



Soft Diamond Light

Only love matters

Part Two

Anatole Petrovich Kononewsky

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I dedicate this book to my Guru.



Light is at the source of all that we see, and all that is ever seen is due to the presence of light, but what is at the source of the mystery of light?



Contents

Light	iii
Acknowledgments	v
Preface	vi
Part two: Only love matters	1
Using the Meditations & Insights: Inner wisdom	2
Meditations & Insights I: Master & Disciple	3
Meditations & Insights II: The Nature of Life	60
Appendix	
‘Only love matters: music for Soft Diamond Light’	122
Glossary	124
Meditations & Insights Index	
Meditations & Insights I: Master & Disciple	140
Meditations & Insights II: The Nature of Life	142
Recommended reading	144
Soft Diamond Light package & global initiative	146
Only love matters: Part One	154
Inspired Thinking Institute	155
About the author	156
‘Matter of Light I’ painting	157
Light & Love	158

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Preface

We have created two eBooks based on the book, 'Soft Diamond Light, Only love matters'. The book is featured in the special, limited edition artwork production and talisman of power, 'Soft Diamond Light'.

This hardcover book, along with the image and music for Soft Diamond Light, is a personal expression of my spiritual journey. The book is part of the Soft Diamond Light package – a gift for world leaders to inspire them to support the vision of Soft Diamond Light. The book is divided into two sections: Part one, 'Soft Diamond Light' and Part two, 'Only Love Matters'.

This eBook is based on Part two of this book.

The two eBooks were created to make the information of this production more accessible to a global audience, and more importantly, to add the vibratory energy of Soft Diamond Light to the 'online consciousness' of the internet.

It is important to realise the internet is a physical materialisation of the inner collective consciousness of humanity. Just as the 'mobile phone' is a primitive, physical manifestation of telepathy, the internet represents a physical manifestation of the group consciousness of humanity, warts and all.

If you think about it, a mobile phone is effectively the ability to communicate over great distances with no physical connection. It is a 'device' that manifests the superphysical quality of telepathy, as far as humanity can accept this type of a phenomenon at this time of its evolution. In a similar way, the internet is also the 'bringing-into-form' of a crude, physical manifestation of the inner consciousness of humanity. (This is the true esoteric significance of the 'internet.)

As such, the internet can be used for creating separation or unity within humanity.

In the book, Part one, 'Soft Diamond Light' explores some of the main esoteric principles in Part two. This is done in three sections. The first section focuses on the image of *Soft Diamond Light* and explains the story behind its evolution. The second section explores the music of *Soft Diamond Light*. This is done in relation to the extraordinary experience of spiritual awakening in store for each and every one of us. It also describes how the music was created as a companion to the book, and the story behind the song, 'I know I am'. This song was written for my spiritual teacher. The music is based on the song, and it was produced to celebrate its performance to her. The CD is effectively one piece of music, comprising 13 moves, the song and a reprise.

The music to *Soft Diamond Light* can be played while reading the book, or contemplating the image and/or the Meditations and Insights. The entire music can also be used as a specific spiritual practice, as described in the second section of Part one. The music entices the listener to hear the silence and power within the notes. This occurs when you become aware and present to the deva of the music.

The third section, revealing the story behind the book, is about my invitation to visit my spiritual teacher at her ashram in 1997. It was during this visit that I presented her with the first draft of this book as a gift and to receive her blessings for the project. I also had the opportunity to delve deeply into my Self during my extended stay at the ashram, undergoing many profound inner experiences.

The third section also includes one of the main purposes of writing the book – to provide an introduction to the Universal Manifestation Principle™. The section gives an overview of how this principle operates. The principle describes how the entire physical universe materialises from a metaphysical point of view.

While the book is not a comprehensive treatise on life or the universe, it does seek to introduce some different pathways, and to open some new doorways, for examining these areas in a different light. The intention is to present a more expansive view of life and to enrich our perception and the purpose of it. Our primary focus can then become to better ourselves and the rest of humanity.

Part two, 'Only Love Matters' emerged from the bringing together of a selection of my meditations, dating back to my teenage years in 1965, and the writing of new meditations more recently. The Insights on the opposite page of each Meditation were also written recently and were inspired by each of the specific Meditations. They can be a catalyst to awaken your innate inner wisdom. If you are seeking some inspiration in your life; if you are looking for an answer to some question or challenge, then hold the book in your hands, feel the inner vibration of its deva and visualise the image of Soft Diamond Light. Listen to the music of Soft Diamond Light with an open heart and open the book to any Meditation and Insight. As you read, let your own inner wisdom be your guide to receive whatever you need to know or do right now for the highest good. Our inner wisdom or inspired intuitive intelligence is based on the existence of a state of consciousness accessible within every one of us, it functions beyond the limitations of the mind.

It rests in the silent power of the heart. A place where 'knowing' is a natural ability, the same as thinking is to the mind.

The Meditations and Insights are based on my interest, study, contemplation and meditation of esoteric teachings, which explore the technical, methodical and metaphysical principles that allow our universe to function and come into physical manifestation. In particular, I am fascinated by our individual and collective purpose on this planet called earth and its role in relationship to our overall solar system.

I would recommend reviewing the entire Glossary before reading the book. The entries provide an insight into some of the deeper aspects, concepts and ideas in the book. It also contains additional material not directly referenced in the body of the book for your further information and interest.

In summary, the book introduces our ability to create and maintain powerful thought-forms for serving the highest good of the planet. This rests in understanding the power of meditation, and consciously invoking the cooperation of the devic kingdoms. May the presence of this book and its music in your life assist to guide you in discovering more of who you really are. May you be filled with the light and strength of a diamond and the softness of love. May the power of light and love shine forth in your life.

I invite you to use *Soft Diamond Light* as a means for connecting to the limitless source of love within you and as a catalyst for entering your own heart. Ultimately, a vision of light sees, only love matters.

Anatole Petrovich Kononewsky

Part two

Only love matters



Using the meditations & insights:

Inner wisdom

The Meditations and Insights are a catalyst for acquiring inner knowledge from your own innate wisdom. They can assist you in finding a possible new direction, fresh inspiration or understanding regarding your immediate questions or circumstances.

The Meditations and Insights are chosen from my contemplations and writings over the last forty years. They can be selected for your enjoyment and inspiration by opening up to any page spontaneously. Before you open to a page, hold a strong intention in your heart for inner guidance.

Each Insight appears on the background of the image of Soft Diamond Light. It has been inspired from the specific Meditation it follows. The title of the Insight has also been selected from its corresponding Meditation.

Meditations & Insights I: Master & Disciple

The Meditations and Insights in the first section have emerged from my fascination, from a very early age, with the existence of spiritual Masters. A spiritual Master emerges from within the ranks of humanity and, through an extraordinary effort, completes the evolutionary journey. The Meditations and Insights in this section focus on the very special relationship that exists between Master and disciple.

Meditations & Insights II: The Nature of Life

The Meditations and Insights in the second section examine the heart of love. They explore the beauty, humility, compassion and greatness within our heart. The Insights look at how we manifest this love in our lives.

The Meditations and Insights can be selected at random whenever you are looking for guidance or inspiration, and read them aloud. Their true inner meanings are more easily revealed in this way. After you have read the words, sit quietly for a moment. Visualise the Soft Diamond Light image radiating from within you and let your mind be free of thoughts. Allow the words to trigger the intelligence within your own heart and provide the perfect solution or answer directly from your inner Self.

I would also like to invite you to simply listen and enjoy the music of Soft Diamond Light while you read and contemplate the Meditations and Insights.

Meditations & Insights I

Master & Disciple



Imagine coming face to face with the
tumultuous power of a hurricane in full flight,
yet feeling the gentle caress of a butterfly.

Imagine becoming engulfed in the intense
heat of a solid molten lava wall,
yet grounded in the serene stillness of a mountain.

Imagine time surrendering into eternity
and words becoming indescribable,
while melting into the silence of the Master's presence.

One

We all live in one quiet place
where silence greets eternity.
When this cosmic sound of eternity
finds a moment of rest within the Master's love,
the presence of this love resounds into realms
unreachable by our ideas.

It reflects a serenity embraced by the
brightness of inconceivable light,
immaculately perceived, yet never seen;
effortless, mindless, it goes beyond the reach of reason.
We see lightness dissolving into nothingness,
divinely disappearing into everything.

Our venture into worlds of material substance occurs
when the shadow of eternity meets uncertainty.
Then we dive into the fire of experience to
reveal the truth of our essence.

Then, and only then, can we enter via
the door of greatness, seeing all things linked by
threads of inexplicable wonder from an
indefinable point of view, existing everywhere,
determined by nothing and bound by no-one,
free of all limitations, yet forever and
sensually caressed by the love of life.

Our true Self sees our greatness existing
in every moment of this love.

(continued)



Every moment of this love

Where does the cohesive power of the universe arise from?
What binds the substance of our physical existence together into a
coherent whole, providing inexplicable order, divinely unfolding towards
a higher understanding of the purpose and meaning of our lives? Love.

(continued)

The flight of love revels in the delight of
exposing the differences of separation
as the unity of attraction.

Both exist at the same time and
depend only on the onlooker's
point of view.

This is reflected back to itself as the
essence of infinity greeting itself,
time and time again until all of time
simply weaves its way back to
where we began with the gentle
knowing of who we are.

Then in one simple fact of life,
we become this breath, giving our lives
to the form of who we think we are,
and forever remaining relentlessly
resting in the supreme release that is the One.

15 September 2006





The form of who we think we are

It is not what you know that counts. It is what you do with what you know that matters. Especially when this doing is the outcome of an inner impulse. This impulse triggers a thought, is animated by desire and carried out by action. In this way, our higher purpose brings the essential, unified interconnectedness of life into physical form – a dance of supreme unity and love.

The thunderous softness of stillness

Walking in the gardens I feel the air saturated
with the stillness of silence. I am greeted by an ocean
of sweet fragrances looking for an open heart to caress.

With each wave a delicate scented mist
mystifies my senses with a kaleidoscope of delights.
Gently, I am coerced to relinquish my control.
My heart is beckoned to merge into an
even greater fullness of serenity.

Walking further along the path, I meet each Master
majestically expressing their magnificence.

I sense an artistry of ancient alchemy
at play in these sculptured masterpieces.
My eyes are invited to drink the succulent
nectar of each abundant moment
with reverence and respect.

I am nurtured and nourished with
a feast of blessings, radiating endlessly
from an infinite source of peace and solitude.
Each building, statue, tree, rock and, indeed,
every blade of grass seems to have been
divinely positioned by the touch
of the Master's grace.

(continued)



An artistry of ancient alchemy

There is a magical artistry that exists within every atom of manifestation that follows implicit and precise formulas of creation for the materialisation of all forms. This is administered and managed by an invisible, vast and conscious host of hierarchical divine intelligence within nature, largely undiscovered and unacknowledged by humanity. Our cooperation is the key.

(continued)

Her radiance shines through a stream
of devoted sevites, striving to reach
the highest aspiration of service.

The stillness crushes my senses
with a sublime thunderous softness.
I go within to where I am no more,
yet reach the source of everything.

The echo of my heart explodes
with an ecstatic rapture, to reveal the richness
of being lost in the vastness of limitless love.

What foolishness it is
to believe I could express the immense
and unfathomable grandeur
of the Master's love.

But wouldn't I be a greater fool
not to believe in love?

Gurudev Siddha Peeth, India, 10 April 2000





The vastness of limitless love

The benevolent supervision of limitless love extends from the macrocosmic boundaries of the universe to the microcosmic details of our inner worlds. Its mission is clouded only by humanity's current inability to embrace its pervasive, universal directive guidance. The silent sound of answers and questions is found in the quieting of the mind, to hear what we may not see.

The Master's breath

The Master's breath gives life to each moment
as it emerges from eternity into reality.
The illusion of the outer world is uplifted,
exposing the brightness of love.

When you see yourself as love,
reality is directly perceived with a united
understanding of seeing life as it really is.

The Master's breath brings us
closer to living than life itself.
It sends a scintillating vitality into our senses,
providing a heightened perception to
travel through time to the infinite destiny of timelessness –
our ultimate destiny.

The Master's breath energises
the life of God within us
to realise the Oneness of who we really are.
This resides within the diversity of everything
to remain concealed in the stillness
of being forever One.

4 January 1997





The infinite destiny of timelessness

Time is an aberration of the mind, for as we see beyond the limitations of the mind, time is annihilated. The past and the future become simultaneously present. Timelessness is revealed through the alignment of our personality with our inner Self. Meditation is the silent breath of the soul that links us to the inner Self. By opening the door of meditation we become vitalised by the light of the soul.

One golden land

The spirit of one country spreading golden links of light.

The light caressing the far reaches of our land,
uniting our hearts with the oneness of the Master.

The love of one country sending out golden threads.

The greatness sharing its sublime generosity
with the simple, gentle sweetness of the Master.

The action of one country reaching out with
golden gifts, awakening the scintillating sparks of our
inner Self kindled by the flame of the Master's love.

One country in light, love and action fills our spirit
with a golden glow of unity, entrusting
our land to the nourishing grace of the Master.

In oneness our global community remains immersed,
within the golden aura of the Master's light and love.

13 October 1996

(Inspired by Gurumayi's visit to Uluru, Australia)





Golden links of light

The powerful devic presence of our sacred land responds to the united effort of loving service by devoted servers. The golden land awakens with the fullness of its spirit. The Master's grace ignites the fire, which initiates this Angelic Being.

Living in the heart of the Master

Just as a small child is sheltered
beneath the wing of its mother's love,
in the temple of the Master's home
we are embraced by the protection
of her loving grace.

The benevolence of her serenity
is showered upon every deed
performed within her abode.

To live in the Master's home is to have
attained rewards from boundless travels
within the endless journeys of eternity.

Every step we take within the Master's home
places the path before us, filling our hearts with the
opportunity to touch the gentle gift of acceptance.

Every thought within her domain brings a glimpse
into the vastness of her limitlessness.

(continued)



The benevolence of her serenity

The sacred sound resides within the serenity of the Master.

Its sound is at the centre of our true home.

