenever you are ready you may wiggle your toes and fingers and open your eyes.  
There is no rush.



### **3. Multicolored Universe**

Close your eyes. When your eyes are closed, you will notice that it is very easy to relax. You are feeling fine and in perfect health; feeling better than before. Feeling fine and in perfect health; feeling better than before.

Now I would like you to notice your inhalation and exhalation. And know that every time you inhale, it is as Lord Jesus of Nazareth says, "The Lord gives," and when you exhale, know that He takes it away. So the Lord gives it, the Lord takes it away. Inhale, the Lord gives it. Exhale, the Lord takes it away. Inhale, the Lord gives it. Exhale, the Lord takes it away.

Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. One last time, inhale through the nose, hold it for a count of seven, exhale through the mouth. You are now released and relaxed.

Now I would like you to sense the location of your Love Life tucked under your knees; sense and see the Color that arises there. The perfect Color will appear in your mind's-eye. See the Color that is perfect for your Love Life.

As that Color fades a new Light appears. It is the Light Within. See this Luminous Light as it breathes Life into you and tells you, "Allow me to Color your Universe."

It goes up to your Dantien, the area just below your navel, and you become aware of the presence of another Color. You become aware of the Inner Luminousness of the Color of your Dantien. See and feel this beautiful Color.

So there have been two Colors so far: the Color of your Love Life tucked under your Knees and the Color of your Dantien in your lower belly. The Color under the Knees speaks of Knees that have knelt down for lifetime after lifetime to the God/Goddess of Your Heart, so that your Knees became strong for they are Knees that love the Lord and the God/Goddess of your heart.

Your Dantien is the Color of your assertive nature, a man/woman who is loved for being loving; the Muse of the One Beloved.

Now I'd like you to become aware of your middle Heart Chakra; the Golden-Green Heart. See this Color. It speaks of a life devoted to using Communication as a Healing Tool. So you are indeed an Ecstatic Lover of God; a man/woman who loves God with Ecstatic passion; a man/woman who loves God and is loved by God for being loving; a man/woman who is earthy and whose consciousness is expanding; a man/woman who is a Healer, whose masterfulness in using Communication as a Healing Tool is unparalleled.

With one-pointed pacing and leading start creating you and this Universe that we are co-creating with you. The Color of your Heart is Living ~ Alive. And the Drop of Consciousness is there within the Perfect Heart.

Now, I would like you to become aware of your Brow. Like a lamp, it is lit in the Color Purple. See the shade of Purple that is just right for you. See it floating up in your mind's eye. This Purple means Heroic Temperament; a man/woman of Temperance. And that is you, a man/woman who is tempered like the tempering of steel, like the life a blacksmith or a spiritual alchemist produces.

And as we are going through this session and as you are reviewing your Chakras you notice they are lit up in four or five different places. Both Knees, your Dantien, your Golden-Green Heart, and your Brow become aware of the number five which is Initiation of the Inner Light of the Inner Self. That is your Higher Self. Become aware of

the number four which stands for the Absolute, the Light, the Truth, and the Way. This is your One Beloved.

Now I would like you to picture yourself sitting down in a half lotus posture or a lotus posture or sitting on a chair on the beach. And at this beach you are aware that a portion of the beach has grass and trees around it; so beautiful, so panoramic and so majestic. You can see the sky. I would like you to behold the sky in the Color Blue that suits you. This Blue Color represents your ability to Self-express, coming from the heart, coming from the Core of your Being, coming from the Green Color of your Golden-Green Heart, your Perfect Heart.

And as you look up and watch the sky, you become very aware of some White clouds. See the actual White they are, so dear to your heart. And you become aware of the presence of stones on the beach. See the beautiful White Color of the stones. And some flowers in the garden somewhere nearby the beach. See the White Color of the flowers. They are all so beautiful. And know that the Colors that awaken you are with you; on your clothing, your accessories, your physical body. They love you and want to serve and heal you. Watch for them as we continue.

Visualize the Color White. See how it fits and compliments you like the clouds in the sky. How very becoming it is to a man/woman like you who is young, beautiful, crispy and juicy, alluring, sensuous and sensual. Very masculine/feminine

You become very aware of other clouds, Pink clouds that are the perfect shade of Pink for you, to remind you of the Pink flowers in the garden and the Pink that is present in your clothing and the accessories of your life. You are indeed Divine. Only a man/woman of nobility, not only in social status, also in character could behold these things as dear to his/her Heart.

You notice some Blue clouds in the sky. They are great clouds. See in your mind's eye what Color Blue they are. They are like one of the Colors you enjoy in your life like

your jacket. While you are looking at these things in your environment in your meditative lifestyle, you become aware of one of the other Colors from the garments of your life, of your jacket also.

Now the Color Red. It is your shade of Red, perfect for you. See that Red. There are some flowers in the garden that are this Color. Some of your clothing is this Color also. And the robins singing on top of the tree wear this Color on their breast too. See these life giving Colors.

Your jacket, clothing and accessories also have two levels of a Yellow Color. When you look at it, you are amazed at your skill in Color acuity. For you are aware of the difference in the hue intensity of these two Yellow Colors. They are very lovely to behold. You become very aware that the Color Yellow stands for Compassion Without Prejudice in the Christian Religion; and Compassion Without Discrimination in the Buddhist Religion.

