
Raising Humans

The 7-Step Chakra Cycles Method of Raising Yourself, Your Children, and Family into Wholesome, Powerful Beings Gifted with Financial, Health, Relationship and Life Mastery

By David Cameron

Also includes *The Prophet*, by Kahlil Gibran

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And a woman who held a babe against her bosom said, Speak to us of Children.

And he said:

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of to-morrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

Let your bending in the Archer's hand be for gladness;

For even as He loves the arrow that flies, so He loves also the bow that is stable.

-Kahlil Gibran, The Prophet

Before You Begin...



Before you begin, you must understand a few very important things. If you wish to have the ability to fulfill your wishes, heal yourself and achieve success, you must understand the construction and functioning of yourself and your world. **Please do not skip these explanation sections below as they are very necessary for your solutions and success! You will see how they all tie in with everything as you move further along. The whole point of these explanations is to show you how you and your world are specifically-built, powerful and intelligent energy systems and how you would master this energy and thereby master yourself and your life situations.**

Your Construction

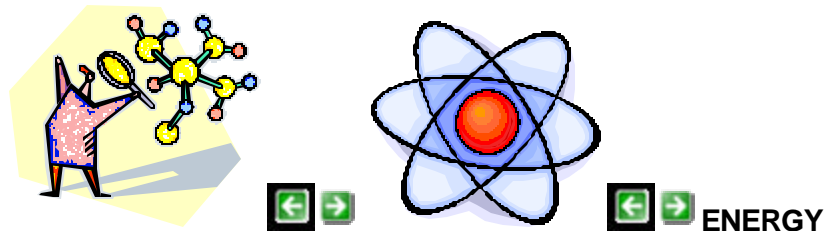
You cannot build a house if you do not know how a house is built and what it is made of.

The same applies to your body and your life situations.

Imagine that you are walking into a high-tech laboratory. You then place your hand under a microscope and look into the eyepiece. What would you see? You would see the skin tissue on your hand.

Now imagine that you increased the magnification power on this microscope and looked again. What would you see? You would now see the cells that make up your tissues. Magnify further and you would see the various molecules that make up each cell. For example, there would be water molecules, oxygen molecules, carbon molecules, and so on. Whatever part of your body you look at is made up of molecules. DNA is a strand of various molecular structures, and so are brain cells, bone marrow cells, and so on.

Now magnify further and what do you see? You see that the molecules themselves are made up of atoms. Magnify further, if you can get your hands on the technology to do so, and you would realize very clearly that all atoms are made up of subatomic particles such as electrons and protons. And electrons and protons and all subatomic particles are actually energy! A proton is an energy packet. Now this is very important: energy does not 'change form' to become matter. Energy *is* matter and vice versa.



Molecules are groups of atoms. Atoms are groups of energy particles.

Do you see that? The same hand that you see as a solid object when you observe it with your bare eyes is the same hand that looks like a cluster of energy packets when you observe it at a suitable magnification. It is the same thing!

You are a cluster of energy, and so is everything else.

This cluster of energy is always in motion, moving and changing to form new configuration at every moment. That table that is in your dining room is not as solid as it appears to be. On a highly magnified level, you would realize that it is in constant flux, 'losing' and 'gaining' billions of energy packets, but intelligently maintaining the overall 'look' of a table.

It is only that your five senses of sight, smell, taste, touch and smell can only perceive groups of energy activity. This perception is interpreted in the mind as a physical form. Your eyes see billions of energy patters behaving in a certain way and they interpret that as the color green, for example. Your hand feels energy behaving in a certain way and it interprets that as hard, for example. So what is your body doing with external things that it senses? It is experiencing energy in motion (e-motion, emotion). And as you will see below, it is doing the exact same thing with internal things (thoughts and feelings).

How Thoughts Become Body and Events

We now have scientific evidence that our thoughts trigger emotions which in turn become body matter through the work of glands and chemicals such as neuropeptides, adrenaline and others. Hence, our entire body is continually constructed and destroyed from our thoughts. The scientific rule is that whenever an emotion is registered by the body, various emotional chemicals are manufactured by various glands and these in turn have various constructive or destructive effects on the body.

Emotions are energy in motion. They are the body's way of registering a thought as a thing that can be experienced. Haven't you ever noticed that two people can be watching the same thing but they both react with very different emotions? It is because they both have different mental interpretations of what they see. It always works like this: thoughts create emotions (energy in motion) and these emotions manifest into physical using the Universal Laws of Attraction and Cause and Effect.

Emotions, if you are wondering, actually arise from your etheric body, your energy body, the one that keeps your 'flesh' animated, the one that leaves when you 'die'.



A thought moves energy in your etheric body which you experience as emotion. To complete the cycle of experience, the emotions do two things. (1) They trigger

certain specific glands in your body. These glands then release various chemicals and hormones that have various constructive or destructive effects on your body.

(2) They attract and create external conditions and opportunities that resonate with their particular nature so that the thought can be fully experienced.

From the above explanation, you can now see how your body literally represents every single emotion and thought that you have ever had. You very literally become what you think about. Quantum physics now fully explains beyond any doubt that our thoughts are the things that group together and collapse energy packets from a probability into physical matter in a given place and time. And all our religions repeatedly tell us that as a man thinketh, so is he. Just as a simple example, when you are stressed, various body processes are activated. On the short-term your thought process and muscular tension is messed with. On the long term you suffer various serious health conditions. In fact, an analysis of the cells of a perpetually stressed out person always shows far more toxins within the cell than those of a person who is mostly relaxed and balanced. As you will see below, your thoughts also scientifically cause the environment and conditions in your life, such as your financial state, health and relationships.

Feelings versus Emotions

Here is a quick paragraph to clear up a common confusion. You have emotions and feelings. These are two very different things. Emotions are your energy field's reaction to your thoughts. Feelings are communication from your soul/spirit. Instinct, gut feeling, intuition and so on are all feelings. Feelings are not emotions, although the two are often confused. Feelings do not arise from your mind, nor are they reactions of your thoughts. Emotions are reactions to your thoughts. Once again, emotions are your energy field's reaction to your thoughts, but feelings are direct communication from your soul/spirit.

More on How Thoughts Become Situations around You



The world that you live in comes about in a certain way. Most people do not understand how it comes about, moment by moment, exactly. In fact, very, very few people understand how each moment is created. Understanding how your world comes into being, and your exact role in it, is what shall begin to get you out of the trap of suffering and shortage and into freedom and abundance.

You shall now see Nobel Prize winning scientific and spiritual evidence that shall convince you that you are at cause for everything in your world – and that you can change the effect any time.

Right now it is time for some scientific evidence of this. Many Nobel Prize winning physicists have recently (starting in the 1920s) proven beyond doubt that the physical world is one large sea of energy that flashes into and out of being in a fraction of a second, over and over again. Nothing is solid. This is the world of Quantum Physics. They have proven that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see.

So why do we see a person instead of a flashing cluster of energy? Think of a movie reel. A movie is a collection of about 24 frames a second. Each frame is separated by a dark gap. However, because of the speed at which one frame replaces another, our eyes get cheated into thinking that we see a continuous and moving picture. Now think of television. A TV tube is simply a tube with heaps of electrons hitting the screen in a certain way, creating the illusion of form and motion. This is what all physical objects are anyway.



You have 5 physical senses (sight, sound, touch, smell, taste). Each of those senses responds to a specific spectrum (for example, a dog hears a different range of sound than you do; a snake sees a different spectrum of light than you do; and so on). In other words, your set of senses perceives the sea of energy from a certain limited standpoint and makes up an image from that. It is not complete, nor is it accurate. It is *just an interpretation*. Intelligent energy way below and above your ability to perceive with your natural senses or scientific instruments definitely exists. (Open your mind and your heart and you will be amazed, for your consciousness does have the ability to rise beyond your current limits!)

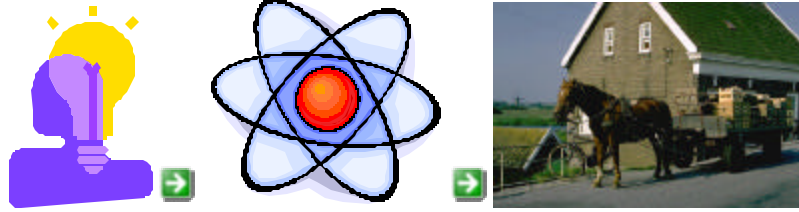


Our thoughts are linked to this energy and they determine what the energy forms. This explains things such as positive thinking, prayer, faith, creativity, goal-setting, disease, and much more in a very scientific way using Quantum Physics. Your thoughts literally shift the universe on a particle-by-particle basis to create your physical life.

Look around you. Everything you see started as an idea, an idea that grew as it was shared and expressed, until it grew into a physical object through any number of 'manufacturing' or 'growth' steps. You literally become what you think about. Your life becomes what you have imagined and believed in. The world is literally your mirror, enabling you to experience in the physical plane what you hold as your truth – until you change it. You know this to be true internally, and so do most people, and that is why people know instinctively that positive thinking works.

Quantum physics shows you that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up using our individual and collective thoughts and states of being as a society, country, family, planet, solar system, or universe. We have begun to uncover the illusion.

Spirit and Mind puts together this energy into the physical shape you are used to seeing with your limited set of senses. If you go into a high-tech lab right now and ask them to let you see yourself under a powerful electron microscope and conduct other experiments on yourself, you will see that you are made up of a cluster of ever-changing energy in the form of electrons, neutrons, photons and so on. And so are your wallet, your spouse, your car, and everything else.



Thoughts are energy. Thoughts move energy into form. Energy is the building block of all things. Law of cause and effect. Law of attraction. Physical objects are literally dense thought forms, energy clustered in the form expressed by the thought.

Quantum physics tells us that it is the act of observing an object that causes it to be there where and how we observe it. An object does not exist independently of its observer!

Energy is the sub-atomic particles that come together to 'make up' atoms, which come together to 'make up' matter. Matter is energy. Matter is not converted energy, it is energy. Ever heard of Einstein's equation, $E=mc^2$? What it means is that any piece of matter has mass (m) and this mass is energy that can be calculated by multiplying that mass by the speed of light (c) squared (what a large number!). You are literally made up of light, the same stuff light is made of (hence the Bible and many other spiritual texts tell us that light was the first thing to be created).



"Scientifically speaking, this energy exists as waves spread out over space and time. Only when you exercise observation do these waves become particles localized as a space-time event, a particle at a particular 'time' and 'space'. As soon as you withdraw observation, they become a wave again. So, as you can see, your observation, your attention to something, and your intention, literally creates that thing as a space-time event. This is scientific. Even your relationships with other people are governed this way by un failing laws of cause and effect."

Spirit, Mind, and Body

You are made of spirit, mind and body. Each of those three, spirit, mind and body, has a function that is unique to it and not shared with the other. What you see with your eyes and experience with your body is the physical world, which we shall call Body (Body here representing all things physical). Body is an effect, created by a cause. This cause is Thought. Body cannot create. It can only experience and be experienced – that is its unique function. Thought cannot experience – it can only make up, create and interpret. It needs a world of relativity (the physical world, Body) to experience itself. Spirit is All That Is, that which gives Life to Thought and Body. Body has no power to create, although it gives the illusion of power to do so. This illusion is the cause of much frustration (when you believe that body has causative powers, you try to *do* your way out of

a problem and into a solution, all the time not realizing that all it takes is to *be* the solution).

So here are the functions and characteristics again:

Spirit – Function: Life-force. **Characteristics:** Eternal, Infinite, All Knowing, All Powerful, One With All, Invulnerable, Unconditionally Loving, Fearless. This is Who You Really Are.

Mind – Function: Create by extension of Thought, which, as you scientifically saw, shifts the energy that comprises all things physical. **Characteristics:** ‘Split’ between Higher Mind and Lower Mind. Higher Mind has same characteristics as spirit while lower mind tends to identify with Body. The Higher Mind is sometimes called the Higher Self or Holy Spirit, depending on your background, and the lower mind is also called the ego, the one that has the illusion of being separated from everything else including its own Self, Spirit. **Note:** Your brain is in your head, but your mind is actually everywhere, all over your body in every cell, and beyond your body and stretching into eternity.

Body – Function: To enable experiences of energy in motion (e-motion). Experiences are possible only in a world of relativity and duality (mind and spirit exist in a realm of absolute, not relativity, where comparison is impossible). Body is purely an effect and has no power to cause or create. **Characteristics:** Takes on whatever properties the mind gives it.



To learn more about the nature and tools of creation, and Quantum Physics in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.ImagesOfOne.com>.

More on your Construction: Your Energy-Body Anatomy

Your Energy Centers (Chakras)

Now that you are becoming a master of energy, let us see how you are constructed in even more detail, as this has everything to do with your entire life!

You are not constructed haphazardly. You are an energy system that is intricately put together with purpose and exactness. You are not a random ball of energy. You are a column of energy with several centers. Each center has a specific function and characteristics. Herein lays the keys to the manifestation of your successes and failures, diseases and health, and much more.

In the west, they are called energy centers; in the east they are called chakras. Although there are many energy centers and points within you, the major ones that we are interested in right now are the seven main ones that form your earthly being and feed all the thousands of minor ones. To put it simply, your spirit (life-force) gives life to your body and to your experiences and creations through these seven centers. So their function is to bring continuous life/energy from spirit into matter. As you will soon see, each has a specific function, characteristics, a mapping to various body parts, and so on. And each can be functioning well, be blocked and losing energy and causing failure and disease within its particular mapping, and it can also be enhanced and increased in power and vibration. You will see all this later on in this book.

Your energy centers are located within your energy body, your etheric body, the one that animates your flesh body and leaves when you 'die'. You cannot find your energy centers by operating on a body with a knife.

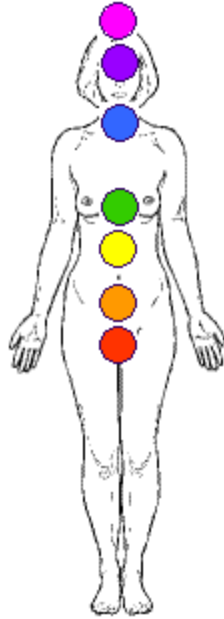
In short, your energy centers, chakras, are your soul's interface, connector and adaptor to your body and the world. They are the channels through which soul/spirit becomes manifest as matter for the sake of experiencing itself. Chakras are the channels of spirit-to-matter manifestation. Thought, words and actions are the tools of manifestation. To manifest simply means to express as matter.

You will see how they all work together. For now, here is a summary overview of these centers (more details later, tailored specifically to your situation):

Chakra	Name	Location	Body Parts it Supports	Issues It Powers	Senses
1	Root	Between genitals and anus	Feet and legs, bones, immune system, body support, spine base, etc	Family and social belonging, safety and order, basic survival, standing up for	Smell

oneself, etc

2	Sacral	Upper end of pubic	Sexual organs, pelvis, large intestines, appendix, bladder, hips, lower vertebrae, etc	Creation and sexuality. Power, control, money, etc	Taste
3	Solar Plexus	Slightly above navel	Abs and stomach, liver, gallbladder, small intestines, pancreas, kidney, adrenal gland, spleen, mid spine, etc	Personality. Self-esteem, responsibility, decisions, honor, respect, gut instinct, fear, trust, etc	Sight
4	Heart	Chest center	Heart, circulatory system, lungs, arms, ribs, breasts, thymus, etc	Love. Forgiveness, compassion, anger, healing, etc	Feeling
5	Throat	Near larynx	Throat, thyroid, neck vertebrae, mouth, teeth, gums, hypothalamus, etc	Expression. Will, self-expression, judgment, faith, etc.	Hearing
6	Inner Eye	Approximately between the eyes	Brain, nervous system, eyes, ears, nose, pituitary gland, etc	Intuition. Truth, intellect, etc	ESP
7	Crown	Center of the top of the head	Skin, muscular system, skeletal system, etc	Universal being. Spirituality, Oneness, inspiration, universal consciousness, etc	Universal



When a chakra is blocked or not functioning well it loses (bleeds) energy/life-force and you can literally feel yourself shrink if it happens rapidly (like when you are under terror and you feel small recoiled). This is experienced outwardly as failures in corresponding aspects of your life or as disease in your body in corresponding body parts.

For example, a blockage in your second energy center (sacral chakra) results in power, control and money issues and may manifest itself as health problems with your sexual organs, lower spine, pelvis and other areas powered by this energy center. It also manifests itself as financial problems and controlling relationships. And how does it get blocked? We will see how this happens in detail later (it happens due to incorrect perceptions of key events in your life, especially during your first 7 years of life in this incarnation, but it can also be blocked by previous events in another incarnation).

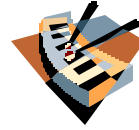
Once a chakra is healed and unblocked, and you can do that all by yourself, the ill-effects start to reverse (sometimes instantly), health returns and external situations move to a state empowered functioning either by becoming healed themselves (the universal law of cause and effect) or dropping off to allow higher situations to move in (the universal law of attraction which states that similar vibrations harmonize and attract each other without fail).

As you can now begin to see, the mind and energy system has everything to do with your life and health. A question you may have now is, "Then how come we see medical evidence that particular germs, foods, genetics and chemicals cause certain diseases?" Well, that is a fair question and yes, certain things do appear to cause a disease. In fact, they do lead to the disease, but they do not start it, hence are not the true root cause. They are just a path to it. For example, to become obese and have unhealthy cholesterol means that you must have certain unhealthy eating habits and perhaps smoke and drink alcohol. We all know that. But what is it that propels a person towards these food and substances? And what propels a society to invent and market such substances? It is not coincidental or accidental that some people are just born with an insane tendency to rush towards things they know will harm them. No way. If you look carefully, the energy system and thought process are the root cause, the ones that resonate and magnetically are attracted to such behavior and outcomes. Another simple explanation is that of a common cold. You always carry the virus within you, every day of the year. But you only succumb to it when your immunity drops. And it drops because of very specific energy pattern reasons. It is not random. Even genetic dis-eases and dis-eases one is born with are easily explained in the light of the fact that a soul incarnates with a specific energy pattern and lessons to be explored as part of its purpose here.