The sound of OM resides at the centre of our home,
just as our true home resides in the pure vibration of OM.

(continued)

Each desire transforms into aspiration,
drawing us closer to the source of silence
within the sound of her reverberating stillness.

To breathe the charged atmosphere
of the Master's temple enlivens
every atom into responsive
heightened activity, bringing life
to our total being.

When the answer arrives to a question
that never needed to be asked,
an unexpected vastness explodes from within,
extending the capacity of the heart
to go beyond the outer perimeter
of its boundaries.

Then silence lingers lightly in the air,
inviting its message to be spoken
without a sound, knowing

I AM THAT I AM.

23 August 1996





The charged atmosphere of the Master's temple

An ashram is the Master's home and temple. It is the actual musical note of the Master. The moment we enter this sound it calls out to our inner Self for a response, resonating with an affinity for love.

There is great benefit in spending time in a holy place.

The karmic effect is inevitably of great merit.

Eternity

Within the centre of infinity
dwells the vastness of the
unquenchable fire of divine love.

This feeds the sweetness of our journey
throughout eternity, giving sustenance
to the structural integrity and growth
of the universe with timeless ease, thus
revealing love's soft hand and beauty's
artistry in all its many forms.

Our destiny is to realise the completeness
of our immense greatness, reaching beyond
our inconceivable limitlessness, where
infinity finally greets itself to discover the
ecstatic implosion of eternity into timelessness.

16 August 1996





The unquenchable fire of divine love

Love holds the fabric of the universe in place. It weaves its threads of cooperation, caring, detachment, kindness and harmlessness into a tapestry of interrelationships and interactions. The mission of love is to bring the understanding of unity into our hearts. Discovering this stillness is at the centre of its universal reach, touching a place that you thought could never be felt.

The divine moment

Many days were delivered to the feet of his Guru
fulfilling the strict discipline of sadhana.

These days passed through time,
filling the space of many years.

His focus remained steadfast on his goal,
one-pointed and fixed, ever moving
towards the one attainment.

His love, his gratitude, his life were always
aimed at fulfilling the vital message
of his Guru's command.

His every moment
became his Master's moment;
his every thought
became his Master's thought;
his every breath
became his Master's breath.
Soon one from the other
became indistinguishable.

(continued)



Moving towards the one attainment

Life is inexplicable, moving towards an extraordinary crescendo with the most sublime and profound consequences. The spark of the Master ignites the inner iridescent brilliance so that we may attain our inescapable destiny and find our way home to a place we have never really left.

(continued)

In the moment of his Master's choosing,
the merging was complete.
The journey revealed its final destination,
sanctified with the greatness of his Master's grace.

In that moment of moments,
his Master's blessings revealed
the reality of the inexplicable
unfathomable expansiveness
found within the bliss of freedom and
the serenity of divine love.

In this moment,
all of life rejoiced in his rise
to the vistas of sublime heights.

This divine moment of
his revelation became
his divine gift of giving,
to all life, forever.

9 August 1996

(Written in honour of the divya diksha of swami Muktananda)





Inexplicable unfathomable expansiveness

Receiving initiation from a true Master is a unique opportunity in cosmic time. Spiritual initiation is currently being offered as a planetary experiment under the supervision of the great lineage of siddhas, or Masters of the Wisdom. They are selflessly overseeing this initiative with great benevolence. It is an unprecedented impetus of extraordinary proportions. This will unfold during this millenium for the highest evolutionary unfolding of Consciousness within humanity at this time. It is a moment in time not to be missed.

The reflection of the Guru

Just as the brilliance of the sun's glory is reflected
in the silent fullness of the moon's brightness,
the Guru's greatness is reflected in our hearts.

Know that your sublime state of unity arises
from a never-ending flow of love.

With supreme gratitude we celebrate
the moon's majestic and graceful movement.
We dedicate its rounded perfection to the Guru.

26 July 1996
(Dedicated to the Guru in honour of
Guru purnima, the fullest moon of the year)





Sublime state of unity

Our entire solar system is the physical body of a Being
whose Consciousness is beyond our most sublime imagining:
God, by any other name.

This Consciousness utilises the entire system for its personality.
The Guru's grace is such that God leads us to the Guru,
so that the Guru can lead us back to God.

How close is the Master?

How close is the Master?

As close as your breath moving with
the steady rhythm of your heart.

How close is the Master?

As close as the sound of your voice, a sound that
vibrates to the sweetness of love within itself.

How close is the Master?

As close as your heartbeat which sends the
flow of life into the fullness of your being.

How close is the Master?

As close as the steps you tread
on the path of love towards
the light of knowledge.

How close is the Master?

As close as the tears that flow
from the experience of divine love
within the silence of simple solitude.

How close is the Master?

As close as the hand that reaches out
to support another in comfort.

(continued)



The silence of simple solitude

Naught is felt but in her hands.

Naught is loved but in her heart.

Naught is but what comes from the source of her divine love.

(continued)

How close is the Master?

As close as the light illuminating our eyes,
the sound reverberating in our ears,
the tastes captivating our tongue,
and the fragrance which caresses the air
with sublime serenity.

How close is the Master?

As close as the gentleness felt within the embrace
of relentless, unconditional love.

How close is the Master?

As close as the feeling of love in the
heart given in service to the Master.

In that moment of total surrender we receive
the completeness of everything.
We receive the very essence of all that we can be.
Understand that the Master dwells
within us, as our own inner Self, seeing
the same oneness as the one who is seeing.

2 July 1996





The completeness of everything

The fabric of the universe is woven with the threads of our lives. The beauty is revealed in the colours of its design, and by the mastery of the Weaver. Every life contributes a sweet vitality to the tapestry woven by the Cosmic Being – a Being that has initiated everything that exists. And if you wake up to your Self, you realise that Being's very essence is the essence of your own inner Self.

The completeness of rest

The completeness of her love captivates
each moment into surrendering
its gift of grace.

Each moment silently offers itself
to the sound entering her heart.

In this moment time becomes lost,
going beyond its boundaries.

Yet in this moment the mind finds
itself in stillness, overflowing with the
fullness of its own meaning.

Each moment hears the audible silence
emerging from these ecstatic heights, reaching
into the most profound depths of her love,
finding its final completeness of rest.

18 January 1996





Audible silence

All sound emanates from the reverberating source of silence.

Sound provides the mechanism for calling the builders of the universe into activity. They guide the uniqueness of each creation to its ultimate destiny. Each form provides a vehicle for the destiny of Consciousness to give expression to its God-given sound for the eternal fulfilment of the source of silence.

Going beyond the question

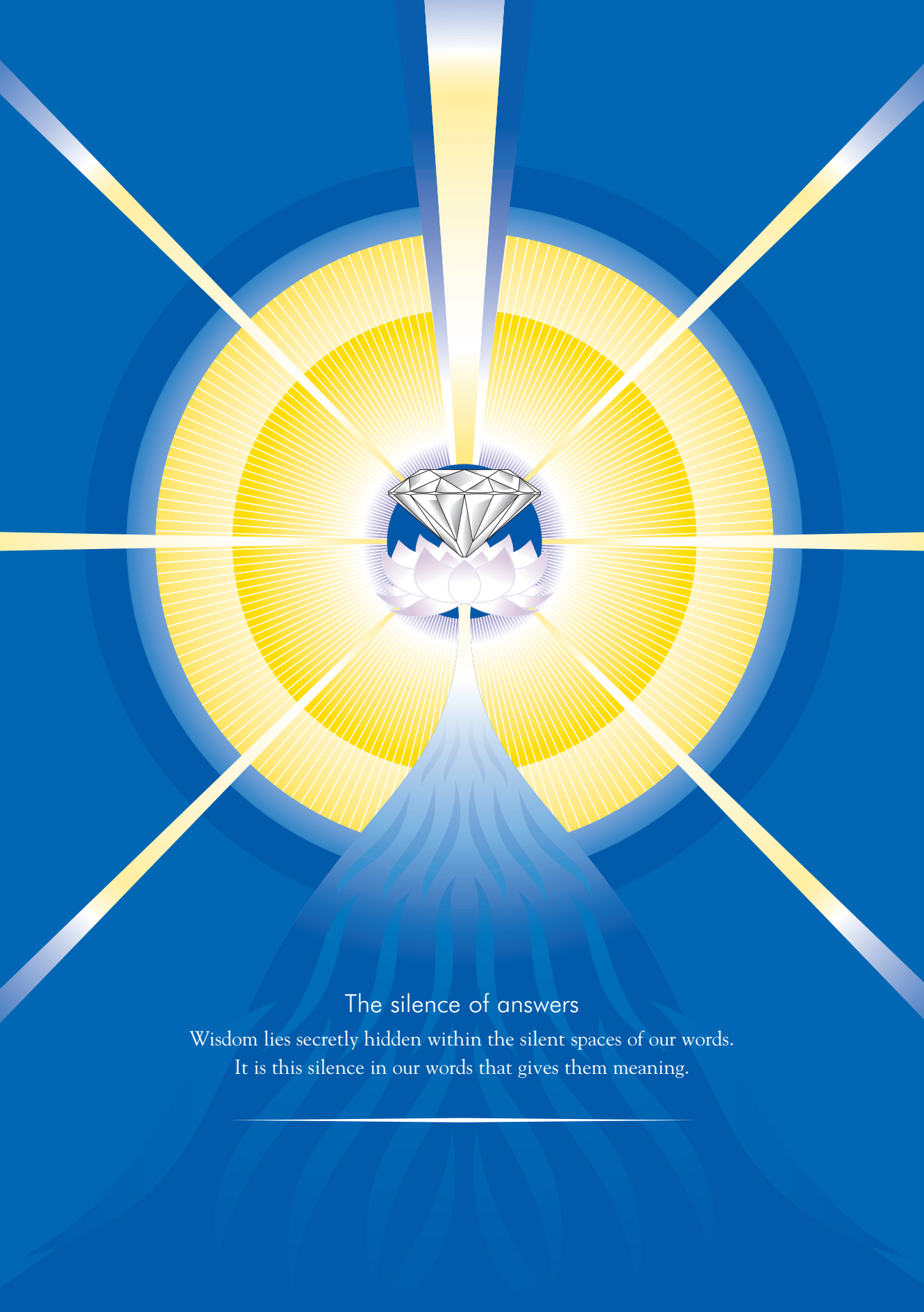
The answer to life is knowing every
moment is a question of living life in its fullness,
and the meaning of life is to live life with meaning.

We discover that the answers to questions
are found in the hidden silence
of answers heard within questions.
And the answer always arises by surrendering
to the stillness of the ever-flowing nectar
of love in our lives.

Then the question never arises.

2 January 1996





The silence of answers

Wisdom lies secretly hidden within the silent spaces of our words.
It is this silence in our words that gives them meaning.

The Guru within

The presence of the Master
is like the taste of sublime sweetness,
captivating my senses until they evaporate
into the ephemeral essence of bliss.

Her presence greets me with its secret splendour,
inviting me to merge into the atmosphere
of her enveloping silence.

The Guru is the principle within the universe
whose reason for being transmutes
the darkness of illusion
into the lightness of reality.

From time to time this principle
is established within a physical form
to focus our attention.
She allows us to reach into the reality
of the Guru's presence.

So often the longing for lasting love
pervades our being.
Driven to see the Master in her physical form,
we travel, we seek, we search,
we struggle, we pine, we wonder,
we ask, "When will I see the Master?"

(continued)



Its secret splendour

The only distance that separates us from the Master is travelled on the winding roads of the mind. When the mind comes to rest, the Master automatically reveals herself. Our thoughts are the innocent offspring of the mind. If driven by our lower nature they create separateness. When inspired by our highest aspirations, they create the serene unity of love in our lives.

(continued)

We forget.
The Master is as close as our inner being.
The awareness of her presence springs
forth whenever we remember the place
inside our hearts where she dwells.
We can be filled with the Guru's presence
anywhere, anytime, anyway, with love.
Choose to remember that her home
resides within your heart.
It is reached by travelling to where you are
in the present moment.

She exists timelessly,
awaiting your recognition and call.
Know the Guru, her sound vibration
and the inner abode of the Self as one.

2 December 1995





Travelling to where you are

The source of everything is inside you.

Wake up to your Self, which is beyond everything.

Realise you are always arriving at every destination you have ever been to, and you are now at a place you have never left.

In the end, everything arrives at the place from which it started.

The point of Oneness

The only point of thinking is to
remember our love for the Master.

The only point of living is to
live within the reach of the Master.

The only point of dying is to die
in service of the Master.

The only point of breathing is to breathe
the vitality of the Master.

The only point of eating is to partake
in the honouring of the Master.

The only point of seeing is to reveal
the world of the Master.

The only point of hearing is to know
the sound of the Master.

The only point of feeling is to feel
the inner love for the Master.

(continued)



The only point...
Your life is simply a point of reference for God's love.

(continued)

The only point of our senses is to embrace
the presence of ourselves in the Master.

The only point of speaking is to listen
to the love of the Master.

The only point of life
is to live to remember the Master.

In the beginning we see the truth of
who we are becoming, and in the end
we see the reality of who we truly are.

For the only moment wasted is in the
forgetting of God's splendour
within our Self, as our Self.

For in the permanent remembrance of the Master
we reach the realisation of who we really are,
and attain the mastery of love.

5 December 1995





Reach the realisation of who we really are

Direct your thoughts to the present moment by channelling your desires to the surrender of detachment. Then by performing your actions with the unconditional willingness of giving and receiving, you align your personality to the vibrational state of who you really are: the inner Self at one with God.

The Master's smile

The Master's smile is filled with the
joyous light of beams radiating
sweetly from her sublime serenity.

Like a precious jewel, her smile reflects
her supreme presence.

My heart responds with a rapture of longing
to reach into the connected Oneness
of her inner mastery of life.

Sitting in the aura of her auspicious quietness
my soul becomes drenched
with the soft, solid solitude of silence.

Her silence distils in the essence of knowing love.

She allows me to exist, within myself and
without myself, yet inside the limitless boundaries
of her self-perpetuating purity.