You look at the leaves of the trees. Experience the exact Color they are. You enjoy them and feel the chlorophyll present in the Green leaves. You become very aware of the leaves of the trees, the Green of the grass, and the Green in your jacket and the things you wear: your Multi-Colored garments.

Right now you have your shade of White, so see that White in your external environment. Now Pink; see the Pink that warms your heart in your external environment. Your shade of Blue... of Red... of Yellow... of Green.

And now you become very aware of the Color Maroon. You become very aware of Maroon and you see how it enriches you when you wear it.

You look at the Color Brown in your environment. When you look at the Earth, just like you, she is earthy, down to Earth and deadly practical, functional and useful. You know

that you too are wearing brown. It may be in your physical coloring, your shoes, articles of clothing. And you are actually very happy for having knowledge of Colors.

Right now, know that your Multi-Colored Universe is being created out of your own Rainbow of Colors that are perfect for you. You look at the Color Green in your clothing; the Color Green that makes you feel so good.

Out of appreciation for your lifestyle, you enjoy being alive ~ a man/woman. You enjoy being a man/woman who is getting what you want and what you need out of life.

You're having a lot of fun in life now. And you are enjoying life to the fullest and to endlessness. Visualize a fan of two-thousand Colors. The Colors are all perfect compliments and enhancements of your natural coloring. They excite you and compel you.

And at this time in your life, there are things that are coming to a close. These things coming to a close Herald for you the Beginning of the End of a season in your life, such as those things that no longer serve you and that have stopped working for you. There is a hint of sadness, yes. In the sense that it is like mist when it's about to rain. And this tells you as a man/woman of Heroic Temperament that it is your time and your chance to learn how to dance in the rain instead of waiting for that particular storm to pass by.

So allow these Colors in your Multi-Colored Universe to Bless you and to Bless your life; to add Valor to your Courage to be Vulnerable. Allow this Blessing to make a difference in this world based on your own Merits. Allow this particular time to encourage you; bring to a close and to allow the curtains to drop on this natural ending.

To unfold all that these beautiful tinted Colors give you; the Courage to keep on going and moving forward to the One Beloved. You are His muse; you know that too in your Heart. You know that you can find Color in this New Universe you are walking into. The door of the past will close. You will know that it is inevitable to start a New Life.

So see these two-thousand vibrant beautiful Colors Gracing your life. In this lifetime, these are your Colors. Allow them to work for you and on you. Allow them to cater to you hand and foot that you may know that you are a child of God. That you deserve to live with the Grace of God under the sky and under the trees. Like the Buddha, the Perfected Being, living a life of Moderation.

So I would like you to be very aware of the Color of Ivory from the top of your head to the bottom of your feet and down to your fingertips. See yourself in your favorite shade of Ivory. You are all Ivory in Color right now, including all your Chakras. You are now Colored by Ivory. Feel the Ivory Color in your Internal Self within you as you; Ivory in your clothing, personal accessories, and physical appearance ~ the Color of Ivory. So precious to you. This is the first Color of your Multi-Colored Universe, the Color Ivory.

There are a hundred billion cells in the brain, ten billion of them are Templates of the Structure of the Microcosm. I would like you to see the different Colors and the Rainbow within the one hundred billion cells. See them Luminous as if there is an intense Light inside the family of the Rainbow, making them Luminous. A hundred billion of those cells divided into different Colors. Enjoy the beautiful Colors and allow the different colors to flood your brain.

Now I would like you to focus on the ten billion cells in your brain that are Templates of the Structure of the Microcosm. The ten billion cells in your brain that are Templates of the Structure of the Microcosm are divided into seven different Colors of the Chakra Rainbow.

There is Ivory which represents the clouds, the stones, the flowers ~ all Ivory. So allow that Color - Ivory. A billion of those cells are Colored Ivory. Think of the clouds, the stones. Now the Color Pink, clouds also, and Pink flowers, Pink in your garments. Then a billion in Blue. They are also clouds like the Color in your clothing. The clouds and the Blue you wear that inspires your self-expression.

So you see, you're carrying the Color of the Whole Universe with you in the garments and accessories you wear and the Coloring of your physical being. The Color Red, a billion cells of them, signify the flowers, your clothing and the chest of the robins singing. The Color Yellow, a billion of them, from the clothing you love; different hues and intensities of Yellow. And then Green, like the leaves when they are young and green. Like a Color on your clothing and accessories also.

Then a billion of them again in Maroon Color. It signifies the Color of the leaves on Earth when they are turning Brown. And then a billion of the Red Color that is vibrant and alive. A billion cells; the Color is Brown, like the Color of your shoes, maybe your eyes, or your hair. See it in the garments you wear. And then finally, the Lighter Green; the Color enlivening your accessories, your jacket, your garments. So these Colors are very significant to you. Ivory, Pink, Blue, Purple, Yellow, Green, Maroon, Red, Brown, and Lighter Green.

And your brow is the beautiful Purple Color, except that right now because you have finally become Ever New and Multi-colored in your Universe, it is even a more beautiful Purple Color.

The Color of your Soul, your Internal Soul, your Internal Light, is Colored Ivory, as if it were a canvas. Your Brow is Purple, a more beautiful Color of Purple. Your Golden-Green Heart Chakra, your Perfect Heart, a more beautiful vivid Green. Your Dantien a very much Alive Color, and under your knees: a very beautiful Color.