Seven, Duality, Order and Embracing It All



I would like you to notice something else about nature. It all has a foundation on seven energy bases. Look at colors. There are seven primary colors (the seven colors of the rainbow). All other colors are made up by mixing these seven primary colors. Look at sounds. There are seven sounds (do re mi fa so la ti). All other sounds are made up by mixing these seven sounds and going up or down in pitch and so on, which simply means having the same sound at a higher frequency/wavelength multiple.



An interesting property of energy is to do with **vibration frequency**. The higher you go in vibration frequency of these colors and sounds, the higher, stronger, yet less perceptible they become. The lower you go with the frequency, the weaker, heavier and more perceptible they become. An example of high frequency, powerful sounds and light is ultrasound and x-rays.

Another interesting property is **duality**. Each of these seven has dual states (on/off, positive/negative, good/bad, light/dark, male/female and whatever else you wish to call it). This duality is what allows that very thing to be known. You know the positive because the negative exists, and the positive can only be created and experienced within the field of the negative. Form and no-form. You cannot experience tall without having a concept of short. And both need to exist for the thing known as height to exist. You cannot experience cold without having a concept of hot. And both need to exist for the thing known as temperature to exist. Hence, negative is not to be avoided as such, but embraced. As you will soon see, what you resist persists, what you embrace empowers you and releases you. Although this book asks that you drop negative patterns, it does *not* seek to do so by asking you to *disown and cast away* negatives. Instead, it asks you to stop living in a negative imbalance, in a predominantly negative pattern. It asks you to know yourself positively as well, and embrace both. In such a state, the combination and acceptance of the duality as all part of you enables you to achieve the state of 'the whole is greater than the sum of the parts', a state of transcendence. It is somewhat like a bird. If a bird has any one of its wings, it cannot fly. It doesn't matter which wing it has, if it is only one, it will not fly. But given both wings, it takes off and the whole becomes greater than the sum of the parts. You will see exactly how to find your specific disowned parts, how to embrace them, and how to be freed from the negative.



Embrace all polarities, disown none, and you will transcend and become wholly powerful.

Another interesting property is **resonance**. Energy resonates and attracts with similar energy. Unlike energy repels. It even sounds appropriately harmonious or unharmonious were you to hear it (like in music)! And were you to see unlike energy coming together, for example as waves in a laboratory experiment, you

would see that it has the appropriate interference or constructiveness. Like energy always attracts like energy and vice versa. You always create and attract external conditions (including health) that mirror your internal state. As you change that state, you will notice the external conditions falling away and new ones coming in that reflect your new state. Sometimes this falling away can be sudden if your change is big, and it might scare you and make you feel as if you are losing things. But relax knowing that it is natural, healthy, and normal, and it is giving way to something that is more like your new self.

Here is something that will help you tremendously in your understanding of your life and transforming it as you wish:

In this universe, created by a perfectly powerful and capable Creator, absolutely nothing exists in chaos, disorder and accident. And you are created in the image and likeness of this Creator (remember, you are spirit with a body that responds exactly to mind instructions).

Being in the image and likeness of this Creator, you are infinitely powerful, abundant, peaceful and perfect in the exact same way. You may have forgotten this, but evolution and growth is all about remembering what you already are. Step by step, you realize higher aspects of yourself. You remember. As such, there is nothing new to learn. All you are doing is unlearning the original error, step by step, at whatever rate you choose.

Everything works perfectly with precision according to universal laws. It is impossible to create chaos, as that would mean undoing the eternal design put forth by an infinitely intelligence life force.

However, it is very possible and commonplace to judge things as chaotic. When you judge a thing as chaotic (something that 'should not have happened'), you throw your very own self into chaos.

Your judgment of life's situations as chaotic things happening to you is what strips you of your power to see the reason behind the situation and to respond effectively and positively to it.

At this judgment point, you create stress in your life. You also split your personality into two, one which you wish to hide and run away from, and another that you feel has been victimized. This is the root cause of all disease, suffering and pain and it is totally unnecessary and preventable.

Your illusionary perception can be corrected by your decision to acknowledge that everything is in order. Once you acknowledge that, you can now look behind the event to see the reason.

Within that reason is a seed to your highest growth, healing and accomplishment! Indeed, healing is merely the revealing and acknowledgement of the perfect truth underneath all the illusion.

You Are Literally an Idea

As you now begin to see, you are literally an idea. An idea is a thought, and thought is energy. You are an idea that experiences itself by manipulating energy fields around it and experiencing those energies as e-motions (energy in motion). You are an Idea, a Will, a Thought. An Idea that experiences itself exactly as it chooses to. Granted, there are portions of yourself that you are not conscious of and therefore their effects seem to be out of your control, but you can grow to be conscious of them.

The best news is this: An idea can be changed. Hence, there is no situation you cannot change if you truly chose to. In a sense, you are in a cage built within your own mind, a cage whose doors are fully open, one you can walk out of at any time you choose. In truth, nothing is impossible, there are no situations that cannot be changed, and no diseases that cannot be cured, as long as the person is willing to change the root cause. All you need is:

1. To be willing to change yourself. Willingness.
2. To be aware of how you feel, who you are, and what is going on. Awareness.
3. To be honest to and with yourself about how you feel and what you think. To be willing to be honest to others in the same regard. Become true to yourself, live authentically. Honesty.
4. To be responsible for your thoughts, words and actions by acknowledging that you are at cause of your world. Without accepting responsibility for yourself, you cannot have response ability, and cannot therefore have choices. Responsibility.

These are the 4 keys to changing your Idea of Who You Really Are and subsequently experiencing yourself anew.

How the Past Influences Your Present and Future

Why does a particular type of life situation keep revisiting a person? Why do some people keep experiencing a certain illness? Why do some people cycle through success and failure, as if someone is sabotaging them? Why can't some people seem to find a partner who treats them well?

The answer is simple:

1. Life, your spirit, always seeks to grow, bloom and fulfill its mission.
2. Your energy system always seeks to be accepted and to express its truth and be experienced fully and authentically.
3. Therefore, when you have blockages to the growth of your spirit, your life, and to the expression of your emotions, they must be cleared. To clear them, spirit pushes them to the surface so that you may become aware of them, accept and heal them (as you will see how later). Blockages include things such as past unresolved issues, denials, hidden selves, disowned archetypes and wounded inner children, thought patterns, labels, beliefs, and so on. The more you try to

ignore these blockages, the more spirit pushes them to the surface. At first, they may be nagging thoughts. If you do not resolve them by facing them and healing them, they manifest as a disease and/or a life situation that will force you to face them. And if you ignore them, they keep coming back again and again, each time harder and harder, until you resolve them in this lifetime or the next. Your soul must always get to the bottom line of all experiences by merging them with its perfect nature. No part of it can be allowed to forever remain disowned.

Whenever you go through an experience, you formulate a thought and therefore an emotion towards it. If that emotion is allowed to run its course, be fully experienced to its end in full awareness, it is done with and will not be repeated unconsciously (unless you consciously choose to repeat it), for the lesson and purpose has been fully uncovered and needs no repetition. However, if that emotion is denied and refused full expression, it is stored within as a shadow personality and will keep trying to be heard and expressed. This is what causes those cyclic repetitions of undesirable events; the ones that make you say 'Why does this always keep happening to me!' If you finally face and heal this past disowned emotion, you will discover the powerful lesson that was always there but was not completed. The transformation will be immense, empowering and liberating. But if you forever deny this shadow hidden selves that you carry around, they will be with you still.

You see, life is eternal. What you put in place remains in place until you change it. As such, hate becomes forever, once you create it, and the only way to 'get rid' of something you hate is to embrace it and by doing so you see the divine within it, as the divine is within all life. Nothing can exist outside of Life, The Source of All That Is. And you are made in the image and likeness of Life. By denying any part of Life, you deny yourself and vastly dis-empower yourself. This is how karma is formed, through denial and resistance, through incomplete lessons of All That You Are. And indeed, some of your shadow selves and fears are from a time beyond this lifetime, a past life, but they can be healed in this lifetime just as easily.

Your Energy Center (Chakra) Cycles: Energy Seasons of your Life



Have you ever noticed how everything in life is cyclic? Plants grow in seasons; the weather is in seasons; the moon and sun work in cycles; and so on. We humans also have many cycles operating within us and in conjunction with the rest of nature. Right now, we shall look at the energy center (chakra) cycles and how they operate in your life.

As you now know, you have 7 major chakras. As you may have heard, the first 5 years of a child are very important and formative. The medical and psychological professions have noticed that. But as you will see, it is actually the first 7 years that count so fundamentally. It is only that the last two years contain aspects that are not yet highly developed at this stage of our evolution even in adults (these are intuition and inner sense from the sixth chakra, and universal consciousness from the seventh chakra), and so they were initially ignored.

Every year when a chakra comes into primary focus in one of your two cycles detailed below, you have a chance to (1) experience its powers, (2) heal and advance its powers, and (3) experience its blockages so that you may heal them.

Your growth cycles in two ways (also, see chart below):

(1) You have major chakra growth cycles that are seven years long each. When you are born, your first major cycle is dominated by first chakra issues (family and social bonds, belonging, and basic support). After that, the next seven years (from your 6th birthday) are dominated by second chakra issues (relationships, creativity and power). This cycle goes on until you get to the seventh chakra in your 43rd to 49th year (that is from your 42nd birthday). You then start again after that in your first chakra.

(2) Every year you also have a chakra theme year that works together with your chakra cycle. Your first year of life is a first chakra theme year. Your second year (after your first birthday) is a second chakra theme year. And so on. After you get to your 7th chakra, you start again, and the cycle goes on this way. For example, in your first year of life, your major cycle is a first chakra year, and so is your theme. So your total learning and formation will be highly on the family bonding angle. On your second year, you are still in a first chakra major cycle, but your theme now shifts to the second chakra. So you develop the second, from within the first. Do you see how they work together? Take an example of the teenage years, which everyone can relate to. From the age of 14 (which is the start of your fifteenth year) to the age of 21 (which ends your 21st year on earth), you are in the third chakra (unfolding of your personality, decision-making and self-esteem) as the major cycle. This is where all that so called 'rebellion' comes from, the natural cycle of individuating and learning cause and effect through your own decision-making.

Now, here is a chart showing the cycles as they work in your life:

Key to table below:

Root chakra - This is the period when you mostly learn about family belonging and being one with everyone else. Failure to do so affects your feeling of belonging and grounding, and your ability to stand for and provide for yourself.

Sacral chakra - This period is about the development of issues that have to do with creativity, power, control, money, relationships, and sex. Not developing this center in a healthy and wholesome way raises issues of scarcity, control issues, and other second chakra dysfunction manifestations.

Solar plexus chakra - This period is about the development of personality, individuality, decision-making, and self-esteem. When you miss on developing this chakra, you lack self-esteem, decision-making ability, and you fear failure.

Heart chakra - In this period you develop love, compassion, healing and forgiveness. Poor development of this center leads to loneliness, fear of love, resentment, hatred, lack of self love, and selfishness. This is a very important chakra because it joins the heavens and the earth. It is the power that gives life. When this particular one is not functioning well, the effects spread to all the others in a major way.

Throat chakra - This period is about your developing of your will power, faith, and following your dream. When you miss learning how to express your own will and see its effects, you rapidly lose your faith in your abilities to make your life as you will it to be for you have no experience in the laws of cause and effect.

Inner eye chakra - In this period you get to develop and experience intellectual abilities, find truth, go through introspection, and see the bigger picture in life. Poor development of this leads to untrue perception, feeling intellectually inferior, and blaming everything and everyone else for your life situations.

Crown chakra - This is a period where you develop your inspiration, spirituality, and universal vision. Poor development leaves you with an eventual feeling of lack of life purpose, low awareness and inspiration, and inability to trust the natural, loving and supportive process of life.

Remember, when you are born, you are in your first year of life. When you are 5 years old, you are in your 6th year. When you are 40 years old, you are in your 41st year, and so on.

Theme for the Year

	Root	Sacral	Solar Plexus	Heart	Throat	Inner Eye	Crown
Major Cycle Chakra	Root	1st year	2nd year	3rd year	4th year	5th year	6th year
	Sacral	8th year	9th year	10th year	11th year	12th year	13th year
	Solar Plexus	15th year	16th year	17th year	18th year	19th year	20th year
	Heart	22nd year	23rd year	24th year	25th year	26th year	27th year
	Throat	29th year	30th year	31st year	32nd year	33rd year	34th year
	Inner Eye	36th year	37th year	38th year	39th year	40th year	41st year
	Crown	43rd year	44th year	45th year	46th year	47th year	48th year
	Root	50th year	51st year	52nd year	53rd year	54th year	55th year
	Sacral	57th year	58th year	59th year	60th year	61st year	62nd year
	Solar Plexus	64th year	65th year	66th year	67th year	68th year	69th year
Heart	71st year	72nd year	73rd year	74th year	75th year	76th year	
Throat	78th year	79th year	80th year	81st year	82nd year	83rd year	

Inner Eye	85th year	86th year	87th year	88th year	89th year	90th year	91st year
Crown	92nd year	93rd year	94th year	95th year	96th year	97th year	98th year

Remember, when you are born, you are in your first year of life. When you are 5 years old, you are in your 6th year. When you are 40 years old, you are in your 41st year, and so on.

Growing into Empowered Human Beings

Now this is very important. To grow into an empowered human being, you must pay attention to your cycles. Put deliberate focus on your major and theme cycles. Even if you don't, your life will unconsciously respond to whatever theme you are in. Stop right now and see what major and theme cycle you are in and consider how this ties in with your life right now. You will notice great correlation in your health, relationship and financial affairs with your chakra cycles. Specifically, notice your positive or negative feelings and beliefs about your life situations and see how they tie in with the chakra cycles. What successes are you currently having? What challenges are you currently facing? What new lessons are you currently learning?

There are two ways to grow. The hard and long way is unconsciously through pain and suffering. The fast and pleasant way is through consciously seeking the appropriate knowledge and growing in the appropriate season. There is a time for everything. Use your seasons wisely and life will be a lot smoother and empowered for you. And as you raise your children, remember these cycles and allow them what is naturally their time for everything.

The other important thing is that you must learn how to complete your lessons fully, embrace all life situations, and remain with a clean slate. When you hold on to the past, you are literally walking around with a 'messy' slate. Remember that every year brings along a new season with new gifts, lessons and opportunities. If you have a clean slate, you are able to welcome and go through your new gifts untainted by the past. The highest level of creation occurs on a clean slate. A slate with the past on it prevents (1) clear experience of the new (2) full growth (3) painless and joyful expansion (4) effective creation and manifestation. The unforgiven, unresolved and disowned past is your biggest weight. Look at your present situations. How does your past taint the present? The biggest blocks are usually formed in the first seven years of life.

About Past Lives

In the analysis and explanations throughout this book, you will see several references to your past incarnations (lives) and any influence that has to do with your current incarnation. The idea that souls reincarnate is well-established across the planet. Today, Christianity and Islam are the only religions that do not openly support this idea. But if you look at the history of where this support fell off, you find that it was officially in 533 AD for the Roman Catholic Church (when the Roman council at Constantinople declared it unholy and changed most of the bible to remove references to it), and somewhere in the 1850s for the Jewish teachings. Before the 1850s, they, especially the Jewish teachings, actively upheld this teaching that people can come back as people. The original texts still have references of "people coming back as different people" (e.g. John the Baptist who, according to Jesus' words in the Bible in Mathew 13-14, was Elias reincarnated). For thousands of years, Eastern, Greek, Kabbalistic, and many other spiritual paths have seen the truth in reincarnation (as will be explained below in an easy way to understand).

Think of it this way: you have one body made up of billions of little cells. Each cell is a complete organism that can live outside of you in a laboratory. It does not need you to exist if it could find an alternative source of nutrition and environment. As little kids say in their biology class, "you are made up of many little animals". Each of those cells has its own intelligence and life force. And if you examine just one cell, again you find that it is made up of many little organisms with their own independence as well (such as molecules). If you look at these molecules you see that they are also made up of more independent separate lives (atoms). And atoms made up of intelligent energy. And it does not stop there (although that is how far our current science is able to actually detect life forms). It goes on into infinity.

Now reverse the direction. You know that you are an individual with billions of smaller individual life forms living and dying within you. Now consider that just as that is true, the reverse is also true. You are an individual within a bigger soul, an oversoul. That oversoul carries, say, 12 souls just like yours all incarnated on earth. And it in turn is a part of a larger soul that carries many oversouls to make the one. And it goes on to infinity upwards as well. So, just as your one soul and body in one lifetime requires many billions of cells to be born and die within it every single day, so does your oversoul. Your oversoul also needs many within it to go through birth and death cycles. And its oversoul also has its own cycle. And there is yet another larger cycle beyond even that larger oversoul, and so on to infinity. Your soul incarnates, goes through its lessons, sheds that body, does it again, out of its own choice by the way, until it is done. With each incarnation, it moves closer to its goal of being in perfect awareness of itself while still in physical form (the earth plane is one where we can experience things like in no other plane, because earth has a very detailed system of relativity, duality, polarity and free will). That is what evolution over the last thousands of years has been all about - growing awareness, grounding spirit into matter in ever-increasing consciousness of that spirit.

You can now begin to see how reincarnation happens in a very reasonable and explainable manner. Any incomplete lessons and experiences plus false beliefs that were not corrected in a previous lifetime are reconstructed in this lifetime so that they may be completed. And any advancement that was built in previous lifetimes is also downloaded to the new incarnation for its enjoyment and use.

The Energy Centers (Chakras) in Detail

"Let us create Man in our own image and likeness." – Genesis

So far, we have seen scientific and spiritual evidence that you are a being of light, an energy being. That is your construction, a construction that literally means your power is limitless, your safety is guaranteed, your invincibility is indestructible, your thought power unquestionable, and your worth infinite. We have seen how the universe is one large ocean of energy, from a scientific standpoint, literally explaining the spiritual teaching that we are all One. Now let us see what this directly means in your life, strengths, limitations and growth.

"There is no order of difficulty...Forget not that it has been your decision to make everything that is natural and easy for you impossible. If you believe ... is difficult for you, it is because you have become the arbiter of what is possible, and remain unwilling to give place to One Who knows. The whole belief in order of difficulty ... is centered on this." - A Course in Miracles

"Is it not said in your law [religious texts] that ye are gods?" - Jesus

Basic Principle

The basic principle here is very simple. And this is what it is: each chakra radiates timely energy streams (e-motions) that correspond to its functions. These emotions are literally energy in motion. They are specific to the time of the experience. For example, when someone expresses their love for you, your fourth chakra increases its rotation and vibration, and this is experienced as the love emotion within the heart region. All emotions are in-the-moment. Now, you have several choices. You can (1) let the emotion flow fully to its full completion and accept and own it, watching it with detachment (2) or you can try to suppress it or disown it (3) or you can get all entangled in it and lose your presence.