To be the one and only one of many
in the ever-flowing love of the Guru's grace
brings an everlasting joy to the heart of love.

31 July 1994





Inner mastery of life

Our personality has only one objective in utilising our thoughts, desires, or actions: to attain mastery over each of these three vibrational energetic states, and to become a perfect channel and vehicle of service for our inner Self.

The heart of love

At the heart of love rests a beat
of longing to live with the love of
the Master in your heart.

A love discovered by its
limitless ability to express itself.

A love with the freedom to give
the gift of its bounty.

A love so sweet that its silence sings,
resonating with the fullness of sound.
Its infinite sublime simplicity is captured
within each moment of time.

The Master's presence permeates the atmosphere
with the pleasure of pleasing life
and reaching its full potential.

From her point of view,
the love inside your heart
is the heart of your own inner Self.

She allows you to see
that the love of the Master
and your Self are sublimely One.

12 July 1994





Silence sings

Just as every musical note has its meticulous place, timing and space in a symphony, every human adds a unique and auspicious note to the symphony of life. The melody is found in its own divine and rhythmic expression on the journey through time and space. The finale comes to rest in the hands of the conductor, also simultaneously the composer and the player.

Beyond the bounds of limitlessness

To meet a Master brings your life into the fiery presence of light,
revealing the greater meaning of your life experiences.

This close encounter with your Self is one of
unconditional, everlasting flowing love.
It transports precious moments of time beyond
the bounds of limitlessness until time itself
becomes transparent and disappears
into timelessness.

It delivers an acceptance of exactly who
you are without the separation of judgement,
or the irresponsibility of blame.

(continued)



Precious moments

See your Self and the Master as one and the same.
In this moment, time and space dissolve into the oblivion
of divine rapturous love.

(continued)

A love that whispers with a welcoming
warmth, unfolds in the beauty of knowing
that serenity is waiting to be revealed
within each one of us.

In that moment of time expanded by love
we become completely focused in the softness and
duration of each moment as it silently passes by.

We enter a place where eternity
merges into itself to join
the source of its own limitlessness.

We discover a point of love
beyond itself, which simply sees
that love is the entire point.

9 July 1994





Where eternity merges into itself
A point within itself.

Song of the Guru Mother

Listen to the soft, assuring voice of
our Guru Mother as she sings to
the child within our hearts,
awakening the lights of love
sleeping within our souls...

Arise, arise, she sings with
a soothing silence.

Join my song to awaken the
sound of the heart as it responds
to the serenity of the unending
resonating note of the Self.

The answer is heard within the silent,
rapturous expansion of space.

It is found when we listen
to this love as it emerges from
the reverberating sound of eternity.

3 January 1994





The reverberating sound of eternity

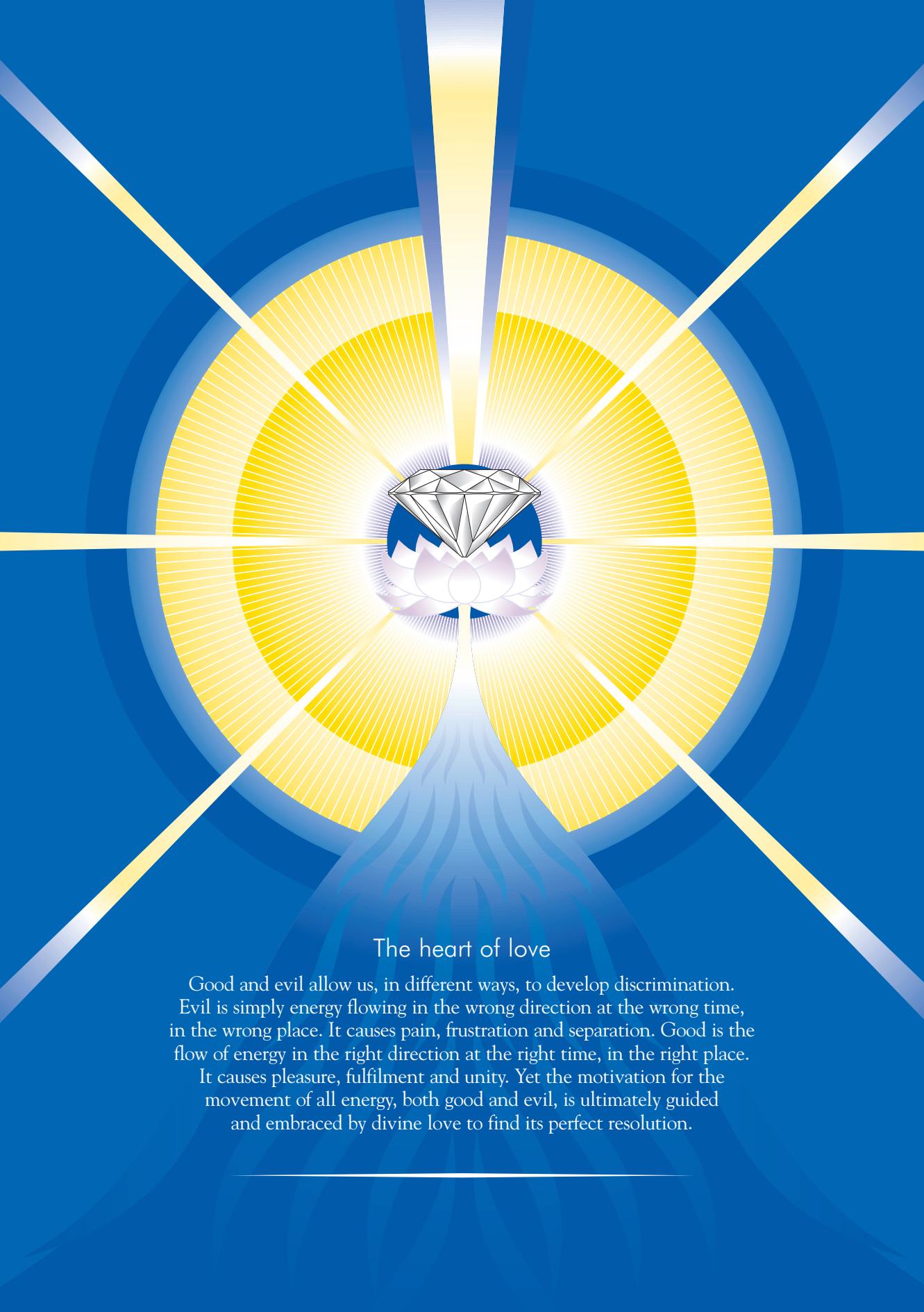
The completeness of sound is found
in the profound stillness of silence.

The Master's flow of love

Every day my love grows stronger for you.
And as my love grows stronger,
I become stronger.
I no longer need anything
but to love the heart of love
that flows within you.

2 November 1993





The heart of love

Good and evil allow us, in different ways, to develop discrimination. Evil is simply energy flowing in the wrong direction at the wrong time, in the wrong place. It causes pain, frustration and separation. Good is the flow of energy in the right direction at the right time, in the right place. It causes pleasure, fulfilment and unity. Yet the motivation for the movement of all energy, both good and evil, is ultimately guided and embraced by divine love to find its perfect resolution.

I know I am

The whisper of the wind, caressing your hair.
The sparkle in your eyes, reflecting my gaze.

The fragrance of your warmth,
surrounds my senses in the night.

As I'm standing in the light
and the moon is shining bright.

The softness of your touch,
as your eyes melt into mine;
I know I'm running into time and
I know I just can't hide.

If the clouds grow dark and it rains,
I think of you and call your name.
If I'm in doubt and don't know what to do,
I know your love will see me through.

There is something that I can't explain,
my love grows stronger when I call your name.
My heart just opens and I know I am
everything that you say I am.

4 January 1993

(Based on the song written and performed for Gurumayi)





Standing in the light

If in doubt, stand in the light of your heart, because there's no doubt
when you're standing in divine light.

Sanctuary of my heart

The gentle spirit of your voice resonates
as it visits the destination of my soul.

The fullness of your inner beauty
overwhelms me as it embraces my being.

Rejoicing that life has given
me into your tender care,
I accept the gift of your beingness
into the solitude of my heart.

As the sweet nectar of your serenity
flows into the silence of my spirit,
we become the subject of the same reflection,
revealing the oneness within one another.
The Master, as pure love, reigns supreme
within the sanctuary of my heart.

11 August 1989





The gentle spirit

My Master's love is as tender as the flutter of a butterfly's wing,
as powerful as a hurricane in full force, and as steady as a mountain
contemplating eternity.

Meditations & Insights II

The Nature of Life



Listen to the rhythm of nature,
sing along with its song,
stay in tune with its wonder,
respect the roar of its thunder
and rest in the soul of its slumber.

The nature of life is to listen beyond
the rhymes and reasons
of who you think you are,
and to reach into the heart
of who you really are.

Only love matters

When everything is released
only the softness of love remains.
What is released with love always
returns to the freedom of time.
What is removed without love
always returns to its point of removal.
True love remains permanent
in a world of change.
It stays steady and secure with the
serenity of silence, seeking its friendship.
It does not disappear with the movement of time.
It does not diminish with an increase
in the distance of space.
It is not looking for a return or reward.
It is never defeated in its rejection and
never feels rejected by any defeat.
If love is attacked, its intensity increases and
greet its enemies with more of itself.

(continued)



The movement of time

In each moment of time in our three-dimensional physical world everything and everyone in every moment is in a state of emerging progressively, as a cross-section of a higher-dimensional causal state. Birth is the entry point, growth and change is the progression through it, and death is the exit from it. Therefore what we physically see over time is the movement of this initiating causal energy finding expression via the complexity of changing physical space and mass.

(continued)

Love's power arises from its own upliftment,
it inspires the heart of everything
to become aware of its individual points
as indivisible from its limitless boundary as a whole.

It was love's power that gave its permission
for separation to occur.

An orchestrated separation of the parts
into a journey of discovery away from its darkness.

It was from the depths of this darkness
that the mission of separation became
to rediscover the mysteries of love's secrets.

A mission to reconnect their independent
individuality to a final destination
from which they never, ever really left.

They simply reach a point of arrival
without leaving their starting point.

(continued)



The mysteries of love's secrets

Our physical universe came into existence as a direct result of an indescribable Cosmic Sound containing the blueprint for the manifestation of the universe. This was initiated by an intelligent, inconceivably expansive, multi-dimensional Existence and Consciousness of which nothing-can-be-described. The physical universe emerges under the direction of the divine guidance of a sublime intelligence within nature.

(continued)

When they arrive, all that is heard
is a whisper of pure golden whiteness
delicately tasting the ephemeral
touch of nothingness,
yet deeply feeling everything
with a supreme softness
lingering at the tip of one's breath
with a pulsating state of ecstatic bliss.

Everything simply stands still
with a silent sound of scintillating fullness
that decimates every semblance of thought
into a heightened state of expanded
recognition of everything you really are.

(continued)



The ephemeral touch of nothingness

In essence, the entire world, indeed the entire universe, manifests as a range of vibratory frequencies or energies. Our experience of these vibratory frequencies is necessarily subjective and totally dependent on our individual capacity to convert, collect and interpret the various vibratory frequencies being emitted at any given time or place.

Therefore our total sensory experience of the physical world is created by the mind, via the interpretation of various electrical signals collected by each of our physical sensory apparatus.

(continued)

In essence, the cause of love's enemies
springs from the illusory isolation
and deception of separation.

But love's elixir slowly melts away
everything that it's not.

This elixir dispenses its magic until
we finally see the united will
of all that flows from what is.

This fabrication of illusion inevitably
dissolves into the soft diamond light of love.

A love where the unity of all the parts
become intertwined into the fabric
of one inseparable whole.

Put simply, love resides in our hearts
with a soft, serene, resounding contentment.
It has no desire of leaving because the love
we send to others becomes a part of us.

30 October 2006





Soft diamond light of love

Light is the source of everything we see. Eyes collect light. Light is converted to nerve signals. Signals are interpreted by the brain into images. Thus the world we perceive around us is created by the interpretation of electrical signals by the brain, converted from the collection of light by our eyes. Light manifests in a particular bandwidth of frequencies or vibratory states. As does each sense of sound, smell, touch and taste. Each of our physical senses collects its respective range of external vibratory messages, converts them into nerve signals and sends them to the mind for interpretation.

The softness of love

Supreme silence is revealed
in the radiance of the heart.

The stillness of serenity is revealed
in the realms of the heart.

The subtlety of sitting in the silent sweetness
of the soul brings an unrelenting rest that
lingers in the air with a gentle edge of softness.

It is felt in the sublime simplicity of reaching
into the inner depths of your soul,
the softness of the infinite reigns supreme.

Going beyond the known, we see
what is still to be discovered;
we go beyond the unknown question.

Then the answer is found
in the wholehearted fullness of love.

We discover that the answer
to the question that exists
at the very source of our being
is not the answer but a question
that does not need to be asked.

10 March 1995





Going beyond the known

When to think, or not to think, is the question.
Now is the time to let go of the insignificant significance of who
we may think we are, as opposed to who we truly know ourselves to be:
the diversity of unity within the infinite divine Self!

The fullness of living life

One moment of inspired ecstatic fulfilment
finds itself beyond the bounds of limitlessness.
This moment far exceeds a life span of a hundred
years that is filled with the monotonous
predictability of fear and limitation.

In the fullness of living life,
we greet each moment with gratitude
and, as a precious jewel, we realise
it is not a long life of moments that matter
but how each moment reveals its
rapturous surrender to the ever-flowing
grandeur of love along its journey,
and the greatness of peacefully pursuing
the final fulfilment of its mission.

In each moment exists an infinite
number of possibilities to replace
the depths of despair with the
limitless ever-flowing richness,
nourished by the fullness of the Self.

6 March 1995





An infinite number of possibilities

Within each of us exists a faculty that allows us to access a state of heightened and conscious awareness from where we may make the perfect choice in any given moment.

The silent sound of Oneness

At the heart of love is the
sound of God's voice.
It fills the universe with its
rapturous serenade of love,
like an angelic choir radiating out
to the far reaches of the cosmos,
continuously seeking to express itself
from one end of eternity to the
almost unreachable silence of infinity.