You are Blessed, for you live a Multi-Colored Universe unto your own Being. So I would like you to imagine and feel the laurels of leaves put together, and flowers around you like a crown. And the flowers are in Ivory, Pink, Pale Red, along with leaves of various and beautiful shades of young and mature Green.

And now all the Colors, all the cells in your brain light up five thousand more degrees brighter. Illuminosity! All the Colors of your Chakras and your Power Points which are

your Brow, your Golden-Green Heart, under your Knees, and your Dantien; they are your Power Spots. And they are there to Bless you and Guide you for the rest of your Life.

And now you ask: "Is it time to create My Universe right now?" Since you and I created your Multi-Colored Universe into being, since I have paced and led you, you can create your Multi-Colored Universe into Being.

And the answer is, "Behold, Child of God, the One Beloved. May you be Blessed from this day forward for creating your world from No-thing!" For this is the Gift of Great Spirit to you. That you may walk this Earth and blanket this Earth with prayers with every footstep you take. For you have a Multi-Colored Universe and you are a Multi-Dimensional Being.

I bless you in the name of all that is Holy, all that is Sacred and all that is Divine, Amen.

You are feeling fine and in perfect health, feeling better than before. Feeling fine and in perfect health, feeling better than before. You have all the time in the world. This is a New Life, a New Day. And you know that you are a new man/woman A man/woman in the world and not of it. A man/woman who is both transcendental and profound, deeper than the deepest depth at the Core of One's Being.

**SADGURUNATH MAHARAJ KI JAYA!**

When you feel like it, you can bring your awareness back into the room and wiggle your toes and your fingertips and open your eyes. There is no rush.

## 4. The Night at the Beach

Close your eyes. When your eyes are closed, you will notice that it is very easy to relax. You are feeling fine and in perfect health. Feeling better than before. Feeling fine and in perfect health. Feeling better than before.

Inhale through the nose, hold it to the count of seven, exhale through the mouth, releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth... releasing, relaxing. Inhale through the nose, hold it to the count of seven, exhale through the mouth... releasing, relaxing. One last time, inhale through the nose, hold it for a count of seven, exhale through the mouth. You are now released and relaxed.

Now I would like you to visualize yourself at the most beautiful beach you can imagine. It is a moonlit night filled with Yin energy; meaning it is romantic, nostalgic, dreamy, nurturing and nourishing. It is like being caressed by Mother Nature and it is very healing. So feel the qualities of the Yin energy from the bottom of your feet, to the top of your head, down to your fingertips and your toes.

Feel the warmth of the beach at the bottom of your feet and as you do, I would like you to become very aware of the Magickal night. It is about 11 o'clock in the evening; the time that spells Self-Surrender to Natural Phenomenon and Major Forces at Work when the Energy of God is most intense.

The Color of the night sky is Blue. Visualize the most beautiful Blue for this Magickal night. See the beautiful Blue! It caresses your heart! It is so Magickal, so miraculous, so beautiful. The night at the beach is so romantic. So heartwarming and fills the heart with warm fondness. And from now on, when it is night time, you can feel the energy of romance, nostalgia, and the nurturing and nourishing love of a mother: Mother Nature, Mother Gaia, and you will become very aware of this Presence of this night on this most beautiful beach.

Feel yourself like a baby inside the womb of Mother Gaia. And the water is very much like the water of the beach. But first, saturate yourself with the feeling of this night. It is very healing in Blue. And as you twinkle and blink your eyes inside the womb, you become very aware of outside, watching the clouds; the Pink clouds. The clouds are so beautiful! They Herald New Changes in your Love Life, leading to Angelic Love. The Love of an Angel, which is you! Just like the number fourteen in the Tarot, the Angel of Temperance ~ the Balancing of the Yin and Yang with beautiful Pink Clouds.

As you look around, you notice it is Guru Purnima, the most beautiful Full Moon of the year dedicated to Guru and God, with you as the Devotee and the Disciple, as the Muse of the One Beloved. So take a look at the Yellow Color of the Full Moon, the Guru Purnima. See your Perfect Yellow for the Guru Purnima at the top of your crown beside the Divine Witness, who is the One Beloved, and behind Him see the stars in White; billions of White stars in the beautiful midnight Blue night sky.

You look down at your feet and feel the warm sand at the bottom of your feet. And you become very aware of the Light Gray Color of the sand. Feel the energy of Light Gray Ascend from the bottom of your feet to the top of your head and all throughout your body. It is the Color of the Gray Magickian.

White Magick is when you do good to people, places, and things deliberately, consciously, and intentionally.

Black Magick is when you take responsibility that when something happens to you, you know that you created it based on the premise that you create your own reality. You process your issues and take accountability for the results you got. When you process your issues when another person is involved, you take into account how that person participated in the event that occurred.

Gray Magick is when you do good to people unconsciously, and unintentionally. These

results happen auspiciously to people, places and things, all creatures great and small out of the fact that you are a Great Soul and a Strong Soul and that you are a contribution to the Clarity of human Life on the Planet.

This is the virtue of the Color, of the Light Gray Color of the sand on the most beautiful beach you can imagine. You gaze from the womb of Mother Gaia, which to you is the Color of the sea. The Color of the water is your Perfect Blue.