When you go through it with choice 1 above, you live fully in the moment and it is complete. No blockages develop, the full lesson is learnt or the full joy experienced, and that chakra remains healthy and in fact grows from that experience. Always remember that an emotion can only be released or worked with in the moment it is happening and not in memory. You cannot block it and go to deal with it later in your own privacy. The only way to work with past emotional blockages is to re-enact the past moment so that the emotions are back in the moment of Now.

When you go through the emotion with choice 2 above, you cause a blockage. You did not express your emotion. For example, if as a child your father told you 'you will never amount to anything', you experienced an emotion at that time. Most likely, you wanted to tell him 'no way, that's crap', and you also wanted to

tell him his attack was causing anger in you, and you wanted to find out whether there was really something wrong with you, why he was saying these things to you. But most likely you did not do these things because you were afraid of a beating or punishment. And this is how a blockage is developed.

And yet another way a blockage develops is when you get entangled in your emotions. You literally lose yourself and buy into the emotion, accepting it as truth. Now, let us assume you are afraid of something. We all know that fear is illusion, but that does not mean you resist it. If you are afraid, accept it, say so. But watch your fear from a point of detachment, like an external observer who watches and allows whatever passing onto his screen. The observer can choose what's next through desire and intention, but the observer never attempts to block what is currently happening. So watch the fear and accept it, embrace it, but with detachment. If you instead choose to get involved with your fear, you lose awareness, you get sucked in, and you believe in your fear. And the more you believe it and give it attention, the bigger it grows. And this blocks the chakra.

Whenever your chakras are blocked, they super-impose the blockage on all your new experiences. So if in the past you were criticized for your dreams and you developed a blockage, believing that they were unworthy of expression for people will criticize you for them, your chakra will super-impose that on all your new dreams even now as an adult. And you will wonder, "Why don't I ever seem to make it?" There is still old negative energy stored there! Bring it into the light and release it!

When your chakras are clear, all new expressions are pure and come out without any resistance at all!

We as human beings do only one thing: we create experiences. That is all we ever do. Whatever it is you are doing in your life, you are creating an experience. This experience is of the energy in motion, the e-motion. Therefore, it is of extreme importance that you always be aware of what you are FEELING now! That is the most important thing. What are you FEELING Now? Always be aware of that, then be honest about it, and be responsible for it, and you will have unrestricted response-ability to it.

What does this have to do with your money, health and relationships? Absolutely everything!

Money comes from prosperity. Prosperity is a feeling of having it all, being in the flow. This feeling attracts corresponding situations and opportunities. And this is eventually experienced physically as money and wealth. Prosperity is an inside job. Success is the person you become, not a point you chase after.

Health is a feeling of well being, a feeling of being wholesome. This feeling is expressed and experienced externally as good health and vitality. Stress kills you because it is the opposite of that feeling.

Relationships are an expression of unity. Unity comes from love. You cannot feel ultimate love unless you feel complete and love yourself wholly. Only when you are complete and intact, when you feel perfectly worthy and self-loving, can you

be a complete entity capable of merging with others without issues of attack and victimization coming up.

So keep it real. What are YOU FEELING Now? Be aware of it, honest about it, responsible for it.

First Energy Center (Root Chakra): Family and Social Belonging

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Base of spine
Legs
Rectum
Immune system
Feet
Bones

Issues Powered By It:

Ability to ground and manifest ideas into physical world
Providing and supporting yourself
Safety
Security
Relationship to the material world, grounding
Family and social safety and security
Acceptance by peers, family, or the immediate or global community
Standing up for oneself as an individual or community
Social bonds, equality, belonging and order

Causes and Effects of Dysfunction in It:

Any violation of the principle that we are all One
Rejection by peers, family, or the immediate or global community
Inability to or fear of providing for and supporting yourself
Feeling that you are alone in this world and cannot find help and support
Feeling helpless and abandoned
Prejudice
Feeling insecure and threatened
Inequality
Inability to manifest dreams and ideas
Any type of lack of honor of family and society as a whole
Feeling you don't belong

Being the energy center that is connected with family and social belonging, this chakra is involved with emotional grounding and stability, a sense of belonging. This center thrives on the universal law that we are all one. Any time you accept a belief contrary to this truth, or think, speak and act contrary to this truth, you block its proper functioning. Any time you embrace this truth in belief, thought, words, and actions, you boost its power to ever-higher levels.

This is the first center to develop in your life. Your first seven years of your life have this center as the major cycle chakra, and the first year of your life has it as the theme chakra. Therefore, you will find that your view of the world is generally formed by what you chose to accept as true from the relationship you had with your family, society and environment in your first seven years of life on earth.

More often than not, people were taught both through experience and 'teaching' that the world is not safe and it requires struggle to survive. This is obviously totally contrary to the universal truth that we are all one. You must therefore correct this base belief and heal this chakra. Those who buy into such a view of the world always experience this as their truth.

Remember also that this chakra is the center that empowers you to stand up for yourself. You cannot escape the ill effects of the first seven years of your life by just saying "it wasn't my fault, my parents and society made me fall into that false limiting belief". That was the only thing your parents and society knew at the time, what with all their own fears they harbored. Feeling victimized is only going to make it worse for you. This software will help you heal in the right way, but basically the way to do it is to accept responsibility, face your dark side and embrace it. Why? Because you have an inner child that you disowned a long time ago and this inner child must now be put in its right position of splendor. This inner child is what was 'victimized' in your first seven years. You came into this world full of innocence, faith, inner power and love, and slowly you were told "you are not good enough, you are doing this or that all wrong, and you are in danger, and so on" until you bought these false truths. You started seeing itself as the cause of the harm you experienced, the cause of the rejection you were experiencing. Then your ego developed an inner critic that took the job of criticizing you so that you never again experience those first rejections. Hence you yourself ended up disowning and hiding your inner child. And to this day you criticize and disown your original inner child, the key to your peace and power.

Your inner child needs to come to the forefront and know that it was perfect all along, nothing was wrong with it. Yes, it is still there. And it is still perfect, created in the image and likeness of the First Force, the Creator! But it has forgotten all that. And it has been rejected by your ego. You now identify with your ego and inner critic and hide away your inner child. You are split and this has made you weak. There is no way of getting back your inner child, your original perfect self, unless you forgive yourself, and all those you say harmed you, and embrace all your sides, dark and light. If you do not forgive, you merely enhance the idea in your mind that the transgression was real and justified, and so it will continue to harm you. That scary beast you hold in your mind in your past only looks big because you believe it is. Face it and you will see it is as thin as a veil, as light as smoke, and as harmless as a rubber duck. And as you may have heard from many famous and heroic people in the past, the dark side always holds a very powerful gift once you face it and embrace it.

In a strange way, this chakra is about belonging but it is also about standing up for yourself. This raises some confusion among some people. Do they remain loyal to their social group at the expense of their own personal will, individuation and truth? Should loyalty be expected? The answer is simple. Love does not bind, it frees. Fear binds. They are exact opposites. As cruel as it may sound, we are all one, but each answerable to themselves and only themselves. Guilt is a thing made up by the ego mind to trap you and limit you. Nothing harms a person more than feeling guilty or imposing guilt on another.

Guilt robs of our God-given perfect worth and power. It calls for punishment. Punishment is never a good teacher, for how can you teach that violence is bad

when you use violence to correct the violence? Consequence teaches, love heals, and punishment and guilt imprison the mind. Besides, we are one. Guilt can only happen as a reality if we had separate wills. But in a system of One, there is no separate will. When you fully understand the law of cause and effect, you will see that it is impossible for something to happen to someone unless the 'victim' has accepted the energy pattern of the 'crime' in his or her mind and now needs an experience to lead to its experience and eventual healing. This mental error could have been done in this life or a previous one. This is where the big picture comes in. Guilt enforces the idea of victimization, and that never leads to true healing. It may dodge the issue temporarily, but it will not permanently wipe it out. And as long as you feel guilty, you will never feel deserving and hence you will never get ahead. And as long as you hold another person guilty, you will hold the belief in your mind that you were a victim and you will experience victimization in other forms. Your only way out is embracing, facing it, finding the lesson in both the positive and negative side of the issue, embracing both sides, and forgiving yourself and all parties involved.

Now, ultimately you will need to separate yourself from the group thought that is held by your society if you wish to grow faster. As you can now see, everyone has their own belief patterns that determine how their life turns out. An each group has its own group consciousness. When you are plugged into this group thought, you experience its effects and limitations. To grow further, you must unplug from it and have your own. Sometimes this may scare you, especially when it means that you physically separate from your group in order to disconnect. This chakra is what grounds us to earth and gives us a sense of belonging. This is the upside. The downside is that as you grow and especially when you start developing your sixth and seventh chakras, you may need to unplug your loyalty to your group and its particular grounding, lose one belonging so that you may find another. You should not reject your group, but you may need to lovingly release it. You definitely have to let it go whenever its beliefs contradict your truth and call upon you to be loyal to what you hold as false at the expense of what you hold as true. At this point, if you do not release it, you are bound to face some health issues or life situation problems related to this chakra.

Second Energy Center (Sacral Chakra): Money, Relationships, Personality, Power, and Control

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Appendix
Large intestines
Sexual organs
Hips
Lower spine
Pelvis
Bladder

Issues Powered By It:

Finances
Power
Money
Partnership
Possessions
Relationships
Sexuality
Creativity
Self-worth

Causes and Effects of Dysfunction in It:

Financial dishonesty
Sexual dysfunctions
Fear of not having enough
Victimization issues
Relationship dishonesty
Manipulative and controlling relationships
Manipulation issues
Power-based insecurities
Control obsessions
Sexual inadequacy
Sexual guilt
Scarcity
Sexual abuse
Pegging your self-worth to external things and people
Dominance issues
Poverty
Negative relationships
Control issues
Misuse of power
Any form of feeling disempowered due to any reason

Sexual dishonesty
Lack of honor for one another
Sexual resentment

This energy center deals with relationships, personality, power, control, and money. This is the next step after the tribal nature of the first chakra. It is the next stage in development that calls for you to define your individual power within the context of the world around you.

Healthy development in this center enables you to find your own in-built unlimited power within. It enables you to build your own security and abundance and feel safe and confident doing so. And it leaves you feeling comfortable and wholly accepting of your sex, sexuality, and capable of having healthy and balanced relationships. In all, your self-worth is found within you, in vast quantities.

Unhealthy development here leaves you feeling powerless, first and foremost. Whenever you accept the belief that your self-worth is dependent on external factors such as how much money you have, what people think about you, or anything like that, you literally give away your own power to external forces. You bleed power and hence you are left powerless. The most damaging aspect of this powerlessness is that only you can fix yourself, ultimately. And as long as you do not accept your own power, you will be unable to empower your own healing.

Your life force knows this and whenever you give away your power to an external factor, your spirit eventually tries to get it back by placing you in a situation where you are forced to face your false beliefs and see the errors in your thinking. For example, many people believe their self-worth is defined by their money. There is nothing wrong with money. But when you put your worth in it your self-worth tends to fluctuate with your bank balance. This is no good for spirit, which knows its self-worth to be infinite always. When you give it away in this way, you block the path of your own growth ability because you inevitable feel powerless when your finances are low. So eventually spirit will find a way to heal this belief if you don't do it yourself. One way it could do that is by attracting a situation where money cannot save you from and you have to find within yourself the power you thought you never had. Once you find it, usually after some grief, you realize a whole new higher level of living! A great number of the richest people out there have gone through such a stage and you will often hear their rags to riches stories, their testimony of the fact that wealth is an inside job. Of course, you can learn all this consciously instead of having to learn through crisis.

This is also the chakra that deals with relationships. A healthy relationship is founded on honor and equality. No partner leans into the other, or binds them. Love never binds, only fear does. Freedom lies in loves realm, while fear rules over the idea of boundaries because of its fear of loss. A healthy relationship recognizes that each person has a path and does not try to interfere with that path, especially because it knows not what the path is. As you can begin to see, love requires that you sacrifice nothing that you do not wish to without reservation. And a true relationship is wholly accepting without judgment. At that point a relationship serves its true purpose to enable mutual growth. The state of

your relationships will always reflect your inner state. Relationships are a mirror. Once you start to see this you can rapidly advance your growth simply by asking “why is this person in my life, what reflection am I seeing of myself?” You attract people who show you what you’re obvious and your hidden qualities are. Often, the thing you hate about another person is the hidden self you have disowned sometime in your past.

For example, John hates people who he judges as weak. If he were to look at his own past or childhood, he would find one situation where he was criticized for his compassion and kindness by someone he wanted approval from. Let us assume that this was a father who wanted him to be strong. His father tried to make him strong by criticizing his compassion and kindness, calling it weakness. Over time, he hated himself for his ‘weakness’ and built a strong outer shell to avoid further criticism and get approval from his father. He buried the original inner child deep within. This inner disowned self is a complete personality that wishes to be accepted again and brought to the surface. So it keeps bringing along people who will trigger a re-make of that past situation so that John may embrace and accept this quality in others and therefore in himself. So John keeps finding himself increasingly surrounded by ‘weak’ people. Even his own son may have the very qualities he detests so he repeats his father’s teachings on his own son even when he doesn’t wish to. Eventually, if he does not listen to his inner child and embrace all aspects of himself, he one day finds himself in a situation where he is almost forced to admit he has the very qualities he hates. Once he does, he finds that these qualities are very welcome and useful in certain situations and he was going through life half-baked because of disowning his compassionate and kind selves. Also, by forgiving his father he finds a gift in the actions of his father in that they made him develop a strong drive to go after what he desired with courage and persistence. So finally his dark and light sides meet and find that together they are greater than the sum of the parts.

This chakra is also the sex center. Sex is something that the divine left us with on earth to get in touch with our spirit. At a particular moment in sex, you literally become timeless, experience the eternal moment of Now, and touch a blissful aspect of your self that is usually covered by the daily grind. It is also the highest possible physical expression of love. And the health benefits of sex are documented to be vast, from age reversal to stress release to complex ‘good hormones’ releases. Such a powerful thing cannot be disowned without some powerful consequences. Any shame, guilt, resentment, fear, conflict, and negativity towards sex will show up as various aspects of impotence. It is no wonder that people with negative attitudes, guilt, shame, judgments, criticism, and fears towards sex often have self-worth issues that surface either as power, control, money or sexual impotence conditions. And vice versa. Power struggles, money struggles, individuality problems, and control issues in any aspect of life tend to manifest as sexual problems such as impotence. And cultural restraints have really not helped either. Several studies have shown that in cultures where there are no stigmas and shame attached to sexuality have almost no cases of sexual crimes, sexual dysfunctions and sexual diseases. Free your mind. Sexual liberation is not a ‘bad thing’.

Watch your labels and judgments, for they tend to affect you exactly as you call them. Bring to the light and erase all negativity, judgment and inner conflict you

have towards sex and your sexuality, and do so as soon as possible before it breaks you down. This inner conflict over sex in our societies, where it is seen simultaneously as a good and bad thing, is correspondingly breaking people's lives. What message does your mind and body get when you have a belief that sex is shameful and/or bad, yet you enjoy it? What result do you expect? It is the same conflict with money. A person cannot possibly get wealthy if he or she believes that money is evil, bad or fearful to him or her, and yet wants and needs some of it. That inner conflict clearly shows itself outside. The law of cause and effect never fails.

Control is another aspect of this chakra. The paradox about control is that letting go is the higher way, the way that brings your life within your circle of influence. Control issues are simply a power struggle, and you would not need to struggle with power if you knew it to be irrevocably within you, placed there for eternity in vast quantities by your creator. You actually lose power the more you try to control external factors. All of life is given freedom. So what happens when you place your sense of power on something outside of you? You get into control battles. And because everything changes externally, you are bound to lose that battle some day. Yet there is no need for the battle. It is your attack and defense thoughts that increase your vulnerability and make you to literally lose yourself. Funny enough, when you are fully centered on your internal power, the external will follow you automatically. Letting go is one of the most paradoxically powerful capabilities we have! Learn detachment from what is happening at the moment of Now. It already is, full of divine life. So how futile is it to try to change what is? And the statement you give out when you try to change what is is that you disapprove of your self and all things divine, for nothing can Be without Life feeding it, and you are part of The One Life. There is only One of Us. The less you try to control people and things, the more power you will actually find yourself having. You will stop reacting and start creating. You will learn how to desire, intend, then detach yourself from the current occurrence, knowing that your desires and intent are guaranteed to come to life by universal law, but maybe in a way you never expected. The universe always gives us what we seek, answers us what we ask, but it uses infinite intelligence to deliver at the perfect time and through the perfect means, which are both often unpredictable to you unless you have attained a state of full awareness.

A healthy second chakra makes you a powerfully creative being indeed! The amazing intelligence about life is that a creative idea, a desire, has inbuilt within it an intelligence that will bring about its manifestation. You need not worry about how it will come to fruition. Simply take the first available opportunity, and the next one shows up. A desire attracts all the events and people necessary for it to come to being. The only thing that slows it is blockages in the chakras, not having a clean slate, so to speak, and letting past false ideas of littleness get in the way. This is the creative chakra that does the actual giving birth of ideas (and babies!). Another way that this chakra is blocked, with regards to creativity, is when you stop short of manifesting your creative ideas due to some form of fear. It is every important that all creative impulses are given birth to, manifested and acted up. The only healthy way to choose not to express your creativity is through a voluntary choice made from a standpoint of pure love that is untainted with fear of any sort.