A symphony of solar systems,
a host of celestial beings,
majestically sound out in response
and add their candescent beauty
beyond the limits of our senses.

Only the silent sounds of
wonder and ecstasy remain
to echo endlessly into the
transcendent abyss of forever.
Surrendering into the sweet
nectar of Oneness,
into the silent rhythm
at the heart of love.

18 January 1995





Rapturous serenade of love

The fullness of true love is found when you lose yourself in the sublime state of Consciousness of the Master. A state of knowing the unity of the universe arises and finds its fulfilment from within the Self.

The gift of love

The heartfelt gift of love is found
within the mysterious movement of space,
caressing the gentleness
of giving and receiving.

It is felt when love finds itself
graciously and wholeheartedly,
releasing itself to be in its ever-present
reason for existence.

17 October 1994





The mysterious movement of space

Time and space are the tools of illusion that bring our three-dimensional physical realities into conscious manifestation. Time and space provide an elaborate mechanism for the discovery of the reality within each one of us. This allows us to awaken to the inner Self.

The silent sound of God's plan

In the completeness of total Oneness,
God's essence simply makes a choice:
to journey into the limitations
of material vibrations through the
practicalities of time and space.

Serenity silently whispers its
approval by sending forth its impulse
through the eternity of a lifetime.

At the beckoning request of love,
and slowly through the aeons
of time and space, the experience
of our own separation returns us
to the grandeur of our starting point.

In this return we reap the rewards
of the fullness in the journey, which
resounds with the victory of knowing
that unity exists in the experience of
knowing the wholeness of our Self.

17 October 1994





Serenity silently whispers

When you experience the deep inner peace of your own inner Self,
serenity silently whispers the secret inner mantric sounds for
invoking the invisible workers fundamental to the manifestation
of all forms and the process of creative materialisation.

Finding the heart of love

The heart of love is found
in the innocence of a child's surrender
to the warmth of its mother's arms.

The heart of love is found
in the letting go of an autumn leaf
as it fulfils its final destiny
in parting from its benevolent host.

The heart of love is found
in the compassionate gift
of comforting a friend
when darkness collapses
with the weight of desperation.

The heart of love is felt
within the full flight of the joy
of knowing yourself to be one
with the source of God's inspiration.

At that point we discover
that the heart of love resides
paradoxically beyond, yet within,
the search to know who we really are.

2 August 1994





To be one with the source of God's inspiration

To be one with God's will allows each moment to fulfil its destiny.
Thoughts, desires and actions spontaneously emerge from this effortless
state of freedom to initiate the fullest potential of any moment
and naturally come into being.

Giving

Giving is the art of living.
Take the brush of life and paint a masterpiece.

Living your life as a stroke of genius
and breathing colours of love and lightness
into the lives of others.

This light of love illuminates the heart
by loving the joy of living.
Within this happiness is found the feast
of finding yourself to be at
the heart of everyone, as the
source of everything.

31 July 1994





The art of living

Your life is built with the blending of thoughts, desires and actions, bringing the past into the present to create your future. This is the basis for the karmic cycle of reincarnation. However, it is really the expression of one continuous reality. The past, present and future simultaneously exist as one complete state of Consciousness. When we permanently establish the mind in the stillness of the present, detach ourselves from all desires and give ourselves unconditionally to service, we become aligned to, and empowered by, the glorious magnificence of our true inner Self.

This is the predominant and ultimate goal of life!

One remains forever

The One remains, forever searching for the seeker.
When the secret is found, the silent stillness
seeks the centre of the sound and rests.

When the seeker surrenders
to the search, the One is found,
existing within ourselves,
by coming to rest at the point
from where we started.

31 July 1994





When the secret is found

The highest vibrational state of our desires is detachment.
When you know you lack nothing, you lose the desire for any thing
and thereby gain the power to attract the highest form of every thing.
You can experience the sweetness of fulfilment only when
you know the meaning of enough.

Finding your Self

Finding your Self is the art of going
beyond your existence to discover
what is already known about yourself.

When your divinity becomes
your humanity, it sees
the beauty of life reflected in
your thoughts, desires and actions.

Allow your Self to become the channel
of God's light, love and power
and manifest the pure
essence of your life.

31 July 1994





God's light, love and power

I am Power.

I am that Love.

I am that I am, Light.

The point of love

There exists a point of perfection;
soft, human and full of tears.

These tears fall like dewdrops onto the
crisp silence of the morning, awakening
rainbows as the light of the sun
pierces their magnificence.

You look and find love exposing its
radiance to everyone, a point
whose place is everywhere.

This point is where love's perception
finds itself circling the circumference
of every point of its continuing existence.

It is this point of love that touches the heart
of everyone within its infinite reach,
and God knows the point of this place.

We discover that the point of love
exists within ourselves and is perfect.

5 December 1993





A point whose place is everywhere

OM – the primordial sound.

Its sound vibration is still reverberating throughout the universe,
manifesting the grandeur of its celestial orchestration in an infinite
multitude of forms.

Give and take

What does it take to love somebody,
but to give just a little.

24 December 1993





Love somebody

The upliftment of this planet revolves in the love we generate in everything we do, in any situation, at any time, for any reason. We discover that anything done with unconditional love is perfect. And by putting love into whatever we do, our actions become empowered messengers fulfilling love's limitless mission, discovering the universal unity of life.

Knowing love

Mostly, what is in the way of realising
who you really are, are the thoughts
of who you think you are.

The simple mystery of opening your eyes and
seeing all of your secrets released, falling away,
lost in the abyss, gone forever,
obliterated in the chamber of the heart.

The freedom of bliss in one simple answer.

The greatest realisation is knowing
the beauty of love lies within yourself,
as the beauty of loving the reality
of who you truly are.

15 November 1993





The reality of who you truly are

It's easier and safer to think as the masses think. But when you decide to think for yourself, you go outside the boundaries and limitations of the external world, and there comes a point when your mind begins to reach beyond the confines of its thoughts. It reaches and stretches into the unknown possibilities of the heart to become inspired by the benevolence of life's grace.

Life is...

Life...
Life is sweet,
when you're living in the light.

Joy...
Joy is known,
when your life becomes the light.

Peace...
Peace is found,
when your mind becomes the light.

Love...
Love is revealed,
when your heart is discovered by the light.

14 September 1993





When your life becomes the light

White light is the basis for all that is visible. It reveals a miniscule portion of life in our physical world that we see around us. It reveals a glimpse into that pinhole of existence, which includes a specific vibratory spectrum of frequencies that colour our world. Indeed our universe is, in reality, filled with the frequencies of life that extend into vast invisible realms of our existence, surging with vitality and energy, offering limitless creative possibilities and manifestation. The origins of the universe, springing forth from an intimate, immaculate pact between the source of light and love, give birth to a never-ending cycle of cosmic power and life.

Love's silent promise

Love is fuelled by the joy of its own existence.
It lives to fulfil its destiny, originating
far beyond what you think.

Love's nature exists in the joy of
giving for the sake of giving.

It is love's silent promise that
holds the very fabric of the universe
in place as it moves towards the
fulfilment of this destiny.

And love's natural tendency
is to expose itself to the oneness of another
as it lifts the separating veil of doubt
and brings us closer to each other.

(continued)



For the sake of giving

The highest vibrational state our physical body attains is when it is engaged in selfless service. The act of service establishes an alignment, attunement and absorption at the same frequency as our inner Self. This forms a sympathetic connection to our Self, hence we feel elated when we give ourselves in service to others.

(continued)

Love's ambassadors of courage and trust
open the door to a higher source of knowing.

These keys of life command our spirit
and lead us to a part of ourselves
where close encounters of the heart
open us to the best of who we are.

As love awakens the heart to guide the mind
to its own self-fulfilling destiny,
the origin of power exists in
identification with its highest source.

Light, love and power exist
within the oneness of all life
and life arises from the power,
love and light of the One.

22 October 1993





Close encounters of the heart

The source of everything is in the heart of everyone and only love matters in our relationship with others. Ultimately the only relationship we ever have is with ourselves. Once all of your deeds, desires and thoughts have come to rest, then you will find serenity and lasting happiness, for communication has very little to do with the mere passing of sound between us. It is the pure intention for good, carried with our actions and words, which is the most important aspect of quality communication, creating understanding between one another.

To know...

What is given in love,
receives more love,
to be reborn in love,
to create more love.
For love is nourished and
flourishes with the essential
ingredient of itself.

6 October 1988





Reborn in love

In every birth, the nurturing, loving blessings of the World Mother are present with her angelic host of helpers. No matter the circumstance, their will is to uplift and support the re-entry of new life. Every birth is initiated at its deepest source by the uniting creation of love. The source of love is not the actions, emotions or the thoughts we keep; these are but its potential vehicles. Love resides in our inner Selves, ever waiting to arise whenever we are ready to manifest its precious jewels.

These are the facts of life.

A silent gleam

A baby in her dream opens her eyes and smiles
a silent gleam within your soul.

The vibrant joy is heard, echoed into
coloured scenes of angelic beams,
into worlds of fragrant, smiling streams
of yellow brightened sights.

The answer of life that flows
in soft nourishing fields
of loving, living light knows.

A child begins at the heart of love,
lives in love, flows back to love,
being always simply love.

23 October 1974





Coloured scenes of angelic beams

Devic life gives our universe the basis for coming into existence. The devas allow the manifestation of forms to express their natural course of unfoldment. They are intricately involved in all forms of expression as the essence of their purpose. The goal of humanity is to attain conscious cooperation by reaching into their hearts and bringing true love into form.

Smiling flowers

Peace flows in tranquil streams
of crystal lights and soft
cultivated fields of dreams.
It offers love to set you free,
so that you can live and breathe.

To love the life that lives and sings
in colours of hues, of blues,
with tunes of smiling moons
gives meaning to eyes that meet
and see the silent stillness
in the oneness of another.

11 October 1974





See the silent stillness

It is only when we stop and come to rest,
that we can fully experience
the vastness of the view.

The mind is the same.

To be as One

As a tree is given
to grow tall with leaves,
so that its sweet essence gives
birth to realise:

*To be in loving kindness,
grows to be kind;
To be in the happiness of the moment,
grows to be happy;
To be in the fullness of living life,
brings balance to
the eternal Oneness of life.*

*To be in One, as one is;
To be in love, as love is;
To be, as being is.*

May the gentleness of nature
enrich the child with the
colours of the universe.
And may the blessings
of all one can give
nurture the little child,
for they will grow to
be divine.

3 July 1972





The eternal Oneness of life

Know that you are connected to the complete, eternal unity and oneness at the source of all life. This is the culmination of fully knowing yourself – to be at the deepest point of completeness within your Self.

Serene golden whiteness

The eternal oneness lives like the light on a meadow.
Its mellow fragrance floats on a breeze as it flows
through scenes of serene golden whiteness.

The lightness moves with the tranquillity of night, slowly
engulfing the semi-world with its placidness.

When you have reached the unknown
you will know you have reached the magnitude
of a system ending at its starting point.

Seeing this wholeness is no other
than your inner Self knowing what is,
with no thought of itself.

The beauty of this thought surpasses all-knowing,
for that which is truth is true by knowing the inner
mystery resting at the centre of all knowledge.

15 June 1972





A system ending at its starting point
The difference between the beginning
and the end is the middle.

Love's reason

Within love is the mystery
of life's longing to exist
and to discover itself
within the oneness of its totality.

Love brings expression to life's mystery,
slowly awakening the heart
to its pulsing rhythm,
reaching to know the reason
for resting in love's sweetness and serenity.

God's gift of love provides
the perfect path to where we started.
We see that love's reason for being
is to give being a reason for living.

14 March 1969





Life's longing to exist

The urge to discover who we really are is God-given.
It is at the essence of all life.

In time, it is inevitable that we discover the source of who we are,
to see we are the creator and the creation.

The beauty within beauty

The beauty that lies within beauty
is the beauty of knowing
that beauty exists within itself.

Knowing you are
that which knows it is you;
with the love of life streaming
through each moment of living;
with the serenity of
wholeness knowing it too.

Music filters the subtleness of the air
slowly reaching into the magic
of realising it is flowing
in and out of beauty as one;
created with love, withdrawn,
but staying for evermore.

2 November 1966





The beauty of knowing

Within each of us there is a faculty beyond the mind
that transcends all conceivable understanding.

It perceives by becoming one with the essence of the unknown,
and then becomes the completeness of everything.

It just knows.

A fortune for kings

When brightness shone and
warmed the land, the richness was
not in gold but because life was alive.

A fortune for kings,
so easy to receive,
so many give it up.