You are lying down, cradled, by this Perfect Blue Color in the womb which is actually the beach. You look around and you see the rocks that are so familiar to you. Notice the Color. They are the Color of Pewter. And you are reminded that even the strongest rocks in the world will in time dissolve when put under water for a long number of years, for water is stronger than rock and so is your Emotional Body stronger than rock.

So become very aware of the night. There is a song popular many years ago that says *Tender is the Night* and I want you to play it in your Consciousness and allow it to ring in your ears very softly, very gently. Hear the love songs that you grew up with about the Magickal night, the romantic night, the tender night.

As you are listening to this music, become very aware of this velvety, Blue night. The Twilight Night that is going on at 11 o'clock in the evening, the number of Self-Surrender to the Lord. Make yourself an Offering to God in Sweet Surrender, that the Lord may have you in His Bosom as you seek Refuge in Him. And as the Lord hugs you, and you are within His warm embrace, listening to the love songs about the Tender Night, become very aware of the Pink Clouds that Herald your Angelic Love, your Transition to Angelic Love.

As you Transition to Angelic Love, on this night, you become very aware of the clouds, the Pink Clouds near the Full Moon, the Yellow Moon; the Guru Purnima, the Goddess Yin. You become very aware of Goddess Diana, who is the Goddess of the Moon as She emerges in all her Radiant Glory as She ascends on top of the water, the beautiful Blue

water.

As She Ascends there, you see a Magickal Woman. And your sense is telling you this is the same structure that you will pass through like the Prism of the Structure of the Macrocosm that will be likened to your new filter. As you Transition into this Angelic cloud, you watch the Goddess Diana as she lies down beside you and slowly enters your consciousness.

With your permission, she gives you the Grace of a Beloved Blessed Mother, as she represents Mother Gaia, Mother Earth, as your Divine Mother. And in this beautiful scenery on the most beautiful beach you can imagine, you feel caressed by the waves. The water is cooling and yet the night is warm.

So the Goddess Diana, the Goddess of the Moon, the Goddess Yin, starts Downloading you with Colors. The Blue that you will see from now on every time it is nighttime and you will know that it is the Hour of Yin, Goddess Yin, the Goddess Diana. And the Pink you will see in the clouds. And the Yellow of every Full Moon, as beautiful as the Guru Purnima.

And when you think of stars, you will see them twinkle beside the black clouds, beside the Pink clouds also. And you will see the stars as your White; billions and billions and billions of them. And from this moment forward, every beach that you go to will remind you of the very, very beautiful Light Gray Color of the sands on this beach; most beautiful, most warm to the feet.

And you feel like you have come home. The perfect Blue of the Blue water. The Goddess Diana is Downloading you the Color of Pewter for the rocks that are there too. Now when you wear your clothes, become very aware of the colors of this Magickal night; Blue, Pink, Yellow, White, Light Gray, and Pewter.

So as you can see, you're starting to create a Multi-Colored Universe. Not only in your Chakras, not only in your mind and consciousness, not only in the fluids in your body,

but also in your wardrobe that will eventually change the structure of your auric field.

Continue as you see these Colors in your mind's eye. In your Consciousness continue listening to the music of Love on how beautiful a night it is, songs that you can remember from your childhood through your adulthood; songs that you can remember from puberty.

Look at what you are wearing on the beach and imagine yourself changing your outfit while you are at the beach. Any of the Colors you have envisioned will do very well. Think of the different Colors of clothing that you can wear at the beach. These are very beautiful Colors. You have a very good sense of style and a very good sense of Color combination, mixing and matching them for a unique original look. And you should do everything to heal your aura with the combination of these Colors.

Now I'd like you to see at the top of your head where the Flower, a Thousand Petaled Lotus Blossom is unfolding Petal by Petal. And each of those Petals, as they unfold, is a striking a Neon Light Color which is one of the Colors you saw today. Pick each one of them.

So focus on your Heart Chakra and focus on your Second Chakra, your Emotional Body, your Inner Child. Your Emotional Body Ascended and it is in At-One-Ment with your Heart Chakra. Feel those two Chakras now merged in Self Realization and Self Actualization Ascend to God Realization on your Divine Witness, the Spirit of God Himself in God Realization, at the top of your crown, right at the middle of the One Thousand Petaled Lotus, the Flower at the crown.

Smell the fresh fragrance of the Lotus Blossom which is where you are standing with your beautiful feet.

Feel yourself facing the One Beloved, Jesus of Nazareth. Feel His Love, His Compassion, His At-One-Ment with you. Feel your relief as you look at Him and see on His head, a

crown for the King of Heaven instead of a crown of thorns for the king of Israel. Watch Him in all His Radiant Glory; in His white robe, the robe of a High Ranking Member of the Great White Brotherhood of this Entire Creation.

As He outstretched His palms to you in Blessings, in giving you Grace, you become very aware of the Stigmata on His hands and you remember the night in Galilee, the place where He was Crucified. You look down at His feet and as you kiss them one after the other, you become very aware of the marks of nails on His feet. And your tears fell for the Love of the Man from Galilee.

And you heard Him say in one of his talks, His Blessings:

*Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.*

*Blessed are they who mourn,  
for they shall be comforted.*

*Blessed are the meek,  
for they shall possess the earth.*

*Blessed are they who hunger and thirst for justice,  
for they shall be satisfied.*

*Blessed are the merciful,  
for they shall obtain mercy.*

*Blessed are the pure of heart,  
for they shall see God.*

*Blessed are the peacemakers,  
for they shall be called sons of God.*

*Blessed are they who suffer persecution for justice sake,  
for theirs is the kingdom of heaven.*

Tonight is another Beginning in your life. It is the Beginning of a New Way of seeing Yin. You realize there is nothing negative with being nostalgic and romantic, nothing negative about being nourishing and nurturing, nothing negative about being healing. Those negativities are belief systems of those whose hearts are not open.