Children naturally feel the inner pull to explore this chakra's aspects when this chakra is most active in their growth as the major cycle chakra, which is from their 7th birthday (their 8th year) to their 15th birthday (the end of their 14th year). At that age they are often filled with awe, trying to find out things, create, and so on. Also, they start asking questions about sex. Now, it does not help that the parent lies about sexuality and makes it look evil, and then exerts over-the-top control on this child and denies them the chance to explore their individuality. In the name of doing good, they damage the child. A child can understand a great deal more than an adult thinks they can, so speak the truth and answer the questions honestly as they come. In fact, a child is often ahead of the parent in some ways because the child has not collected up any fears and false beliefs that limit it. Nor does a child have an unhealthy inner critic, at least not a very dominant and damaging one. It is society that implants these damages in a child. Here is a truth you may have experienced personally: creativity cannot be blocked. If it does not find a natural answer and outlet that rings true inside to the individual, it will find an unnatural one. Choose wisely which you would rather have for yourself and your children. The worst thing that can happen in this chakra is probably to have creativity, inquiry, individuality and choice crushed. This thoroughly deforms a person and it can take a considerable amount of effort and awareness to go back to normal.

Children come to us with new growth information from the spirit world. That is why evolution moves forward. Remember your history and look at where we are now. From the caves to the mansions, from the witch hunts to acceptance, and so on. Try your best not to enforce your ideas on your children as they often are tainted with fears (false evidence appearing real). Just because a child does not know your language or know how to use its body does not mean anything more than that. The child's soul may be a very old soul, and you can see that sometimes in many children who appear wise beyond their age. What a child needs most is love and acceptance of it as it is, without conditions. They need some guidance, but often we overdo it, just like it was done to us. Those first few years can take us a lifetime to correct their errors unless we are lucky enough to be given conscious steps to take.

On the subject of sexuality, there has been a massive imbalance created over the last few thousand years. This has to do with the male/female equality and power. Over the last few thousand years, the word God has come to be manipulated to the point where people believe that God is a male being, yet at no point did 'He Himself' say 'he' was male. Consider the fact that God is All That Is, and nothing can exist outside of God. This encompasses all things, male, female, androgynous, sexless, inert, and active, you name it. God is not a personality, let alone one with a sex (male or female). Whenever God is asked "Who are you?" God has always answered "I Am That I Am". She, He, It and Everything else. The God/Goddess polarities of The Original First Force are just polarities that spring up here. The reason I am going into all this is that the world is highly imbalanced and leaning too much on the male energy and rejecting the female energy. The female energy is equally as powerful. You have to see that form arises from no-form, that allowance is equally as powerful and important as action. If you look at history, this male imbalance is very new, it did not exist a few thousand years ago. It was manipulated into place. Your soul, your spirit, does not have a sex. It

is not male or female. It is all things. It is only here on earth that you choose a polarity, like everything else, for the sake of experience.

We each have the male and female polarities within us, although we do have a general side that we lean to more than the other. But rejection of any one of the polarities causes a great imbalance in your life, no matter who you are. Simply look around society and see for yourself. Men who idolize 'the hard man' at the expense and rejection of femininity eventually suffer a lonely collapse when they inevitably end up in a situation where 'the hard man' cannot get them out of, a situation that calls for the female energy properties. And women who have believed that femininity is weakness and a curse end up suffering various forms of oppression and problems with their reproductive parts that manifest their belief that they are powerless. No one side of The One Source is any less than the other. Balance yourself, accept and embrace all your polarities. Females, do not buy even one iota of the idea that males are superior to you, more powerful than you, and put here to rule over you! The female energy is so powerful that experiencing it would leave you breathless! But the earth has not experienced it in recent millennia because we have denied its power. It is a power so strong yet so calm; a source from which creation springs effortlessly! Males are not superior in any way to you, nor are females superior in any way to men. Balance and embrace both and you will see an amazing transformation!

This energy center can be blocked by a variety of past events that were unresolved. A common cause of blockage is any event that convinces a person that he or she is unable to have and use their own independent power and choices. Therefore, events such as physical or psychological rape, criticism of capabilities and ambitions (such as a parent who always tells their child that they will never make it in life or that their career choices are wrong), and denial of creative avenues all block this chakra. But they only block it if the recipient of such actions accepts these actions within and 'agrees' to become a victim mentally. No matter what happens externally, a person always has the unalienable right to choose how to handle the situation mentally in their own mind. Once a person says 'ok, I am a victim, I have been victimized', they give away their power to the event and the chakra is blocked. And the only way to reclaim that back is through both embracing their shadow and forgiveness, as explained in the forgiveness section of this book.

Misperception of money is another way that this chakra gets blocked. This happens when you attach your sense of self-worth to money. When you do so, you give away your power to money. Therefore, your self-worth, power and life vitality fluctuates with your bank balance and, even worse, your ears of your future financial prospects. You literally 'bleed' an incredible amount of energy this way because your mind is often worrying about your financial future if you have given away your power and self-worth to how much money you have. And one day, when your money takes a dip, you may find yourself in some much disempowered situation that may be coupled with illness in this chakra's corresponding body parts. But if your sense of self-worth is healthily contained within your infinite inner self, you will always be wholesome regardless of your financial affairs, and this will go a long way towards bringing you wealth and, if need be, getting you out of financial dips in a calm and rapid manner. Money is a very good thing, but it is forever your tool, at your beck and call, always

responding exactly to what you say it is. When you tell it that it is an almighty force that you must struggle for, it becomes so. When you know yourself to be the creator of wealth, it becomes so.

Another common way in which this chakra is blocked is when people sell themselves in various ways. This includes things such as doing a task that one does not really want to do but does it for the money or the recognition, or ignoring your heart and soul desire and instead doing something else for the sole reason of getting paid in some way or having some form of security.

Now let us revisit power. How do you gain personal power? It is already within you in infinite quantities. You only do not experience it because the human race, ages ago at a time symbolically referred to as “the fall of mankind” in various religions (in the Bible this is in Genesis), decided to forget its origins. Over the years, we have been remembering, gradually but at an ever increasing rate. Your power is all within you, but you have to accept it and stop fearing it. The fear to look within, to know thyself, is a major blockage to power. The lack of self-love and love for others is yet another blockage. So, the more True Love you have, the more power you uncover. We are talking here of True Love, which is unconditional and accepting of All Life without question. This is also called divine love. The reason why this limitation is put into place is that without true love which is unconditional and wholly accepting, you would destroy yourself and others in an instant were you to have full access of your full power. The same goes for knowledge and wisdom. Here, this means knowing your True Self, a part of the Creator. This is the kind of wisdom that is denied no one, for it is within everyone who cares to look within, and thus the question of IQ does not even arise. Again, this is in place for your protection. So you can effectively say that Power, Love and Knowledge form a triangle and increasing any one of that triangle’s sides will increase the others to a certain extent.

In summary, as long as you honor yourself, humanity, your relations, and all life, you will be moving towards increasing this chakra’s energies.

Third Energy Center (Solar Plexus Chakra): Personality and Individuality, Decision-Making, Self-Responsibility and Self-Esteem

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Adrenal glands
Liver
Pancreas
Small intestines
Mid of spine
Stomach
Spleen
Kidney
Gallbladder
Abdomen

Issues Powered By It:

Personal survival
Trust
Knowing how to create your reality using the laws of cause and effect
Personality and individuality
Self-confidence
Self-respect
Respect
Decision-making ability
Instinct
Self-responsibility
Self-esteem

Causes and Effects of Dysfunction in It:

Inability to make decisions
Using various ways to dis-empower others, such as negative criticism and intimidation
Lack of experience with the laws of cause and effect
Lack of honor for yourself
Lack of self-confidence
Fear of intimidation
Intimidation
Resenting taking responsibility over others who may not be able to help themselves in certain situations
Low self-appreciation
Pegging your self-esteem and self-confidence to external things and people
Any form of giving away your power over yourself to others people and things
Avoiding decision-making
Fear of failure
Being controlled by other people's expectations

Bullying
Rejection
Dependency on others to appreciate you
Low self-esteem
Fear of having responsibility over yourself and your life
Fear of loss
Ignoring your gut instinct
Lack of respect for self and others
Fear of making decisions
Fear of criticism
Taking away decision-making right and power from others

This energy center deals with development of personality and individuality, decision-making, self-responsibility and self-esteem. Healthy development in this center enables you to trust your decisions and feel safe making them. It also enables you to lead a life that feels fulfilling to you. The more developed this center is in you, the less blocked it is, the higher your self-esteem will be. A person with self-esteem shortages tends to attract relationships and conditions that mirror their low self-worth back to them.

This center is also the source of instinct, or gut-feeling. Instinct is a natural feeling that comes from within, from your soul, regarding what is happening in your life at the moment. It is a communication that is always right and timely. It is always there, but few hear it because of all the mental and emotional interference they carry around them. Low self-esteem and poor decision-making development are especially blocking to this instinctive feelings. A person with low self-esteem and decision-making capability is unable to trust and follow their instincts because they have given away their power to external entities, always wondering whether they will fail in the eyes of others. Instinct from the soul will always guide you toward the right path for you. It cannot be wrong, for it is from a source that defies space and time, the part of you that is closest to The Source, the Creator. Instinct always guides you to take the next greater step. Sometimes this step may be to the unknown, and therefore only those without fear of external factors can follow it consistently.

This chakra calls for yet another move away from group thought, of course. It is a step further towards individuating. Without breaking away from group thought, your self-esteem cannot mature fully because self-esteem literally means moving the power base from external factors and authority to internal guidance and security. External factors always change so the only true security that can last you a lifetime is to be found deep within you. Without internal power, you would be unable to effect your life situations to your satisfaction and comfort on the long term. So moving away from group thought is not a selfish and arrogant thing to do, as long as you don't do it by attacking that group thought. Just as much as you have a right to have your own system, so does everyone else. People do not have to agree with you, and in fact fighting to prove yourself right is a power-eroding battle to yourself and others. It is absolutely pointless and damaging to all involved. All you are asked to do is put your foot down to the universe and claim your own say, no more, no less. Remember, the world will always reflect your internal composition back to you. It is the law of cause and effect.

If as a child and throughout life you avoided or were not given the chance to make decisions and experience your own power, you would not have had the chance to see that you really do have power and to experience that your choices have outcomes. You would not have had the chance to experience the laws of cause and effect. Hence you would now find it hard to believe that you have power and your choices always give corresponding outcomes. The world may look like a random place to you, a place where luck and misfortune places a role. Re-examine your childhood and use this software to heal it and learn how cause and effect works (also see the book *A Happy Pocket Full of Money* at www.imagesofone.com).

Unfortunately, most of our society today strips its children of the necessary experience of decision-making when this chakra is most active in their growth as a theme year chakra (in their 3rd and 10th years) and much more importantly as the major cycle chakra, which is from their 14th birthday (their 15th year) to their 22nd birthday (the end of their 21st year). This leaves them quite dependent and incapable of making decisions they can believe in and experience effects of. These are the teen years during which children naturally feel the urgency to learn this skill. Now, it does not help that the parent criticizes their decisions and tells them they are incapable of making decisions because they are 'too young to know'. Parents and society in general has tended to criticize the teenage years and put as much control as possible, which is very counter-productive in many ways. Sure, teens need guidance, but exerting no-choice control and telling a teen that they are incapable of making good decisions so they must be made for them is, as our societies now prove by result, not the way forward. A person must have a chance at making their own decisions (with guidance but not interference), even if they may be mistaken, or else they will not learn the cause and effect nature of choices, the power of choices, or even the existence of choice-making ability. The law of cause and effect, of reaping and sowing, is what runs this entire universe. Even quantum physics and other branches of science attest to this. And the years to naturally learn of this law by first hand experience, without interference, is from the 15th to the 21st year. Failure to do so vastly disempowers a person for they do not believe that their decisions have any effect, they do not believe they are capable of creating their own lives, and this ends up victimizing them for years to come until they learn the hard way that cause and effect is the way of the world. As a man thinketh, so is he. How else can you learn this naturally without experiencing it consciously without external interference and pressure?

And yet another common blockage that develops in this chakra occurs when a person frequently makes decisions based on their fears. When a person's fears dictate their choices, they completely strip this person of a vast amount of personal power and self-determination ability.

Self-responsibility is simply the realization that we are at cause of our world. With self-esteem and decision-making abilities intact, a person starts to see the ever-present link between their choices and their world. They see that they really do have the power to shape their lives exactly. The more they see this, the more they are happily able to see their responsibility over their own selves. And the more they are able to fashion their financial, health and relationship affairs as they wish them to be. When this happens, they stop attracting situations that mirror

their low self esteem and power and start attracting those that mirror their internal wholeness and security. With responsibility comes response-ability.

Fourth Energy Center (Heart Chakra): Love

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Circulatory system
Respiratory system
Lungs
Thymus gland
Ribs
Arms
Breasts
Diaphragm
Shoulders
Upper spine
Heart

Issues Powered By It:

Love
Divine power of love
Forgiveness
Compassion
Fully unconditional love

Causes and Effects of Dysfunction in It:

Associating love with pain and abuse
Fear of love
Broken heart
Resentment
Hatred
Fear of affection
Competing for love
Always creating relationships that are abusive or lacking love
Trying to earn love by being with and doing things for people when you don't really wish to do those things or be there
Lack of love for yourself and all creation
Neglect
Guilt
Anger
Cruel
Feeling unworthy of love
Possessiveness
Fear of not being loved
Insensitive
Lack of forgiveness
Feeling unloved and lonely
Abuse of self, others and life in general

Grief
Selfishness
Bitterness
Fear of abandonment (jealousy)

This fourth energy center is an extremely important one. Not only is it the center for love, the driving emotion of the human being, it is also the one that connects a person's earthly aspects with his or her divine aspects. The first three chakras deal with earthly issues such as family, power and decision-making. The last three chakras deal with divine factors such as will, truth, intellect and universal consciousness. This fourth center, the heart chakra, connects the top three with the bottom three, marrying heaven and earth, spirit and body.

In any case, this is the actual powerhouse of the human being. Love is the natural state of spirit and that is why nothing can survive without love for long. Without love, a person develops a lot of fear. Fear is False Evidence Appearing Real, as it has been said many times before. We are always safe, because love is the only Reality of the universe. However, when we place a belief in a fear, we experience the illusion of danger and it can seem very, very real. Faith can move mountains, and it does not matter what you put faith in, it always works. So when you put your faith in a fear that you have, your belief will recreate its experience. But it is just an error in thought, and as such it can be corrected simply by seeing past the fear, dropping that fear and facing it straight on. When you face your fear, you realize that the big monster is actually a rubber duck, a thin veil, a cloud of mist beyond which is guaranteed safety. You are always safe, for the only thing that exists in this universe is The Source of All That Is, and nothing else. You are part of This One Creator and so is everything else. Do you see how you are naturally safe, and that it is only your faith in your fears that attack you and create an experience that is fearful?

Another powerful energy that comes from this chakra is that of forgiveness. Forgiveness is merely recognizing an error as unreal. You see, there are only two existences. These are truth and error. Truth is Reality, and it never changes. Illusion shifts with perception. The only reason an error can be corrected is because it is not real. Were it real, it would be eternal, just like truth is. Forgiveness is merely looking past the error and seeing the truth about you and all life. And the truth is that you and all life are created perfectly in the image and likeness of the creator. It is in forgetting Who We Really Are that we get into the painful event in the first place, and in continuing to forget this that we remain in the pain and damage. Yet all you have to do is recognize the error and you are free. When you once believed you were a victim damaged beyond repair, see that you were never damaged but instead you bought into the thought that you were. This sounds harsh and ridiculous. But spend time learning more about the True Nature of your being and the laws of the universe and you will see how beyond attack you naturally are, except for when you say you aren't. Forgiveness of yourself and all others is what opens your eyes and experience to a greater self. When you forgive, you release yourself from the wound that you were holding on to. Plus, you see deeper spiritual truths and lessons that were hidden within the painful event, empowering truths that were previously not visible to you as long as you held on to the wound and refused to look at the inner good, the

larger picture of it. No matter how serious the transgression is, it always has a spiritual insight and a cause and effect reason behind it. See the forgiveness section in this book for more details on this.

Let us define love once again. The love that this chakra represents is divine love, the love that is unconditional and wholly accepting. Human love is often conditional, and as such is not Real. It is a love based on avoidance of fear. You can have divine love, of course, because you are divine love by nature. But you can also easily confuse human love with divine love, in which case you would not really be standing in love, but in hidden fear. The test for divine love is that it is unconditional and wholly accepting. It understands that all occurrences arise in perfect order and does not seek to change what already is. Therefore, it only seeks to find the gifts, growth and insights contained within the event, no matter what it is. And the first place to start with real love is yourself. Love and fully accept yourself as you are right now! Doing this will eliminate all guilt, victim hood, shame, insecurity and so many other things. Once you embrace all your light and dark sides and accept them all wholly, you love yourself wholly and become empowered. Only from this point can you make lasting changes where you wish to make them. You cannot change parts of yourself that you resist, for what you resist persists. You have to embrace what you have most about yourself, and once you do so you will find that it shall release you. Do not fear to know yourself. It is the only way to finding your infinite power within.

Fifth Energy Center (Throat Chakra): Will Power, Self-Expression, Following Your Dream and Trusting Life

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Esophagus
Parathyroid
Mouth
Jaws
Gums
Teeth
Hypothalamus
Neck vertebrae
Thyroid
Throat
Larynx
Trachea

Issues Powered By It:

Self-expression
Faith
Trusting life
Willpower
Following your dream
Personal and Divine Will

Causes and Effects of Dysfunction in It:

Criticizing other's choices
Criticism
Not expressing yourself fully (e.g. not crying when you felt you needed to)
Denying or covering up your emotions and feelings
Judgment of self and others
Lack of faith
Difficulty believing that you have ability to create your own reality as you desire it to be
Not letting go, not trusting the loving nature of Life
Guilt of self and holding others guilty
Inability to express ideas and choices that are truly your own
Blocking your natural desire to express your emotions, thoughts and feelings
Fear of expressing yourself
Lies, gossip, and deceitful expression
Having others make choices for you
Having your choices criticized
Interfering with or criticizing the creative impulse
Difficulty believing that you have power of choice
Regretting having not expressed yourself

Will power, self-expression, following your dream and trusting life are all part of this energy center. An important point to consider here is that of will and trusting in life, as it brings about a lot of confusion. You have free will, a right that cannot be taken away from you. But this free will needs clarification. And this is where some people revolt against what you are about to read next.