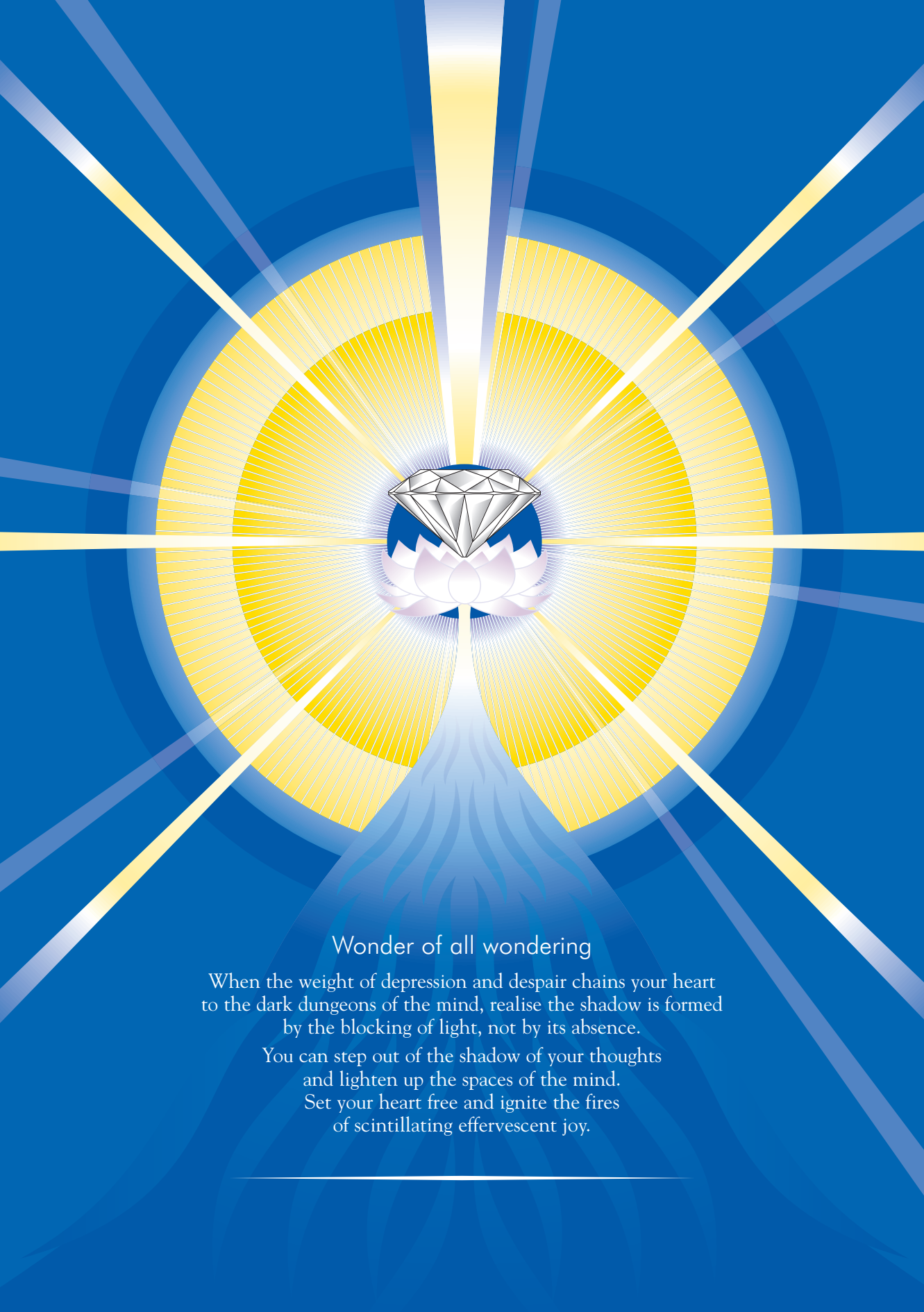
But then:

the lightness in my feet
is awakened by the singing
of the wind, filling every space;
searching, jumping, sliding
into every facet of my mind.

And I see life's being is the
wonder of all wondering.

17 August 1966





Wonder of all wondering

When the weight of depression and despair chains your heart
to the dark dungeons of the mind, realise the shadow is formed
by the blocking of light, not by its absence.

You can step out of the shadow of your thoughts
and lighten up the spaces of the mind.
Set your heart free and ignite the fires
of scintillating effervescent joy.

The rounded coloured stamp

The trees are prancing on the grass
grabbing the air and trying to struggle free
in the fast movement of exhilarating eloquence.
The rushing shadow in a tempest
moves to meet a deadline set.

In anguish the spirits of rain cry on the earth
and bring pools of greenness,
each drop pounding its existence
and carving its forgotten unknown start.
Then each one stops and thinks: is its place lost?

It reached its line!

The rounded coloured stamp reveals its reward,
splashing the sky with a gift from God.

17 August 1966





The rushing shadow in a tempest

The wild untamed thunder-beings burst forth with their explosive mixture of the unresolved coagulation of the lowest desires and thoughts of humanity under the strict supervision and confines of a stupendous Angelic Being. The Being's majestic power provides the container to release and render the karmic balance, its resolution and just reward.

The infinite reason

The infinite reason of day and night...

Do you see the lightness and darkness
rolling as a tide, bringing the splendour
of fathomless depths to a start and to an end?

With the blinding brightness
of the golden whiteness
that breaks the flowing blueness
of the rounded half as it starts,
ending the journey with its fiery anger.

The little lights leap out to
shelter the other half with their presence,
timed by the curvature
of their passing neighbour
ending at that time, only to start again.

3 July 1965





Blinding brightness of the golden whiteness

The passage of night and day are reflections of the greatest and smallest expressions of the entire evolutionary process. The ebb and flow, the in-breath and out-breath, are the same manifestations of this most profound truth of the universe.

The grandeur of being

Life is beauty in its name
and grandeur in its being,
pulsating with magnificent timing:
complexity in its simplicity.

3 July 1965





Complexity in its simplicity

Love is not what you think, for it provides the fabric and weaves the threads of your life to create a tapestry through which the simple qualities of harmlessness can find expression. It is only when you can choose not to exercise your power that you inherit the ultimate power of the universe and attain the greatest victory.

By living such a life you bring the magnificence of love into reality.

Appendix



'Only love matters: music for Soft Diamond Light'

Essentially, one piece of music based on the song, 'I know I am', comprising 13 moves, the song and a reprise.

move 1 Sounds like the start of something different

One Word says it all

When lost for words you often find their meaning

Speaking to God can leave you speechless

Becoming everything you ever imagined possible

move 2 A short interlude

move 3 Only love matters

Running into time and out of space

Finding the time before it passes by

Travelling at the speed of light is brilliant

Listening to your heart is hard to beat

When you listen closely it sounds like you're there

move 4 Time is a point in space that never ends

A question is an answer waiting to be asked

Being everywhere at the same time is just a state of being

Timing is everything when travelling to eternity

Time will always give you a second chance

The future is only a matter of time, so only time will tell

Arriving before you leave saves a lot of time

The present is just the past meeting the future in a lower-dimensional space

move 5 Space is the manifestation of time

A journey to inner space is just a breath away
Before losing your mind, be sure to know where to find it
The power of music is in the silent space between the notes
Taking a journey to inside your heart is closer than you think
Drifting slowly out of sight into infinite realms of inner space
Thinking takes time, knowing instantaneously makes sense
Standing still is just a point of reference

move 6 Time is the manifestation of space

Setting yourself free in one piece
Setting yourself free, piece by piece
Setting yourself free by returning to earth
Returning to earth, piece by piece
Returning to earth in one piece

move 7 A place where nothing ever happens all the time

move 8 Floating on higher ground with no strings attached

move 9 Floating on sacred ground with two good friends

move 10 Stillness

move 11 Still

move 12 Still more

move 13 Silence is the source of sound

song I know I am

reprise Sounds like the end because only love matters

Glossary



abhishek

(*lit.*, coronation) It denotes a religious ceremony in which a deity, represented by a statue or some other form of representation, is consecrated by energised water and/or milk being poured on it. This is done as part of a ritual bathing offered as worship (*puja*) to that deity.

Agni, Lord

The Lord of the mental plane. A great *deva* responsible for all aspects related to the element of fire and, by inference, all forms of heat and warmth, an essential ingredient required for the formation of life.

arati

A traditional Hindu devotional practice for worshipping a *Guru*, deity or a divine image. It involves the ritualistic waving of lights or incense, camphor and other auspicious materials.

ashram

(*lit.*, the removal of fatigue or stress) A sacred place imbued with the energy or *shakti* of an enlightened being or saint. It is a place of worship, spiritual practice and the study of esoteric teachings.

bhajan

This is a special type of devotional song written to uplift the spirit and sing praise to God.

Big Bang theory

In this theory, science may be reaching the limits of its ingenuity for denying the existence of an infinite, eternal universe, subject to constant transformation.¹ Scientists have put forward an incredible and elaborate theory for the origins of the physical universe – this is often considered as ‘factual reality’ in some scientific circles, even though it stretches the realms of all reasonability and commonsense. In layman’s terms, the ‘Big Bang’ is said to have occurred around 15 billion years ago. It is the basis for the current view of science that the universe is expanding. Apparently, the Big Bang happened just before absolutely nothing existed – no space, no time, literally nothing! When suddenly, for no reason and completely by accident, out of this ‘nothing’, the universe exploded due to a random quantum fluctuation. Science explains, with a straight face, that a bubble decided to pop spontaneously into existence out of this ‘nothing’. It measured 10^{-33} centimetres, which is incredibly, incredibly small. However, for some other unknown reason, it also had infinite temperature and infinite density (whatever that means) and then in 10^{-33} of a second the universe grew to 10 centimetres, the size of a grapefruit, stopped, and then

¹ Halton Arp, *Seeing Red: Redshifts, cosmology and academic science*, Apeiron, 1998.

exploded. This resulted in the creation of nuclei, then atoms and finally galaxies, stars and planets. As a result of this explosion, science proposes the current known universe emerged and is currently both infinite and expanding. Now, apart from the commonsense assertion that nothing can arise from nothing, this incredible explanation for the origins of the universe, leaves us with another problem: infinity cannot logically expand, and no-one has ever measured any expansion of space. It also begs the question, what on earth could the universe be expanding into; more 'nothingness'? It is therefore important to understand the 'Big Bang' is still merely a theory, and that all alternative theories must be allowed to be investigated. I agree that "Our physical senses allow us to perceive only physical-plane objects composed of the same type of matter as ourselves". I also agree that since "... the matter of the physical universe makes up only one tiny range in an infinite continuum of possible grades of matter, there must be countless interpenetrating worlds and planes, both grosser and more ethereal than our own, that are beyond our range of perception".² The physical is born out of the superphysical with an ordered, elegant sophistication. (See *Universal Manifestation Principle*.)

bodhisattva

A being who has chosen to give up entering *nirvana* to remain of service to the world and help others attain enlightenment. A high spiritual position in the inner government for the spiritual development of the world.

Brahmin

A specific caste in Hindu society based on the anglicised form of the Sanskrit word 'brahmana'. Brahmins can be from all professions but primarily are regarded as priests or scholars of ancient sacred and religious teachings.

Breaking the Mind Barrier™

A phrase used to describe a specific state within each one of us that is beyond the mind. It is sometimes referred to as 'intuition', 'wisdom', 'gut feeling' or 'entering the zone'.

causal body

A vehicle initiated by the *inner Self* for the purposes of creating a bridge between the highest spiritual state and its most material state. This is done using a reincarnating personality. This personality comprises specific mental, desire and physical bodies for each incarnation. The causal body is to the inner Self what the personality is to the causal body.

² David Pratt, *Cosmology and the Big Bang*, Sunrise, 1993.
<http://davidpratt.info/cosmo.htm>

chakra

A Sanskrit word meaning ‘wheel’ or ‘circle’; chakras are centres of force that provide a mechanism for the effective and efficient transition and transformation of energy between superphysical planes and the physical plane. They are intimately connected with the processing of all forms of communication between the mental, astral and physical bodies and play a vital role in the proper maintenance of our mental, emotional, physical health and wellbeing.

Chidvilasananda, Swami

This is my living spiritual Master. She is a spiritual Master in the ancient yogic tradition of India and the head of the *Siddha Yoga* lineage. Also affectionately known as *Gurumayi*. The author of numerous books on the teachings and practices of Siddha Yoga meditation. As a *siddha Guru*, she has the capacity to awaken the *kundalini shakti*.

chin mudra

A mudra is typically a mechanism for enhancing our ability to concentrate. Chin mudra is a practice used during meditation for retaining the *prana*, life-force or meditation energy in the body. It creates a subtle connection to allow the free flow of energy from the physical body to subtle *chakra* centres. It is typically done with the index finger and thumb touching and the other three fingers unfolded.

darshan

(*lit.*, to have sight of; viewing) A glimpse or vision of a saint; being in the presence of a holy person; seeing God or an image of God.

deity

In many religions the term ‘deity’ is used to make reference to the many aspects of the one God. Its use in this book should not be considered to be in any contradiction with the concept of one supreme unifying God.

deva

From Sanskrit, this word is used as an umbrella term for the intelligent forces within nature, referred to in the West as deities, gods or angels. Devas work with both thought and inspiration. One of their primary functions is to weave an inner energetic fabric or blueprint to allow physical form to materialise.

dharma

Divine duty; the laws of dynamic righteousness. Living in alignment and attunement to one’s *inner Self*.

divya diksha

The giving of spiritual initiation or awakening by the grace of a *Master*. See also *shaktipat*.

Durga

A very powerful Hindu goddess, sometimes known as Kali; the protecting aspect of the universal shakti. Her primary function is to eliminate all of our limitations and evil tendencies. See also *Mahakali*.

Egoference™

A term coined to describe a specific condition concerning the tendency for a personality to 'move into fear' or interfere during any creative materialisation process. See also *Breaking the Mind Barrier*.

etheric body

In *Theosophy*, the etheric body refers to the archetype upon which a dense physical form is built. It is a network of fine interlacing channels of energy and determines the specific nature, shape, quality and lifespan of the physical body.

Ganesh, Lord

Also referred to as 'Ganapati', depicted as an elephant-headed god, whose primary power lies in the removal of obstacles. This power is most appropriately invoked at the beginning of any activity or project. Ganesh is often considered to be the bringer of wisdom and learning, with the ability to remove sorrow. As with all these deities, their qualities should be viewed in the light of our own inner capacity to invoke and bring these qualities into reality in our own lives.

Ganeshpuri

See *Gurudev Siddha Peeth*.

ghee

From Sanskrit and meaning 'sprinkled'; often used in fire ceremonies such as a *havan* or *yagna*. It is a type of clarified butter.

gunas

The three essential qualities or operating principles by which the universe exists and functions during its entire evolutionary process. They are *sattva* (creation or essence); *rajas* (preservation or activity) and *tamas* (destruction or inertia).

Guru

A spiritual master or teacher who has attained a state of Self realization and a permanent oneness with God. Regarded as having great wisdom, knowledge and authority in guiding seekers on the spiritual path to liberation. The Guru is considered as a principle for the development of consciousness that leads from unreality to reality; from darkness of ignorance to the light of knowledge. A true Guru manifests this principle on Earth as a divine incarnation and belongs to a lineage of masters.

Gurudev Siddha Peeth

(lit., abode of perfected beings) The mother *ashram* of *Siddha Yoga*, near *Ganeshpuri*, in the state of Maharashtra, India. Founded in 1956, the ashram is charged with the power of divine Consciousness, and is a world-renowned centre for spiritual practice and study under the guidance of the living Master, *Swami Chidvilasananda (Gurumayi)*³.