For the Color of the Night is Tender and Magickal. For it is in the evening that the Guru Purnima shines and you are a personal embodiment of the Guru Purnima, the most beautiful Full Moon of the year; a Loving Being who is the Muse of the One Beloved.

And once a year there is a most Blessed night for you to celebrate. The night of Guru Purnima is a night created especially between you and your Beloved Jesus of Nazareth. So behold the God of Love of the West as He showers you with Compassion, Forgiveness, Everlasting Life, and Everlasting Love. Behold as He takes you into His bosom and Increases your depth, breadth, and height in Knowing Him, as He takes you from *Here to Where You Want To Be* in the spiritual path; as He Dances the Dance of the Eternal Bridegroom on His Wedding Day with you.

Now I would like you to hear in your Consciousness the most beautiful wedding song that you have ever heard in all your lifetime. Hear the music and the beauty of the lyrics. Hear it again in your Consciousness and know tonight, this Guru Purnima night, is your Wedding Night with Jesus of Nazareth. He kisses your hands and then one finger after another, He kisses them and tells you "I will love you like there is no tomorrow, only today.

For today is the Beginning of our lives together." He carries you and sits you down and holds you close, putting your face on His bosom and telling you to rest and He rocks you to sleeps And says to you "I bless you in the name of All that is Holy, All that is Sacred and All that is Divine, Amen!

SADGURUNATH MAHARAJ KI JAYA!

Whenever you are ready you may wiggle your toes and fingers and open your eyes.  
There is no rush.

# GLOSSARY

## A

**Abhishek:** (aa' bi shek) a ritual bath given to a Deity.

**Akashic Record:** nonphysical records containing all of human experience and the history of the entire Creation; part of the Tapes of Eternity or multi-sensory experiences of God memorialized in His "Memory Bank."

**Ascension:** literally to Occupy Space. From the perspective of the Macrocosm, Spirit mastering a human being and all the esoteric knowledge the human being has accumulated. From the perspective of the Microcosm, the human being mastering Spirit. When Spirit masters a human being, Spirit becomes greater because of the human being, and the Saints and Sages say, "*The Lord magnifies my Soul.*" When a human being masters Spirit, the human being becomes greater because of Spirit, and the Saints and Sages say, in the words of the Virgin Mary, "*My Soul magnifies the Lord.*" (Luke 1:46) "*Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the Lord be magnified, which hath pleasure in the prosperity of His servant.*" (Psalm 35:27) This two-fold definition of Ascension is based upon the Axiom, "*As Above, So Below. So Below, As Above.*" When we Ascend at the highest Level, we Ascend Body and Soul, as did Lord Jesus.

**Ajna Chakra:** (aaj'naa) the seventh Chakra, also known as the third eye Chakra. Its color is indigo, and it has two Petals. It is the Seat of the Guru—the Seat of Lord Shiva, who is the Personal Form of the Guru Principle in the Taoist Yogi-Christ Lineage International.

**Astral Body:** the combined energy of the second Chakra and the third Chakra; the Unification of the emotional and mental bodies.

**Auric Field:** (or' ic) the luminous egg of subtle energy, which surrounds every object, both animate and inanimate.

**Arati:** (aa' ra tee) an act of ritual worship accompanied by the waving of a candle or light; the external light symbolizes the kindling of the Inner Light.

**Asana:** (aa' sa na) a cushion or mat used for meditation; also a yogic posture.

**Ashram:** (aa' shraam) a place of striving; the abode of a Guru; a place of spiritual study for students on a yogic path.

**Avatar:** (aa' va tar) a perfected being who is born Enlightened; an incarnation of a God-form.

## B

**Bhakti Yoga:** the Path of Love and Devotion.

**Beingness:** the fact of one's Existence.

**Brahman:** God as the Absolute Reality.

**Buddha:** one who is "Awake" embodying Compassion and Wisdom; the Planetary Logos; historically, Siddhartha Gautama, the Root of the path of Buddhism.

## C

**Chaitanya:** (chey taan' ya) or Sanskrit for Potent; Pure Consciousness in its aspect of Potency.

**Chi:** Universal Life Force Energy.

**Chakra:** literally, "wheel," referring to centers of consciousness located throughout the subtle bodies. There are seven major Chakras or energy centers located along the spine, plus the Crown; each Chakra is associated with an aspect of human consciousness. In the Taoist Yogi-Christ Tradition, the Crown is not considered to be a Chakra, but rather a "Flower" or pedestal upon which the Ascended Heart Chakra is enthroned during the ecstatic states of God Communion. In addition to the major Chakras, there are thousands of minor Chakras located throughout the subtle bodies.

**Crown:** the Crown of Creation; our connection to the Source located just above the physical head known as the Thousand-Petaled Lotus or *Sahasrar*, in Sanskrit; the pedestal upon which the Heart Chakra sits when Ascended.

## D

**Dance of Nataraja:** the Dance of the Dancing Shiva—the Dance of the Dissolution of the universe (the dissolving of the sick, weak and unhealthy ego).