You have heard of divine will, no doubt. Divine will is not some command handed down to you by some God. Not at all. In giving you free will, God meant that you do have free will that cannot be punished for nor revoked. You are not some robot that has to follow some orders. But you are much bigger than you think you are. You are not a body. You are spirit. Now spirit, you, chose this journey on earth for a specific reason, a purpose, to experience and fulfill certain missions. This purpose was arranged for and agreed upon before birth. All the appropriate situations and locations were arranged to assist in fulfilling this mission. You had a choice in the whole matter, in fact it was your decision and agreement with Life. You can call this a sacred contract, a path chosen. Now, in coming here, you forgot much of that, just like you forget much of your dreams when you sleep at night. But your spirit has not forgotten, and it is still in contact with you through your higher mind which prompts you with intuition, instinct, coincidences, synchronicities and a lot of help if you just care to listen. Does all this sound too crazy? Think about it. Why would you buy a car? To drive it, of course! Why would you cook some dinner? To eat it! Why would spirit embody itself and come to earth? To fulfill its reasons! And you are spirit. Just because you forgot your choices does not mean you did not make them. There is a good reason to forgetting. The experience depends on it, the motivation depends on it, and the limited consciousness of the current human level calls for it for it cannot handle such a high amount of content at one go so it has to be 'drip fed' on a moment by moment basis as required.

So your free will is really that you have the choice to follow your Self Chosen path or not. That is what it boils down to. Did you know that prosperity is a word that is derived from the phrase 'to be in the flow'? Although you have free will, you can choose to follow personal will (which often ends up being your ego's will and leads you into all sorts of trouble for ego does not know) or you can follow divine will, which is really your own spirit's will and choice in coming here and not some will imposed on you by God.

This chakra seeks to develop will power. The first step is having your own will power, your own authority and expression instead of depending on other people's will and expression. It is very OK to ask for help and to help others; we all need occasional help. But becoming fully dependent where you can instead use your own will is harmful to you.

At its ultimate development, this chakra enables you to choose to embrace Your True Will, the one people refer to as divine will. You are Spirit. It is the Thought of Spirit that is higher, more powerful and all knowing, and not that of ego (lower mind). In your past, you have feared losing control, being denied your will by society, your parents, the government, religion, your boyfriend or girlfriend, and so on. And in that same fear, you probably have feared losing your will to God,

feared that this is similar to abduction where you are commanded to go become a Mother Theresa against your will. Divine will is not another entity's will; it is Your Own Spirit's Will. And it is very much in line with what makes you happy. It is, to put it in another way, the prompting to follow your heart's true desires. If you love nature, you will find that it is in line with that. If you love abundance, you will find that it is in line with that. If you love construction, you will find that it is in line with that as well. It is not all about going to some poor country to help refugees and preach! Divine will is not about you losing material comforts and wealth; that is the domain of ego. Divine will is wholly empowering and in fact material comforts are a part of its provision so that you may focus on other aspects of life instead of worrying about bills all the time. Ask and you shall receive, seek and you shall find – these are actual guarantees. Only your false beliefs block you from realizing them all the time.

The trick with shifting to divine will is to surrender to it and trust that life will provide the next step needed at the right moment. Ego fears and wants all steps planned and laid out in advance. And it cannot do that. The best ego can do is scare you from making a change, for change gets you into the unknown. But you cannot discover new lands unless you lose sight of the shore. Life is always safe, but ego makes it out not to be. And to the extent you trust your fears, they become a reality to you. Divine will is from your spirit, and your spirit will never seek to hurt you. You hurt yourself with your own errors in thought. Sure, some lessons that spirit may need you to learn may appear painful, but they are only there to unblock blocks that you may have built up over time within you. Without the blocks and reluctance to learn consciously and trust, there would be no need to release you from your fears and illusions.

Surrender means surrender. It does not mean to stop caring, or to pretend to surrender for a short while so that you may be rewarded in a way that your ego says you should. It is purely surrender and acceptance without judgment or an 'it should be this way instead' mentality. You do not remember your chosen path, so how can you possibly know how it should be? Another key to following your spirit's guidance along your chosen path is to be aware, and to always ask within about everything you wish to know. Always ask, ask, and ask! You have more help than you realize. But you must ask first, for spirit and your helpers will not usually interfere with your free will except in very critical junctions. You must ask! There is no formula to asking. Just simply direct your question within, ask for answers and then watch and let go. You must let go of the problem completely, for your involvement and attention to it actually interferes with it being solved for you. The answer and solution will be brought at the right time, perhaps in a book you see, a person you talk to, or any other way. It may very well be something very different from what you expected it to be. But it will be the right answer at the right time. Don't insist on a particular answer and particular timing. You do not have vision over the whole picture and the possible outcomes of all possible solutions. In fact, you don't even know of all the possible solutions, and that is why you are focused on only one. And of course, you must following it immediately. At the end of the journey, you will see how it really was a fantastic solution! Remember, the same spirit that created the universe and all its galaxies is the exact same spirit that You are part of. There is only One, expressing Itself in seemingly many separate forms.

Poor development in this chakra allows fear to enter our will and self-expression. This totally kills faith and erodes our power to follow our desires. With this comes guilt, denial, deceit, blocked emotions and suppressed expression. Its poor development also causes an over-reliance in your ego's choices and these are bound to have weaknesses because ego is, literally speaking, a collection of thought forms based on fearful reactions in the past. Your True Self, on the other hand, is spirit and its will is extremely powerful, with literally nothing that can oppose it for it is One with All That Is. Equally as disempowering poor development in this chakra that leads to one becoming judgmental and critical of themselves and others. You become what you judge. For example, you cannot judge something as disgusting and unworthy unless you hold that concept to be true in your mind. And what you hold as true ends up appearing in your life. This is how judgment comes back and bites us in the behind when we are not watching. Do unto others what you would like to be done unto you is a very practical piece of advice. It is not only what you do, but what you think and say as well.

This is also the chakra of faith, which is needed in trusting that spirit will provide the next step on a step-by-step basis as you follow your chosen path. This chakra is also the one that empowers us to follow our dream. You see how these are all related? Do not settle for littleness, for less than what you desire. Desire and intend! Without desire and intent, nothing happens! Do not be embarrassed about any of your desires, for they are yours! Embrace and accept them all and see where they lead you. Each has a purpose and it will lead you to uncover a new experience, and enjoyment or a lesson. These are the stepping stones in your journey. Whatever area they may lie in, accept and honor all your desires. Remember, this universe is all just One system. There is no conflict of will from a spiritual perspective. Your desire to have something is reciprocated by a desire in someone else somewhere to produce that very thing. From a spiritual perspective, from the big picture, free will is never violated, and thought always leads to corresponding effect. This may not be so apparent from the physical viewpoint, especially because some things may have been chosen in previous lifetimes or by our higher self, but it is a law that never breaks down. As such, guilt is a construction of our own. And it limits people more than anything else other than fear. Totally pointless, and that is why you are asked to forgive yourself and others all the time.

Reach for the stars; settle not for littleness; desire! Express yourself! Desire, intend, but be detached from expectations of what 'should be' in the current moment. Trust always that the current moment is a perfect outcome of your choices, those that you are conscious of and those that you are not, the ones that are being made by your higher self.

Sixth Energy Center (Inner Eye Chakra): Truth, Intellect, Self-Evaluation, Intuition, Spiritual Insight and Seeing the Bigger Picture

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Pituitary gland
Pineal gland
Brain
Full Spine
Nose
Eyes
Nervous system
Ears

Issues Powered By It:

Ability to learn from experiences and guidance
Intellect
Open-mindedness
Self-examination
Truth
Divine reason
Introspection
Intelligence
Learning by looking at the reason behind experiences by applying universal laws to the issue
Seeing the bigger picture
Spiritual insight
Intuition
Philosophical insight
Reason

Causes and Effects of Dysfunction in It:

Untrue perception
Fear of self-examination
Inability or unwillingness to look at the lesson and reason behind your experiences
Fear of intuition and natural in-built 'psychic' ability
Unloving use of intellectual power
Inability to see the bigger picture
Not knowing Who Your Really Are
Blaming others for your experiences
False beliefs
Blocking your inner truths
Belief in intellectual inferiority, superiority or inadequacy
Closing your mind up

Truth, intellect, self-evaluation, intuition, spiritual insight and seeing the bigger picture are all properties of this energy center. There are two things to keep in mind when reading about this chakra. One is that the mind is not contained only in the brain. It is all over your body and beyond it. It is infinite, just like spirit. Your mind and your brain are two separate things. The second thing to remember that there is only truth as Reality, and truth and love are very much tied together, the same thing. Fear is tied to and is the same thing as illusion. These are the root polarities of everything that exists. So this chakra involves itself with the discovery of truth about your self and your world. It seeks to go within to your inner self and see what it can find there. It seeks to listen to the unseen power of your being. It recognizes that you may be in this world but not of this world. And it seeks to place your experiences in the context of the bigger picture of life and not just look at them from the fear-based point of view of ego.

Poor development in this chakra results in false beliefs about your self, fear of Who You Really Are, and untrue perception.

Once you start dealing with this chakra, you enter a space that is increasingly harder to define using the symbols of language such as words. Inner wisdom is not linear and analytical like the surface ego thinking is. You cannot cut it up and analyze it. It is in whole. You cannot be taught inner wisdom. You can only be pointed in the right direction. Only you alone can take the journey within. You can receive help but the steps and discovery are yours to make. In fact you have tremendous amounts of help available to you. Just ask within for what you next wish to learn and guaranteed you will bump into just the right person or resource that gives you what you needed to know.

The journey to your inner self is an infinite journey, for you are an infinite being. You can never reach the end for there is no end. You can only grow stronger, wiser, and more powerful. At each point you find a new intriguing mystery to explore. So don't bother trying to find out everything. You have the whole of eternity to do that. Remember that you are also in this world so don't forget that you have to remain grounded and balanced as well. The ultimate state to be in is that of being in this world but not of it. Feet on the ground head in the skies, so to speak. So keep it light, take it easy, and enjoy yourself! It is called enlightenment, not enheavyment.

The way to access inner wisdom is to stay present in the moment of Now. The more you shut down your mental noise (which is always going on about yesterday and tomorrow), the more you can access inner wisdom. Inner wisdom is always speaking to you at all times. You simply do not hear it when you let your mind analyze everything to the nth degree, and worry all day about what has past and what is next. Be present, be aware! Wake up! And definitely open your mind to receiving insights from places you normally are not used to, such as dreams, intuition, and other symbols.

Inner wisdom does not go with proof. If you are like one of those scientists who always want evidence first before they move, you will not get too far with this chakra. Inner wisdom brings to you the new, the next, and not the past. And it brings to you wisdom of a dimension beyond this one, one which is not

measurable with our normal scientific tools not perceivable by our five physical senses.

Now, as you change your sense of truth, your life will change. Things created by your old truths will either transform or drop off and new ones will arise. This may be a confusing period but don't worry. Just let go and keep your course. It is a very natural and normal thing to happen. It may also feel as if you have left an old way of living which you no longer wish to live by, but you haven't found your new way. You may feel as if you are in limbo for a while. This is perfectly normal and will come to pass. Most people progress from thinking they know (the old path), to not knowing (limbo), to knowing they know (the new path).

Seventh Energy Center (Crown Chakra): Getting In Touch With Your Spirit, Connecting Consciously With Your True Self

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Skeletal system
Muscular system
Skin

Issues Powered By It:

Knowing Who You Really Are
Spirituality
Now
Letting go
Enlightenment
Surrender to and acceptance of your higher self's will
Universal being
Awareness
Entry point of life force
Self-knowledge
Life purpose
Finding meaning in life
Present moment living
Universal consciousness
Detachment (Have desires and intentions but don't try to control the outcome. Don't try to control what Is Now. Observe your emotions and let them play out fully but don't get entangled with them. This is the position of the detached observer.)
Inspiration
Transcending
Oneness

Causes and Effects of Dysfunction in It:

Low life force without vitality
Lack of faith in yourself
Inability to see yourself and your life in the perspective of the universal picture and divine plan
Not knowing Who You Really Are
Spiritual crisis and emptiness
Lack of a quiet mind
Mind clutter and noise
Fear of self-knowledge and inner development
Lack of authentic self-knowledge
Inability to trust the natural, loving and supportive process of life
Feeling as if life has no purpose and meaning
Preoccupation with past and future

Fear of spiritual abandonment
Fear of loss of your identity and physical connections

This energy center is all about getting in touch with your spirit, connecting consciously with your True Self. This is the chakra of transcendence and enlightenment. It is also about finding your Life Purpose, the reason why your spirit came to earth embodied as you (it obviously had a plan and purpose in that choice). It is, at the same time, the point at which your life force streams into your energy system, coming from your spirit.

Our spirits are eternal. Living in the moment of Now puts you in touch with spirit. Now is an eternal moment. Everything in your life happens now. You do things now, you speak now, you think now. You plan for tomorrow now, and when tomorrow gets here, it will get here now. You cannot do anything tomorrow. You have to wait until tomorrow comes to the moment of now, so to speak. Also, yesterday is also gone. Yesterday and tomorrow are not real; they are phantom worlds that exist only in the mind, worlds that are personal only to you, world that you make up.

Albert Einstein once said that no matter how persistent, time is only an illusion. All life happens Now, Here. Now is God's kitchen, where everything is alive and vibrant! When you are preoccupied mentally with thoughts about the past and future, you miss the now, you fall out of touch with spirit and life, and you lose tremendous amounts of power and inspiration.

Spirit is eternal and does not live in the world of time. Time is a mental construct we have created because our minds are always thinking of yesterday and tomorrow. Remember, we become what we think about. Spirit can only be accessed Now. For you to do that, you have to quiet the mind. Why? Because the mind that most of us use is the lower mind (ego), and it is totally incapable of thinking in Now. It is always thinking of the next thing or the previous thing. To connect with your higher mind and its vast capabilities, you must quiet down your mind.

Stop your constant rehashing of memories of the past and worries and plans of the future. 90 per cent of your thoughts are repetitive and need not be so. You can do much better with far less 'thinking' than you do now. All of the greatest inventors, philosophers, scientists and artists all had their greatest inspiration when they went into quiet moments and allowed contact with spirit and higher mind. Einstein used to do it, Thomas Edison used to do it, Mozart, Michelangelo, and many more. One way to quiet your mind is through meditation, but you can practice everyday awareness even as you go about your tasks. Simply by deciding to be aware of yourself, your thoughts and the world around you, by deciding to be an observer, you go a long way towards stepping out of the chaos of your mind and becoming a peaceful observer. You finally see that you are not your mind. You are beyond it, and it is your tool and not your master. Then you start experiencing a higher aspect of yourself that was always there but hidden behind the mental noise of past and future.

Mental preoccupation with past and future not only blocks your access to your higher self, it also creates time for you. Yes, time is not a constant. In fact, it is an

illusion. Our minds are extremely powerful. We collectively create time, but even individually we personally experience different time from others (which is easily explained by Einstein's Theory of Relativity). The time it takes you to grow and go through life is wholly dependent on your mind, for it is the one creating time. You can literally collapse millions of years worth of growth by simply accessing an instant of your inner self.

As this chakra matures, you get closer and closer to your spirit. The closer you get, the more you have to let go of your ego and its fears, for spirit must have a clean vessel free of fears if it were to fully come down and be embodied in it. This is what enlightenment is. It is sometimes called the mystical marriage. It happens when your spirit finally takes full control (when you allow it), after letting go of your ego. Sometimes, when an ego is very entrenched and there are many hidden fears that you are not aware of, you may have to find yourself in a crisis that forces you to see these fears and correct them. Once you are ready, spirit arranges for such an event, but only if it is necessary. Approximately 30-40% of people have to go through these types of crisis, often called dark nights of the soul. For example, let us assume that your self-esteem is highly wrapped around your physical possessions. Spirit cannot inhabit you fully as long as you have such a low sense of personal power and self-esteem, run by ego and its fears. So it first has to put you in a situation where you are forced to fetch back your self-esteem from the material things and find it within yourself. This might involve a financial crisis that last until you have tried every option to correct it but failed, and finally realized that there is nothing more your ego can do to get out of that mess. At this point, you look within and see that you are still intact. Then you develop your own inner self-esteem and stop relying on material possessions for your sense of self-esteem. At this point, spirit then returns your material possessions since you now know that you are perfect with or without them. There is nothing wrong with material wealth, but when it forms a 'false god' that you believe defines your existence, then that error in thought must be corrected before your Higher Self can move in permanently.

At its ultimate development, this chakra is the center of a very powerful being. Such an enlightened person is fully present and, literally, spirit on earth. They no longer know the idea that we are all One, part of the Source of All That Is, as an intellectual statement. They know it with every cell of their being and they are in full harmony with the entire cosmos.

Determining Your Dominant Chakra

Most people start their life in their first chakra as their dominant one (unless they are a highly evolved soul). And, typical of all children, grow according to the chakra cycles chart shown earlier in this book.

Depending on your growth, you will have a particular chakra that is dominant in your life. For example, a normally developing person will have their major cycle chakra (see chart earlier in the book) as the dominant chakra in their life currently. So a 1 year old child will have the first chakra as the dominant one, a 9 year old will have the second chakra as the dominant one, and so on. However, if a child does not develop well in their second chakra time, for example, which is during the 8th to 14th years of their lives and deals with power, money, control and self-esteem, they will be stuck there, in a sense, because of those blockages. So even in later years when they should have another chakra as their dominant one, they will still have the second chakra influencing them greatly (say money problems or self-esteem problems).

On the other hand, if a chakra was given a tremendous chance to develop and was highly charged up, then it can also dominate even when other chakras are in their major cycles. So, if for example the child instead developed very well during their 8th to 14th years and developed a very healthy dose of self-esteem (not egocentricity, that is not the same thing) and mastered their inner power, then this chakra will be their dominant one until the other chakras catch up. Money, self-esteem and power issues will be child's play for this person, extremely easy to work with and create.