Guru Gita

(lit., song of the *Guru*) A Sanskrit text of 182 verses describing the Guru-disciple relationship, the nature of the Guru and meditation on the Guru. It is chanted regularly in *Siddha Yoga* ashrams. Baba *Muktananda* described it as “the one indispensable text” of *Siddha Yoga*⁴.

Gurumayi

A term of endearment for my spiritual teacher, *Swami Chidvilasananda*.

Guru principle

The *Guru* as grace-bestowing power of God, existing beyond time and space.

Guru purnima

One of the most auspicious festivals in India. It is celebrated to honour the Guru on the occasion of the Full Moon in the month of Ashadh, usually falling in July each year.

Guruseva

See *seva*. Specifically, selfless service offered to the Guru.

Hanuman, Lord

(lit., ‘having large jaws’) . Lord Hanuman exists in Hindu mythology as a great warrior and is depicted as a huge white monkey. This deity epitomises our inner qualities of courage and strength on a mental, emotional and physical level. He is regarded as being the son of the wind, with an undying and perfect devotion to *Lord Rama*.

hare

Widely known in the chant, ‘Hare Rama, Hare Krishna’. It is an invocation of the divine energy within *Krishna* and *Rama* and used to remove all the limitations and suffering caused as a natural consequence of a physical incarnation.

havan

An alternative Hindu term for a *yagna*, a sacred purifying ritual that involves a fire ceremony, making various offerings and chanting sacred texts or vedic *mantras*. Lighting this sacrificial fire is considered to be a ritual of sacrifice made to the fire god *Agni*.

³ Brooks, Douglas Renfrew et al, *Meditation Revolution*, Agama Press, New York, 1997

⁴ *ibid*, Brooks

inner Self (Monad)

Within every human being is a spark of God, the inner Self. The inner Self exists at an inconceivable state of awareness that is beyond any possible conception or realisation by the physical brain. To be fully awakened and consciously functioning in this state is the end goal of the cosmic evolutionary path for this solar system.

japa

(*lit.*, prayer uttered in a low voice) The continuous, meditative repetition of a mantra or name of God. This can be done either silently while meditating or spoken softly while performing activities.

karma

Any action or effect originating from our personality; mental, emotional or physical. As such, having repercussions upon us, in accordance with a divine principle that always seeks to restore balance and harmony within the universe.

Krishna, Lord

A divine reincarnation of *The Lord Maitreya*, or world teacher, whose greatest feature is always the quality of love. The Lord Christ was also one of the incarnations of the Lord Maitreya. (This is one of the reasons for the great love felt for Jesus by Christians, and by Hindus for Krishna.)

kriya

A purifying mechanism from an awakened *kundalini*. It opens up our experience to higher states of consciousness. It occurs as a physical, mental, or emotional movement designed to unblock, dissipate and purify the physical body and/or the nervous system.

kundalini

(*lit.*, coiled or circular) A spiritual energy that has permeated the cosmos from the beginning of time. It also lies dormant, coiled at the base of the spine within everyone. Once awakened under the guidance of a spiritual Master, this vital, subtle energy begins to purify the body and mind. This allows our innate spiritual nature to express its powers through the mental, emotional and physical vehicles or bodies of our personality.

leptons

This is a family of elementary particles claimed by scientists to exist within atoms. Similar to quarks, they are also claimed to have six different types, called flavours. The most common and well-known lepton is the electron. Again, similar to quarks, these may be the intelligent attempts by science to understand the etheric realms of the physical world beyond gaseous matter. This will be more fully revealed with the natural expansion of our physical senses into these etheric areas of our vision.

Mahakali

A magnificent manifestation of the goddess *Durga*. Considered to be the destroyer of all evils. She is also known as Kali and is the wife of *Lord Shiva*.

Mahalakshmi

The great goddess Lakshmi, who epitomises the divine qualities of beauty, happiness, prosperity and contentment within us. She is worshipped during the special Indian tradition of Diwali, the festival of lights. In mythology she is often regarded as the wife of *Vishnu* or *Narayana*.

Mahasaraswati

The great goddess Saraswati, who epitomises the divine qualities of creativity, wisdom and speech of the highest type within us. Often connected with the two goddesses, Lakshmi and *Durga/Kali*.

Maitreya, The Lord

His name literally means 'kindliness' or 'compassion'. He has appeared on earth twice, as *Krishna* in India and as Christ in Palestine. The primary quality embodied in both these incarnations was love. Sometimes referred to as the World Teacher who, even in the eyes of the Masters of Wisdom, is viewed with sublime reverence and awe.

mantra

A sacred word or phrase infused with the power to transform and protect anyone who chants them, thereby invoking and releasing the inner potency of their sound.

Master

A spiritual teacher or *Guru*. In this book the word 'Master' has been used to describe my physically embodied Guru (ie: *Swami Chidvilasananda*) as distinct from the word 'Guru', which in this book is mainly used to describe the *Guru principle* (ie: the Guru as the grace-bestowing power of God, existing beyond time and space).

Master Kuthumi

The Master Kuthumi was formerly the great teacher Pythagoras and he now represents the Second Ray. This is the Ray of Wisdom or Love. The essential teaching to understand is that there is a sevenfold division of everything that exists in the manifest world, whether of life or matter. All life that exists in our chain of worlds passes through and belongs to one or other of Seven Rays, each having seven subdivisions.⁵

mirdang

An ancient Indian barrel-shaped percussion instrument that is particularly popular in North India. The larger bass skin is played with the left hand and the treble skin by the right hand.

Muktananda, Swami

(1908–1982) Often referred to as Baba. A *siddha Guru* of the modern age, a disciple of *Bhagawan Nityananda* and Guru of *Swami Chidvilasananda*. Muktananda systemised the disciplines and practices known as *Siddha Yoga meditation*.⁶

murti

(lit., to become solid; take shape). A representation of a deity, whose vital energy is enlivened by worship. It is considered divine once consecrated via the ritual of *prana pratishtha*, (lit., installing life-force.) It is often in the form of a statue of a deity, though can be symbolic as in the image of a saint. It is not the image or statue that is worshiped but the divinity present within what it represents.

namaste

(lit., I bow to you) A traditional Indian greeting. It is said ('nam-as-stay') while holding one's hands pressed together near the heart, and with the head gently bowed. Commonly used as a greeting in *yoga*.

Narayana

See *Vishnu*.

Navaratri

(lit., nine nights) This is among the most important festivals in the Hindu tradition, celebrating the worship of the universal divine Mother, Shakti, in the three forms of *Mahakali*, *Mahalakshmi* and *Mahasaraswati*. It continues for nine nights and traditionally starts with the new moon of September/October.

nirvana

Also referred to as the spiritual plane. One of the seven planes of nature within our solar system in which humans are utilising for their overall scheme of evolution. They are interpenetrating, interdependent worlds within worlds. These seven planes comprise: the physical, emotional, mental, intuitional, spiritual, monadic and divine.

Nityananda, Bhagawan

(d. 1961) A great *siddha Guru*, and Guru to *Swami Muktananda*. Also known as *Bade Baba* (elder Baba or father). He was said to be a born *siddha*. His *samadhi* shrine is located in *Ganeshpuri*.⁷

⁵ Leadbeater, CW, *The Masters and the Path*, The Theosophical Publishing House, Adyar, 1925, reprinted 1973, pp230, 237

⁶ Brooks, Douglas Renfrew et al, *Meditation Revolution*, Agama Press, New York, 1997

⁷ *ibid*, Brooks

OM

The primordial sound which contains the three phonemes of a, u and m. It is the mystical sound from which the universe emanates. It is the inner essence of all *mantras*. There is a profound significance within the basic simple fact that the only way to make the sound of OM is to take a deep breath in, and a long breath out. If we consider the breath to be the physical manifestation of our *inner Self* then as we breathe in and out with the sound of OM, we are effectively invoking the power of our *inner Self* into this physical world. This is the power of focusing on our breath and the sound of OM while we meditate.

Om namah shivaya

I honour my *inner Self*. I am one with the Lord's power.

particle physics

This is an area of science that explores the most elementary constituents of our physical world. It investigates subatomic particles within the atom such as protons, neutrons and electrons. Scientists claim that protons and neutrons are made up of elementary particles from the quark family. (See *quarks*.) They further claim the electron was the first lepton to be discovered, being another family of elementary particles. (See *leptons*.)

prana

(*lit.*, breath) The vital energy or life force that permeates the entire universe. At a microcosmic level, this life force manifests in the physical body through a network of fine subtle channels.

pranam

To bend or bow down before, or make obeisance.

puja

A Sanskrit word which refers to various rituals or actions that have the specific purpose of honouring or worshipping the divine aspects of life. Doing puja can pay homage and respect to a chosen deity or being. In this regard it is a devotional practice to offer reverence and veneration. Puja can also refer to a place where these rituals occur.

purnahuti

This literally means the 'fullness of offering'. It is commonly used in *Siddha Yoga* as a reference to the culmination of any type of sacred celebration or ritual. This includes a fire ceremony (a yagna – see *havan*), a specific long chanting session, or a special spiritual ritual for uplifting the planet. This finale usually involves honouring a deity, the higher Self or the *Master*. Great merit is attained by attending a purnahuti because you receive the blessings and benefit from the entire celebration by doing so.

quantum world

The word 'quantum' comes from Latin and is the neuter of 'quantus', meaning 'how great'. The quantum world is often described by scientists as 'strange' and extremely different to the world we see around us. This is because scientists are investigating a region at the edge of our inner physical world, where this ends and the superphysical world begins. To fully understand this new world requires different faculties, senses and ways of viewing our inner universe. When science acknowledges this fundamental fact it will begin to see and understand the 'strangeness' of this new world as only a natural progression into the next level of an ever-expanding state of consciousness.

quarks

These are claimed by scientists to be a family of elementary particles, of which there are six different types, referred to as flavours. Scientists propose that they are the building blocks of protons and neutrons, but not electrons, within an atom. Again, similar to *leptons*, these may be the intelligent attempts by science to understand the etheric realms of the physical world beyond gaseous matter. This will be more fully revealed with the natural expansion of our physical senses into these etheric areas of our vision. (See *quantum world*.)

Rama, Lord

An incarnation of *Lord Vishnu* – a mythological God in the trinity of Gods: *Brahma*, *Vishnu* and *Shiva*. Rama is limitless, with the nature of pure Consciousness and bliss. Rama is the hero of the popular Indian epic, the *Ramayana*, which is about the famous story of *dharma*, righteousness in its highest expression.

www.meditationiseasy.com/mCorner/techniques/Hare_Krishna_Mantra.htm

sadhana

(*lit.*, to be accomplished) It refers to the efforts of being on a spiritual path and the practises one undertakes on that spiritual path. This is especially from the point of view of the personality, with its thoughts, desires and actions.

samadhi

A Sanskrit term, describing a conscious state of losing all sense of separateness. It is an effortless, continuous state of consciousness. It is attained by deep meditation and spiritual enlightenment. Mahasamadhi typically refers to samadhi taken by a great Being.

sankalpa

Intention or will in the form of a determined resolution to achieve a specific, spiritual outcome for the highest good.

sattva

(Sanskrit) This is defined as the true essence, spiritual essence, reality or true being. Sattva is the quality of truth, goodness, reality, purity.

seva

(lit., service) An act of selfless service, in some traditions, regarded as a practice of putting spiritual knowledge into action. It is typically work offered to God as an act of devotion and worship. It is performed without attachment or any expectation of personal reward.

sevites

Those who perform *seva*, or selfless service, usually service to the *Guru*.

shakti

The active power of the divine. See also *kundalini*.

shaktipat

(lit., descent of power) Is a Sanskrit word in the Hindu spiritual tradition for the transmission of spiritual energy, *shakti*, either by transmission of a sacred word or mantra, a look, a thought or by touch conferred from the *Guru* on the disciple. It is a spiritual awakening by grace, the awakening of the *kundalini shakti*.

shanti mantras

The literal meaning of 'shanti' is peace. These *mantras* are therefore referred to as the peace mantras. They always end with the three words of 'shanti'. They form part of *Upanishads*. These mantras are believed to calm the mind of the person reciting them and the atmosphere of the surroundings. They are usually recited before commencing any task or activity to remove any obstacles. In Sanskrit: 'Om Poornamadah Poornamidam Poornat Poornamudachyate, Poornasya Poornamaadaya Poornamevavashishyate, Om Shantih, Shantih, Shantih'. This means: Absolute, This is Absolute, Absolute arises out of Absolute, If Absolute is taken away from Absolute Absolute remains. Om Peace, Peace, Peace'.

<http://encyclopedia.thefreedictionary.com/shanti+mantras>

<http://www.funwadi.com/forum/shanti-mantras-t27480.html>

Shiva

(Sanskrit: lit. auspicious one) In some traditions viewed as the supreme deity. Brahma, *Vishnu*, and Shiva each represent one of the three primary aspects of the divine in Hinduism. Brahma is the creator, Vishnu is the maintainer or preserver, and Shiva is the destroyer or transformer. Shiva is regarded as the embodiment of divine power. The aspects of Brahma, Vishnu and Shiva correspond to the Trinity in the Christian tradition of the Father, the Son and the Holy Spirit.

Shree Muktananda ashram

The *Siddha Yoga meditation ashram* in South Fallsburg, New York.

siddha

A perfected being; one who is in the state of unity-Consciousness. Their experience of the supreme Self is undisturbed and continuous, and their identification with the ego has been dissolved.

Siddha Yoga meditation

(*lit.*, the yoga of fulfilment) A path of meditation rooted in Indian philosophical tradition. *Swami Muktananda* introduced Siddha Yoga and its teachings to the West, inspiring what he termed a 'meditation revolution', and *Swami Chidvilasananda*, his successor, has brought Siddha Yoga to maturity as a global spiritual movement.⁸

So'ham

I am that.