**Devotional Chanting:** a spiritual practice in which songs of praise and adoration are sung to God.

**Devotee:** one who loves the Guru and God.

**Diamond Age of Enlightenment:** a state of being on Planet Earth beginning in the year 2160 in which the heart Chakra of all human beings is Ascended and enthroned on the pedestal of the Crown. A being whose heart Chakra is Ascended and enthroned on the Crown is an Ecstatic Lover of God, or *Raga Parabhakti*, in Sanskrit. This is the highest spiritual attainment for a Devotee and Disciple on the Path of Love, Devotion, Compassion, Forgiveness and Mercy. During the Diamond Age of Enlightenment, human beings will become simultaneously Devotees and Disciples. It is said by the Saints and Sages of the Taoist Yogi-Christ Lineage International, that love without knowledge is without direction, and that love must become one-pointed. Example: “I love you for what I am when I am with you.”

**Disciple:** from the same root as “discipline,” one who exercises self-discipline; in spiritual astrology, the planet Saturn; a person who learns from the Guru.

**Disciple’s Grace:** an “Invisible Way” that exists for householder monks; when a Disciple bestows his Grace (meaning unmerited favor) to All Creatures Great and Small—all people, places and things—so that they will Teach him, whereby he attains greater Attitudinal Growth.

## E

**Eastern Occult Doctrine:** hidden teachings of Ancient and Ageless Wisdom available only through Initiation.

**Enlightenment:** a state of being in which (i) the seven major spinal Chakras are open plus the Crown; (ii) the person has a direct, personal, subjective experience of the Self; (iii) the person is surrendered to the choices he or she has made for himself or herself; (iv) the person is surrendered to the choices other people make for themselves.

## G

**Guru:** (goo ‘ roo) from the Sanskrit roots gu-, which means “darkness,” and –ru, which means “dispeller;” one who dispels darkness and ignorance; in spiritual astrology, the planet Jupiter in the East and Uranus in the West; a true Guru has a Lineage and is initiated by a true Guru.

**Gurudev:** (goo roo dev’) the aspect of the Guru Principle that removes obstacles from the Disciple’s Path.

**Gurudeva:** (goo roo deva’) the aspect of the Guru Principle that deliberately places obstacles on the Disciple’s Path for the purpose of producing Attitudinal Growth.

**Guru Purnima:** (poor’ ni ma) the most beautiful full moon of the year (occurring in July), which is dedicated to the Guru and God; the Guru Purnima represents the Disciple, who is also a Devotee of Guru and God.

## H

**Hara:** (haa' ra) an energy center in the physical body located approximately two inches below the navel.

**Heart Chakra:** also *anahata* Chakra (Sanskrit for "Unstruck Sound" referring to the Voice of Silence); associated with Venus, the Planet of Love. One of the major centers of human consciousness located along the spinal column; associated with Pure and Taintless unconditional expanding love; the "bridge" between the upper and lower Chakras, also called "The Invisible Way Across the Stars." Associated with the Axiom, "As Above, So Below. So Below, As Above" and the Mantra, "THOU ART THAT, THAT THOU ART." The Macrocosm of the Second Chakra.

**Higher Self:** Christ Consciousness, Krishna Consciousness, Shiva Consciousness, Buddha Consciousness; the I AM Presence; the Begotten Son of God. The Higher Self is birthed by Spirit.

**Householder:** an individual who maintains responsibility in society rather than a renunciant (a celibate monk).

**Hypnogogic Sleep:** the natural state we experience momentarily just before going to sleep when the passive and active minds change roles of dominance; also a yogic sleep, a meditative trance, to make the unconscious mindful and vigilant.

## I

**Initiation:** a spiritual rite causing fundamental inner transformation within the consciousness of the person who is initiated.

**IT (capital I, capital T):** the All-Pervasive Reality; Brahman, Pure Consciousness.

## J

**Jagadguru:** (jaa gaat goo' roo) Guru of the World or Global Spiritual Master.

**Japa:** (jaa' pa) a spiritual practice involving repetition of a mantra or name of God either orally or mentally.

**Jaya** (also *Jai*): (jai' a) joyous victory; hail.

## K

**Karma:** the principle of Cause and Effect; for every action, there is a reaction. *“For whatsoever a man soweth, that shall he also reap.”* (Galatians 6:7)

**Kundalini:** the latent spiritual energy represented as a dormant serpent coiled three and one-half times at the base of the spine; the energy which Ascends through the *shushumna* to the Crown culminating in the experience of Enlightenment and Illumination.

**Lineage:** a historical succession of teachers and their disciples who have passed sacred teachings from generation to generation in an unbroken line.

**Lord Karttikeya:** (kar ti ke' ya) the root of Karttikeyan Yoga. He is the eldest son of Lord Shiva and Goddess Parvati; the brother of Lord Ganesha, Destroyer of Obstacles; and the Guru of Mahavatar Babaji.

## M

**Maha Kumba Mela:** a spiritual celebration and pilgrimage held every 144 years in India. A term popularized by Panditji Tigunait, the successor of Sri Swami Rama of the Himalayas.