Now, this is one way of telling what your dominant chakra is. This could mean it is the chakra that is most well developed or the one that has the biggest blockage that needs release at the moment, given where your life is. To tell what your dominant chakra is, simply answer this question:

Think about how you go to sleep and wake up. What position do you predominantly sleep in? How long do you naturally sleep for before you wake up naturally (not from an alarm clock)? You can ask other people living with you to give you their input as you can be quite confused about your sleeping position. Anyway, here are the possible answers to select from:

1. On your stomach for 10-12 hours
2. In a prenatal position for 8-10 hours
3. On your back for 7-8 hours
4. On your left side for 5-6 hours
5. Alternating on your left and right side for 4-5 hours
6. Deep and half awake sleep for approximately 4 hours
7. Half awake sleep

So what was your honest answer? If it was option 1, then your predominant chakra is the first one. If it was option 3 then your predominant chakra is the third chakra. (Do not confuse predominant chakra with major cycle chakra or theme year chakra as shown in the table earlier in the book. Your predominant chakra simply means the chakra that you predominantly *live* through, perhaps because it is highly developed or blocked (and you can tell whether it is blocked or developed by the results you achieve in your life in this area)).

Forgiveness and Eliminating Guilt and Shame

A lot has already been said about forgiveness, shame and guilt in various parts of this book. Here is some more, for it is very important to understand their dynamics.

Feeling victimized, holding it as truth that you were wronged, is only going to make things worse for you. You see, you have an inner child that you disowned a long time ago and this inner child must now be put in its right position of splendor. This inner child is what was 'victimized' in your first seven years as a child (or any time after that). You came into this world full of innocence, faith, inner power and love, and slowly you were told "you are not good enough, you are doing this or that all wrong, and you are in danger, and so on" until you bought these false truths. You started seeing you're self as the cause of the harm you experienced, the cause of the rejection you were experiencing. This caused your ego to develop an inner critic that took the job of criticizing you in advance so that you never again experience those first rejections. Your inner critic is that mental voice that tells you, just before you walk out of the door, "you don't look good enough, and you will embarrass us so just fix yourself up like this and do that and that first or else they will see that you really are not good enough!" Hence you yourself ended up disowning and hiding your inner child. And to this day you criticize and disown your original inner child, the key to your peace and power.

Your inner child needs to come to the forefront and know that it was perfect all along, nothing was wrong with it. Yes, it is still there within you (every individual is composed of several sub-personalities, as any psychologist will be able to verify). And this inner child is still perfect, created in the image and likeness of the First Force, the Creator! But it has forgotten all that. And it has been rejected by your ego. You now identify with your ego and inner critic and hide away your inner child. You are split and this has made you weak. There is no way of getting back your inner child, your original perfect self, unless you forgive yourself, and all those you say harmed you, and embrace all your sides, dark and light. If you do not forgive, you merely enhance the idea in your mind that the transgression was real and justified, and so it will continue to harm you. That scary beast you hold in your mind in your past only looks big because you believe it is. Face it and you will see it is as thin as a veil, as light as smoke, and as harmless as a rubber duck. And as you may have heard from many famous and heroic people in the past, the dark side always holds a very powerful gift once you face it and embrace it.

Now let us talk about guilt and love. Love does not bind, it frees. Fear binds. They are exact opposites. As cruel as it may sound, we are all one, but each answerable to themselves and only themselves. Guilt is a thing made up by the ego mind to trap you and limit you. Nothing harms a person more than feeling guilty or imposing guilt on another.

Guilt robs of our God-given perfect worth and power. It calls for punishment. Punishment is never a good teacher, for how can you teach that violence is bad when you use violence to correct the violence? Consequence teaches, love

heals, and punishment and guilt imprison the mind. Besides, we are one. Guilt can only happen as a reality if we had separate wills. But in a system of One, there is no separate will. When you fully understand the law of cause and effect, you will see that it is impossible for something to happen to someone unless the 'victim' has accepted the energy pattern of the 'crime' in his or her mind and now needs an experience to lead to its experience and eventual healing. This mental error could have been done in this life or a previous one. This is where the big picture comes in. Guilt enforces the idea of victimization, and that never leads to true healing. It may dodge the issue temporarily, but it will not permanently wipe it out. And as long as you feel guilty, you will never feel deserving and hence you will never get ahead. And as long as you hold another person guilty, you will hold the belief in your mind that you were a victim and you will experience victimization in other forms. Your only way out is embracing, facing it, finding the lesson in both the positive and negative side of the issue, embracing both sides, and forgiving yourself and all parties involved.

Remember, an error is the opposite of truth. The only reason an error can be corrected is because it does not exist in reality, it is an illusion. All that is required is the recognition and acceptance of the error and it drops. Its existence depends on a person believing in it and not facing it and looking through it in the light.

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God" – A Course in Miracles

How to Transform Your Life, Unblock Your Chakras, Heal Past Wounds and Empower Your Life

There are several techniques available to you to for this purpose. The most effective ones involve revisiting your past (especially your childhood), embracing its shadows, and forgiving all involved. This can be a fearful task for some and it is often very helpful and quickening to have a psychological step-by-step tool or a qualified guide to help you along the way. This process is sometimes referred to as shadow work or working with your inner child and archetypes (sub-personalities). The specifics of these techniques shall not be explored here in this book as they are quite detailed. One very helpful tool for you to consider would be the upcoming Prova LifeTransformations® software that will soon be available at www.imagesofone.com (mid September, 2002). Prova LifeTransformations® is designed to take out the confusion in the process, get to the point quickly, and reduce the need for having to canvass a wide variety of diverse sources to achieve this end. Prova LifeTransformations® also has many other functions and wizards such as goal tools, manifestation modules and much more.

But whatever tool or help you choose to get, or whether you decide to do this on your own without any help, it still boils down to releasing the past by forgiving it and releasing the limited beliefs collected along the way throughout your life. It always involves knowing Who You Really Are and dropping the little ideas of yourself that the ego has accumulated.

The Prophet, by Kahlil Gibran

The Prophet by Kahlil Gibran is a short book that is an amazingly wise man's philosophy on work, love, giving, marriage, joy and sorrow, time, friendship and a lot more. It was originally published in 1923 and has been translated into more than 20 languages. Millions of people worldwide have been moved by his simple yet powerfully moving words.

It is now given this little treasure to you here in the hope that it will help you find answers to some of your questions on life.

The Coming of the Ship

Almustafa, the chosen and the beloved, who was a dawn unto his own day, had waited twelve years in the city of Orphalese for his ship that was to return and bear him back to the isle of his birth.

And in the twelfth year, on the seventh day of Ielool, the month of reaping, he climbed the hill without the city walls and looked seaward; and he beheld his ship coming with the mist.

Then the gates of his heart were flung open, and his joy flew far over the sea. And he closed his eyes and prayed in the silences of his soul.

But as he descended the hill, a sadness came upon him, and he thought in his heart:

How shall I go in peace and without sorrow? Nay, not without a wound in the spirit shall I leave this city.

Long were the days of pain I have spent within its walls, and long were the nights of aloneness; and who can depart from his pain and his aloneness without regret?

Too many fragments of the spirit have I scattered in these streets, and too many are the children of my longing that walk naked among these hills, and I cannot withdraw from them without a burden and an ache.

It is not a garment I cast off this day, but a skin that I tear with my own hands.

Nor is it a thought I leave behind me, but a heart made sweet with hunger and with thirst.

Yet I cannot tarry longer.

The sea that calls all things unto her calls me, and I must embark.

For to stay, though the hours burn in the night, is to freeze and crystallize and be bound in a mould.

Fain would I take with me all that is here. But how shall I?

A voice cannot carry the tongue and the lips that gave it wings. Alone must it seek the ether.

And alone and without his nest shall the eagle fly across the sun.

Now when he reached the foot of the hill, he turned again towards the sea, and he saw his ship approaching the harbor, and upon her prow the mariners, the men of his own land.

And his soul cried out to them, and he said:

Sons of my ancient mother, you riders of the tides,

How often have you sailed in my dreams. And now you come in my awakening,
which is my deeper dream.

Ready am I to go, and my eagerness with sails full set awaits the wind.

Only another breath will I breathe in this still air, only another loving look cast
backward,

And then I shall stand among you, a seafarer among seafarers.

And you, vast sea, sleeping mother,

Who alone are peace and freedom to the river and the stream,

Only another winding will this stream make, only another murmur in this glade,

And then I shall come to you, a boundless drop to a boundless ocean.

And as he walked he saw from afar men and women leaving their fields and their
vineyards and hastening towards the city gates.

And he heard their voices calling his name, and shouting from field to field telling
one another of the coming of his ship.

And he said to himself:

Shall the day of parting be the day of gathering?

And shall it be said that my eve was in truth my dawn?

And what shall I give unto him who has left his slough in mid-furrow, or to him
who has stopped the wheel of his winepress?

Shall my heart become a tree heavy-laden with fruit that I may gather and give
unto them?

And shall my desires flow like a fountain that I may fill their cups?

Am I a harp that the hand of the mighty may touch me, or a flute that his breath
may pass through me?

A seeker of silences am I, and what treasure have I found in silences that I may
dispense with confidence?

If this is my day of harvest, in what fields have I sowed the seed, and in what
unremembered seasons?

If this indeed be the hour in which I lift up my lantern, it is not my flame that shall
burn therein.

Empty and dark shall I raise my lantern, And the guardian of the night shall fill it with oil and he shall light it also.

These things he said in words. But much in his heart remained unsaid. For he himself could not speak his deeper secret.

And when he entered into the city all the people came to meet him, and they were crying out to him as with one voice.

And the elders of the city stood forth and said:

Go not yet away from us.

A noontide have you been in our twilight, and your youth has given us dreams to dream.

No stranger are you among us, nor a guest, but our son and our dearly beloved.

Suffer not yet our eyes to hunger for your face.

And the priests and the priestesses said unto him:

Let not the waves of the sea separate us now, and the years you have spent in our midst become a memory.

You have walked among us a spirit, and your shadow has been a light upon our faces.

Much have we loved you. But speechless was our love, and with veils has it been veiled.

Yet now it cries aloud unto you, and would stand revealed before you.

And ever has it been that love knows not its own depth until the hour of separation.

And others came also and entreated him. But he answered them not. He only bent his head; and those who stood near saw his tears falling upon his breast.

And he and the people proceeded towards the great square before the temple.

And there came out of the sanctuary a woman whose name was Almitra. And she was a seeress.

And he looked upon her with exceeding tenderness, for it was she who had first sought and believed in him when he had been but a day in their city.

And she hailed him, saying:

Prophet of God, in quest of the uttermost, long have you searched the distances for your ship.

And now your ship has come, and you must needs go.

Deep is your longing for the land of your memories and the dwelling-place of your greater desires; and our love would not bind you nor our needs hold you.

Yet this we ask ere you leave us, that you speak to us and give us of your truth.

And we will give it unto our children, and they unto their children, and it shall not perish.

In your aloneness you have watched with our days, and in your wakefulness you have listened to the weeping and the laughter of our sleep.

Now therefore disclose us to ourselves, and tell us all that has been shown you of that which is between birth and death.

And he answered:

People of Orphalese, of what can I speak save of that which is even now moving within your souls?

On Love

Then said Almitra, Speak to us of Love.

And he raised his head and looked upon the people, and there fell a stillness upon them. And with a great voice he said:

When love beckons to you, follow him,

Though his ways are hard and steep.

And when his wings enfold you yield to him,

Though the sword hidden among his pinions may wound you.

And when he speaks to you believe in him,

Though his voice may shatter your dreams as the north wind lays waste the garden.

For even as love crowns you so shall he crucify you.

Even as he is for your growth so is he for your pruning.

Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,

So shall he descend to your roots and shake them in their clinging to the earth.

Like sheaves of corn he gathers you unto himself.

He threshes you to make you naked.

He sifts you to free you from your husks.

He grinds you to whiteness.

He kneads you until you are pliant;

And then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast.

All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart.

But if in your fear you would seek only love's peace and love's pleasure,

Then it is better for you that you cover your nakedness and pass out of love's threshing-floor,

Into the season-less world where you shall laugh, but not all of your laughter, and weep, but not all of your tears.

Love gives naught but itself and takes naught but from itself.

Love possesses not nor would it be possessed;

For love is sufficient unto love.

When you love you should not say, "God is in my heart," but rather, "I am in the heart of God."

And think not you can direct the course of love, for love, if it finds you worthy, directs your course.

Love has no other desire but to fulfill itself.

But if you love and must needs have desires, let these be your desires:

To melt and be like a running brook that sings its melody to the night.

To know the pain of too much tenderness.

To be wounded by your own understanding of love;

And to bleed willingly and joyfully.

To wake at dawn with a winged heart and give thanks for another day of loving;

To rest at the noon hour and meditate love's ecstasy;

To return home at eventide with gratitude;

And then to sleep with a prayer for the beloved in your heart and a song of praise upon your lips.

On Marriage

Then Almitra spoke again and said, And what of Marriage, master?

And he answered saying:

You were born together, and together you shall be for evermore.

You shall be together when the white wings of death scatter your days.

Aye, you shall be together even in the silent memory of God.

But let there be spaces in your togetherness.

And let the winds of the heavens dance between you.

Love one another, but make not a bond of love:

Let it rather be a moving sea between the shores of your souls.

Fill each other's cup but drink not from one cup.

Give one another of your bread but eat not from the same loaf.

Sing and dance together and be joyous, but let each one of you be alone,

Even as the strings of a lute are alone though they quiver with the same music.

Give your hearts, but not into each other's keeping.

For only the hand of Life can contain your hearts.

And stand together yet not too near together:

For the pillars of the temple stand apart,

And the oak tree and the cypress grow not in each other's shadow.

On Children

And a woman who held a babe against her bosom said, Speak to us of Children.

And he said:

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of to-morrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

Let your bending in the Archer's hand be for gladness;

For even as He loves the arrow that flies, so He loves also the bow that is stable.

On Giving

Then said a rich man, Speak to us of Giving.

And he answered:

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them to morrow?

And to-morrow, what shall to-morrow bring to the over-prudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much which they have--and they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with joy, and that joy is their reward.

And there are those who give with pain, and that pain is their baptism.

And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;

They give as in yonder valley the myrtle breathes its fragrance into space.

Through the hands of such as these God speaks, and from behind their eyes He smiles upon the earth.

It is well to give when asked, but it is better to give unasked, through understanding;

And to the open-handed the search for one who shall receive is joy greater than giving.

And is there aught you would withhold?

All you have shall some day be given;

Therefore give now, that the season of giving may be yours and not your inheritors'.

You often say, "I would give, but only to the deserving."

The trees in your orchard say not so, nor the flocks in your pasture.

They give that they may live, for to withhold is to perish.

Surely he who is worthy to receive his days and his nights is worthy of all else from you.

And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream.

And what desert greater shall there be, than that which lies in the courage and the confidence, nay the charity, of receiving?

And who are you that men should rend their bosom and unveil their pride, that you may see their worth naked and their pride unabashed?

See first that you yourself deserve to be a giver, and an instrument of giving.

For in truth it is life that gives unto life-while you, who deem yourself a giver, are but a witness.

And you receivers--and you are all receivers--assume no weight of gratitude, lest you lay a yoke upon yourself and upon him who gives.

Rather rise together with the giver on his gifts as on wings;

For to be over-mindful of your debt is to doubt his generosity who has the free-hearted earth for mother, and God for father.

On Eating and Drinking

Then an old man, a keeper of an inn, said, Speak to us of Eating and Drinking.

And he said:

Would that you could live on the fragrance of the earth, and like an air plant be sustained by the light.

But since you must kill to eat, and rob the newly born of its mother's milk to quench your thirst, let it then be an act of worship,

And let your board stand an altar on which the pure and the innocent of forest and plain are sacrificed for that which is purer and still more innocent in man.

When you kill a beast say to him in your heart:

"By the same power that slays you, I too am slain; and I too shall be consumed.

For the law that delivered you into my hand shall deliver me into a mightier hand.

Your blood and my blood is naught but the sap that feeds the tree of heaven."

And when you crush an apple with your teeth, say to it in your heart:

"Your seeds shall live in my body,

And the buds of your to-morrow shall blossom in my heart,

And your fragrance shall be my breath,

And together we shall rejoice through all the seasons."

And in the autumn, when you gather the grapes of your vineyards for the winepress, say in your heart:

"I too am a vineyard, and my fruit shall be gathered for the winepress,

And like new wine I shall be kept in eternal vessels."

And in winter, when you draw the wine, let there be in your heart a song for each cup;

And let there be in the song a remembrance for the autumn days, and for the vineyard, and for the winepress.

On Work

Then a ploughman said, Speak to us of Work.

And he answered, saying:

You work that you may keep pace with the earth and the soul of the earth.

For to be idle is to become a stranger unto the seasons, and to step out of life's procession that marches in majesty and proud submission towards the infinite.

When you work you are a flute through whose heart the whispering of the hours turns to music.

Which of you would be a reed, dumb and silent, when all else sings together in unison?

Always you have been told that work is a curse and labor a misfortune.

But I say to you that when you work you fulfill a part of earth's furthest dream, assigned to you when that dream was born,

And in keeping yourself with labor you are in truth loving life,

And to love life through labor is to be intimate with life's inmost secret.

But if you in your pain call birth an affliction and the support of the flesh a curse written upon your brow, then I answer that naught but the sweat of your brow shall wash away that which is written.

You have been told also that life is darkness, and in your weariness you echo what was said by the weary.

And I say that life is indeed darkness save when there is urge,

And all urge is blind save when there is knowledge.

And all knowledge is vain save when there is work,

And all work is empty save when there is love;

And when you work with love you bind your self to yourself, and to one another, and to God.

And what is it to work with love?

It is to weave the cloth with threads drawn from your heart, even as if your beloved were to wear that cloth.

It is to build a house with affection, even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy, even as if your beloved were to eat the fruit.

It is to charge all things your fashion with a breath of your own spirit,

And to know that all the blessed dead are standing about you and watching.

Often have I heard you say, as if speaking in sleep, "He who works in marble, and finds the shape of his own soul in the stone, is nobler than he who ploughs the soil.

And he who seizes the rainbow to lay it on a cloth in the likeness of man, is more than he who makes the sandals for our feet."

But I say, not in sleep, but in the over-wakefulness of noontide, that the wind speaks not more sweetly to the giant oaks than to the least of all the blades of grass;

And he alone is great who turns the voice of the wind into a song made sweeter by his own loving.

Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy.

For if you bake bread with indifference, you bake a bitter bread that feeds but half man's hunger.

And if you grudge the crushing of the grapes, your grudge distills a poison in the wine.

And if you sing though as angels, and love not the singing, you muffle man's ears to the voices of the day and the voices of the night.

On Joy and Sorrow

Then a woman said, Speak to us of Joy and Sorrow.