Solar Logos

The manifestation of a great cosmic Consciousness that chooses to come out of eternity into time to form a solar system. The sun represents the physical body of this Consciousness, with its aura and sphere of influence comprising the entire spherical boundaries of the solar system, and everything included within this influence.

superstring theory

David Pratt states, "While some physicists believe that string theory could lead to a Theory of Everything in the not-too-distant future, others have expressed their opposition to it in no uncertain terms. For instance, Nobel Prize winner Sheldon Glashow has likened it to medieval theology, based on faith and pure thought rather than observation and experiment ..."⁹ The late Richard Feynman, another Nobel laureate, bluntly dismissed it as "nonsense."¹⁰

swadhyaya

(*lit.*, the study of the Self) The main practice is the study of yogic scriptures. It is often the focused and disciplined chanting aloud of sacred texts. The *Guru Gita* is a perfect example.

Swamiji

A term of endearment used to address *swamis* (religious teachers).

⁸ Brooks, Douglas Renfrew et al, *Meditation Revolution*, Agama Press, New York, 1997.

⁹ David Pratt, *The Infinite Divisibility of Matter*, Sunrise magazine, Theosophical University Press, June/July 1996.

¹⁰ P C W Davies & J Brown (eds.), *Superstrings, A Theory of Everything?*, 1988, pp. 180-4, 191, 192-8.

Theosophy

I like the *Oxford Dictionary* definition: ‘any of various philosophies professing to achieve a knowledge of God by spiritual ecstasy, direct intuition, or special individual relations’.

Universal Manifestation Principle™

A principle observed throughout the physical world. It describes a causal, higher-dimensional vibratory energy state, expressing and moving through a lower, three-dimensional vibratory energy state of the physical world. The Universal Manifestation Principle states that the existence of a lower-dimensional energy state is the sole effect of a causal initiating higher-dimensional vibratory energy state expressing and moving through it. The lower-dimensional energetic state is observed and experienced as a progressively emerging cross-section of this initiating causal higher-dimensional vibratory energy state as it expresses through the lower-dimensional energetic state via a process of change. Change is defined here, in the three-dimensional space of the physical world, as the reorganisation of energy in this space during the energetic transition of time.

Upanishad

The name of a given subject matter, self-knowledge, primarily discussing philosophy, meditation, and the nature of God; Upanishads form the core spiritual thought of Vedantic Hinduism. The word often refers to any of a group of treatises contributing to the theology of ancient Hinduism, elaborating in poetry and verses within the earlier *Vedas*. It is generally concerned with the nature of reality, the individual soul (atman), and the universal soul (Brahman) and with the theory of the transmigration of souls and the nature of morality. Considered as mystic or spiritual contemplations of the *Vedas*.

<http://www.answers.com/topic/upanishad>

<http://www.britannica.com/EBchecked/topic/618602/Upanishad>

vajra

(Sanskrit) literally means ‘diamond’ or ‘thunderbolt’. The vajra is a mystical reference to the indestructible qualities and reflective powers of the diamond. It is also said that anyone possessing this diamond-thunderbolt is endowed with great spiritual, intellectual and psychic powers.

vajrasattva

The *bodhisattva* of purification, representing the purity of awareness or ultimate reality. He is also called the primordial Buddha of all mandalas (magical diagrams) and of clear light and absolute awareness. It is associated with a disciple’s search for higher levels of esoteric wisdom via the teaching of a spiritual Master. (See *vajra* and *sattva*.)

Vedas (vedic)

Veda means knowledge. The word comes from the Sanskrit language and is derived from the verb root 'vid', 'to know'. Vedas are the oldest and most authoritative Hindu sacred texts, composed in Sanskrit. They form the foundation of the orthodox scriptures of Hinduism. The most celebrated and well-known part of the Vedas is undoubtedly the Rig Veda. (Sanskrit, rgveda.) The direct meaning of Rig Veda is considered to be 'The knowledge of sacred recitation'. The texts are believed to be the repository of ultimate truth as revealed by the gods (*devas*) to the ancient seers.

<http://www.veda.harekrsna.cz/encyclopedia/vedas-purpose-origin.htm>

Vishnu (Narayana)

One of the principal Hindu deities, worshipped as the protector and preserver of worlds. Vishnu is often conceived as a member of the triad that includes Brahma and *Shiva*. The root, 'vish', means 'to pervade'.

<http://www.answers.com/topic/vishnu>

vital energy

In *Theosophy*, the life-sustaining force of living beings and the energy in all natural processes of the universe. See also *prana*.

yoga

The term 'yoga' comes from a Sanskrit word, which means 'yoke' or 'union'. Traditionally, yoga is a method of joining the individual self with the Divine or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called 'asanas', are designed to tone, strengthen and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims.

<http://www.answers.com/topic/yoga>

I wish to acknowledge the SYDA Foundation glossary in the compilation of this glossary, <http://www.siddhayoga.org/glossary-siddha-yoga.html>, plus Digital Dictionaries of South Asia, Macdonell, Arthur A, *A Practical Sanskrit Dictionary*, 2005 <http://dsal.uchicago.edu/dictionaries/macdonell/> and Brooks, Douglas Renfrew *et al*, *Meditation Revolution*, Agama Press, New York, 1997 Breaking the Mind Barrier™; Egoference™ and the Universal Manifestation Principle™ are part of educational programs at the Quantum Thinking Institute.

Meditations & Insights Index



Meditations & Insights I: Master & Disciple

One

Every moment of this love

One (continued)

The form of who we think we are

The thunderous softness of stillness

An artistry of ancient alchemy

The thunderous softness of stillness (continued)

The vastness of limitless love

The Master's breath

The infinite destiny of timelessness

One golden land

Golden links of light

Living in the heart of the Master

The benevolence of her serenity

Living in the heart of the Master (continued)

The charged atmosphere of the Master's temple

Eternity

The unquenchable fire of divine love

The divine moment

Moving towards the one attainment

The divine moment (continued)

Inexplicable unfathomable expansiveness

The reflection of the Guru

Sublime state of unity

How close is the Master?

The silence of simple solitude

How close is the Master? (continued)

The completeness of everything

The completeness of rest
Audible silence

Going beyond the question
The silence of answers

The Guru within
Its secret splendour

The Guru within (continued)
Travelling to where you are

The point of Oneness
The only point...

The point of Oneness (continued)
Reach the realisation of who we really are

The Master's smile
Inner mastery of life

The heart of love
Silence sings

Beyond the bounds of limitlessness
Precious moments

Beyond the bounds of limitlessness (continued)
Where eternity merges into itself

Song of the Guru Mother
The reverberating sound of eternity

The Master's flow of love
The heart of love

I know I am
Standing in the light

Sanctuary of my heart
The gentle spirit

Meditations & Insights II: The Nature of Life

Only love matters

The movement of time

Only love matters (continued)

The mysteries of love's secrets

Only love matters (continued)

The ephemeral touch of nothingness

Only love matters (continued)

Soft diamond light of love

The softness of love

Going beyond the known

The fullness of living life

An infinite number of possibilities

The silent sound of Oneness

Rapturous serenade of love

The gift of love

The mysterious movement of space

The silent sound of God's plan

Serenity silently whispers

Finding the heart of love

To be one with the source of God's inspiration

Giving

The art of living

One remains forever

When the secret is found

Finding your Self

God's light, love and power

The point of love

A point whose place is everywhere

Give and take

Love somebody

Knowing love
The reality of who you truly are

Life is...
When your life becomes the light

Love's silent promise
For the sake of giving

Love's silent promise (continued)
Close encounters of the heart

To know...
Reborn in love

A silent gleam
Coloured scenes of angelic beams

Smiling flowers
See the silent stillness

To be as One
The eternal Oneness of life

Serene golden whiteness
A system ending at its starting point

Love's reason
Life's longing to exist

The beauty within beauty
The beauty of knowing

A fortune for kings
Wonder of all wondering

The rounded coloured stamp
The rushing shadow in a tempest

The infinite reason
Blinding brightness of the golden whiteness

The grandeur of being
Complexity in its simplicity

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Soft Diamond Light
package & global initiative



Soft Diamond Light package

The creation of the Soft Diamond Light package evolved over a long period of time to become a piece of artwork and a talisman of spiritual power.

The package is a timeless piece, a truly one-of-a-kind artwork production.

It includes the hardback book: 'Soft Diamond Light, Only love matters', 312pp, full colour; Music CD: 'Only love matters: music for Soft Diamond Light' (15 tracks/62:16); CD booklet: Power of sacred music, 16pp; Music CD insert: info on musicians, 4pp; Beautiful presentation box: Elegant full-colour 'clamshell' box, velvet lining, diamond and lotus Illustration in holographic gold foil.

The response to the Soft Diamond Light package has been that it radiates a power for raising the vibratory atmosphere of wherever it resides. (See comments on following pages.) It uplifts everyone who comes within its field of influence. It emanates a powerful electro-magnetic field. It activates and cleans the inner superphysical atmosphere of your home or office space. This is based on the essential premise that with every physical piece of artwork, literature and music comes the sum total of the vibratory energy invoked and generated during its production. This exists in the form of an animated and vitalised thought-form holding the sum total of all the energy that went into the creation of the Soft Diamond Light package: the image, book and music.

The Soft Diamond Light image is the theme and 'visual mantra' of the package. The image symbolises the vibratory energy of our highest vibratory state. It subsequently became the catalyst for the creation of the book. The book explores how we can manifest the full potential of our spiritual selves into physical reality. It explores the bridge between exoteric and esoteric science. It introduces the "Universal Manifestation Principle", explaining how everything comes into physical manifestation. It was created to empower your innate inspired intuitive intelligence and introduce a new perspective on the science of physical manifestation.

The music was produced to celebrate the performance of a song, written for my spiritual teacher. The CD is effectively one piece of music, based on this song, 'I know I am', comprising 13 moves, the song and a reprise. While the music was not created as a classical virtuoso creation, or a compilation of pulsating rhythms and catchy tunes, its beauty and

captivation rest in becoming aligned, attuned and absorbed in the deva of the music. The more you dive into the music and dance with its rhythm, the more the music will invite you into its arms with its moments of serenity, and fill you with the fullness of its inner power. It was literally “constructed” and created from hundreds of tracks recorded by many musicians over more than a year. I feel it is an original, powerful piece of music, imbued with the sacred energy of your inner Self.

The package was also created to inspire support for the Soft Diamond Light global initiative: ‘Ending Child Abuse. Creating great kids!’ The mission is to see a vision of peace and prosperity becoming a living reality for everyone on this planet. (See ‘Vision for Soft Diamond Light’.)

A very powerful deva or angel is invoked wherever the book and music reside. Its function is to focus and distribute all of the combined energy created by Soft Diamond Light for the maximum and highest benefit of all life on our planet. The image, book and music are infused with the blessings of this deva and an auspicious lineage of spiritual Masters. Anyone can choose to cooperate with this energy of Soft Diamond Light to assist in raising the vibration of consciousness within all of life. The deva of Soft Diamond Light is also intrinsically linked to the powerful radiance of energy emanating from the Vajrasattva, as explained in the book. (Vajrasattva is Sanskrit for the true spiritual essence of a diamond.)

The image, book and music are offered as a focus for serving our planet during the twenty-first century. They are for your enjoyment, study, contemplation and spiritual awakening.

Anatole Petrovich Kononewsky



“It’s absolutely beautiful!”

Leon Nacson, International
Bestselling Author

*“Soft Diamond Light gives off
a very strong and palpable
energy field around the box.
This field is quite powerful.”*

Doug De Vito, Author, “The
Upgrade: How to Improve
Your Life by Healing Others”

"The book and the CD are precious creations that literally emanate such a high level vibration..."

Julie Ann Storr, Marketing Consultant, Australia, USA

*"...nothing to say except
– utterly exquisite!"*

Maggie Hamilton, Author/ Publisher,
Inspired Living, Allen & Unwin

"A total experience!"

Kalli Pulos, Senior
Executive Coach/Facilitator

*"Just loved this beautiful set
from the moment I opened the box.
Very special in every way –
exquisitely produced..."*

Kalli Pulos,
Senior Executive Coach/Facilitator

*"I know it will add great value to
our world, including making an
enormous difference to the lives of
children in our world."*

Susan Barton AM, founder,
Lighthouse Foundation

*"The Soft Diamond Light positively glitters
with light and wisdom and compassion."*

Margaret Gee, Author

*"The love and care you have put into this
project is truly extraordinary. I will
treasure this for many years to come."*

Mark Davis, Founder & Group
Managing Director, Stonehenge Group

"...an amazing and energy-filled package!"

Mandy Geddes, Training Manager,
Institute of Executive Coaching



*"Listening to the musical pieces shifted me to
another place. I still sense the vibrational healing
tones within my inner being ...sensing the soul
of the music, a connection of Oneness."*

Corrine Brown, International Holistic Trainer and
Counsellor, Institute of Holistic Therapies (Australia)

"Some people build cathedrals or paint to honour the light, you have created for us a sacred object of the highest production values to celebrate the divine."

Maggie Hamilton, Publisher, Inspired Living, Allen & Unwin

"...anyone who touches, reads, listens and interacts with Soft Diamond Light will be inspired and touched, as they consciously and unconsciously connect with the material on a deep, soul level..."

Julie Ann Storr, Marketing Consultant, Australia, USA

"The design, detail and quality of the materials are first class."

Margaret Gee, Author

"Thank you for creating this exquisite artifact."

Susan Barton AM, founder, Lighthouse Foundation

"A masterpiece..."

Belinda Wilson, Business Manager

"The gift of Soft Diamond Light has illuminated our hours since it arrived. It has a presence about it and shines with a special luminosity."

Petrea King, Founding Director and CEO, Quest for Life Foundation

"Soft Diamond Light transports me to a place of love, stillness and knowing."

Narelle Green, Director/Founder Soul Colour

"Through words and music, Anatole has created a lush meditation on human potential."

Nature & Health, (Australia's best natural health magazine)

"Amazing! A beautifully presented and thoughtful creation."

Leigh Wood, Music Manager, Brumby Books & Music

"So very inspiring to read... Your descriptions of the deva of the music, your understanding of music. ...your music inspired me. ...full of delightful energy."