**Mahavatar:** literally, “Great Avatar”; One who supports the evolution of other Avatars.

**Mahavatar Babaji:** (ma haa' va tar baa' ba jee) an Ascended Master whose mission is to assist Lord Jesus Christ and Lord Shiva to usher Planet Earth into the Diamond Age of Enlightenment predicted to start in the year 2160. Mahavatar Babaji manifested His present physical body to be inhabited by His three-million-year-old soul. He has been living in the same physical body for over 10,000 years. Mahavatar Babaji is the Disciple of Lord Karttikeya and the Ward of Lord Shiva. Mahavatar Babaji overshadowed Lord Jesus during Lord Jesus' 40 nights and 40 days in the desert. Mahavatar Babaji was originally known as Mrytunjaya and later as Lord Markandeya. Mahavatar Babaji is the Guru of Samyama.

**Mala:** (maa' la) a chain of prayer beads strung together; a rosary.

**Mantra:** a vibratory force that carries within it the power of creation.

**Mantra Yoga:** the Path of the Transformative Power of the Spoken Word.

**Meditation:** the practice of bringing one's mind to one-pointed focus.

**Medulla Oblongata:** the sixth Chakra located below the occipital ridge on the back of the skull; associated with Mystical Clairvoyance (the ability to be All-Seeing—seeing everything in past, present, future and beyond; the ability to directly perceive and experience God and His Creation). The medulla oblongata is associated with the Moon, and it has two Petals. Its color is purple or lavender depending on the level of the person’s Mystical Clairvoyance. Recognized by the Taoist Yogi-Christ Lineage as a major Chakra.

**Mercury:** the planet of communication, transportation.

**Mula Purusha:** (moo’ la poo roo’ sha) Sanskrit for “Original Being”; represented esoterically as the thumb-sized bright blue Windless Flame that resides within the human heart.

**Muladhara:** (moo’ la da ra) Sanskrit for root Chakra.

**Mystical Clairvoyance:** produced in the *medulla oblongata* Chakra located at the base of the skull; the ability to directly perceive and experience God.

## N

**Nataraja:** (na ta raa’ ja) Lord Shiva represented in the form of the Lord of Dance; the Nataraja Dance represents the universal cycle of creation, preservation, destruction and rebirth.

## O

**OM:** the primordial sound of creation.

**OM NAMAH SHIVAYA SHIVAYA SHIVA:** a Sanskrit mantra that means “I bow to the Inner Self; I bow to the God within me as me; or I honor the Self that dwells within me.”

## P

**Pranam:** (pra naam’) bowing and placing one’s forehead to the floor symbolizing that one is ruled by the heart rather than by the head; a gesture of respect for a spiritual teacher.

**Prasad:** (pra sad’) holy food or a sacred object which has been blessed and is given as a gift.

**Puja:** (poo’ ja) ritual prayer; also an altar.

## R

**Razor's Edge:** the Spiritual Path, as affectionately referred to in Asia. *“Arise! Awake! Approach the feet of the Master and know THAT. Like the sharp edge of a razor, the sages say, is the path. Narrow it is, and difficult to tread.”* Katha Upanishad (Swami Prabhavananda Translation). *“Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.”* (Matthew 7:14)

**Root Chakra:** first Chakra located between the base of the sexual organ and the anus; the *muladhara* Chakra. Its color is red and it has four Petals. Also called the Seat of the Survival Center and the Security Center.

## S

**SADGURUNATH MAHARAJ KI JAY!:** a Sanskrit mantra which means, “I Bow to the Venerable Feet of the Guru!”

**Sadguru:** (sat goo' roo) someone who is a true Guru; someone who radiates the Light of our Divine Self, someone who is in At-One-Ment with God.

**Sadhaka:** (sa daa' ka) a spiritual aspirant; one who does *sadhana*.

**Sadhana:** (saa' da na) spiritual practices done for the purpose of experiencing the Self and God.

**Samadhi:** a deep Yogic meditative state above all thought and beyond description; a superconscious state of complete Union and total Absorption in God.

**Samyama:** a combination of meditation (*dhyana*), concentration (*dharana*) and *samadhi*; literally, Absorption.

**Seva:** (sae' va) a spiritual practice involving Selfless and Devotional Service to the Guru and God or to one's spiritual community.

**Self:** the Universal Form of a person; the spark of God, which dwells within you as You.

**Shakti:** (shaak' ti) the Eternal Consort of the Hindu Trinity—Lakshmi, Saraswati and Parvati; also, Spiritual Energy or Power.

**Shaktipat:** (shock' tee pot) the Descent of Spiritual Power; the eclectic merging of two Opposing Forces, such as the Fire of Spirit and the Water of Everlasting Life.

**Shiva:** (shee' va) part of the Hindu Trinity; the Destroyer of Ignorance; the destroyer aspect of God.

**Shivalingam:** Shiva as the phallic symbol.

**Shiva Manasa Puja Chant:** (Shee' va Ma naa' sa Poo' ja) an ancient chant performed as an internal act of Mental Worship to Lord Shiva.

**Shree Mataji:** Mahavatar Babaji's Immortal Sister.

**Shushumna:** (shoo shoom' na) the most important of the 72,000 energy channels which run throughout the physical body; the central energy channel connecting the major spinal Chakras.

**Siddha:** a perfected being.

**Spleen Chakra:** the second Chakra located below the navel; also called *swadhisthana*. Its color is orange and it has six Petals. The Inner Child or Emotional Body. In Spiritual Astrology, the conjunction of Jupiter and Neptune in the Astral Body. Also called the Knower of the Field.