And he answered:

Your joy is your sorrow unmasked.

And the selfsame well from which your laughter rises was oftentimes filled with your tears.

And how else can it be?

The deeper that sorrow carves into your being, the more joy you can contain.

Is not the cup that holds your wine the very cup that was burned in the potter's oven?

And is not the lute that soothes your spirit the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

Some of you say, "Joy is greater than sorrow," and others say, "Nay, sorrow is the greater."

But I say unto you, they are inseparable.

Together they come, and when one sits alone with you at your board, remember that the other is asleep upon your bed.

Verily you are suspended like scales between your sorrow and your joy.

Only when you are empty are you at standstill and balanced.

When the treasure-keeper lifts you to weigh his gold and his silver, needs must your joy or your sorrow rise or fall.

On Houses

Then a mason came forth and said, Speak to us of Houses.

And he answered and said:

Build of your imaginings a bower in the wilderness ere you build a house within the city walls.

For even as you have home-comings in your twilight, so has the wanderer in you, the ever distant and alone.

Your house is your larger body.

It grows in the sun and sleeps in the stillness of the night; and it is not dreamless.

Does not your house dream? And dreaming, leave the city for grove or hilltop?

Would that I could gather your houses into my hand, and like a sower scatter them in forest and meadow.

Would the valleys were your streets, and the green paths your alleys, that you might seek one another through vineyards, and come with the fragrance of the earth in your garments.

But these things are not yet to be.

In their fear your forefathers gathered you too near together.

And that fear shall endure a little longer.

A little longer shall your city walls separate your hearths from your fields.

And tell me, people of Orphalese, what have you in these houses?

And what is it you guard with fastened doors?

Have you peace, the quiet urge that reveals your power?

Have you remembrances, the glimmering arches that span the summits of the mind?

Have you beauty, that leads the heart from things fashioned of wood and stone to the holy mountain?

Tell me, have you these in your houses?

Or have you only comfort, and the lust for comfort, that stealthy thing that enters the house a guest, and then becomes a host, and then a master?

Aye, and it becomes a tamer, and with hook and scourge makes puppets of your larger desires.

Though its hands are silken, its heart is of iron.

It lulls you to sleep only to stand by your bed and jeer at the dignity of the flesh.

It makes mock of your sound senses, and lays them in thistledown like fragile vessels.

Verily the lust for comfort murders the passion of the soul, and then walks grinning in the funeral.

But you, children of space, you restless in rest, you shall not be trapped nor tamed.

Your house shall be not an anchor but a mast.

It shall not be a glistening film that covers a wound, but an eyelid that guards the eye.

You shall not fold your wings that you may pass through doors, nor bend your heads that they strike not against a ceiling, nor fear to breathe lest walls should crack and fall down.

You shall not dwell in tombs made by the dead for the living.

And though of magnificence and splendor, your house shall not hold your secret nor shelter your longing.

For that which is boundless in you abides in the mansion of the sky, whose door is the morning mist, and whose windows are the songs and the silences of night.

On Clothes

And the weaver said, Speak to us of Clothes.

And he answered:

Your clothes conceal much of your beauty, yet they hide not the unbeautiful.

And though you seek in garments the freedom of privacy you may find in them a harness and a chain.

Would that you could meet the sun and the wind with more of your skin and less of your raiment.

For the breath of life is in the sunlight and the hand of life is in the wind.

Some of you say, "It is the north wind who has woven the clothes we wear."

And I say, Aye, it was the north wind,

But shame was his loom, and the softening of the sinews was his thread.

And when his work was done he laughed in the forest.

Forget not that modesty is for a shield against the eye of the unclean.

And when the unclean shall be no more, what were modesty but a fetter and a fouling of the mind?

And forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

On Buying and Selling

And a merchant said, Speak to us of Buying and Selling.

And he answered and said:

To you the earth yields her fruit, and you shall not want if you but know how to fill your hands.

It is in exchanging the gifts of the earth that you shall find abundance and be satisfied.

Yet unless the exchange be in love and kindly justice it will but lead some to greed and others to hunger.

When in the market-place you toilers of the sea and fields and vineyards meet the weavers and the potters and the gatherers of spices,--

Invoke then the master spirit of the earth, to come into your midst and sanctify the scales and the reckoning that weighs value against value.

And suffer not the barren-handed to take part in your transactions, who would sell their words for your labor.

To such men you should say:

"Come with us to the field, or go with our brothers to the sea and cast your net;

For the land and the sea shall be bountiful to you even as to us."

And if there come the singers and the dancers and the flute players,-- buy of their gifts also.

For they too are gatherers of fruit and frankincense, and that which they bring, though fashioned of dreams, is raiment and food for your soul.

And before you leave the market-place, see that no one has gone his way with empty hands.

For the master spirit of the earth shall not sleep peacefully upon the wind till the needs of the least of you are satisfied.

On Crime and Punishment

Then one of the judges of the city stood forth and said, Speak to us of Crime and Punishment.

And he answered, saying:

It is when your spirit goes wandering upon the wind,

That you, alone and unguarded, commit a wrong unto others and therefore unto yourself.

And for that wrong committed must you knock and wait a while unheeded at the gate of the blessed.

Like the ocean is your god-self;

It remains for ever undefiled.

And like the ether it lifts but the winged.

Even like the sun is your god-self;

It knows not the ways of the mole nor seeks it the holes of the serpent.

But your god-self dwells not alone in your being.

Much in you is still man, and much in you is not yet man,

But a shapeless pigmy that walks asleep in the mist searching for its own awakening.

And of the man in you would I now speak.

For it is he and not your god-self nor the pigmy in the mist that knows crime and the punishment of crime.

Oftentimes have I heard you speak of one who commits a wrong as though he were not one of you, but a stranger unto you and an intruder upon your world.

But I say that even as the holy and the righteous cannot rise beyond the highest which is in each one of you,

So the wicked and the weak cannot fall lower than the lowest which is in you also.

And as a single leaf turns not yellow but with the silent knowledge of the whole tree,

So the wrong-doer cannot do wrong without the hidden will of you all.

Like a procession you walk together towards your god-self.

You are the way and the wayfarers.

And when one of you falls down he falls for those behind him, a caution against the stumbling stone.

Aye, and he falls for those ahead of him, who, though faster and surer of foot, yet removed not the stumbling stone.

And this also, though the word lie heavy upon your hearts:

The murdered is not unaccountable for his own murder,

And the robbed is not blameless in being robbed.

The righteous is not innocent of the deeds of the wicked,

And the white-handed is not clean in the doings of the felon.

Yea, the guilty is oftentimes the victim of the injured,

And still more often the condemned is the burden bearer for the guiltless and unblamed.

You cannot separate the just from the unjust and the good from the wicked;

For they stand together before the face of the sun even as the black thread and the white are woven together.

And when the black thread breaks, the weaver shall look into the whole cloth, and he shall examine the loom also.

If any of you would bring to judgment the unfaithful wife,

Let him also weigh the heart of her husband in scales, and measure his soul with measurements.

And let him who would lash the offender look unto the spirit of the offended.

And if any of you would punish in the name of righteousness and lay the axe unto the evil tree, let him see to its roots;

And verily he will find the roots of the good and the bad, the fruitful and the fruitless, all entwined together in the silent heart of the earth.

And you judges who would be just.

What judgment pronounce you upon him who though honest in the flesh yet is a thief in spirit?

What penalty lay you upon him who slays in the flesh yet is himself slain in the spirit?

And how prosecute you him who in action is a deceiver and an oppressor,

Yet who also is aggrieved and outraged?

And how shall you punish those whose remorse is already greater than their misdeeds?

Is not remorse the justice which is administered by that very law which you would fain serve?

Yet you cannot lay remorse upon the innocent nor lift it from the heart of the guilty.

Unbidden shall it call in the night, that men may wake and gaze upon themselves.

And you who would understand justice, how shall you unless you look upon all deeds in the fullness of light?

Only then shall you know that the erect and the fallen are but one man standing in twilight between the night of his pigmy-self and the day of his god self,

And that the corner-stone of the temple is not higher than the lowest stone in its foundation.

On Laws

Then a lawyer said, But what of our Laws, master?

And he answered:

You delight in laying down laws,

Yet you delight more in breaking them.

Like children playing by the ocean who build sand-towers with constancy and then destroy them with laughter.

But while you build your sand-towers the ocean brings more sand to the shore,

And when you destroy them the ocean laughs with you.

Verily the ocean laughs always with the innocent.

But what of those to whom life is not an ocean, and man-made laws are not sand-towers,

But to whom life is a rock, and the law a chisel with which they would carve it in their own likeness?

What of the cripple who hates dancers?

What of the ox who loves his yoke and deems the elk and deer of the forest stray and vagrant things?

What of the old serpent who cannot shed his skin, and calls all others naked and shameless?

And of him who comes early to the wedding feast, and when over-fed and tired goes his way saying that all feasts are violation and all feasters law-breakers?

What shall I say of these save that they too stand in the sunlight, but with their backs to the sun?

They see only their shadows, and their shadows are their laws.

And what is the sun to them but a caster of shadows?

And what is it to acknowledge the laws but to stoop down and trace their shadows upon the earth?

But you who walk facing the sun, what images drawn on the earth can hold you?

You who travel with the wind, what weather vane shall direct your course?

What man's law shall bind you if you break your yoke but upon no man's prison door?

What laws shall you fear if you dance but stumble against no man's iron chains?

And who is he that shall bring you to judgment if you tear off your garment yet leave it in no man's path?

People of Orphalese, you can muffle the drum, and you can loosen the strings of the lyre, but who shall command the skylark not to sing?

On Freedom

And an orator said, Speak to us of Freedom.

And he answered:

At the city gate and by your fireside I have seen you prostrate yourself and worship your own freedom,

Even as slaves humble themselves before a tyrant and praise him though he slays them.

Aye, in the grove of the temple and in the shadow of the citadel I have seen the freest among you wear their freedom as a yoke and a handcuff.

And my heart bled within me; for you can only be free when even the desire of seeking freedom becomes a harness to you, and when you cease to speak of freedom as a goal and a fulfillment.

You shall be free indeed when your days are not without a care nor your nights without a want and a grief,

But rather when these things girdle your life and yet you rise above them naked and unbound.

And how shall you rise beyond your days and nights unless you break the chains which you at the dawn of your understanding have fastened around your noon hour?

In truth that which you call freedom is the strongest of these chains, though its links glitter in the sun and dazzle your eyes.

And what is it but fragments of your own self you would discard that you may become free?

If it is an unjust law you would abolish, that law was written with your own hand upon your own forehead.

You cannot erase it by burning your law books nor by washing the foreheads of your judges, though you pour the sea upon them.

And if it is a despot you would dethrone, see first that his throne erected within you is destroyed.

For how can a tyrant rule the free and the proud, but for a tyranny in their own freedom and a shame in their own pride?

And if it is a care you would cast off, that care has been chosen by you rather than imposed upon you.

And if it is a fear you would dispel, the seat of that fear is in your heart and not in the hand of the feared.

Verily all things move within your being in constant half embrace, the desired and the dreaded, the repugnant and the cherished, the pursued and that which you would escape.

These things move within you as lights and shadows in pairs that cling.

And when the shadow fades and is no more, the light that lingers becomes a shadow to another light.

And thus your freedom when it loses its fetters becomes itself the fetter of a greater freedom.

On Reason and Passion

And the priestess spoke again and said: Speak to us of Reason and Passion.

And he answered, saying:

Your soul is oftentimes a battlefield, upon which your reason and your judgment wage war against your passion and your appetite.

Would that I could be the peacemaker in your soul, that I might turn the discord and the rivalry of your elements into oneness and melody.

But how shall I, unless you yourselves be also the peacemakers, nay, the lovers of all your elements?

Your reason and your passion are the rudder and the sails of your seafaring soul.

If either your sails or your rudder be broken, you can but toss and drift, or else be held at a standstill in mid-seas.

For reason, ruling alone, is a force confining; and passion, unattended, is a flame that burns to its own destruction.

Therefore let your soul exalt your reason to the height of passion, that it may sing;

And let it direct your passion with reason, that your passion may live through its own daily resurrection, and like the phoenix rise above its own ashes.

I would have you consider your judgment and your appetite even as you would two loved guests in your house.

Surely you would not honor one guest above the other; for he who is more mindful of one loses the love and the faith of both.

Among the hills, when you sit in the cool shade of the white poplars, sharing the peace and serenity of distant fields and meadows-- then let your heart say in silence, "God rests in reason."

And when the storm comes, and the mighty wind shakes the forest, and thunder and lightning proclaim the majesty of the sky,--then let your heart say in awe, "God moves in passion."

And since you are a breath in God's sphere, and a leaf in God's forest, you too should rest in reason and move in passion.

On Pain

And a woman spoke, saying, Tell us of Pain.

And he said:

Your pain is the breaking of the shell that encloses your understanding.

Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.

And could you keep your heart in wonder at the daily miracles of your life, your pain would not seem less wondrous than your joy;

And you would accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields.

And you would watch with serenity through the winters of your grief.

Much of your pain is self-chosen.

It is the bitter potion by which the physician within you heals your sick self.

Therefore trust the physician, and drink his remedy in silence and tranquility:

For his hand, though heavy and hard, is guided by the tender hand of the Unseen,

And the cup he brings, though it burn your lips, has been fashioned of the clay which the Potter has moistened with His own sacred tears.

On Self-Knowledge

And a man said, Speak to us of Self-Knowledge.

And he answered, saying:

Your hearts know in silence the secrets of the days and the nights.

But your ears thirst for the sound of your heart's knowledge.

You would know in words that which you have always known in thought.

You would touch with your fingers the naked body of your dreams.

And it is well you should.

The hidden well-spring of your soul must needs rise and run murmuring to the sea;

And the treasure of your infinite depths would be revealed to your eyes.

But let there be no scales to weigh your unknown treasure;

And seek not the depths of your knowledge with staff or sounding line.

For self is a sea boundless and measureless.

Say not, "I have found the truth," but rather, "I have found a truth."

Say not, "I have found the path of the soul." Say rather, "I have met the soul walking upon my path."

For the soul walks upon all paths.

The soul walks not upon a line, neither does it grow like a reed.

The soul unfolds itself, like a lotus of countless petals.

On Teaching

Then said a teacher, Speak to us of Teaching.

And he said:

No man can reveal to you aught but that which already lies half asleep in the dawning of your knowledge.

The teacher who walks in the shadow of the temple, among his followers, gives not of his wisdom but rather of his faith and his lovingness.

If he is indeed wise he does not bid you enter the house of his wisdom, but rather leads you to the threshold of your own mind.

The astronomer may speak to you of his understanding of space, but he cannot give you his understanding.

The musician may sing to you of the rhythm which is in all space, but he cannot give you the ear which arrests the rhythm, nor the voice that echoes it.

And he who is versed in the science of numbers can tell of the regions of weight and measure, but he cannot conduct you thither.

For the vision of one man lends not its wings to another man.

And even as each one of you stands alone in God's knowledge, so must each one of you be alone in his knowledge of God and in his understanding of the earth.

On Friendship

And a youth said, Speak to us of Friendship.

And he answered, saying:

Your friend is your needs answered.

He is your field which you sow with love and reap with thanksgiving.

And he is your board and your fireside.

For you come to him with your hunger, and you seek him for peace.

When your friend speaks his mind you fear not the "nay" in your own mind, nor do you withhold the "aye."

And when he is silent your heart ceases not to listen to his heart;

For without words, in friendship, all thoughts, all desires, all expectations are born and shared, with joy that is unclaimed.

When you part from your friend, you grieve not;

For that which you love most in him may be clearer in his absence, as the mountain to the climber is clearer from the plain.

And let there be no purpose in friendship save the deepening of the spirit.

For love that seeks aught but the disclosure of its own mystery is not love but a net cast forth: and only the unprofitable is caught.

And let your best be for your friend.

If he must know the ebb of your tide, let him know its flood also.

For what is your friend that you should seek him with hours to kill?

Seek him always with hours to live.

For it is his to fill your need, but not your emptiness.

And in the sweetness of friendship let there be laughter, and sharing of pleasures.

For in the dew of little things the heart finds its morning and is refreshed.

On Talking

And then a scholar said, Speak of Talking.

And he answered, saying:

You talk when you cease to be at peace with your thoughts;

And when you can no longer dwell in the solitude of your heart you live in your lips, and sound is a diversion and a pastime.

And in much of your talking, thinking is half murdered. For thought is a bird of space, that in a cage of words may indeed unfold its wings but cannot fly.

There are those among you who seek the talkative through fear of being alone.

The silence of aloneness reveals to their eyes their naked selves and they would escape.

And there are those who talk, and without knowledge or forethought reveal a truth which they themselves do not understand.

And there are those who have the truth within them, but they tell it not in words.

In the bosom of such as these the spirit dwells in rhythmic silence.

When you meet your friend on the roadside or in the market-place, let the spirit in you move your lips and direct your tongue.

Let the voice within your voice speak to the ear of his ear;

For his soul will keep the truth of your heart as the taste of the wine is remembered.

When the color is forgotten and the vessel is no more.

On Time

And an astronomer said, "Master, what of Time?"

And he answered:

You would measure time the measureless and the immeasurable.

You would adjust your conduct and even direct the course of your spirit according to hours and seasons.

Of time you would make a stream upon whose bank you would sit and watch its flowing.

Yet the timeless in you is aware of life's timelessness,

And knows that yesterday is but to-day's memory and to-morrow is to-day's dream.

And that which sings and contemplates in you is still dwelling within the bounds of that first moment which scattered the stars into space.

Who among you does not feel that his power to love is boundless?

And yet who does not feel that very love, though boundless, encompassed within the centre of his being, and moving not from love thought to love thought, nor from love deeds to other love deeds?

And is not time even as love is, undivided and ppaceless?

But if in your thought you must measure time into seasons, let each season encircle all the other seasons,

And let to-day embrace the past with remembrance and the future with longing.

On Good and Evil

And one of the elders of the city said, Speak to us of Good and Evil.

And he answered:

Of the good in you I can speak, but not of the evil.

For what is evil but good tortured by its own hunger and thirst?

Verily when good is hungry it seeks food even in dark caves, and when it thirsts it drinks even of dead waters.

You are good when you are one with yourself.