Jean Gressang, Musician



"I started to listen to the Soft Diamond Light music on my iPod. Ever since I've been listening to it I have been meditating with it. It makes me very relaxed and calm."

Mia Pirie, Student, aged 9

"...the music soothing and divine."

Kalli Pulos, Senior Executive
Coach/Facilitator

*"Beautiful, calming,
angelic music...
Soothing my soul!"*

Ankya Klay,
Transformational
Photographer

*"...the words of the
book are inspiring,
affirming and full of
encouragement."*

Petrea King, Founding
Director and CEO,
Quest for Life Foundation

"...the words profound..."

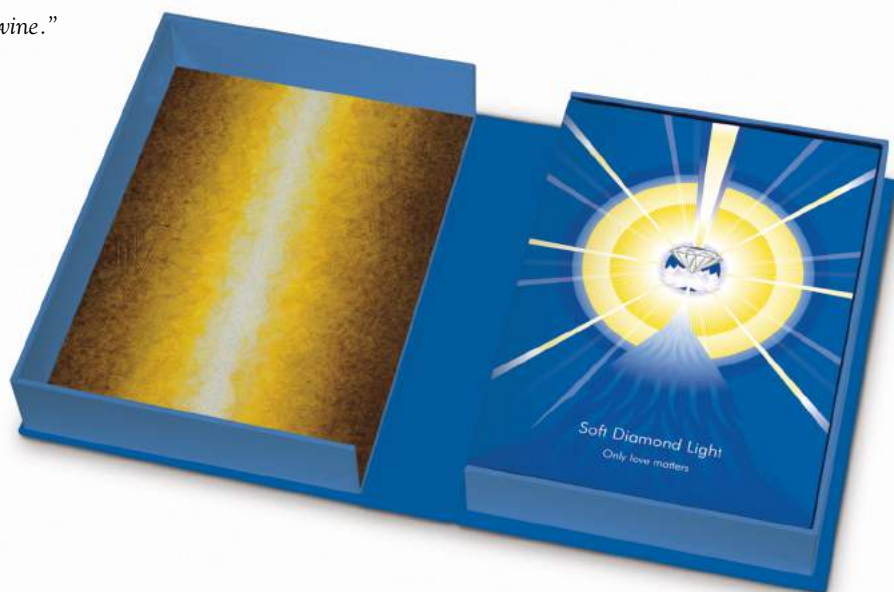
Kalli Pulos,
Senior Executive
Coach/Facilitator

"I love the music..."

Petrea King, Founding
Director and CEO,
Quest for Life Foundation

*"Your music took
my breath away...
it touched the core
of my being."*

Susan Barton AM,
founder, Lighthouse
Foundation



Soft Diamond Light global initiative

Ending Child Abuse. *Creating great kids!*

The Soft Diamond Light global initiative is dedicated to bringing the vision of ending child abuse and creating great kids on our planet into a living reality.

I believe child abuse is the single most significant cause of everything wrong on this planet. Conversely, creating great kids who can reach their full potential is the single most effective way to create a world of peace and prosperity for everyone on this planet. By ending all forms of child abuse; by nurturing and nourishing the physical, emotional, mental and spiritual wellbeing of all our children in every country around the world we can transform our planet. Creating great kids is by far the most powerful, effective way of creating a world of peace and prosperity for everyone on this planet. Every child has the right to the following fundamental lifestyle: a life that is *Safe*; a life that is *Secure* and a life that is totally *Successful*.

By *Safe* I mean totally free from any form of violence, and any preventable or unnecessary physical, emotional and mental pain and/or harm.

By *Secure* I mean the appropriate supply of high-quality nutrition, accommodation, protection, care and love.

By *Successful* I mean the provision of an environment and atmosphere that stimulates, encourages and supports the realisation of their full physical, emotional, intellectual and spiritual potential.

Ending child abuse

The world's current problems are a direct reflection of the vicious cycle of child abuse. Child abuse is the offspring of the torments of anger, which breeds and festers into hate; this hate is fuelled by the ignorance of fear and burns with the senseless cycle of cruelty and suffering.

When examined from an esoteric point of view, we see the perverse irony of an individual of one religion or race engaging in mortal battle with an individual of another religion or race, then each individual reincarnating in their next life in the opposite religion or race and compulsively perpetuating the conflict, life after life after life. It is the epitome of insanity, continuing to do the same thing and expecting things to change.

The treatment of our children in all parts of the world ultimately affects everyone on this planet and it is therefore the responsibility of everyone. Therefore the abuse of children anywhere on this planet must end and the virtuous cycle of unconditional love must begin.

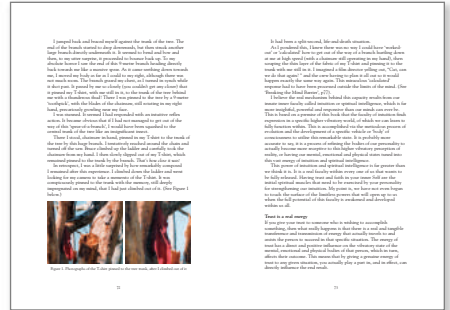
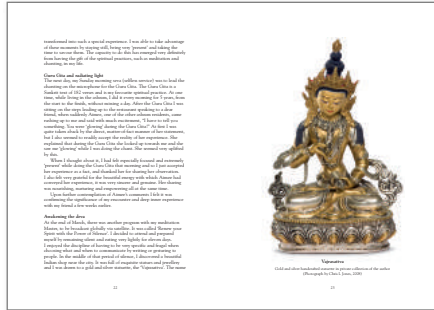
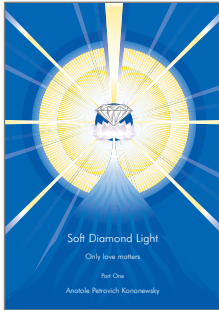
Creating great kids!

When we understand that ending child abuse and creating great kids is the highest priority of any society. When we create a global culture and environment based on the 'Vision of Soft Diamond Light'. When people come together to insist their governments and communities allocate the appropriate resources to ensure every child on our planet is born and nurtured to become all that they can positively and possibly be. When children can grow up knowing they will be safe, secure and successful, as outlined above, then we will have a world capable of living in peace and prosperity.

Anatole Petrovich Kononewsky
www.kononewsky.com

Soft Diamond Light

Only love matters: Part One



The companion eBook Part One is basically divided into three sections. It is based on Part one of the book, ‘Soft Diamond Light, Only love matters’, which is part of the overall package, ‘Soft Diamond Light’.

The first section focuses on the image of Soft Diamond Light and explains the story behind its evolution. The second section explores the music of Soft Diamond Light. This is done in relation to the extraordinary experience of spiritual awakening in store for each and every one of us. The third section reveals the story behind creating the book and includes an introduction to the Universal Manifestation Principle, which describes the key mechanism of how the entire physical universe materializes from a metaphysical point of view.

Basically the book seeks to introduce some different pathways, and to open some new doorways, for examining your life in a different light. The intention is to present a more expansive view of life and to enrich our perception and the purpose of it. This allows our primary focus to become how we can better our selves and the lives of others..

The companion eBook Part One is available from:
www.kononewsky.com • 2orderNow.com

Inspired Thinking Institute

Soft Diamond Light has been published by the Inspired Thinking Institute, an organisation founded by Anatole Petrovich Kononewsky in 2004. It is committed to the creation of a united world in the twenty-first century, with leaders who have the vision and courage to create one world, living in peace and prosperity.

The Institute seeks to facilitate a shift in awareness to take you beyond the confines of your own mind and into the spirit and wisdom of the heart. This is explored from the point of view of scientific and metaphysical reality.

The Inspired Thinking Institute aims to:

- facilitate a greater understanding of the true purpose of life;
- awaken the inner intelligence of the heart;
- increase the productivity, creativity and capacity of the mind;
- explore how life and the universe work;
- inspire individuals to offer greater service to the world.

It also seeks to demonstrate how metaphysical principles and esoteric wisdom can be practically applied at an individual, family, community, national and international level to improve the wellbeing, quality and prosperity of all our lives.

The Institute is focused on understanding how life manifests and how we bring ideas into reality. It explores how we can awaken the innate, limitless potential of the mind through using the hidden power of meditation, ancient spiritual practices and the intelligence of the heart. Finally, it examines how all of these can also initiate superphysical faculties within every one of us.

The philosophy of the Inspired Thinking Institute is based on two key principles from esoteric wisdom. Firstly, that the entire world, indeed the entire solar system, is a manifestation of a supremely intelligent Cosmic Being or Consciousness. Secondly, that this supreme Consciousness dwells within us, as us.

www.kononewsky.com



About the author

Anatole is a writer, composer and a film-maker. He has been bringing ideas and major projects into reality for more than thirty years through his unique combination of creative expertise in scientific methodology, understanding of esoteric/metaphysical principles, and wide business and entrepreneurial experience.



After completing a science degree in the 1960s, Anatole held a number of senior government positions in research and systems. After which, he was primarily involved in business projects as an entrepreneur. During this period, he was also involved in a number of major creative projects from time to time.

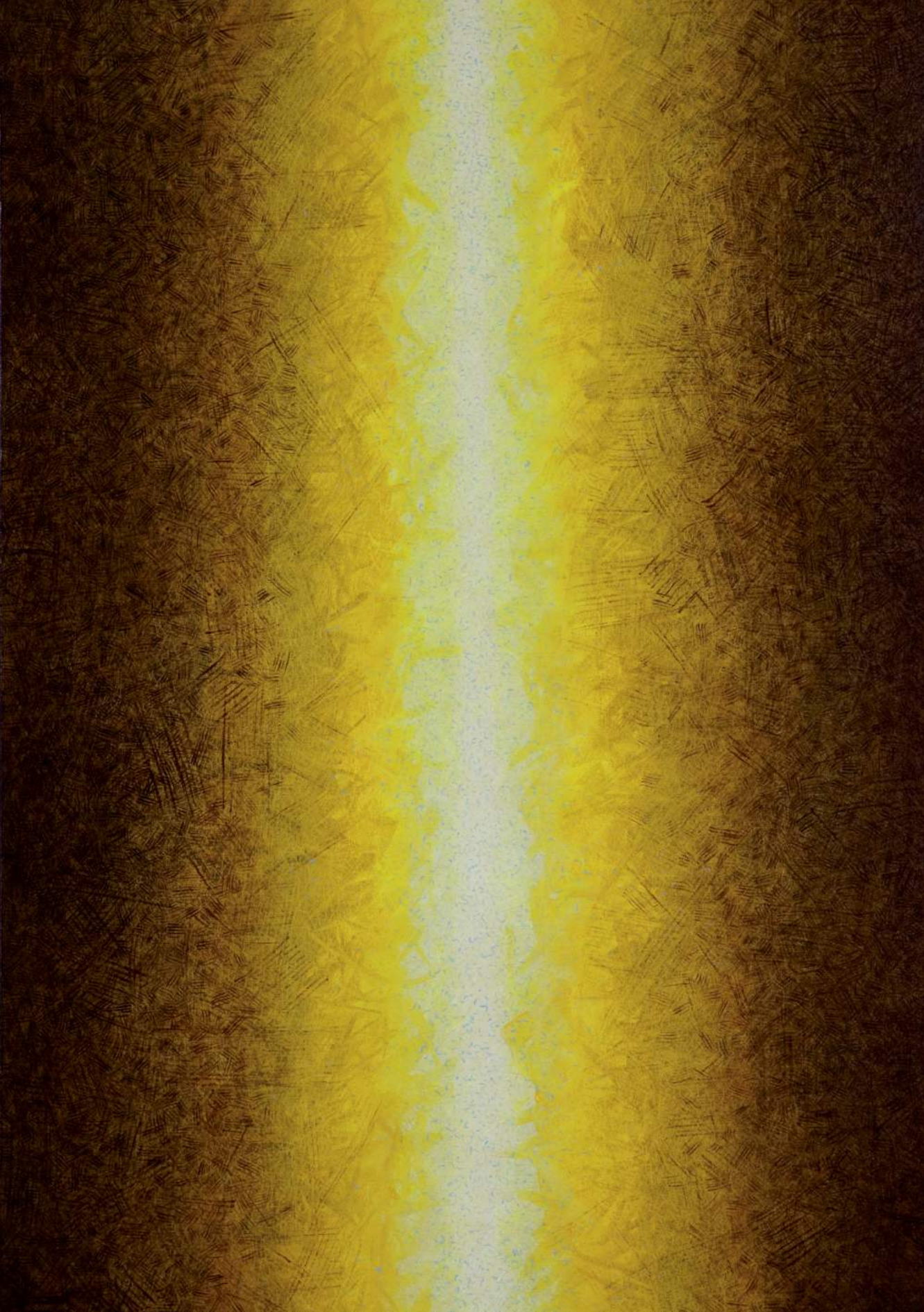
He began his work in humanitarian and environmental projects back in the 1970s. His first documentary in 1989 was about the global energy crisis, with an introduction by the late singer, John Denver. He has been making a positive difference in this world, initiating a number of humanitarian and environmental projects in collaboration with global leaders and celebrities. As a writer, film-maker and composer he has produced three video documentaries to date, and was involved with the production of an Australian business TV series to the US. He has also composed, performed and directed a number of original musical productions. He has written songs, classical compositions and poems.

Since 1997 he has been mainly involved in developing new technologies and businesses. Subsequently, he founded and successfully implemented a number of start-up companies. These involved the set-up, funding, research and development of patented novel technologies. Over this same period he started creating this book and music. His current focus is on writing, music, film-making and the Inspired Thinking Institute. He continues his strong commitment to philanthropic projects.

He has lived in ashrams and pursued a strong focus of discipline, spiritual practices, study, contemplation and meditation for the last forty years. This forms the foundation of his worldly life. He is a father and grandfather, which he unequivocally states is his greatest life achievement.

www.kononewsky.com

Next page: 'Matter of Light I' (oil on canvas, size 112x180cm) by Mardi Mylrea, 2007
Photograph of the painting by Chris L Jones, 2008



Light is the reason love exists, and love gives light a reason to exist.



*The silent stillness reflects a sublime softness of light,
sending its rays out to eternity and back,
where only love matters.*