**Solar Plexus:** the third Chakra, also called the *manipura* Chakra, located above the navel. It is yellow and has ten Petals. It is associated with the Planets Mars and Pluto. It is also called the Assertive Aspect of One's Love Nature and Self-Expression. Also called the Doer of the Action.

**Soul Factory:** the aspect of the Monad (God) which gives birth to individual Souls; also repairs and rejuvenates Souls returning to Spirit after an individual's transition from physical form.

**Spirit:** God; the All Pervasive Reality.

**Sufi:** a person who follows the mystical path of Ecstatic Love in the Islamic tradition.

**Super Nova:** in ecstatic meditation, an orgasm which happens in the ten billion cells of the brain rather than in the sexual organs; the Cosmic Union of Shiva and Shakti; the Spark of Creation Itself.

## T

**Tantra Yoga:** the Union of the Divine Masculine and the Divine Feminine resulting in a Spark of Creation that gives birth to a Divine Child, who is the Disciple and Devotee on the Path. In the Taoist Yogi-Christ Lineage International, the Braiding Together of Mantra Yoga and Bhakta Yoga.

**Tao:** (dào) literally, "the Way;" the Invisible Way that maintains harmony between the individual and the Universe by balancing the two Polarities of Existence—Yin (tender, magnetic aspect) and Yang (assertive, dynamic aspect); called "the Pathless Path."

**Taoist:** (dào ist) of the Lineage of the Tao.

**Temporary Soul:** the temporary personality that we assume for one incarnation only. Each time we reincarnate, we assume a new temporary personality.

**THAT:** the Structure of the Macrocosm; the All-Pervasive Reality.

**Throat Chakra:** the fifth Chakra, it is also called the *vishuddha* Chakra. Its color is blue and it has sixteen Petals. Responsible for Self-Expression coming from the Viscera (heart, intestines and liver) and from Spirit; also called “speaking from the Gut.”

**Trataka Yoga:** (tra ta’ ka) a Yogic practice of concentration in which one gazes at a physical or visualized object, most commonly a Light.

## U

**Uma Parvati:** a manifestation of the Divine Shakti also the Deity of the Mantra “AUM.”

**Unconditional Love:** Pure and Taintless Expanding Love for one’s own self and others; also called The Light of The Self That Is Ever-New.

## W

**Water of Everlasting Life:** also known as the Sea of Tranquility; also called the Ocean of Love and Mercy, which is the Ocean of Bliss of the *Hu Sugmad* (an ancient name of God). The water that Lord Jesus referred to in the Bible when he said, “*Whosoever drinketh of this water shall thirst again; but whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.*” (John 4:13-14)

## Y

**Yoga:** Union of Body and Soul; derived from the Sanskrit root *yuj*, which means “to yoke.”

**Yogi (or Yogini) Christ:** one who, through the practice of a merging of Christianity and Yoga, Ascends to Yogic Christ Consciousness.

**Yoni Mudra:** (yo’ nee moo’ dra) a euphemism or gesture symbolizing the Vagina or a woman’s openness to intimacy with the Divine.



## CHAKRA CHART OF THE TAOIST YOGI-CHRIST LINEAGE

| <b>Chakra Number</b> | <b>Location</b>   | <b>Official Name</b> | <b>Color</b>     | <b>Number of Petals</b> |
|----------------------|-------------------|----------------------|------------------|-------------------------|
| The Flower           | crown             | sahasrar             | white violet     | 1,000                   |
| 7th Chakra           | third eye         | ajna                 | indigo           | 2                       |
| 6th Chakra           | medulla oblongata | chandri              | lavender, purple | 2                       |
| 5th Chakra           | throat            | vishuddha            | blue             | 16                      |
| 4th Chakra           | heart             | anahata              | green            | 12                      |
| 3rd Chakra           | solar plexus      | manipura             | yellow           | 10                      |
| 2nd Chakra           | spleen            | swadhisthana         | orange           | 6                       |
| 1st Chakra           | root              | muladhara            | red              | 4                       |

### **Feet Chakras**

When the Chakras in the Feet are open, the Feet become Mecca Itself—a place of Holy Pilgrimage. Every footstep the person takes becomes a Prayer, which nourishes and nurtures Mother Earth.

### **Palm and Hands Chakras**

The purpose of piercing the Chakras in the Hands is to turn the Hands into Bliss-Bestowing Hands. When the Chakras in the palms of the Hands are open, one may give Blessings and Grace through the Mere Touch, which is useful when one hugs a person, gives Hands-On Healing or Makes Love. The person being touched feels that "his life has been touched by 'An Auspicious Presence.'" The Chakras in the Hands have the same number of Petals as those in the Feet.





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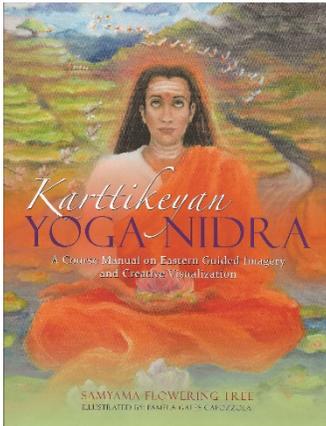
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Many waters cannot quench love,  
Neither can floods drown it ~ Song of Solomon 8:7

"Memories are kind like rain  
Falling upon barren Earth" ~ Anonymous

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