Yet when you are not one with yourself you are not evil.

For a divided house is not a den of thieves; it is only a divided house.

And a ship without rudder may wander aimlessly among perilous isles yet sink not to the bottom.

You are good when you strive to give of yourself.

Yet you are not evil when you seek gain for yourself.

For when you strive for gain you are but a root that clings to the earth and sucks at her breast.

Surely the fruit cannot say to the root, "Be like me, ripe and full and ever giving of your abundance."

For to the fruit giving is a need, as receiving is a need to the root.

You are good when you are fully awake in your speech.

Yet you are not evil when you sleep while your tongue staggers without purpose.

And even stumbling speech may strengthen a weak tongue.

You are good when you walk to your goal firmly and with bold steps.

Yet you are not evil when you go thither limping.

Even those who limp go not backward.

But you who are strong and swift, see that you do not limp before the lame, deeming it kindness.

You are good in countless ways, and you are not evil when you are not good,

You are only loitering and sluggard.

Pity that the stags cannot teach swiftness to the turtles.

In your longing for your giant self lies your goodness: and that longing is in all of you.

But in some of you that longing is a torrent rushing with might to the sea, carrying the secrets of the hillsides and the songs of the forest.

And in others it is a flat stream that loses itself in angles and bends and lingers before it reaches the shore.

But let not him who longs much say to him who longs little, "Wherefore are you slow and halting?"

For the truly good ask not the naked, "Where is your garment?" nor the houseless, "What has befallen your house?"

On Prayer

Then a priestess said, "Speak to us of Prayer."

And he answered, saying:

You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.

For what is prayer but the expansion of your self into the living ether?

And if it is for your comfort to pour your darkness into space, it is also for your delight to pour forth the dawning of your heart.

And if you cannot but weep when your soul summons you to prayer, she should spur you again and yet again, though weeping, until you shall come laughing.

When you pray you rise to meet in the air those who are praying at that very hour, and whom save in prayer you may not meet.

Therefore let your visit to that temple invisible be for naught but ecstasy and sweet communion.

For if you should enter the temple for no other purpose than asking you shall not receive:

And if you should enter into it to humble yourself you shall not be lifted:

Or even if you should enter into it to beg for the good of others you shall not be heard.

It is enough that you enter the temple invisible.

I Cannot teach you how to pray in words.

God listens not to your words save when He Himself utters them through your lips.

And I cannot teach you the prayer of the seas and the forests and the mountains.

But you who are born of the mountains and the forests and the seas can find their prayer in your heart,

And if you but listen in the stillness of the night you shall hear them saying in silence:

"Our God, who art our winged self, it is thy will in us that willeth.

"It is thy desire in us that desireth.

"It is thy urge in us that would turn our nights, which are thine, into days, which are thine also.

"We cannot ask thee for aught, for thou knowest our needs before they are born in us:

"Thou art our need; and in giving us more of thyself thou givest us all."

On Pleasure

Then a hermit, who visited the city once a year, came forth and said, Speak to us of Pleasure.

And he answered, saying:

Pleasure is a freedom-song,

But it is not freedom.

It is the blossoming of your desires,

But it is not their fruit.

It is a depth calling unto a height,

But it is not the deep nor the high.

It is the caged taking wing,

But it is not space encompassed.

Aye, in very truth, pleasure is a freedom-song.

And I fain would have you sing it with fullness of heart; yet I would not have you lose your hearts in the singing.

Some of your youth seek pleasure as if it were all, and they are judged and rebuked.

I would not judge nor rebuke them. I would have them seek.

For they shall find pleasure, but not her alone;

Seven are her sisters, and the least of them is more beautiful than pleasure.

Have you not heard of the man who was digging in the earth for roots and found a treasure?

And some of your elders remember pleasures with regret like wrongs committed in drunkenness.

But regret is the beclouding of the mind and not its chastisement.

They should remember their pleasures with gratitude, as they would the harvest of a summer.

Yet if it comforts them to regret, let them be comforted.

And there are among you those who are neither young to seek nor old to remember;

And in their fear of seeking and remembering they shun all pleasures, lest they neglect the spirit or offend against it.

But even in their foregoing is their pleasure.

And thus they too find a treasure though they dig for roots with quivering hands.

But tell me, who is he that can offend the spirit?

Shall the nightingale offend the stillness of the night, or the firefly the stars?

And shall your flame or your smoke burden the wind?

Think you the spirit is a still pool which you can trouble with a staff?

Oftentimes in denying yourself pleasure you do but store the desire in the recesses of your being.

Who knows but that which seems omitted to day, waits for to-morrow?

Even your body knows its heritage and its rightful need and will not be deceived.

And your body is the harp of your soul,

And it is yours to bring forth sweet music from it or confused sounds.

And now you ask in your heart, "How shall we distinguish that which is good in pleasure from that which is not good?"

Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower,

But it is also the pleasure of the flower to yield its honey to the bee.

For to the bee a flower is a fountain of life,

And to the flower a bee is a messenger of love,

And to both, bee and flower, the giving and the receiving of pleasure is a need and an ecstasy.

People of Orphalese, be in your pleasures like the flowers and the bees.

On Beauty

And a poet said, Speak to us of Beauty.

And he answered:

Where shall you seek beauty, and how shall you find her unless she herself be your way and your guide?

And how shall you speak of her except she be the weaver of your speech?

The aggrieved and the injured say, "Beauty is kind and gentle.

"Like a young mother half-shy of her own glory she walks among us."

And the passionate say, "Nay, beauty is a thing of might and dread.

"Like the tempest she shakes the earth beneath us and the sky above us."

The tired and the weary say, "Beauty is of soft whisperings.

"She speaks in our spirit.

"Her voice yields to our silences like a faint light that quivers in fear of the shadow."

But the restless say, "We have heard her shouting among the mountains,

"And with her cries came the sound of hoofs, and the beating of wings and the roaring of lions."

At night the watchmen of the city say, "Beauty shall rise with the dawn from the east."

And at noontide the toilers and the wayfarers say, "We have seen her leaning over the earth from the windows of the sunset."

In winter say the snow-bound, "She shall come with the spring leaping upon the hills."

And in the summer heat the reapers say, "We have seen her dancing with the autumn leaves, and we saw a drift of snow in her hair."

All these things have you said of beauty,

Yet in truth you spoke not of her but of needs unsatisfied,

And beauty is not a need but an ecstasy.

It is not a mouth thirsting nor an empty hand stretched forth,

But rather a heart inflamed and a soul enchanted.

It is not the image you would see nor the song you would hear,

But rather an image you see though you close your eyes and a song you hear though you shut your ears.

It is not the sap within the furrowed bark, nor a wing attached to a claw,

But rather a garden for ever in bloom and a flock of angels for ever in flight.

People of Orphalese, beauty is life when life unveils her holy face.

But you are life and you are the veil.

Beauty is eternity gazing at itself in a mirror.

But you are eternity and you are the mirror.

On Religion

And an old priest said, "Speak to us of Religion."

And he said:

Have I spoken this day of aught else?

Is not religion all deeds and all reflection,

And that which is neither deed nor reflection, but a wonder and a surprise ever springing in the soul, even while the hands hew the stone or tend the loom?

Who can separate his faith from his actions, or his belief from his occupations?

Who can spread his hours before him, saying,

"This for God and this for myself;

"This for my soul and this other for my body"?

All your hours are wings that beat through space from self to self.

He who wears his morality but as his best garment were better naked.

The wind and the sun will tear no holes in his skin.

And he who defines his conduct by ethics imprisons his song-bird in a cage.

The freest song comes not through bars and wires.

And he to whom worshipping is a window, to open but also to shut, has not yet visited the house of his soul whose windows are from dawn to dawn.

Your daily life is your temple and your religion.

Whenever you enter into it take with you your all.

Take the slough and the forge and the mallet and the lute,

The things you have fashioned in necessity or for delight.

For in reverie you cannot rise above your achievements nor fall lower than your failures.

And take with you all men:

For in adoration you cannot fly higher than their hopes nor humble yourself lower than their despair.

And if you would know God, be not therefore a solver of riddles.

Rather look about you and you shall see Him playing with your children.

And look into space; you shall see Him walking in the cloud, outstretching His arms in the lightning and descending in rain.

You shall see Him smiling in flowers, then rising and waving His hands in trees.

On Death

Then Almitra spoke, saying, "We would ask now of Death."

And he said:

You would know the secret of death.

But how shall you find it unless you seek it in the heart of life?

The owl whose night-bound eyes are blind unto the day cannot unveil the mystery of light.

If you would indeed behold the spirit of death, open your heart wide unto the body of life.

For life and death are one, even as the river and the sea are one.

In the depth of your hopes and desires lies your silent knowledge of the beyond;

And like seeds dreaming beneath the snow your heart dreams of spring.

Trust the dreams, for in them is hidden the gate to eternity.

Your fear of death is but the trembling of the shepherd when he stands before the king whose hand is to be laid upon him in honor.

Is the shepherd not joyful beneath his trembling, that he shall wear the mark of the king?

Yet is he not more mindful of his trembling?

For what is it to die but to stand naked in the wind and to melt into the sun?

And what is it to cease breathing but to free the breath from its restless tides, that it may rise and expand and seek God unencumbered?

Only when you drink from the river of silence shall you indeed sing.

And when you have reached the mountain top, then you shall begin to climb.

And when the earth shall claim your limbs, then shall you truly dance.

The Farewell

And now it was evening.

And Almitra the seeress said, "Blessed be this day and this place and your spirit that has spoken."

And he answered,

Was it I who spoke?

Was I not also a listener?

Then he descended the steps of the Temple and all the people followed him.

And he reached his ship and stood upon the deck.

And facing the people again, he raised his voice and said:

People of Orphalese, the wind bids me leave you.

Less hasty am I than the wind, yet I must go.

We wanderers, ever seeking the lonelier way, begin no day where we have ended another day; and no sunrise finds us where sunset left us.

Even while the earth sleeps we travel.

We are the seeds of the tenacious plant, and it is in our ripeness and our fullness of heart that we are given to the wind and are scattered.

Brief were my days among you, and briefer still the words I have spoken.

But should my voice fade in your ears, and my love vanish in your memory, then I will come again,

And with a richer heart and lips more yielding to the spirit will I speak.

Yea, I shall return with the tide,

And though death may hide me, and the greater silence enfold me, yet again will I seek your understanding.

And not in vain will I seek.

If aught I have said is truth, that truth shall reveal itself in a clearer voice, and in words more kin to your thoughts.

I go with the wind, people of Orphalese, but not down into emptiness;

And if this day is not a fulfillment of your needs and my love, then let it be a promise till another day.

Man's needs change, but not his love, nor his desire that his love should satisfy his needs.

Know, therefore, that from the greater silence I shall return.

The mist that drifts away at dawn, leaving but dew in the fields, shall rise and gather into a cloud and then fall down in rain.

And not unlike the mist have I been.

In the stillness of the night I have walked in your streets, and my spirit has entered your houses,

And your heart-beats were in my heart, and your breath was upon my face, and I knew you all.

Aye, I knew your joy and your pain, and in your sleep your dreams were my dreams.

And oftentimes I was among you a lake among the mountains.

I mirrored the summits in you and the bending slopes, and even the passing flocks of your thoughts and your desires.

And to my silence came the laughter of your children in streams, and the longing of your youths in rivers.

And when they reached my depth the streams and the rivers ceased not yet to sing.

But sweeter still than laughter and greater than longing came to me.

It was the boundless in you;

The vast man in whom you are all but cells and sinews;

He in whose chant all your singing is but a soundless throbbing.

It is in the vast man that you are vast,

And in beholding him that I beheld you and loved you.

For what distances can love reach that are not in that vast sphere?

What visions, what expectations and what presumptions can outsoar that flight?

Like a giant oak tree covered with apple blossoms is the vast man in you.

His might binds you to the earth, his fragrance lifts you into space, and in his durability you are deathless.

You have been told that, even like a chain, you are as weak as your weakest link.

This is but half the truth.

You are also as strong as your strongest link.

To measure you by your smallest deed is to reckon the power of ocean by the frailty of its foam.

To judge you by your failures is to cast blame upon the seasons for their inconstancy.

Aye, you are like an ocean,

And though heavy-grounded ships await the tide upon your shores, yet, even like an ocean, you cannot hasten your tides.

And like the seasons you are also,

And though in your winter you deny your spring,

Yet spring, reposing within you, smiles in her drowsiness and is not offended.

Think not I say these things in order that you may say the one to the other,

"He praised us well.

"He saw but the good in us."

I only speak to you in words of that which you yourselves know in thought.

And what is word knowledge but a shadow of wordless knowledge?

Your thoughts and my words are waves from a sealed memory that keeps records of our yesterdays,

And of the ancient days when the earth knew not us nor herself,

And of nights when earth was upwrought with confusion.

Wise men have come to you to give you of their wisdom.

I came to take of your wisdom:

And behold I have found that which is greater than wisdom.

It is a flame spirit in you ever gathering more of itself,

While you, heedless of its expansion, bewail the withering of your days.

It is life in quest of life in bodies that fear the grave.

There are no graves here.

These mountains and plains are a cradle and a stepping-stone.

Whenever you pass by the field where you have laid your ancestors look well thereupon, and you shall see yourselves and your children dancing hand in hand.

Verily you often make merry without knowing.

Others have come to you to whom for golden promises made unto you faith you have given but riches and power and glory.

Less than a promise have I given, and yet more generous have you been to me.

You have given me my deeper thirsting after life.

Surely there is no greater gift to a man than that which turns all his aims into parching lips and all life into a fountain.

And in this lies my honor and my reward,--

That whenever I come to the fountain to drink I find the living water itself thirsty;

And it drinks me while I drink it.

Some of you have deemed me proud and over shy to receive gifts.

Too proud indeed am I to receive wages, but not gifts.

And though I have eaten berries among the hills when you would have had me sit at your board,

And slept in the portico of the temple when you would gladly have sheltered me,

Yet it was not your loving mindfulness of my days and my nights that made food sweet to my mouth and girdled my sleep with visions?

For this I bless you most:

You give much and know not that you give at all.

Verily the kindness that gazes upon itself in a mirror turns to stone,

And a good deed that calls itself by tender names becomes the parent to a curse.

And some of you have called me aloof, and drunk with my own aloneness,

And you have said,

"He holds council with the trees of the forest, but not with men.

"He sits alone on hill-tops and looks down upon our city."

True it is that I have climbed the hills and walked in remote places.

How could I have seen you save from a great height or a great distance?

How can one be indeed near unless he be far?

And others among you called unto me, not in words, and they said:

"Stranger, stranger, lover of unreachable heights, why dwell you among the summits where eagles build their nests?

"Why seek you the unattainable?

"What storms would you trap in your net,

"And what vaporous birds do you hunt in the sky?

"Come and be one of us.

"Descend and appease your hunger with our bread and quench your thirst with our wine."

In the solitude of their souls they said these things;

But were their solitude deeper they would have known that I sought but the secret of your joy and your pain,

And I hunted only your larger selves that walk the sky.

But the hunter was also the hunted;

For many of my arrows left my bow only to seek my own breast.

And the flier was also the creeper;

For when my wings were spread in the sun their shadow upon the earth was a turtle.

And I the believer was also the doubter;

For often have I put my finger in my own wound that I might have the greater belief in you and the greater knowledge of you.

And it is with this belief and this knowledge that I say,

You are not enclosed within your bodies, nor confined to houses or fields.

That which is you dwells above the mountain and roves with the wind.

It is not a thing that crawls into the sun for warmth or digs holes into darkness for safety,

But a thing free, a spirit that envelops the earth and moves in the ether.

If these be vague words, then seek not to clear them.

Vague and nebulous is the beginning of all things, but not their end,

And I fain would have you remember me as a beginning.

Life, and all that lives, is conceived in the mist and not in the crystal.

And who knows but a crystal is mist in decay?

This would I have you remember in remembering me:

That which seems most feeble and bewildered in you is the strongest and most determined.

Is it not your breath that has erected and hardened the structure of your bones?

And is it not a dream which none of you remember having dreamt, that built your city and fashioned all there is in it?

Could you but see the tides of that breath you would cease to see all else,

And if you could hear the whispering of the dream you would hear no other sound.

But you do not see, nor do you hear, and it is well.

The veil that clouds your eyes shall be lifted by the hands that wove it,

And the clay that fills your ears shall be pierced by those fingers that kneaded it.

And you shall see.

And you shall hear.

Yet you shall not deplore having known blindness, nor regret having been deaf.

For in that day you shall know the hidden purposes in all things,

And you shall bless darkness as you would bless light.

After saying these things he looked about him, and he saw the pilot of his ship standing by the helm and gazing now at the full sails and now at the distance.

And he said:

Patient, over patient, is the captain of my ship.

The wind blows, and restless are the sails;

Even the rudder begs direction;

Yet quietly my captain awaits my silence.

And these my mariners, who have heard the choir of the greater sea, they too have heard me patiently.

Now they shall wait no longer.

I am ready.

The stream has reached the sea, and once more the great mother holds her son against her breast.

Fare you well, people of Orphalese.

This day has ended.

It is closing upon us even as the water-lily upon its own to-morrow.

What was given us here we shall keep,

And if it suffices not, then again must we come together and together stretch our hands unto the giver.

Forget not that I shall come back to you.

A little while, and my longing shall gather dust and foam for another body.

A little while, a moment of rest upon the wind, and another woman shall bear me.

Farewell to you and the youth I have spent with you.

It was but yesterday we met in a dream.

You have sung to me in my aloneness, and I of your longings have built a tower in the sky.

But now our sleep has fled and our dream is over, and it is no longer dawn.

The noontide is upon us and our half waking has turned to fuller day, and we must part.

If in the twilight of memory we should meet once more, we shall speak again together and you shall sing to me a deeper song.

And if our hands should meet in another dream we shall build another tower in the sky.

So saying he made a signal to the seamen, and straightaway they weighed anchor and cast the ship loose from its moorings, and they moved eastward.

And a cry came from the people as from a single heart, and it rose into the dusk and was carried out over the sea like a great trumpeting.

Only Almitra was silent, gazing after the ship until it had vanished into the mist.

And when all the people were dispersed she still stood alone upon the sea-wall, remembering in her heart his saying:

"A Little while, a moment of rest upon the wind, and another woman shall bear me."